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Serving Auburn and Placer County since 1987

Second Issue of September 2014

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Join the Sierra River Cleanup



Community groups across the 22-county Sierra Nevada Region will remove appliances, beverage cans, baby diapers, tires, furniture, shopping carts, and plastic items from the rivers and streams that supply more than 60 percent of California's water. California's water future has been a major topic of discussion for many California leaders this year, and sixteen members of the state Legislature have signed on as co-chairs of the Great Sierra River Cleanup to demonstrate their support for clean water. Photo courtesy of Sierra Nevada Conservancy.

AUBURN, CA (MPG) - Low water levels due to the drought won't stop an estimated 4,000 volunteers from heading out on Saturday, September 20th, to clean up Sierra rivers, lakes, and streams as part of the sixth annual Great Sierra River Cleanup sponsored by the Sierra Nevada Conservancy (SNC).

Community groups across the 22-county Sierra Nevada Region will remove appliances, beverage cans, baby diapers, tires, furniture, shopping carts, and plastic items from the rivers and streams that supply more than 60 percent of California's water. California's water future has been a major topic of discussion for many California leaders this year, and sixteen members of the state Legislature have signed on as co-chairs of the Great Sierra River Cleanup to demonstrate their support for clean water.

"The Great Sierra River Cleanup is a great way for people to get involved and to help protect the health of the water source that we all rely on," says SNC Assistant Executive Officer Joan Keegan.

Over the last five years, nearly 19,000 volunteers have joined together to pull more than 600 tons of trash and recyclables from watersheds throughout the Sierra Nevada. This effort, in partnership with the California Coastal Cleanup Day, serves to promote good stewardship on all California waterways, from the source to the sea.

Most cleanup events run from 9 a.m. until noon, and involve picking up litter along the shorelines. There are opportunities for people of all ages. To get involved, volunteers can visit www.SierraNevada.ca.gov to find a cleanup location. Everyone is encouraged to pre-register for their cleanup site by contacting the site coordinator listed.

The Great Sierra River Cleanup would not be possible without the hard work of thousands of volunteers, dozens of local community groups, and the following supporters: the California Coastal Commission, the California Conservation Corps, Sierra Nevada Brewing Company, Camp-California, California Ski Industry Association,

YubaNet.com, SMUD, Sierra Pacific Industries, Sierra Heritage Magazine, the California Department of Fish and Wildlife, and Adventure Sports Journal.

Created in 2004, the Sierra Nevada Conservancy (SNC) is a state agency whose mission is to improve the environmental, economic, and social well-being of the Sierra Nevada Region. The SNC has awarded over \$50 million in grants for projects to protect and enhance the health of California's primary watersheds by improving forest health, remediating mercury contamination from abandoned mines, protecting critical natural resources and reducing the risk of catastrophic wildfire. Funding for these projects comes from Proposition 84 passed by voters in 2006.

The Sierra Nevada Region spans 25 million acres, encompasses all or part of 22 counties, and runs from the Oregon border on the north, to Kern County on the south. ★

Source: Sierra Nevada Conservancy

Supreme Court Asked to Block Sale of High Speed Rail Bonds

SACRAMENTO, CA (MPG) - The Howard Jarvis Taxpayers Association (HJTA) has petitioned the California Supreme Court to review the high speed rail bond validation case.

After radically changing the bullet train plan promised to voters who approved \$10 billion in bonds in 2008, the State asked the court to approve sale of the bonds anyway. HJTA responded on behalf of all Californians saying the rail plan no longer matches what was promised voters and the State's request should be denied. The trial court agreed and denied the State's request for validation of the bond sale. The Court of Appeals has reversed this decision and HJTA is now asking for intervention by the Supreme Court.

The current plan for high speed rail is nearly twice as expensive as promised and the projected travel times and fares have nearly doubled.

"The state has broken faith with voters, said HJTA President Jon Coupal. "The current rail plan bears no resemblance to the one put before voters in 2008,"

Similar conduct by a private entity could be prosecuted under California's bait and switch law which states, in brief, that it is unlawful for any person, firm, corporation or association, to make untrue or misleading statements as part of a plan or scheme with the intent not to sell property or services, at the price advertised," added Coupal. ★

Source: Howard Jarvis Taxpayers Association

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BMXers Race to Placer

Riders compete for spot in Race of Champions

PLACER COUNTY, CA (MPG) - The USA BMX Northern California State Finals are coming to Oak Creek BMX again for 2014. Oak Creek BMX has a long history of hosting the event because of its ability to gain more points than other tracks in the area, and they have been awarded the rights every year except three since 1985.

The races will take place from September 19-21. Last year there was an impressive 600 entries, and it looks as if that number will increase this year. The participants come from all over Northern California. There will be many different age groups for both boys and girls. Depending on the age group and skill class, each rider will have 3 to 5 races until the championships. The age range for the riders can range anywhere

from one and a half years to 70. The winning riders from this competition will compete in The Race of Champions at the Grand Nationals on Thanksgiving, the largest race in the world hosted in Oklahoma City.

Oak Creek BMX works hard to be able to host this event, and has to fight off many competitors with tracks, including the likes of Santa Clara, Chico, Manteca, and Napa. They are always in the top 2% of tracks in the U.S. Be sure to go down to the track to check out all of the BMX action!

To learn more about how PVT can help bring your event here, visit www.playplacer.com or call (916) 773-5400. For information about this topic, please call Placer Valley Tourism at (916) 773-5400 or e-mail Kyle Corbett at kcorbett@placertourism.com ★
Photo courtesy Placer Valley Tourism



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Sierra Gold Chorus to Hold Open House



AUBURN, CA (MPG) - Members of the Award Winning Sierra Gold Chorus are having an OPEN HOUSE to invite women to join them as they prepare for their annual Christmas Show. Come and visit on Monday, September 22, at 6:30 PM, 11577 E Avenue, Burbank Hall, De Witt Center in Auburn. Ladies of all ages are invited to attend Monday evening rehearsals and to have an opportunity to perform in the Christmas Show. For more information, please call (888) 625-3430, Kay 530-268-2456, Gayle 530-268-08963 or visit the website at www.sierragoldchorus.org

the Auburn Chapter of Sweet Adelines International, has a membership of over 50 women from Nevada City to Sacramento, including Placerville and also as far away as Reno, Nevada! The members share a love for music and singing a cappella in four-part harmony in barbershop style. As a member, you too can experience the exhilaration of performing and singing with the chorus. Any woman of average singing ability, with or without vocal training, will find a part that fits her voice range with the help of the chorus musical leaders and the director.

Ron Black became the director of Sierra Gold Chorus in June

2013, and under his direction, the chorus was a triple winner at the 2014 Regional Competition in Reno last April. Not only did they score the Most Improved Chorus, they also received the Third Place medal in their division, plus a trophy for the chorus with the largest increase in membership for the current year.

Sweet Adelines International, a highly respected worldwide organization of women singers, is committed to advancing the musical art form of Barbershop harmony through education and performance.

Come and join the fun! ★

Source: Sierra Gold Chorus

DeMartini Named Regional Governor

NEWCASTLE, CA (MPG) - Jacqueline "Jackie" DeMartini, of Newcastle, California is serving a two-year term as Sierra Nevada Region Governor of Soroptimist, an international volunteer organization for women who work to improve the lives of women and girls through programs leading to social and economic empowerment. As region governor, Jackie will serve as the top administrative officer for Soroptimist clubs in her geographical territory, which covers most of Northern California and all of Nevada. Together, Jackie and her clubs will work to affect social change and to increase the collective impact they have on local women and girls.

Jackie is a member of Soroptimist International of Loomis Basin, one of 3,100 Soroptimist clubs that improve the lives of women and girls through volunteer projects in the community. A member since 1998, Jackie has held several leadership positions including: region governor-elect, region treasurer, region finance committee member, club president and club president-elect. Jackie



Jacqueline "Jackie" DeMartini, Sierra Nevada Region Governor of Soroptimist

is also a current member of a Soroptimist Federation Task Force on "Healthy Regions".

