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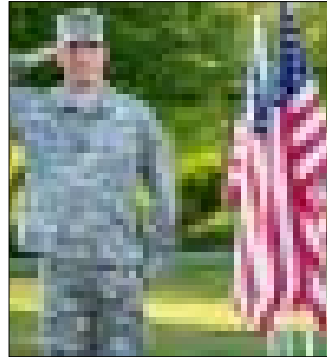
Placer Sentinel

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First Issue of September 2014

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The Problem is Not the Price



By Sally C. Pipes

Is \$84,000 too much to pay to save a life? That's a question worth asking now that the insurance industry has declared war on what it has deemed outrageous prices for new specialty drugs.

In this case, the complaints focus on Sovaldi, a breakthrough treatment that gives three million people suffering from hepatitis C hope for a cure. That cure isn't cheap. Each of the 84 pills needed to complete a course of treatment costs \$1,000.

The drug's manufacturer "is asking for a blank check," complains Karen Ignagni, president of the insurer trade group America's Health Insurance Plans. "It will blow up family budgets, state Medicaid budgets, employer costs and wreak havoc on the federal debt."

Such short-sighted attacks on the price of life-saving drugs threaten patients' ability to access them — and discourage companies from investing the billions required to develop new cures. They also invite more government intrusion into our health care — without doing anything to actually reduce health costs.

The idea that \$84,000 is

somehow too much to spend saving a life doesn't make economic sense. That sum can buy many additional years of productive work — the economic value of which far exceeds the cost of the drug.

Vanderbilt University professor W. Kip Viscusi, one of the world's leading experts on the statistical value of life, estimates it at \$8.7 million.

Second, by fixating on drug prices, the insurance industry ignores the long-term savings that pharmaceutical treatments and cures can engender throughout the healthcare system.

The treatment options currently available to hepatitis C patients don't cure the disease. They can have terrible side effects — leading to liver transplants and premature death.

A recent analysis published in the journal *Hepatology* notes that the cost of treating these side effects can run more than \$270,000. If the patient ends up requiring a liver transplant, the cost can jump by \$577,000.

Suddenly, \$84,000 looks like a tremendous bargain.

The economic impact of treating or curing other diseases can be even greater. A 1% reduction

in cancer-related deaths yields \$500 billion in economic and quality of life gains, according to a paper published in the *Journal of Political Economy*.

New drug therapies also generate savings elsewhere in the healthcare system. The Congressional Budget Office has concluded that increased access to drugs for seniors through the Medicare Part D drug benefit has reduced other costs in the program.

But the real harm from the insurance industry's war on drugs is the risk it poses to pharmaceutical innovation.

Right now, some 5,000 new drugs are within the approval pipeline, many of them first-in-class drugs aimed at once untreatable diseases, "orphan" drugs for rare conditions, or diseases that haven't had a new treatment option in decades.

The cost of this innovation is staggering, including more than a decade's worth of research and development, a high risk of failure and expenses that can reach \$5.9 billion for each new drug that actually makes it to market.

But the result is breakthrough drugs that have turned the likes of HIV/AIDS into a manageable

chronic disease and increased the life expectancy of those with cancer.

Pharmaceutical companies charge the prices they do to recoup their multibillion-dollar investments. Efforts to limit those prices can bring drug research and development to a halt.

For evidence, just look at Europe, where governments have forcibly limited drug prices for years. Three decades ago, the continent produced more than half the intellectual property around new medical innovations. "Europe now represents less than 25%," notes Robert Hugin, CEO of U.S. drug maker Celgene.

Insurance industry executives trying to deflect blame for rising premiums — or worried about meeting their quarterly earnings targets — may not care about declines in medical innovation.

But their single-minded focus on price hurts both patients desperate for cures today and the patients of tomorrow. ★

Sally C. Pipes is President, CEO, and Taube Fellow in Health Care Studies at the Pacific Research Institute. Her latest book is The Cure for Obamacare (Encounter 2013).

IRS Phone Scam Calls Continue

The Internal Revenue Service issued a consumer alert providing taxpayers with additional tips to protect themselves from telephone scam artists calling and pretending to be with the IRS.

These callers may demand money or may say you have a refund due and try to trick you into sharing private information. These con artists can sound convincing when they call. They may know a lot about you, and they usually alter the caller ID to make it look like the IRS is calling. They use fake names and bogus IRS identification badge numbers. If you don't answer, they often leave an "urgent" callback request.

"These telephone scams are being seen in every part of the country, and we urge people not to be deceived by these threatening phone calls," IRS Commissioner John Koskinen said. "We have formal processes in place for people with tax issues. The IRS respects taxpayer rights, and these angry, shake-down calls are not how we do business."

The IRS reminds people that they can know pretty easily when a supposed IRS caller is a fake. Here are five things the scammers often do but the IRS will not do. Any one of these five things is a tell-tale sign of a scam. The IRS will never:

1. Call you about taxes you owe without first mailing you an official notice.
2. Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
3. Require you to use a specific payment method for your taxes, such as a prepaid debit card.
4. Ask for credit or debit card numbers over the phone.
5. Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

If you get a phone call from someone claiming to be from the IRS and asking for money, here's what you should do:

If you know you owe taxes or think you might owe, call the IRS at 1.800.829.1040. The IRS workers can help you with a payment issue.