Jackie was born and raised in Auburn CA, married Rex DeMartini and they have one son, Ryan. She received her undergraduate degree in liberal arts from Sierra College, located in Rocklin, California. Jackie owns her own business, J C Bookkeeping Services in Loomis CA and is currently an enrolled agent with the Internal

Revenue Service. Jackie is also a member of the Newcastle Hall Assn., Loomis Basin Chamber of Commerce, Newcastle Area Business Assn, Newcastle Community Assn and the South Placer Heritage Foundation.

Headquartered in Philadelphia, Soroptimist is an international women's organization that works to improve the social and economic lives of underserved women and girls. Its major program, the Live Your Dream: Education and Training Awards for Women, provides cash grants for women seeking to improve their lives with the help of additional education and training. Each year, about \$1.6 million is disbursed to deserving women through this award-winning program. Soroptimist's programs are delivered through a volunteer network that includes members and its online community, LiveYourDream.org. A 501(c)(3) organization, Soroptimist relies on charitable donations to fund its programs. See Soroptimist.org for more information. ★

Source: Soroptimist International



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Placer Community Foundation Awards Grants to Serve Local Youth



PLACER COUNTY, CA (MPG) - On September 4th at a reception held at Blue Line Arts, the Giving Circle at Placer Community Foundation granted \$29,000 to six local nonprofits. Grantees included **Child Advocates of Placer County, KidsFirst, PRIDE Industries, Stand Up Placer, ReDirect Nuevo Camino, and A Touch of Understanding.** Funding will support programs that serve youth and young adults ages 14-21. Such programs offer opportunities for young people to learn critical life and leadership skills and form lasting relationships; providing them with a stronger sense of belonging, empowerment and a bright future.

PRIDE Industries was awarded for its "Youth Serving Youth" – a peer mentoring and intervention program targeted to youth in foster care. Kimmy, a young woman who was placed in foster care and has battled addiction, developed her own curriculum for the program. She

shared with reception attendees, "I know how hard it is to open up when you feel like no one understands. But I want kids to know you can still change even though you have a bad background." She continued, "I have learned to let people help me and I always want to bring others up."

Over its five year history, the Giving Circle has granted over \$130,000 to local youth serving organizations through the Youth Development program. Local individuals and businesses join the Circle because of their commitment to the cause and the unique ability to serve as hands-on reviewers of the grant proposals. Don St. Clair, a local Certified Financial Planner, has been a member of the Circle for its entire history. He explains, "Before joining, I wouldn't have thought of this age group as having a particular need, but learning more over time, I became aware that this is a very worthwhile endeavor, so I return each year."

Placer Community Foundation warmly acknowledges members of the 2014 Giving Circle: ★

Placer Community Foundation grows local giving to strengthen our community by connecting donors who care with causes that matter. Known for sound financial management and knowledge of the nonprofit sector, the Foundation continuously monitors the community to better understand the nature of local needs, so that they can invest in areas such as arts and culture, education, health and human services, and the environment. The Foundation provides regular trainings and technical assistance for the many local nonprofits that are experiencing growing public demand for programs and services. The Foundation and its donors have invested over \$4.7 million in Placer County, and currently has assets of \$11.5 million. To learn more about supporting our local nonprofit organizations, visit placeref.org or call 530-885-4920.

The Number of Seniors Living in Poverty Set to Increase Dramatically

By 2050, one-fifth of the total U.S. population will be 65 or older—up from 12 percent in 2000—with the number of people aged 85 and older growing the fastest over the next few decades. As the aging population continues to rise, several indicators of economic security are projected to be bleak unless we provide proper assistance and support. Today, 15 percent of American seniors—people aged 65 and older—are living in poverty in the United States, a disproportionate number of whom are women and people of color.

Furthermore, the number of poor seniors will dramatically increase over the next 10 to 20 years as Baby Boomers age into retirement. They will struggle with economic security, including facing increased homelessness and hunger. Fortunately, Social Security and other government programs keep many seniors out of extreme poverty. Without Social Security, more than half of all seniors would be poor today. There is a lot of progress to be made in ensuring that American seniors are able to participate in the nation's economic prosperity.

We cannot leave our nation's seniors behind. A significant number of Baby Boomers, who have made significant contributions to the nation's economy during their lifetime, will reach the age of 70 with very little in savings or retirement income. Fewer and fewer have traditional pensions and will rely solely on



Social Security for their income.

Moving forward, we must strengthen Social Security and other government programs such as the Supplemental Security Income program, housing subsidies, hunger assistance, and caregiver support. Many programs similar to these not only help seniors achieve economic security, but also help millions of adult children, people with disabilities, and many young people. We must also address the nation's current and future long-term care financial

crisis so that fewer people have to become poor to become eligible for Medicaid in order to afford much-needed help. These policy solutions will not only help reduce senior poverty, but strengthen our nation's economy for all. ★

The views expressed here are those of the National Senior Citizens Law Center (NSCLC), and do not necessarily represent those of the Commission or individual members. Article reprinted with permission

Employer Seminar Set for October

PLACER COUNTY, CA (MPG) - The Foothill and South Placer Employer Advisory Councils, in partnership with the Employment Development Department, will present the 25th Annual Employer Seminar – Silver Celebration – on Tuesday, October 21, 2014 from 8:00am- 4:30pm at the Ridge Golf Club, 2020 Golf Course Road in Auburn. Topics include: "Retaliation: The Looming Risk", "Get Real, Work Less, Live More!", "Finding and Keeping the Keepers", and "Wage-Hour Audits – How to Fight Fair and Win!" The mission is to inform and to educate employers to be better prepared for today's employment related issues. 6-hours HRCI Recertification Credit available. Cost is \$99 for members and \$149 for non-members, if paid before September 30. ★



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Family — the Glue that Holds Circus Vargas Together! Roseville Sept 18-22



Circus Vargas' connoisseur of comedy, Alex Acero, has the uncanny ability to make even the most austere of audience members erupt into fits of laughter! Photo courtesy of Circus Vargas.

CITRUS HEIGHTS, CA (MG) - Circus Vargas is indeed a family operation. Owned and operated by a talented young couple who together with their immediate and extended family have managed to produce some of the most incredible productions in live family entertainment in generations all under the Big Top!

Every member of the family is involved in the day to day operations of the circus and together they function like a well-oiled machine. From the most veteran member of the family to the youngest child everyone works together. Like a village of artists and performers, when you visit them, it's almost impossible not to feel at home! "Our goal is to make everyone who comes to Circus Vargas feel welcomed, like part of the family", says Katya Quiroga, Co-Owner-Producer along with husband Nelson.

A small self-contained city on wheels, they travel from town to town, yet always manage to keep some semblance of stability and continuity. Laid out across whatever parking lot or grass field the Big Top calls home that week, the

setup is almost always the same. "We are our own little community. We have the same neighbors in each town. The trailers are parked in the exact same spots relative to the Big Top, so the environment is always familiar. You feel at home even in a place you've never been to before" says Katya.

The Quiroga family has 4 generations of its own traveling with Circus Vargas. Add to that the many other performers from all over the world along with their families and you'll understand why no one is ever lonely and certainly never bored. There are more than 20 children and teenagers at Circus Vargas and they have constant supervision. "There is always someone's grandmother, father, mother, brother or aunt around", laughs Katya, "so not much chance for anyone to misbehave and we are very big on respecting our elders." They are the perfect example of the "It takes a village..." theory. It is quite simply, a unique establishment. There is such a wonderful mix of energy, a cross between the United Nations and one big motley magical family!

Circus Vargas host, Jon Weiss, who travels with his wife and 3 children says it best. "The circus is a family in the sense that we feel responsible for each other. There is a tremendous respect you have for each other that doesn't come from any other kind of job. Sometimes you literally have each other's lives in your hands. We work together. We play together. We have barbecues, birthdays and baby showers. There is a kinship and sense of community."