If you know you don't owe taxes or have no reason to believe that you do, report the incident to the Treasury Inspector General

Continued on Page 9

Raley's Settles Civil Environmental Case

Special Report District Attorney's Office

SACRAMENTO REGION, CA (MPG) - District Attorney Jan Scully joins 25 other California district attorneys in announcing that West Sacramento-based Raley's supermarket was ordered to pay \$1,599,000 in civil penalties, costs and supplemental environmental projects, as part of the settlement of a civil enforcement prosecution, which includes a final judgment and permanent injunction. Raley's cooperated with the prosecution

team throughout the investigation into their unlawful practices.

The judgment is the culmination of a civil enforcement lawsuit filed in San Joaquin County to stop the supermarket chain from unlawfully transporting and disposing of retail hazardous waste. The lawsuit claimed that more than 130 Raley's supermarket stores improperly stored, handled, and disposed of hazardous waste and pharmaceutical waste products into company trash bins. Instead of being sent to authorized disposal sites, hazardous wastes

and contaminated materials were being unlawfully transported to area landfills. Additionally, the lawsuit alleges that Raley's failed to take sufficient steps to preserve the confidentiality of their pharmacy customers' information.

As a result of the prosecution, California Raley's supermarkets modified existing policies and have adopted new policies and procedures designed to eliminate the disposal of retail hazardous waste products and pharmaceutical waste into store trash compactors for eventual

disposal into local landfills not equipped to handle such wastes. Hazardous waste produced by California Raley's supermarkets through damage, spills, and returns is now being collected by state-registered haulers, taken to proper disposal facilities, and properly documented and accounted for.

In addition, the settlement requires Raley's to dispose of or destroy all confidential customer medical information in a manner that preserves the confidentiality of the records.

In addition to devoting

resources to California environmental compliance with regard to hazardous waste identification, classification, storage, transportation, and disposal, Raley's has agreed to purchase five mobile freshwater purification systems to provide safe drinking water to local communities in California in times of emergency or other pressing need. The mobile freshwater purification systems will be located in Placer, El Dorado, Sonoma, Sacramento and Contra Costa counties, but will be available for use by other counties within the state. ★

William's Story



By Linda Frederick Yaffe

In recent years, William's life has turned around. Through Placer Adult Literacy Service (PALS), a Placer County Library program since 1985, he has learned to read and write. He loves dogs, and has proudly memorized every breed. William especially enjoys books about happy families: families with parents taking their children places, having fun together. When he sees an image of a father playing with his children, he lingers on the page, looking fondly at the dad and stroking the picture. Reading - and imagining - vicariously give William the intact family he has longed for. As well as receiving regular reading help from his PALS Reading Coach, William attends an excellent educational day program, and lives comfortably in a local residential care home. He now enjoys the stability he craves. The other two men living in the home are, says William, "my best friends."

Can you find time in your life - a couple of hours a week - to teach someone to read? If you can read you can teach someone else to read. You have the power to change a life. Call Placer Adult Literacy Service (PALS) at (530) 886-4530, cell phone (530) 217-8266, or email PALS@placer.ca.gov. Ask how you can help by serving as a Reading Coach. Think how much reading influences your own life: pleasure, safety, instruction, a better job,

helping children with homework, life-long learning. Then imagine how different your life would be...without the ability to read.

If someone you know struggles with reading, writing, or simple math, tell them to contact PALS for free, private, confidential, one-on-one help. They, too, can turn their lives around.

And you can help by joining the Literacy Support Council of Placer County (LSC): become a Reading Booster who organizes and speaks out for literacy. LSC, a 501(c)(3) nonprofit organization since 1991, is a United Way Partner. Give through United Way at your workplace, CA Capitol Region LSC ID# 3061, or donate directly to the Literacy Support Council of Placer County, PO Box 5291, Auburn, CA 95604. Email us at LSCPlacer@yahoo.com.

Please join us at the Auburn Library, 350 Nevada St., Auburn on Saturday, September 20, 10 AM - 2 PM, as Placer County Library celebrates Family Literacy Day: free crafts, story times, new interactive online learning tools, and "Sweetie" the Dog.

Auburn resident Linda Frederick Yaffe is a longtime PALS volunteer Reading Coach and is President of the Literacy Support Council of Placer County. ★

PCWA Sees Opportunity in Water Bond Election

AUBURN, CA (MPG) - Funding for water resource improvements in Placer County could be possible if California voters support the \$7.12 billion bond issue on the Nov. 4 ballot, it was reported at Thursday's (Aug. 21) meeting of the Placer County Water Agency Board of Directors.

PCWA leaders have been studying the funding opportunities following the State Legislature's Aug. 13 action to place the water bonds on the ballot.