It is only fitting that with so much togetherness, these friendships foster a deep respect and camaraderie that cultivates into sincere affection. They care about each other. Not only while they are performing but behind the scenes, as well. "You'll notice in the circus community that family really does come first," says Jon. It is the backbone, the glue that keeps Circus Vargas together. "We may not be related...but we are definitely family"!

Tickets available on-line at CircusVargas.com, by phone at 877-GOTFUN-1 or at the Circus Box Office. ★
Source: *Circus Vargas*

PCWA Reminder on 2015 Rate Adjustments

AUBURN, CA (MPG) - The Placer County Water Agency is reminding treated and untreated water users that water rates in PCWA Zone 1 (which includes a portion of Auburn, Loomis Basin, Rocklin, parts of Lincoln and Roseville) will increase by approximately 6 percent, effective Jan. 1, 2015. Of the 6 percent adjustment, 3.7 percent is due to the PG&E increase in purchased water and 2.3 percent

of the adjustment is based upon the Consumer Price Index.

The adjustments are part of a multi-year rate adjustment adopted a year ago by the PCWA Board of Directors.

PCWA Director of Financial Services, Joe Parker said the adjustment is necessary because of the increased wholesale cost that PCWA pays for water and rising operational expenses of providing public water service.

Director of Customer Services, Matt Young, said that the September and October Zone 1 water bills will contain a reminder notice of the rate adjustment. ★

For information on PCWA rates and services, please contact PCWA Customer Services at (530) 823-4850 or email CustomerServices@pcwa.net. Source: PCWA

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ROCK DOC

By Dr. E. Kirsten Peters

I was hospitalized for ten days in late July. In August, to rebuild my strength, I took my dog on increasingly long walks around town. We went virtually every day; the exercise was good for both Buster Brown and me.

Buster is such a mongrel it's hard to be sure what breeds have contributed to his makeup. He retrieves sticks thrown into the water and he looks like he has some Labrador in him, but he has the tail of a German Shepherd. His wide head makes me think of a pit bull. Buster's vet says that both his sire and dam were likely mutts themselves.

The amazing differences in size and behavior of the various dog breeds caught the attention of Charles Darwin in the 1800s. Darwin is famous for his theory

A Wolf in Other Clothing

of natural selection and the evolution of species, but he also wrote on a number of other topics over his long life. Darwin thought that the wide range we see in breeds of dogs meant they had different contributions from their wild counterparts, namely the wolf, the coyote, and even the jackal. Konrad Lorenz, a famous animal researcher from the 20th century, agreed with Darwin's basic notion that more than one wild canine species contributed to the different breeds of domestic dogs.

It seems pretty clear now that Darwin and Lorenz were wrong when it comes to the origins of man's best friend. I was reminded of the old debate and the modern evidence about it by Ted Kerasote's excellent and best-selling book on all things dog, "Merle's Door." As more and more dog bones associated with human fossil remains were unearthed, the more they seemed to have in common with local wolves, not coyotes or jackals.

UCLA scientist Robert K. Wayne brought the power of modern genetics to bear on this old debate about the origin of dogs. As you may recall from high school biology, cells contain bodies known as mitochondria that lie outside the cell

nucleus. The DNA found in your cell nucleus is inherited from your mother and father. But there is also DNA in the mitochondria, and it's inherited only from your mother. I call this DNA your "mama-DNA." Wayne looked at the "mama-DNA" found in 162 wolves, 5 coyotes, 12 jackals and 67 breeds of dogs. The results were clear: from my faithful Buster Brown to an enormous St. Bernard and a little Pekingese — all dogs owe their existence to wolf stock.

It was the wolf, more than the coyote or jackal, that long ago joined us in the circle around the campfire. When humans started controlling which canines bred with which, the distinctions of breeds began. As history unfolded, my mutt from the pound appeared and joined me on my six-mile ambles around town. ★

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.

Fall 2014 Feral Cat Workshop Series

Presented by Sacramento Feral Resources

SACRAMENTO, CA (MPG) - What are feral cats and where do they come from? Why are there so many of these cats in the neighborhood? Why can't you just remove them? Sacramento Feral Resources (SacFerals) has the answers to these questions and more. Join us at our Feral Cats Workshops Series. Learn how you can make a positive difference for feral cats and the community as a SacFerals volunteer, a colony caregiver, and through other opportunities. All workshops will be held at Sacramento County Animal Care & Regulation in the classroom, 3839 Bradshaw Rd, Sacramento 95827.

Feral Cats Workshop September 28 10 am - 1 pm

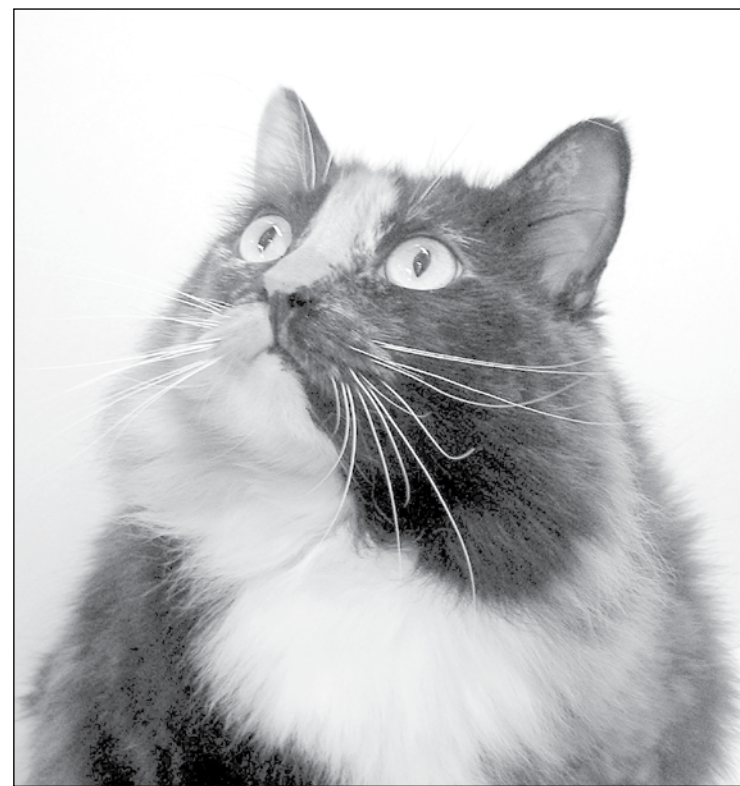
Learn about feral cats and how we can co-exist with them in our neighborhood. This workshop provides the foundation for the feral cat know-how that you'll need to be an informed volunteer. This workshop is a prerequisite for both the Trapping/Transport and the Resource Center workshops.

Trap & Transport Workshop October 5 10 am - 1 pm

This workshop trains volunteers in good trapping skills and offers tips on how to successfully trap feral cats for trap, neuter, return (TNR) to their colony. Discover what's involved in the TNR process and learn how to assist others with the trapping and/or transport of feral cats for TNR. The "Feral Cats" workshop is a prerequisite for this workshop. Be sure to sign up for both workshops.

Response Center Workshop October 19 10 am - 1 pm

This workshop details how you will work from your personal computer to assist people who request help with feral cats issues



in the community. Requests are received through the SacFerals website and directed to Google spreadsheets. Previous computer experience is necessary. The Feral Cats Workshop is a prerequisite for this workshop. The Trap & Transport Workshop is also recommended.

How to Sign-Up for Workshops

To sign up for one or more workshops please register in advance using the following steps.

1. Email volunteer.sacferals@gmail.com and include "Workshops Fall 2014" in the subject line.
2. List the workshop(s) that you will attend.
3. Include your name, email, and phone number.

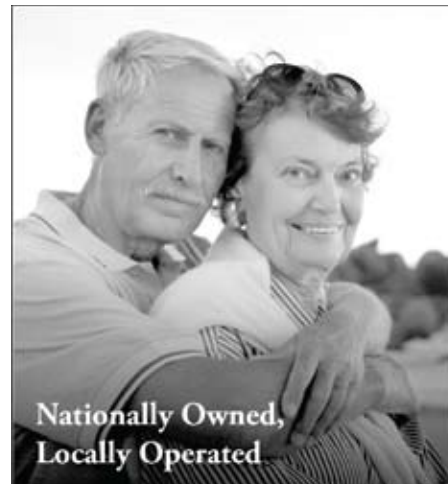
You will receive a confirmation of registration plus a website link to the workshop Handbook.