The measure, Prop. 1, is titled the Water Quality, Supply and Infrastructure Improvement Act of 2014. It authorizes \$7.12 billion in new water bonds and reallocates \$425 million in previously allocated bonds for a total of \$7.545 billion.

The bonds include \$2.7 billion for new water storage. Funding would not be used to pay for the widely debated water conveyance systems in the Delta.

"We see a number of areas where the Agency could be competitive for Bond funding for projects that would benefit our customers," said PCWA Director of Strategic Affairs Einar Maisch, who noted PCWA's participation



in Integrated Regional Water Management Plans through both the Regional Water Authority and CABA (Cosumnes, American, Bear and Yuba) watershed planning group.

The PCWA board took no action on the item but will consider it further in coming weeks.

In other business, PCWA directors:

- heard a water supply update from drought project manager Tony Firenzi, who said customers are saving water and agency staff is optimistic that we have an adequate supply of water for the remainder of this year. He said the agency and PG&E are working to optimize use of remaining water supplies in the mountains for next year.

- heard an update on the planned transfer of PCWA's Zone 4 water system in eastern Placer County to the adjacent Northstar Community Services District. The system supplies about 600 connections in the Martis Valley.

Director of Technical Services Brent Smith said the transfer is under review by the Placer County Local Agency Formation Commission (LAFCO). Approval is anticipated this fall.

- heard an update on PCWA's capital improvement program. Engineering Services Manager Jeremy Shepard outlined six recently completed water projects, nine current projects and an additional ten projects planned for 2015.

The next meeting of the PCWA Board of Directors will be held at 2 p.m. on Thursday, Sept. 4, at the PCWA Business Center, 144 Ferguson Road, in Auburn. PCWA board meetings are open to the public.

Information on PCWA 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. ★

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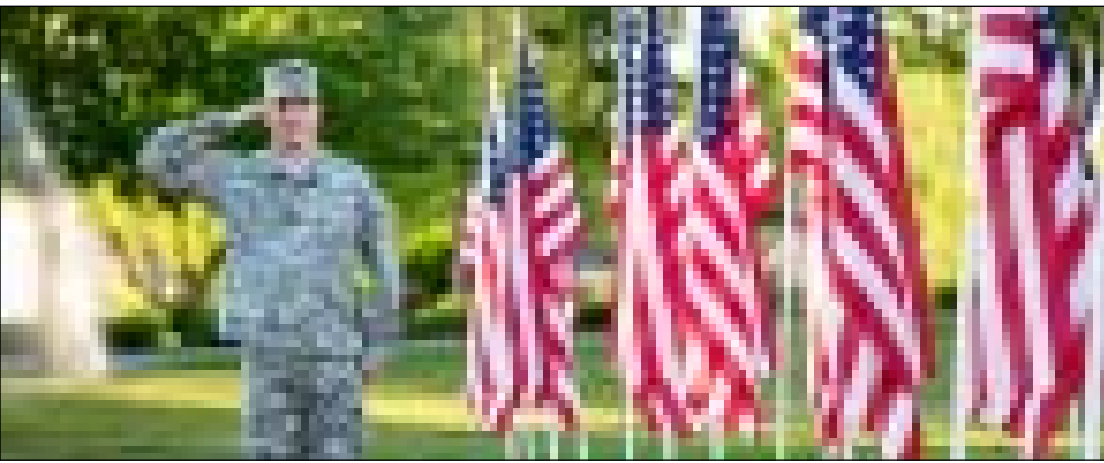
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It is the intent of the Placer Sentinel to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

Publisher
Paul V. Scholl

Americans to Honor Local Vets with Stand Down



By Chaplain William Hart

PLACER COUNTY, CA (MPG) - Our communities have a growing number of homeless and at-risk veterans. Many of them women. Some with children. The "Stand Down" concept is all about Americans helping Americans get what they've earned and deserve

In times of war, exhausted combat units requiring time to rest and recover were removed from the battlefields to a place of relative security and safety. Today, Stand Down refers to a community-based intervention program designed to help the nation's estimated 200,000 homeless and at-risk veterans "combat" life on the streets. Recognizing the best way to get veterans off the streets is to keep them from there in the first place, we extend an invitation to ALL veterans.

Gold Country Chaplaincy will, for the fourth consecutive year, host a Veterans' Stand Down at the Roseville Fairgrounds, 800 All America City Blvd., CA 95678 on September 16-18, 2014. Dozens of service providers and government agencies will be on-hand to assist our veterans in obtaining the benefits and services they have earned from a grateful nation. Sleeping arrangements will be provided for up to 100 veterans who wish

to stay overnight. Meals will be provided for all veteran. 300-400 veterans from around the region are expected to attend the three-day event.

This year, we changed our name to Gold Country Veterans' Stand Down to better reflect our desire to serve all veterans, regardless of where they live. The Stand Down is a team effort involving many local organizations, including: Veterans Services, The Vet Center, Kaiser Permanente, COSTCO, Walmart, KPVA, Red Cross, DAR, Kiwanis, American Legion, Goodwill, VFW, Safeway Inc. and many more supported by hundreds of volunteers over the three-day event.