The 160 page Handbook is a valuable feral cat reference guide and resource. To purchase a printed copy of the Handbook with binder, you must pre-order a copy. It will be available for pick-up at the Feral Cats workshop. The cost is \$10 (cash only) and will be collected at the workshop.

Volunteer Opportunities

For more information on SacFerals Volunteer Opportunities go to our Volunteer page at <http://www.sacferals.com/p/volunteer.html> where you can also submit a Volunteer Interest Form. If you have questions or would like to receive information on upcoming workshops email us at volunteer.sacferals@gmail.com. Check out our website at www.sacferals.com. ★

Source: Sacramento Feral Resources



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Straight Talk from Al Jacobs

Welcome to the Corporate Jungle

The newspaper headline attracts attention: "S&P 500 touches 2,000." Details are sparse: "On Monday, traders were encouraged by some high-profile corporate deal news . . . word over the weekend that California biotech company InterMune agreed to sell itself to Swiss pharmaceutical company Roche for \$8.3 billion." This is the depth of thought which goes into what 21st Century securities investment is all about.

Ownership of stock in a soundly operated company which systematically generates a profit while paying an adequate quarterly dividend is as far from the average investor's consciousness as the Second Punic War. Such an approach is now branded archaic. With few exceptions, financial advisors

who permeate the investment landscape advocate to their clients a single strategy: the holding of multiple index funds, either mutual or exchange traded. The justification: Over time the market will increase in value, as it always has. And for this advice both the funds and the advisor will debit the client's account in perpetuity.

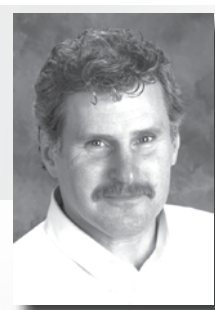
For more than two decades I managed a portfolio of securities. I selected companies in healthy industries with a history of stable or increasing earnings, a generous portion regularly passed on as dividends. I preferred only companies with reasonably low price-earnings (P-E) ratios, and reviewed the portfolio every several months so to dispose of those no longer meeting the criteria. The system

worked reasonably well, in that both dividend income and asset value increased handsomely over time. Though certain aspects of the market have changed in recent years, largely due to technology, I believe specific stock choice is still the best approach.

Be aware that in the corporate jungle, the only person you can depend upon to faithfully represent your interests is the face in the mirror. Ignore this truth at your peril.

Al Jacobs, a professional investor for nearly a half-century, distributes a monthly newsletter in which he shares his financial knowledge and experience. ★

You may sign up for it at www.onthemoneytrail.com.



Dare to Live Without Limits

Developing a Can-Do Attitude



by Bryan Golden

A strong can-do attitude is a potent force in your quest for accomplishment. If you have any doubt, consider the alternative, a can't-do attitude? Anyone harboring a can't-do attitude is guaranteed of their results; nothing will work.

Ignore everyone who derides your can-do attitude. You will be criticized as being unrealistic. The critics have nothing to offer you except a sure fire plan for failure.

Anyone can develop a can-do attitude, even those with an entrenched can't-do attitude. If you are one of the people with a negative outlook, take an honest look at where you are. If you are not happy with your situation, the only way to make changes is by changing your attitude.

Often I hear people comment that their attitude will improve once things get better. Circumstances improve as a result of an improvement in attitude. You have to smile in order to feel happy rather than waiting to feel happy before you smile.

Developing a can-do attitude begins with positive self-talk. The words you say to yourself program your mind. By utilizing a positive vocabulary, your brain is directed to achieve a positive outcome. Constantly monitor your self-talk and immediately replace any negative words with positive ones.

Next, you have to believe you can do what you want to do. Your mind will only accomplish those things you believe are possible. When you don't think something is possible, your mind develops a can't-do attitude which prevents

accomplishments.

You need only one reason to succeed. Without vigilance, your mind will conjure up excuses as to why you can't. Additionally, other people will provide you with excuses for failure, whether you ask them or not. Your focus must be on your reason to succeed. Ignore everything else.

Expect to be criticized. Don't get discouraged by it. If you abandon your can-do attitude for the sake of mollifying your critics, you will forsake your desired accomplishment. Critics invariably say you can't do something. If you listen to them, you won't.

To cultivate your belief, act as if you are already successful. Picture yourself having attained what you want. How will you feel once you reach your goal? What level of confidence will you experience? This process stimulates a whole body experience which accelerates your mind's efforts to bring your desires to reality.

You have already experienced this process. Before going on vacation you look at photos and videos of your ideal getaway. When shopping for a car you visit dealers, look at the models you are interested in, and test drive the cars you are considering. When you really want something badly enough you can "feel" it and "taste" it before you have attained it.

A strong can-do attitude includes a focused problem solving mindset. In any quest you will encounter problems. Although problems can be discouraging, all problems have solutions. The

challenge is discovering them. Problem solving requires an open mind. Consider all options, even the ones outside your comfort zone.

Network with other positive, can-do people. They will encourage you and you will encourage them. You don't have to personally know someone positive to be encouraged by their attitude.

Simply learning about an individual's accomplishments, along with how they overcame obstacles is extremely motivating. You can do this through reading, biographical shows, and research on the internet.

Avoid discussing your goals with those who are not supportive. You don't have to, and probably won't change their minds. You will just become frustrated, discouraged, and drained without accomplishing anything positive. It's your life. Live it your way. You don't have to please anyone else.

Developing a can-do attitude will greatly accelerate your accomplishments. A can-do attitude empowers your mind to transform your dreams into reality. You can do whatever you need to do in order to reach your goals. ★

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@colum-nist.com or write him c/o this paper. © 2009 Bryan Golden.

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Sudoku Puzzle on Page 8

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Crossword Puzzle on Page 6

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By Ronnie McBrayer

Love is the Final Word

they have done...Be sure to get revenge...I hate them for what they did to me...Avenge my memory." Every last word was an "I love you" of some variety.

Here is what Rabbi Kula learned, "Then I recognized what the real Torah, the real wisdom...the real experience behind religion is...it is about love...and it's no more complicated than that. As a rabbi, my community of rabbis, and I think priests, ministers, and monks - we've made it a lot more complicated than it is. When you make it more complicated than it is, you lose the experience." Beautifully said.

As I understand the Bible, particularly as I read it through the lens of Jesus of Nazareth, God isn't much into religion. He's not interested in carving up the world along tribal or cultic lines. He's not officiating a spiritual contest, declaring winners and losers in who can most strongly declare how right they are. That's all much too complicated. Rather, he works to put the world on the right path, on the road to redemption, on the way of love.

Jesus came to reveal God's love to us, to draw it out of us, to show us that love is the beginning, the means, the path, and the end; it's the only road to travel. This is what Jesus meant, I believe, when he said, "I am the way, the truth, and the life." The only way to know God is through the doorway of redeeming love. To choose a different path is to more than "lose the

experience," it is to absolutely corrupt it.

I suppose this makes me an "exclusivist," one who denies that all religious paths are equal and simply have their own unique twists and turns along the way. No, I do not believe such a thing, for the morbid irony is that religion brought down those iconic towers more than a decade ago. Hard. Inflexible. Dogmatic. Immovable religion (And such religion can be perpetuated as easily by we who are "Christian" as any other group).

God surely can't be associated with anything of the sort, no matter what name it is called or however right and correct it purports to be. God must be - absolutely must be - in what is loving, absolving, and just, not destructive. For love is what saves us. It is what gives us life. It is the only thing that overcomes hate and injustice. It is the only way.

Memorials built to honor those who have suffered and died as the result of hate are appropriate, and we should "never forget." But let us never forget that neither hate nor religion will have the last word. That word has already been spoken; in the words of Dorothy Day, "Love is the final word." ★

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is "The Gospel According to Waffle House." You can read more at www.ronniemcbrayer.me.