For homeless and at-risk Veterans and their families, life on the streets is debilitating at best. Suffering from lack of shelter, unemployment, physical and emotional disabilities, and lack of food, veterans often feel completely isolated from mainstream society and unable to break out of the self-perpetuating cycle of homelessness. For those who do seek assistance, many are unable to access the help they need because the services required are spread out over a wide geographic area. Frustration and resignation often results. Imagine how the veteran feels knowing he or she has given so much

for their country, yet find themselves scraping for food or just a place to get out of the weather, let alone trying to gain VA benefits, such as medical care or the GI-bill. Many Stand Down volunteers were, themselves, homeless, unemployed veterans, or in danger of becoming so. We KNOW how it feels.

In assisting our veterans, we realize that sometimes it takes just one small hand up for them to break out of the cycle of homelessness. Even providing for the simplest need, such as a photo identification card, a bus token, a pair of shoes to start a new job, or just a shower and a warm bed to rest in for a night can start our honored veterans begin to break the cycle.

Individual volunteers, as well as services providers and government agencies are welcomed to participate and, of course, monetary and in-kind donations are always greatly appreciated. Please, contact the Gold Country Veterans Stand Down administration at (916) 632-6000 and/or email us at msellie@bigplanet.com. You may, also, reach us through Placer County's Veteran Service Office.

Chaplain William Hart is available to talk to your group about Stand Down and how you might help give a hand up to our veterans. ★

Girl Scouts Calls for New Members and Volunteers to Join in the Fun

SACRAMENTO REGION, CA (MPG) - Girl Scouts Heart of Central California (GSHCC) is making its back-to-school push for girls and adult volunteers to join Girl Scouts, the country's preeminent leadership development organization for girls. With families thinking about how to allocate their free time during the coming school year, Girl Scouts of the USA (GSUSA) has released new data showing the organization's benefits for both girls and volunteers.

Results of a summer 2014 pulse poll conducted with over 3,500 volunteers and parents of Girl Scouts in the K-5 age range show positive effects on members of all ages. Ninety-seven percent of parents agree that Girl Scouts has been a positive activity for their daughter, that she has had fun and exciting new experiences (95 percent), and that she has learned or tried something new (96 percent). In addition, 94 percent of parents say that because of Girl Scouts their daughter feels special, has more friends (95 percent), and is happier (89 percent).

The data shows it is not just girls who benefit: 94 percent of volunteers have made new friends, 88 percent believe their life is better because they volunteer with Girl Scouts, and two-thirds believe their volunteer experience has helped them professionally. Ninety-five percent of Girl Scout volunteers are happy knowing they are making girls' lives better.

"I'm proud of my Girl Scouts who are giving back to their community, while learning what it means to lead others," said Girl Scout Troop Leader Andrea L'Heureux. "My favorite part of being a Girl Scout volunteer is helping girls find what drives them and encouraging them to pursue their passions in a safe place."

Girl Scouts are trying new



activities, giving back to the community and gaining essential leadership skills. Wouldn't it be great if more girls could be part of experiences just like this? In order to guarantee this, we need even more volunteers—women and men, college students, parents and nonparents, retirees, young professionals, and more—to accommodate the growing list of local girls looking to become Girl Scouts.

"Girl Scouts is an amazing model for leadership and truly makes a difference in the lives of both girls and volunteers," said Sarah Sanford, GSHCC's Assistant Vice President, Membership Development. "It's a safe place to belong and filled with exciting opportunities and new experiences. And sometimes I don't know who has more fun, the girls or volunteers!"

Girl Scouts is open to all girls from kindergarten through grade 12. The more adults step forward to volunteer, the more girls will get the chance to be a Girl Scout. Adults over age 18 may become volunteers, and there's training and support offered to every volunteer. Both girls and adult volunteers can join at any time of the year. To join or volunteer, please visit: girlscouts.org/join. Or attend a local Girl Scout information night; events are now occurring regularly throughout the region and for the next couple months. ★

*Alpine, Amador, Calaveras, Colusa, El Dorado, Glenn, Mariposa, Merced, Nevada, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Sutter, Tuolumne, Yolo and Yuba.

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Hometown Heroes



Air Force Airman Min Soo Goh graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Goh is the son of Seong Je Goh of Rocklin, Calif.

He is a 2012 graduate of Rocklin High School, Rocklin, Calif.

Air Force Airman Samuel K. Gonzalez graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Gonzalez earned distinction as an honor graduate.

Gonzalez is the son of Amy K. Verner-Gonzalez of Rocklin, Calif., and Lorenzo Gonzalez of Covina, Calif.; and he is the nephew of Lisa and Paul Verner of Seattle, Wash.

He earned a diploma in 2012 from Rocklin High School, Rocklin, Calif.

Source: Joint Hometown News Release



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Family – The Glue That Holds Circus Vargas Together!



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.

PLACER COUNTY, 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*

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There is Magic at a Doll Show, Bring Some of it Home

PLACER COUNTY, CA (MPG) - What is a doll & teddy bear show/sale about? The event showcases all aspects of the doll and teddy bear world, along with an international group of high profile

artists sharing what they do. It is all about leaving the cares of the world behind and walking into a world of imagination and beauty, with the ability to bring some of the magic home.

This lighthearted show and sale is for enthusiasts of all ages with a sales floor packed with dolls, teddy bears, antiques, miniatures, clothes, accessories supplies, & more: from antique to modern and the carefully hand crafted. Several of the leading doll & teddy bear experts in the US as well as experts of reviving your well-loved treasures will be available to identify those mysterious dolls or teddy bears that are living in your 'wonder what they are worth' closet.

EVENT FEATURES:

- Doll identification and appraisal, bring up to 2 items
- Teddy Bear identification and appraisal, bring up to 2 items
- Extensive group of antique dolls on sale
- Meet the artist – celebrating today's artists and their creativity
- Play dolls & teddy bears for younger collectors
- Doll repair evaluation available

Date/Time: Saturday, Sept. 13, 20 9:30 to 3:30PM

Location: Placer County Fairgrounds 800 All America City Blvd, Roseville

Tickets: Adults \$7 — Children under 12 \$4

For more information contact www.crossroadsshows.com or 775 348 7713



Stand Up Placer Opens Registration for 5K, 10K Run



AUBURN, CA (MPG) - Stand Up Placer has opened registration for its fourth annual Stand Up and Run 5K and 10K run and walk event. The event will take place on Saturday, Oct. 4 at Sculpture Park in Roseville.

Stand Up Placer is Placer County's primary provider of comprehensive services to victims of domestic violence and sexual assault, which includes a 24 hour crisis line, an emergency safe house, support groups and walk-in support at its Auburn and Roseville service offices. One-hundred percent of the funds raised from the family-friendly event go toward the organization's efforts to assist those in

immediate crisis and survivors of domestic and sexual violence.

"We are grateful for Placer County residents' continued support of our mission to foster communities where abuse is not tolerated. Each person that stands up with us against domestic and sexual violence becomes an essential piece of the puzzle in helping those who have been victimized," said Michelle Coleman, Executive Director of Stand Up Placer. "The Stand Up and Run event helps create awareness of the critical services available to survivors of abuse in Placer County."

In 2013, Stand Up Placer assisted more than 2,500 Placer

County residents, provided 5,819 safe bed nights in the safe house and answered a total of 3,694 calls on the 24 hour crisis line.

Stand Up and Run race registration costs \$25 for adults and \$15 for children, with special rates available for families and teams of five. Information about available event sponsorships and donations can be found on the organization's website. Registration can be completed online, by visiting www.standupplacer.org/stand-up-and-run/

Source: Stand Up Placer

Sierra Shoot Out Water Polo Tournament

PLACER COUNTY, CA - (MPG) The Sierra Shoot Out Water Polo tournament is back for another year at Sierra College. The junior college has hosted this high school tournament for over 20 years now, and 2014 brings another installment. The tournament will also continue to be a fundraiser for the Sierra College aquatics complex, which it has been in previous years.

The tournament takes place on two different weekends, with the men's games held September 5-6, and the women's games held September 12-13. Last year, there were 40 men's teams and 44 women's teams. Teams come from all over Northern California, with some coming from as far as the Fresno area.

The Sierra Shoot Out Tournament has notoriously been

one of the top High School Water Polo tournaments in the nation, especially on the women's side. For years, it has been considered one of the best and most competitive water polo tournaments in the Western United States. At one time it had a whopping 56 women's teams for one weekend, and the tournament committee hopes to reach that number again soon.

Source: Placer Valley Tourism

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California Catholic Universities Compromised

Commentary from
*The Catholic League for
Religious and Civil Rights*

Bill Donohue comments on a decision by the administration of California Governor Jerry Brown forcing Catholic universities to pay for abortion in their health plans:

Governor Brown and his administration caved in on requests from pro-abortion groups and reversed an earlier decision that allowed Santa Clara and Loyola Marymount universities to exclude coverage for "elective" abortions in their previously approved health insurance plans. Both schools are now being told to include coverage for all abortions.

"Abortion is a basic health

care service" said the health department's director, Michelle Rouillard. She said the exemptions violated a 1975 state law that required health plans to cover all services that were "medically necessary." She did not say why electing to kill children in utero was "medically necessary."

As part of the exemption both schools had already agreed to cover abortions when they were needed to save the life of the mother, or prevent serious health damage. Loyola Marymount even allowed employees to pay extra if they wished to have "elective" abortions included in their health insurance plans as well. But this was not enough to satisfy abortion-rights zealots.

Catholic universities have a

right and a duty to uphold the tenets of their faith in everything they do. Paying for abortions is in direct conflict with the teachings of the Catholic Church.