Cleaning up Messes, Parsonage Style

Dr. James L. Snyder

Throughout the glorious years of our marriage, the Gracious Mistress of the Parsonage and Yours Truly has had few disagreements. I suppose I could count them all on my one hand, but I am not sure if it is my right hand or my left hand so I will just leave it at that.

I hear, of course, of many couples who do nothing but bicker and fight from morning till night. I have always wondered what the purpose of all that was and what it ever accomplished. I think there is a better way to live together.

There are several phrases I have memorized and used throughout the years of our marriage that has kept me in good standing.

"Yes, dear." "You're right, dear." "I'll do it right away, dear."

I have found that if I include the word "dear," with all of my responses it fares better for me.

Of course, I am the kind of person that does not have to be right all the time, which makes me the perfect husband. Admitting you are wrong, even if you do not think you are, is really not the end of the world. In fact, it may be the beginning of a bright new world.

I said "few disagreements," and I need to explain what I meant by that.

The major disagreements that my wife and I have had throughout the years can be boiled down into one phrase, "It's a mess." Usually, actually all the time this phrase is being used, it is coming from the lips of my wife.

Our disagreement is in the definition of "mess." She has one definition and I have another definition, and the twain shall never meet. Mark my words on that.

If you would come into our home, you will discover that

every room in the house is well organized and very neat. Well, not every room. The one room that does not come up to that criterion is the room in which I occupy. It is my space. My well-organized wife will walk by my room, pause, look in and say, "It's a mess."

It took me a long time to realize what she was talking about. Eventually, I got to the point where I understood that what she was referring to was "my space." Unfortunately, we did not share the same vision of my space. I am of the mindset that if I am working I need to have organized messes all around me.

I have tried explaining to my wife that I am a messologist. I had to explain to her that a messologist is someone who specializes in organizing intentional messes. I am not sure I have convinced her yet of this.

I really think that one person's mess is another person's workspace. I cannot really work efficiently unless there are intentional messes around me, protecting me, giving me the incentive I need to pursue the job at hand. My basic philosophy is simply this, if I cannot find what I need when I need it, I probably do not really need it. It has worked for me most marvelously.

The real trick of a messologist is knowing where to find what you need when you need it.

My wife can walk into my space and look around and be utterly confused by what she calls "a mess." Of course, it looks like a mess to her. It is not her mess! If it was her mess she would understand it and be comforted by it.

My wife is of the idea that organization has to do with numerical or alphabetical order. Now that works for some people, I suppose. But, as I keep telling her, that is not the only circus in

town! I cannot tell how many times something new has developed in my thinking while I was searching for something I could not really find. That is the genius of a messologist.

Some people, like my wife, like to go from 1 to 2 to 3 to 4; or, A to B to C to D all the way to Z. To a normal person, and I am guessing my wife is normal, that makes a lot of sense. But to a messologist, that kind of thinking is rather confusing.

What I want to know is, what do you do when you come to the end of the alphabet? Where do you go from there? Then, it is rather important that you have the alphabet in alphabetical order. If I would ever try to do that I would end up being so confused, they would have to admit me in some rehab facility to clean my mind out.

So, the thing that makes our marriage so blissful is that we have an agreement and that she does things her way and I do things my way. This has been the recipe for blissfulness in our marriage. I do not make her do it my way and she cannot make me do it her way. We both have brains, but they tick after a different tock.

I then thought of a verse of Scripture that rather fit my situation. "There is a way which seemeth right unto a man, but the end thereof are the ways of death" (Proverbs 14:12).

My way has to be in complete harmony with His way or my life will be completely destroyed. ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnsnyder2@att.net. His website is www.jamesnsnyderministries.com.

This is the first year of the official September 11th Museum and Memorial. Located underground, on the foundation stones of the World Trade Center Towers, it contains more than 10,000 artifacts of the day, 23,000 pictures, and an archive of more than 500 hours of video.

Within the collection of artifacts and archives there is also an assembly of audio recordings; Final conversations of those in the towers as they called home, spouses, parents, partners, friends, and left voice mails. Rabbi Irwin Kula is responsible for collecting a good many of these conversations.

In the days after 9/11 he began seeking out the last words and sentences of anyone he could find who was killed that day. He took those words and adapted them into a chant for his synagogue. The tune and meter of the chant he chose was traditionally about the destruction of the Jewish temple. He thought it appropriate for the aftermath of the September 11th attacks.

What he discovered was not only that the words fit the traditional chant perfectly, but also this: All the final conversations he had in his collection were about love. Not a single person used his or her last breathe to say, "Kill those bastards for what

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Cumin Adds Spice to This Chunky Guacamole Recipe



"It's a winner!"



Juliann Esquivel
Key Largo, FL
(Pop. 58,949)

I love cumin in Mexican food, so why didn't I ever think of adding it to guacamole? Juliann Esquivel adds it to her Chunky Guacamole with Cumin recipe and it's simply delicious. This guacamole is creamy, chunky, slightly tart with a little heat. Get out the chips and dig in!

See step-by-step photos of Juliann's recipe plus thousands more from home cooks nationwide at:

www.justapinch.com/guacamole

You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...

-Janet

Chunky Guacamole with Cumin

- What You Need**

 - 1/2 tsp cumin seeds
 - 5 large Hass avocados, halved and pitted
 - 4 tbsp fresh lemon juice
 - 2 tbsp finely chopped cilantro
 - 1 small Vidalia or sweet onion, minced
 - 1 large jalapeno with a few seeds, minced
 - 1 tsp salt
 - 1 large clove fresh garlic, minced fine

Directions

 - In a small skillet, toast the cumin seeds over

moderately high heat, shaking the skillet, until fragrant. Finely grind with a mortar and pestle or in a clean spice grinder.

 - Scoop half of the avocados into a large bowl and coarsely mash with a fork.
 - Stir in lemon juice, cilantro, onion, garlic, jalapeno and ground cumin.
 - Scoop small chunks of the remaining avocados into the same bowl; stir lightly with

a spoon.

 - Season the guacamole with salt and serve at room temperature or lightly chilled.
 - If you are going to serve more than two hours later, push one or two avocado pits into the mixture, cover, and refrigerate. The pits will keep your guacamole nice and green until serving time. When ready to serve remove pits and discard.

Submitted by: Juliann Esquivel, Key Largo, FL (Pop. 58,949)
www.justapinch.com/guacamole

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STATEPOINT CROSSWORD • MOVIE QUOTES

CLUES

ACROSS

- 1. Newton or Stern
- 6. "Here's looking at ___"
- 9. Face-to-face exam
- 13. Bake, as in eggs
- 14. Even, to a poet
- 15. "Madama Butterfly," e.g.
- 16. "Show me the ___!"
- 17. Sculptor Hans/Jean ___
- 18. "Nobody ___!"
- 19. Penalize
- 21. For peeping
- 23. It can be red or black
- 24. Lab culture
- 25. In the past
- 28. Emeralds and rubies
- 30. "Elementary, my dear ___"
- 35. Ringo Starr's instrument
- 37. ___ Verde National Park
- 39. "Dancing with the Stars" number
- 40. Supposed giant Himalayan
- 41. Subculture language
- 43. "You sit on a throne of ___"
- 44. Peer-conscious group
- 46. Apartheid opponent Desmond ___
- 47. Formerly
- 48. "Yo, ___!"
- 50. To represent in drawing or painting
- 52. "Are you the ___master? ...I am the gatekeeper"
- 53. "About ___ Night"
- 55. "Sheep be true! ___-ram-ewel!"
- 57. "___ handle the truth!"
- 61. Toy weapon
- 64. Unwelcome computer message
- 65. Reef dweller
- 67. Match play?
- 69. Spent
- 70. E in BCE
- 71. Plural of lepton
- 72. Cobbler's concern
- 73. Wine quality
- 74. Piglike