Not only is this decision morally obscene, it violates the religious liberties of Catholic institutions. The universities should now sue on First Amendment grounds. Perhaps a judge can educate the Brown administration on the need to keep church and state separate. ★

*The Catholic League for
Religious and Civil Rights
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York, NY 10123
Phone: 212-371-3191
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Email: pr@catholicleagu*



Dare to Live Without Limits

Positive Thinking



by Bryan Golden

Does positive thinking really work? Have you tried it and been disappointed? Do you find your thoughts drifting to the negative even though you try to make them positive?

Positive thinking is extremely powerful. It is essential to goal achievement. Positive thinking begins the process of attracting the circumstances and people you need in order to get where you want to go. Positive thinking is a crucial component of problem solving.

If you haven't had great success with positive thinking, you are likely discouraged. Even if you may not have realized the results you had hoped for, what's the alternative? Negative thinking?

Although you may be skeptical about positive thinking, no one can claim negative thinking is preferable.

Since negative thinking will certainly exacerbate any problems, you have nothing to lose by thinking positively. Positive thinking has benefits without any negative side effects.

Negative thoughts are displaced with positive ones. Many people have far more negative thoughts than they realize. Start by monitoring what you think about. Supplant each negative thought with a positive one. For example, replace I can't with I can, it won't work with I'll find a way to pull it off, I don't know how with I'll find a way, and I don't want to fail with I'll be successful.

Changing your thoughts is a continuous process. Even the most positive people have negative thoughts. However, they catch themselves and immediately engage in positive replacement.

With practice, your positive thoughts will far outnumber any negative ones and the negative ones will be more readily displaced.

Although positive thinking is great, two additional components are required in order to realize its full, unlimited potential. Your positive thoughts must be accompanied by a positive plan and positive action. Your positive thoughts will facilitate plan formulation and motivate you to take action.

Your plan is the roadmap that delineates the steps required to attain your goal. A goal can be something you want to accomplish, a problem that needs to be solved, or an obstacle to be overcome.

A common pitfall is to make each step in your plan too large. It's hard getting started on a big step. Make sure you divide each big step into smaller, more manageable segments. By so doing, you reduce the likelihood of becoming overwhelmed.

If you have problems formulating a workable plan, tap into your positive thinking. Direct your mind to discover a workable plan. Leave your mind open to all possibilities. Be patient. An idea or inspiration can come at anytime, from anywhere.

A plan is dynamic. It can be modified as needed at any time. You can add, change, or eliminate steps. Your positive thoughts keep your mind receptive to any alterations you'll need to make.

Once your plan is in place, you must take action. Without action nothing happens. Start with the first step in your plan. It doesn't matter how small the step might be, getting started is what's imperative. Procrastination is particularly debilitating when you want to get started. The longer you delay taking action, the longer it will take before you see results.

After the first step, take the next one. Continue taking action until your goal is accomplished. If you get side tracked, stumble, or suffer a setback, just get back on course. As long as you keep moving forward, you will ultimately be successful.

Begin with positive thoughts. Next create a positive plan. Then take action. Utilizing this combination strategy enables you to accomplish more than you previously thought possible.

This is exactly the same method used by all great achievers. ★

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Moscato Meatball Skewers

Prep time: 15 minutes
Cook time: 30 minutes
Servings: 32 meatballs

- 2 pounds bulk spicy Italian sausage
- 1/2 cup Gallo Family Vineyards Red Moscato
- 1 cup plain Greek yogurt
- 1/4 cup extra virgin olive oil
- 1/2 cup diced cucumber
- 1 lemon
- 1/4 cup cilantro, chopped
- Parmesan cheese, optional

Preheat oven to 350°F.

In large bowl, stir together sausage and Moscato until combined. Using medium cookie scoop, form meatballs and place on baking sheet, evenly spaced. Bake for 25–30 minutes or until no longer pink.

Meanwhile, in small bowl stir together all other ingredients to create yogurt sauce.

Thread meatballs onto skewers and serve alongside yogurt sauce. Garnish with additional cilantro and grated Parmesan cheese, if desired.

Strawberry Pink Moscato Ice Pops

Prep time: 15 minutes (plus at least 10 hours to freeze)
Cook time: 1 minute
Servings: 16

Fruity layer:

- 1/2 cup sugar
- 1/2 cup water
- 1 pound ripe strawberries, hulled
- 1 pinch of fine sea salt
- 8 fluid ounces Gallo Family Pink Moscato

Creamy layer:

- 1 can (14 ounce) sweetened condensed milk
- 1 1/2 cups half and half
- 1 cup heavy cream
- 1 tablespoon orange blossom water
- 1 pinch of fine sea salt

To make fruity layer, combine sugar and water in small saucepan. Heat over low, stirring until sugar dissolves. Remove from heat and let cool completely.

Add cooled syrup, strawberries and salt to jar of blender and puree until almost smooth, leaving bit of texture. Stir in pink moscato.

To make creamy layer, place everything into a 4-cup capacity measuring cup with a spout and whisk together until well combined.

To freeze, fill ice pop molds about one-fifth of way with either mixture (layers can be any size or amount you choose). Put in freezer until first layer is set enough to hold another layer, 60–90 minutes. Store mixtures in fridge between layers.

Remove and fill another one-fifth with opposite mixture. Return to freezer until layer is set. Repeat until molds are filled to top, adding ice pop sticks once third layer is added (adjust to type of ice pop mold).

After final layer is added, freeze at least another 6–8 hours before serving. To serve, run bottom of molds under hot water for few seconds, or until able to pull ice pop free from mold. (If using paper cup, just peel cup away.)

Note: If you don't want layers, whisk mixtures together. You can also make each layer into its own ice pop, if you choose.



SWEET IDEAS FOR *Al Fresco Entertaining*



FAMILY FEATURES

You can heighten the fun of every outdoor gathering with the right nibbles, noshes and refreshments. A fruitful al fresco experience involves lively conversation with good friends, easy finger foods and tasty, versatile drinks that fit the laid-back atmosphere. For the hosts who long for a successful backyard bash, consider serving palate-pleasing Moscato. This deliciously sweet wine varietal has become very popular as its approachable flavor profile is a guaranteed crowd pleaser.

Mix it up with fun flavors

In addition to the classic peach taste of the Gallo Family Vineyards Original White Moscato, try the aromatic orange blossom notes of their Pink Moscato or the yummy red berry finish of their Red Moscato.

Or, dust off your finest barware and make a splash by serving simple wine cocktails. Whether it's a refreshing spin on a classic, like the Moscato-lyni below, or your own recipe, Moscato's fruit-forward flavors make it a great and unexpected base for cocktails.

Add a bit of flare

To keep outdoor gatherings exciting, Gallo Family Vineyards offers these refreshing tips:

- Label your food offerings for guests in a fun way by cutting a slit in wine corks and inserting a small card.
- Help guests cool down by serving sweet wine cocktails on ice.
- Give your guests a fun way to keep track of their drinks by painting the bottom of wine glasses with chalkboard paint. Guests can use chalk to write their names and draw pictures.

For other ideas to make outdoor entertaining a hit, visit www.GalloFamily.com.



Blackberry Moscato Bellini

Servings: 1

- 1/4 cup blackberries
- 1 tablespoon water
- 5 ounces chilled Gallo Family Vineyards Moscato
- 1 whole blackberry for garnish

Combine blackberries and water in blender and puree until smooth. Strain through fine-mesh strainer, discarding seeds and solids. Fill bottom of chilled Champagne coupe with blackberry puree. Top with Moscato and garnish with fresh blackberry.

Moscato Moscow Mule

Servings: 1

- 4 ounces ginger beer
- 3 ounces Gallo Family Vineyards Moscato
- 1 ounce lime juice
- 1 lime wheel
- 1 mint sprig for garnish

Pour ginger beer, Moscato and lime juice into ice-filled copper mug. Garnish with lime wheel and mint sprig.

Moscato Mango Mojito

Servings: 1

- 1 lime, cut into eighths
- 5 leaves basil, plus more for garnish
- 1/2 teaspoon demerara sugar
- 1 1/4 ounces Gallo Family Vineyards Moscato
- 1 ounce white rum
- 1 1/4 ounces mango puree or mango nectar

Muddle lime, basil leaves, and sugar in bottom of cocktail shaker. Fill with ice; add Moscato, white rum and mango nectar. Shake and strain into ice-filled rocks glass. Garnish with basil sprig.

Food Pairing Notes

Moscato is more than just a dessert wine. It tastes great with a variety of food and particularly helps balance out spicy dishes that heat up the night. No matter what cuisine you're cooking up, a chilled glass of Gallo Family Vineyards Moscato and the pairing guide below are the perfect combination to elevate your outdoor engagements.

- **White Moscato:** The honey notes are a perfect match for grilled seafood, such as shrimp or trout.
- **Pink Moscato:** Great paired with spicy Asian or Mexican dishes, and complements everyday desserts.
- **Red Moscato:** This refreshing red is served cold. Try it with light cheeses and juicy burgers.

When Government Openness Matters



Commentary By
Lee H. Hamilton

One of the fundamental lessons of the 9/11 tragedy was that our government carried a share of blame for the failure to stop the attacks. Not because it was asleep at the switch or ignorant of the dangers that Al Qaeda posed, but because the officials charged with our safety did not share what they knew, either up and down the chain of command or with each other. The attacks were preventable with shared information.

This insight was highlighted in the report of the 9/11 Commission — on which I served — and became a key driver of the reforms instituted by the U.S. intelligence community over the last dozen years. Within the government, there are plenty of people who now understand that sharing information and using it to inform planning and debate produces better policy: rooted in facts, well-vetted, and more robust.

So it's worrisome that today it seems harder than ever to know what our government is doing, and not just when it comes to national security. Secrecy and a widespread failure to share information both within government and with the American people remain major barriers to the effective operation of representative democracy.