DOWN

- 1. Any doctrine
- 2. "___ till you drop"
- 3. Hokkaido native
- 4. Gladiators' battlefield
- 5. "There's no ___ in baseball"
- 6. Uh-huh
- 7. "___ the land of the free..."
- 8. Remove pegs
- 9. Moonfish
- 10. First female Attorney General
- 11. Seed coat
- 12. Add booze
- 15. #15 Across, pl.
- 20. Flower holders
- 22. Swerve
- 24. Battery's partner?
- 25. Temples' innermost sanctuaries
- 26. "___ for lack of a better word, is good"
- 27. Kind of space
- 29. Patty ___
- 31. Tall one is a lie
- 32. To be wiped off a face?
- 33. Corpulent
- 34. Foul
- 36. Small British car
- 38. Opposed to
- 42. Louisiana dish
- 45. As opposed to hourly pay
- 49. Grandmother in Great Britain
- 51. "I love the smell of ___ in the morning"
- 54. Knight's mount
- 56. Acquiesce
- 57. Evergreens
- 58. Three-ply snack
- 59. Eurasian mountain range
- 60. Apple leftover
- 61. "___ it, Sam"
- 62. Mail agency
- 63. Haves and have-___
- 66. Make #64 Across
- 68. Aye's opposite

CROSSWORD													
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72						73				74			

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3	9						5	2
					4	6		
			3			2		5
		5		7	8			3
			5	2		6		

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

Come back every week for Crossword and Sudoku!

House Committee Holds Hearing on Water Storage



Rep. Doug LaMalfa

WASHINGTON, D.C. (MPG) - Rep. Doug LaMalfa (R-Richvale) spoke in support of a measure on September 10th that would accelerate the development of new surface water storage facilities, including Sites Reservoir in Northern California. H.R. 5412, sponsored by Natural Resources Committee Chairman Doc Hastings (R-WA), streamlines the Bureau of Reclamation feasibility study process for surface water storage facilities by putting hard deadlines on study completion and authorizing construction of projects that are found feasible. The legislation also includes

reporting and transparency requirements to provide agency justifications on why feasibility studies are not being completed in a timely manner.

"California's water crisis is a direct result of a failure to invest in new water supplies over the past few decades. This measure accelerates studies of new water storage projects and sets criteria for construction of those projects, including Sites Reservoir," said LaMalfa. "If projects like Sites were in place today, we wouldn't be coping with billions in drought-related economic damage to our economy. Our cities wouldn't be experiencing water rationing, our farmers wouldn't be following fields and food prices would not be increasing. It's time to end the decades of inaction and begin addressing California's long-term water needs."

Testifying on the proposal was Tehama-Colusa Canal Authority general manager Jeff Sutton, who has a background in water law and whose family has farmed in the Northern Central

Valley since the 1870s.

"This drought is a predictable, preventable crisis and a great many of its impacts could be addressed with better planning and new water storage facilities," added Sutton.

Similar to LaMalfa's Sacramento Valley Water Storage and Restoration Act of 2014 (HR 4300), H.R. 5412 seeks to end expensive and interminable feasibility studies that have delayed water projects like Sites Reservoir. Despite bipartisan support from around the state, ten years of work and millions in state and federal funds, the project study has yet to be completed. ★

Doug LaMalfa is a lifelong farmer representing California's First Congressional District, including Butte, Glenn, Lassen, Modoc, Nevada, Placer, Plumas, Shasta, Sierra, Siskiyou and Tehama Counties.

Source: Office of Doug LaMalfa

"Bass" Jack Naves - Cut Bait for Delta Stripers

ABURN, CA (MPG8) - The Rooster Tails Fishing Club breakfast meeting will be held on Friday, September 19 at the Auburn Elks Lodge, 195 Pine St. at Lincoln Way, Auburn, CA 95603. The doors to the Lodge open at 7:00 AM with a fantastic \$12 wide-selection buffet breakfast served at 8:00 AM. The presentation begins at 9:00 AM sharp featuring Bass-Jack Naves whose presentation will specifically hone-in on tips for using cut-bait to fish for Delta striped bass... The breakfast meeting is open to the Public.

Jack inherited his father's and grandfather's knowledge of fishing which has inspired him to share his personal 30 years of fishing skills with fishermen. With the fall weather, the Delta becomes prime for striper-fishing and a great opportunity to catch that trophy fish. However, the recent warm weather and low water levels have created 'floating-grass' that limits traditional trolling for stripers. Jack will explain where to anchor your boat and a great way to fish for stripers while avoiding constantly cleaning grass off lures and line. Jack's presentation will describe the best bait to use, how to rig it, and how to present it for the best opportunity to catch keeper stripers while avoid 'bait robbers'. In addition, Jack will give you the best tides to fish and how to deal with possible windy conditions. ★



"Bass" Jack with a 9 lb. striper.

The 30 year old, 180+-member Rooster Tails Fishing Club of Northern California, Inc. is a non-profit organization that meets the third Friday of each month to educate, entertain, and enhance a fishing experience. Unlike many bass and fly fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing Club provides a balanced mix of fishing

techniques presented by fishing experts targeting a variety of fish species on multiple types of waters. Further information can be found at www.rooster-tailsfishingclub.org. For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim, Club Chairman, at 530-887-0479 or info@rooster-tailsfishingclub.org.

PCWA Customers Step Up, Save Water

AUBURN, CA (MPG) - Placer County residents are doing their part when it comes to conserving water during the current drought and helping to ensure best possible conditions if the drought continues into 2015.

This was a message delivered by Tony Firenzi, drought project manager for the Placer County Water Agency, at Thursday's (Sept. 4) meeting of the PCWA Board of Directors.

Firenzi said that through the first eight months of this year (Jan.-Aug.) PCWA retail treated water customers used 18.8 percent less water than in the same period a year ago. Users of untreated canal water reduced use by 34.9 percent, he said.

"The aggregate reduction for all deliveries has been 28.3 percent," Firenzi said. "Our customers are aware of the situation and are doing a very good job."

Gov. Brown in January called upon all Californians to reduce water use by 20 percent until the drought is over. Many areas of the state, however, have not achieved savings in that range and, in fact, some areas have reported higher water use.

Firenzi said PCWA is working

closely with the Pacific Gas and Electric Company to ensure that adequate reservoir storage is preserved for next year as a cushion against continued dry conditions.

In other business, PCWA directors:

- welcomed John Woodling, executive director of the Regional Water Authority (RWA), who briefed the board on details of the \$7.5 billion water bond measure (Prop. 1) that will be on the Nov. 4 ballot. He said the RWA Board of Directors will consider endorsement of the measure next week. Woodling also provided insight on the state's new groundwater management legislation.

- heard an update from Director of Strategic Affairs Einar Maisch on the recently announced Nevada Irrigation District plan to construct a new reservoir on the Bear River between Rollins and Combie reservoirs. Maisch said the long-term Parker Reservoir project, if realized, could provide water storage and operational advantages to PCWA and its customers.

- viewed a short video produced by the Governor's Office

of Emergency Services and featuring Placer County nurseryman John Nitta, who operates High Ranch Nursery in Loomis. The video provides Nitta's advice on saving water through the use of native and drought resistant plants.

- received notification from the Placer County Office of Elections that PCWA will not have to hold elections on Nov. 4 because no one had filed to run against the incumbents for two seats on the PCWA board. Division 1 Director Gray Allen of Roseville and Division 2 Director Primo Santini of Lincoln will be appointed to new four-year terms.

The next meeting of the PCWA Board of Directors will be held at 2 p.m. on Thursday, Sept. 18, at the PCWA Business Center, 144 Ferguson Road, in Auburn. PCWA board meetings are open to the public. ★

Information on PCWA board meetings may be obtained through the Clerk to the Board at (530) 823-4850 or (800) 464-0030. For drought updates and water conservation information, see www.pcwa.net.