This unwillingness to be open

often arises for the wrong reasons. In many cases, officials claim they're trying to prevent harm to the national security, but actually want to avoid embarrassing themselves or to sidestep the checks and balances created by our Constitution.

So secretiveness infiltrates government culture. The White House has become remarkably adept at making sure the President rarely faces an unscripted or uncomfortable moment — a trend that's been building for decades. The government classifies far too many documents at too high a cost, to the point where vital information is inadequately protected because of the sheer volume of needlessly classified information.

Federal agencies often keep information from inspectors general, our nation's appointed watchdogs. They do their best to put strict limits on what Congress finds out; I often get the impression that the executive branch would prefer an uninformed Congress to one knowledgeable enough to press high-ranking officials, including the President, on their understanding of policy challenges, the steps they're taking to address them, and the articulation of the policy. Congress — ostensibly the people's branch of government — all too often lets the Executive get away with it.

Failing to share information makes us weaker. It enfeebles congressional oversight, which is one of the cornerstones of representative democracy and which, when aggressively carried out by fully informed legislators, can strengthen policy-making. It makes it far more difficult to maintain our system of checks and balances. It exacerbates mistrust between branches of government and between the government and the American people. And it chips away at the foundation of our system, which

rests on a public that is well-informed about what government is doing and why.

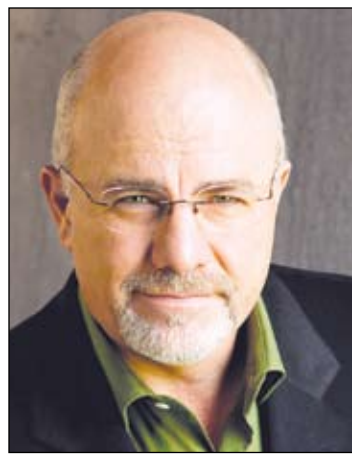
Without that information, we are poorer in our ability to exercise discriminating judgment on the conduct of policy and of politicians, and we lose our advantage over authoritarian societies: the spread of knowledge to people searching for a solution to our society's challenges and problems.

In fact, if you look at the public discussion of any number of recent controversies — Benghazi, NSA surveillance, the IRS rulings, reform of the VA, the subsidies going to solar manufacturer Solyndra — what's clear is that as more information became available, resolving the problem became more straightforward. And failing to share information can ensnare an administration in worse problems than it was trying to avoid. Iran-contra, Watergate, the Pentagon Papers: each of these had a major impact on our constitutional system, and each was characterized by efforts to suppress information.

In short, on most issues we're better off if the American people know what's going on. Full disclosure doesn't produce good government by itself, but it makes it more likely.

To be sure, on occasion secrecy is legitimate and necessary, but representative government — with its systems of checks and balances — cannot function properly without openness and the presumption should always be in its favor. If officials want to keep information secret, they should bear the burden of explaining why. I hope you'll join me in pushing for an era of openness in government. ★

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.



Dave Says

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- Dave

No Pets Allowed

Dear Dave,

I have several rental properties, and lately I've been spending a ton of money remodeling them because I allow pets. Do you think I should begin refusing tenants with pets?

- Jim

Dear Jim,

This is a tough one for me, because I have three dogs of my own. I've got a pug that's older than dirt, a shih tzu with an attitude and the best golden retriever on the planet. I love animals, and like you, I've got a lot of rental properties. But I don't allow animals in my properties.

Some people have accused me of hating all animals except my own. I can tell you that's not true. But the fact is a lot of people don't take good care of their animals and keep an eye on them. It's hard enough to find trustworthy, responsible renters these days,

and if you add a dog or cat on top of that you're just asking for trouble. I've had situations in the past where I had to spend \$10,000 to clean up a house after a tenant had a dog or cat in there. They'll chew things up, stain and stink things up, and tear things up. Sometimes you even have to replace the floorboards!

I had a lady offer me \$10,000 deposit the other day on one of my properties, just so she could move in with her dog. I said no. It's in all my leases now — no animals. I don't allow them in at the beginning, and if one of my tenants gets one after they move in they either have to find a new home for the animal or move out themselves. At that point they're in violation of the lease.

The problem is I really do have a heart for animals. I love them. But as a landlord who's running a business, it just doesn't make sense.

- 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.* ★

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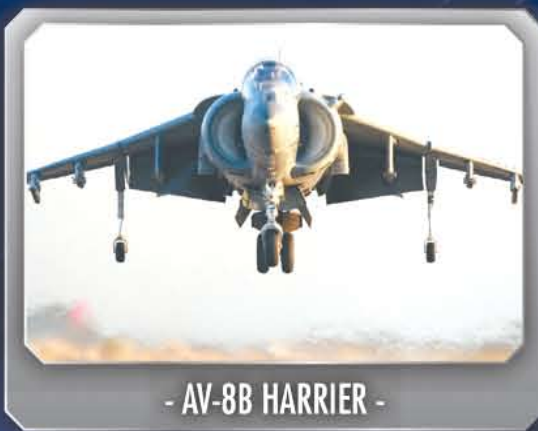
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