POPPOFF!

with Mary Jane Popp

YOU CAN BEAT CANCER

Dr. Carl Helvie is the longest known survivor of lung cancer. He is an experienced Nurse Practitioner and Nationally acclaimed author of *"You Can Beat Cancer"* using Alternative/Integrative Interventions. He hosts *"The Holistic Health Show."* According to the good Doctor, a new study has presented data that "Taking small amounts of aspirin over long periods of time reduces the risk of colon cancer and certain other cancers in people 50-65. It has been found that taking aspirin for at least five years also limits mortality, along with reducing the risk of cancer. He shared his insightful journey through the terror of cancer diagnosis and how he persevered to conquer it on my **POPPOFF** Radio Show.

So I asked him if he could give me his top ten tips to prevent/treat cancer.

- 1) **USE THE HOLISTIC APPROACH.** This involves a combination of physical, spiritual, and social support activities.
- 2) **BUILD YOUR IMMUNE**
- 7) **GET PHYSICAL.** Exercise

SYSTEM. He prefers host defense made of 17 types of organic mushrooms, but other possibilities are colostrums or Beta 1.3d Glucan.

3) **EAT ORGANIC.** That includes a diet of fruit, vegetables, grains and nuts with no simple carbohydrates or protein (except AG/pro or other protein substitute) during treatment of cancer. Add minimal amounts of protein mainly from fish and poultry later in cancer treatment and after recovery.

4) **MAINTAIN ALKALINITY IN BODY.** He prefers using 2 organic lemons squeezed in water with some Stevia each morning, but other use X20 from Xooma in water to drink throughout the day, or add an alkalizing filter to your water tap.

5) **USE SOMETHING TO KILL CANCER CELLS WHEN PRESENT.** He prefers laetrile and apricot kernels that require additional supplements such as pancreatic enzymes and zinc to facilitate the process. Others prefer high dose vitamin C, poly MVA, insulin Potentiation therapy, and other natural, alternative interventions.

6) **USE SUPPLEMENTS DAILY.** For example, vitamin D has been shown to assist in killing cancer cells and preventing cancerous cells from converting to cancer cells.

daily to prevent and assist in recovery from cancer.

8) **USE SPIRITUAL INTERVENTIONS.** Try prayer, meditation, serving others, and strengthening spiritual attributes of patience, forgiveness, and gratitude. Faith, optimism, and spirituality have been shown through research to have a powerful effect on recovery and longevity.

9) **MENTAL INTERVENTIONS.** Affirmation and visualization have been shown to facilitate recovery from cancer when used in conjunction with other modalities.

10) **MAINTAIN A SUPPORT SYSTEM.** Friends, family, and a higher source known to him as God to facilitate recovery from stress is a part of the cancer process, other diseases, and daily living.

Dr. Helvie has done research for some 60 years. He also served as a nursing consultant in Russia and taught at the University of Applied Sciences in Frankfurt, Germany. He is also the recipient of the 1999 Distinguished Career in Public Health Award from the American Public Health Association. His best-selling book, *"You Can Beat Cancer"* is available at all the regular places and you can check out his website at www.beatcancer.net. Taking matters in your own hands gives you the power over your own life. Stay well my friends! ★

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Community Involved
Live at AM 950 - Live at www.KAHI.com

Weekdays	
6 - 9am:	The KAHI Morning News with Casey Freelove and the KAHI News Team
9am - Noon:	The Dave Ramsey Show
Noon - 1pm:	The KAHI Noon News with Mary Jane Popp and the KAHI News Team
1 - 4pm:	The Savage Nation
4 - 6pm:	The KAHI Afternoon News with Bob Stephenson and the KAHI News Team
6 - 7pm:	Poppoff with Mary Jane Popp
7 - 10pm:	Sports Byline USA with Ron Barr
10 - 11pm:	TMZ Sports
Saturdays	
6 - 7am:	A Time for Seniors
7 - 8am:	The Swap Shop
8 - 9am:	The KAHI Corral
9 - 10am:	The Garden Goddesses
11am - 12pm:	The 45 Guy with Mike Mackenzie
12 - 7pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Rewind with Jimmy Jay
Sundays	
7:30 - 9am:	Cruisin' Garage & Swap Meet
9 - 9:30am:	The Crossroads Radio Show
10 - 11am:	The Dew Sweepers Golf Show
11am - 6pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Hearts of Space

Live at AM 950 - Live at www.KAHI.com

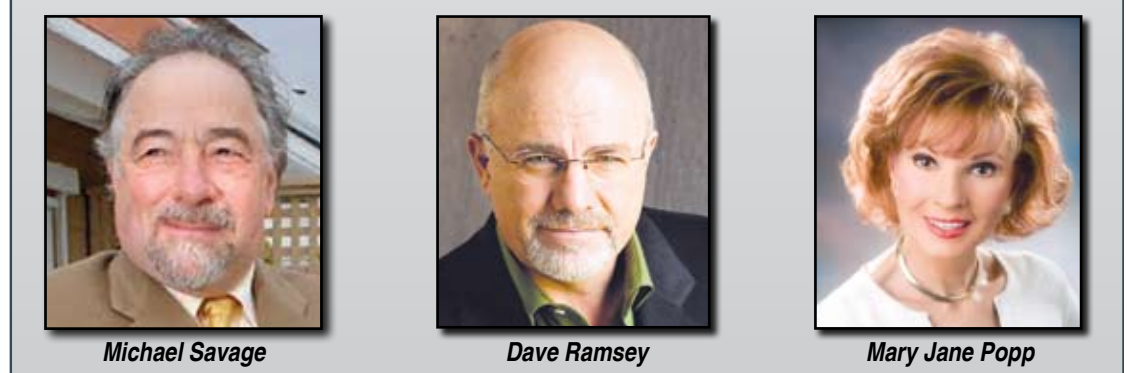
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The edible skin and soft bones give Alaska canned pink salmon four times the omega-3s EPA and DHA, twelve times the vitamin D as many popular canned meats and fish, 25 percent of adult RDA for calcium and nearly the daily reference amount for selenium. Stir them in and enjoy. Buy any brand — look for Alaska on the lid or label. For more information, visit www.wildalaskaseafood.com.



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Having a simple, but nutritious on-the-go snack can sure come in handy. All-natural and certified gluten-free, SOYJOY snack bars are baked with pieces of real fruit and non-genetically modified ground whole soybeans. The protein in soybeans provides all nine essential amino acids, making them a source of high-quality, complete protein. Available in seven flavors, at only 130–140 calories, SOYJOY is easy, tasty and wholesome — perfect for any snack occasion. For more information, visit www.soyjoy.com.

FAMILY FEATURES

Feeding your family with nutrient dense foods can be as simple as making a few better-for-you choices. By definition, superfoods are calorie sparse and packed with beneficial nutrients that add health and flavor to meals. Because the human body cannot create these nourishing elements alone, the addition of these foods is essential for regular function and to defend against certain diseases and conditions. The next time you visit the grocery store, stock up on some of these delicious foods.



A Powerhouse of Nutrients and Fiber

California Figs are supercharged with flavor and nutrition. A natural powerhouse of essential nutrients and fiber, Blue Ribbon Orchard Choice and Sun-Maid Figs are a healthy, versatile recipe ingredient and tasty, convenient snack. Fat-, cholesterol-, sodium- and gluten-free, these non-genetically modified Mission and Golden figs are sweet, chewy and available all year round. A handful of five little figs provides five grams of fiber and 20 percent of the daily value for fiber. Enjoy the taste of good health with California Figs. For more information, visit www.valleyfig.com.



Packed with Potassium

Not only are potatoes delicious and versatile, but they also pack a nutritional punch. One medium potato has 110 calories and is free of fat, sodium, cholesterol and gluten. Potatoes provide more potassium than a banana and almost half of the recommended daily value of vitamin C. They're also a good source of vitamins and minerals like B6, iron and fiber, which can aid in weight loss and lower cholesterol. For more information, visit www.eatwisconsinpotatoes.com.

Super Nutrients

Many of the foods labeled as superfoods contain one or more of the following nutrients, which can be beneficial when added to your family's diet:

- **Antioxidants:** These compounds have been linked with helping memory function, reducing the signs of aging and battling diseases, such as cancer.
- **Calcium:** This important mineral is necessary for muscle function and to keep bones and teeth healthy and strong.
- **Fiber:** An essential part of a healthy diet, fiber aids the body with food digestion. It has also been linked to maintaining a healthy weight, as well as a lowered risk of diabetes and heart disease.
- **Protein:** The human body requires protein to build and maintain skin, muscles and bones.
- **Potassium:** A diet lacking this important mineral may increase the risk of high blood pressure, cancer, stroke and infertility.
- **Omega-3s:** These essential fatty acids are necessary for many body functions and can also reduce the risk of arthritis, decrease the symptoms of ADHD and lower levels of depression.
- **Vitamin C:** As an antioxidant, vitamin C can reduce the risk of heart disease, arthritis and cancer. It is also a popular remedy for the common cold.



Creamy and Calcium Rich

With a rich, creamy taste and a wide variety of uses, Blue Diamond's Almond Breeze Almondmilk is a super food staple in kitchens everywhere. Almond Breeze can be enjoyed alone, over cereal, in smoothies and in cooked dishes — making it as versatile as it is delicious. Almondmilk is low in calories and high in calcium — plus, it is gluten and cholesterol-free. The unsweetened version of Almond Breeze Original provides a touch of the almond's natural sweetness, but eliminates added sugar. For more information, visit www.AlmondBreeze.com.

Designing History

The Identity of the 21st Century



by Dr. Gary Welton

Our primary focus in December of 1999 was Y2K. Would the computer systems handle the millennial change? Might we suffer from serious computer snafus? In the midst of the Y2K hype, we knew, though sometimes forgot, that the year 2000 was, in actuality, the last year of the 20th century and the second millennium, rather than the first year of the new millennium.

It was a year later that we officially welcomed the new millennial calendar, yet history tends to classify eras by defining events rather than by the actual numbers. As a result, one of my first thoughts on Tuesday, September 11, 2001, was that the new century had now historically begun. The terrorism in New York, Virginia, and Pennsylvania, and the ongoing threats would define a new era. We had gone from the Cold War, through the demise of the USSR. We were now living in the "Era of Terror," a time period that could easily dwarf the Cold War.

Although the Bush administration coined the term "War on Terror," and certainly the rest of his administration focused on related issues, few of us want to envision the 21st century as

the "Era of Terror." May we be so bold as to define our times in a more positive way, focusing on the strength of our culture, rather than the threat of violent destruction?

The heroes over rural Pennsylvania on Flight 93 proclaimed among themselves and to the world, through the telephone call by Todd Beamer, "Let's Roll." With their courage they preserved significant life and capital in Washington. Their heroism was memorialized in at least seven songs released in the following three years, as well as Lisa Beamer's 2003 book, "Let's Roll: Ordinary People, Extraordinary Courage."

On a much smaller scale, this spring we observed the same courage at Seattle Pacific University, a college associated with the Free Methodist Church. College student and security worker, Jon Meis, took decisive action to limit injury on his campus, when he pepper sprayed and tackled the assailant. This, again, represents the best of the human experience.

In our era of social media, we have new abilities to communicate quickly and rapidly at the grassroots level, about unfolding situations, enabling the citizenry to limit the damage by deranged and self-seeking members of our race. The benefits of social media were recently demonstrated in my home town, Grove City, Pa., when an adult male grabbed a child in the local Walmart. The state police released surveillance images to the media shortly after the incident, and the images were quickly ubiquitous on social media. Within minutes, the police received tips that led to a timely arrest and restored calm to the local community.

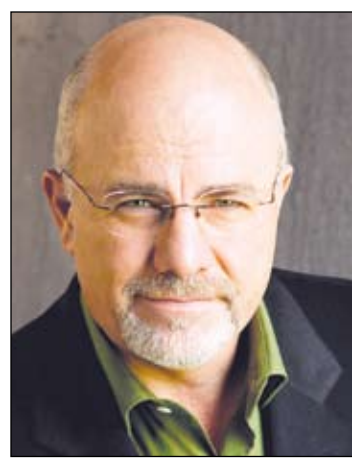
On April 19, 2013, the

FBI attempted to lockdown a 20-block area of Watertown, Mass., following the Boston Marathon bombings. In the end, however, it was not the FBI who discovered the whereabouts of Dzhokhar Tsarnaev. Rather, after the "shelter-in-place" advisory was lifted, a resident discovered clues on his own property. The accused terrorist was discovered through grassroots intelligence, not through the official governmental search.

These events demonstrate the strength of an informed, caring, courageous, and involved community. Yes, there are many risks in our lives and communities, some risks that we never imagined in the previous century. Nevertheless, though we cannot control the events of history and the decisions of terrorists, neither are we entirely powerless. There is strength at the grassroots level; there is strength in numbers, as long as we are united, using all tools at our disposal, to unite as a community, committed to protect our citizen freedoms.

On 9/11, the distinction between civilian and soldier changed. Some of us will be called to be civilian guards, protecting our society. Let's choose to define the new century as the "Era of Unity and Community" rather than the "Era of Terror." Let's commit and promise to protect one another, and thereby protect our freedoms. ★

Dr. Gary L. Welton is assistant dean for institutional assessment, professor of psychology at Grove City College, and a contributor to The Center for Vision & Values. He is a recipient of a major research grant from the Templeton Foundation to investigate positive youth development.



Dave Says

mentioned run \$5,000 to \$6,000, you're still talking about half that amount. So, let's look at it this way. Basically, you're asking me if it's okay to put your debt snowball on hold temporarily in order to modestly enhance your already reasonable wedding plans. My answer is yes!

Now, if you'd told me you wanted to drop \$50,000 on the wedding instead of getting out of debt, I'd think you were crazy. It doesn't sound like you two are going to abuse the situation, though. I think you're both being very wise.

God bless, and I hope you have long and happy lives together!

- Dave

Taking Care of Final Expenses

Dear Dave,

I'm 30-years-old, single, I rent an apartment and I have no dependents. Do I need life insurance?

- Shawna

Dear Shawna,

You may have very little need for life insurance in your situation. If you have enough money saved up to pay for your burial, and you don't have any

debt, there's really no reason to carry a policy. No one is going to be harmed financially by your death, and no one would be deprived of the income that would be lost if something unexpected happened to you.

But if you don't have money saved, and you've got a bunch of debt, you might want to consider a small, term life insurance policy. At your age, if you're fairly healthy, you can get \$100,000 worth of coverage for almost nothing.

Remember, you shouldn't buy life insurance to leave an inheritance. You should buy life insurance to make sure there's enough money to take care of your family and final expenses. You wouldn't want your parents or someone else having to foot the bill once you're gone

- Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★

Cash Wedding on a Budget

Dear Dave,

I'm getting married soon, and my fiancée and I together have saved about \$9,000 for our wedding. Right now, we're doing really well on our budgets and almost always have money left over each month. Should we use the extra money to continue paying down our debt, or is it okay to use it for a few wedding incidentals?

- Nathan

Dear Nathan,

I love the idea of having a nice, reasonable wedding paid for with cash. Some people look at weddings as an excuse to go nuts, but you guys sound like you have a good plan in mind.

The average cost of a wedding in America right now is around \$30,000. Even if the extras you

Widowed Persons Association Plans Luncheon

AUBURN, CA (MPG) - The Widowed Persons Association of California — Auburn Chapter (WPAC) will meet to socialize at a General Luncheon at the Sizzler Restaurant, 13570 Lincoln Way, Auburn at 12:00 p.m. Friday September 19.

Planned activities will be presented. All widowed persons are invited to join us. Since space is

limited, if you wish to attend the lunch meeting please telephone Jeanette at 530-888-6880.

For membership information about WPAC, please phone Denise at 530-823-5321.

WPAC also offers grief support at no cost to all widowed persons.

All grief support is strictly confidential. For information

call Sandy at 530-885-8298.

The purpose of WPAC is to provide a support group for widowed men and women of all ages and promote a wide range of social activities through which widowed persons have the opportunity to make new friends and find redirection in their lives. ★

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