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Race Day Fun in the Pits at All American Speedway



At All American Speedway, the Pits are directly across the track from the grand stands behind a tall red and white safety wall. This is where cars and crews ready their machines for the evening's race. Driver rules for the contest are reviewed, and most importantly, the cars are inspected in the Pits. Photo courtesy Doug Day

By Linda Harper

SACRAMENTO REGION, CA (MPG) - Have you ever wondered what and where the Pits are? Everyone talks about them; race cars come on the track from the Pits and exit off the track into them. Occasionally the announcer tells everyone there's a conflict in the Pits, or a driver and his car are sent to the Pits if they've broken the rules. At All American Speedway, the Pits are directly across the track from the grand stands behind a tall red and white safety wall. This is where cars and crews ready their machines for the evening's race. Driver rules for the contest are reviewed, and most importantly, the cars are inspected in the Pits. The common term for this around the race track is tecking.

All American Speedway is a NASCAR sanctioned track running the NASCAR

"Tecking is the way NASCAR insures the safety of the drivers and fans while creating a level playing field. When all the cars in a division are equal, driver talent is more recognizable."

Whelen Series. Everyone participating in the series is subject to NASCAR's rules as well as the track guidelines. Tecking is the way NASCAR insures the safety of the drivers and fans while creating a level playing field. When all the cars in a division are equal, driver talent is more recognizable. Street Stock and Modifieds are scrutinized the most. Prior to qualifying, cars in these divisions are measured and weighed. Officials look for areas where the teams may have manipulated

ride height in order to gain an aerodynamic advantage. If the front of the race car is too low, it allows more down force on the nose of the car. This characteristic provides better grip in the turns. Cars found to be too high in the rear provide drivers with more rear tire grip. As far as mechanical inspections, the fuel cell placement and capacity is checked very closely. Any extra fuel, even ounces, in a race car can give it an unfair advantage over the other contenders. Officials look at the engine and suspension to determine if the car is within the specifications NASCAR requires. If discrepancies are found during the pre-qualifying inspection, the team can take the car back to their Pit Pad to rework the problem. Once everything is corrected and re-checked, the race cars are released to qualify and continue on to race. After the

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Walmart Hiring Again

SACRAMENTO REGION, CA (MPG) - Walmart will hire approximately 300 associates to work at the new Walmart slated to open this fall in Roseville. A temporary hiring center has opened at 106 N. Sunrise Ave., Suite C3, Roseville.

Applications for both full- and part-time associates will be accepted Monday through Friday, from 8 a.m. to 6 p.m., and Saturday from 9 a.m. to 1 p.m. Interested applicants may also apply online at <http://careers.walmart.com>.

Through Walmart's Veterans Welcome Home Commitment, the company will offer a job to any qualified veteran who has been honorably discharged within the past 12 months. (Veterans must be within 12 months of active duty and meet Walmart's standard hiring criteria.) Interested veterans may find out more at <http://walmartcareerswithamission.com>.

Store Manager Heidi Harman started her career with Walmart more than three years ago as a market asset protection manager. Eager to join the operations side of the business, she accepted the position of store manager for this location.

"I look forward to serving the community of Roseville and helping bring jobs to the area that will lead to people saving money so they can live better," said Harman.

Walmart provides a benefits program to eligible full- and part-time associates. For example, it provides a variety of affordable health and well-being benefits including health-care coverage with no lifetime maximum. Walmart also offers eligible associates matching 401(k) contributions of up to 6 percent of pay, discounts on general merchandise, an associate stock purchase program and company-paid life insurance. Additionally, eligible associates receive a quarterly incentive based on store performance.

The majority of new associates will begin work this September to help prepare the store for its grand opening. ★

Source: Mitchell Communications Group



Third Annual Ukulele Festival and Workshops

AUBURN, CA (MPG) - The third annual Ukulele Festival opens at 9 a.m. and workshops begins at 10 a.m. on August 16th at Canyon View Community Center, 471 Maidu Dr. in Auburn. Workshops are offered several times during the day on the hour, and open mic is available much of the day. There will be some outdoor spaces set aside for small groups to jam.

Vendors will be present with the very latest in ukulele paraphernalia, and a food vendor will provide food and drinks at a reasonable cost for breakfast or snack time. They will also provide your lunch which is included in your entry fee!

Ukulele workshops include run from 10 a.m. to 6 p.m. and include:

Michelle Kiba: "Swing It" - In this workshop, you'll learn how to sweeten your swing chops by adding a pulse, movable chords, sliding chords, and even a little tablature to

some easy to moderate level Swing Tunes. **"Song of the Islands"** - after a short presentation on Hawaiian language fundamentals, we'll learn some contemporary hapa haole (half Hawaiian, half English) songs and even a Hawaiian Swing tune. You'll also learn some great strums including a simple reggae, a roll strum and the ever popular double strum.

Lorrie Feitas: "SONGS of the FIFTIES" - Strum styles, history, songs from the popular artists of Graffiti, Rock and Roll, and Rhythm and Blues. 1955 through 196.5 Beginners and Intermediates. **"Songs of the TWENTIES"** - Swing ukulele chord patterns history, songs we keep wanting to revive and return to sing today. 1920 through 1930. Beginners and intermediates. Participants should be able to change chords in several keys especially C, G, F, A.

Dan Scanlan: "Play the Uke

Now!" - A fun class for absolute beginners that not only has students playing a tune or two right away but that gives them a clear vision of what "the job" is! Even accomplished players can get something out of it, especially if they started off the wrong foot (if there is such a thing ...). **"Pluck, Strum, Pinch, Muffle and Pick"** - Newbies, intermediate and advanced players learn a variety of strums and muffles, picking patterns and other finger, thumb and palm techniques to add interest and texture to songs. Trills, glissando, counterpoints, daring

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Billy Joe Shaver Live in Loomis



Billy Joe Shaver's *Long in the Tooth* charts his journey as an unrepentant outlaw. Accordingly, Shaver delivers the classic country fans expect but also brings all new sonic tricks this time around.

LOOMIS, CA (MPG) - Billy Joe Shaver will perform his new album, *Long in the Tooth*, on Saturday, August 9th at the Country Club Saloon Back 40 Amphitheatre in Loomis. Shaver's finest songs prowl and punch with welterweight fury. The legendary outlaw's first studio album in six years showcases a singular songwriter in absolutely peak form as he unearths his trademark truths around every corner. "This is the best album I've ever done," he says. "It's just dangerously good. I expect it to change things and turn things around the way Honky Tonk Heroes did."

Long in the Tooth charts his journey as an unrepentant outlaw. Accordingly, Shaver delivers the classic country fans expect but also brings all new sonic tricks this time around. "Each song is different with different beats and different kinds of music," he says. "I even have one rap song. The titles are all so catchy like 'It's Hard to Be an Outlaw' and 'The Git Go.' Those are pretty hard to beat. Songwriting is gut wrenching, but if you dig down and write real honest you'll find something real great. I believe everybody should write. It's the cheapest psychiatrist there is and, God knows, I still need one."

Long in the Tooth spotlights all the highs, lows and in-betweens from Shaver's storied career, an evolving narrative never short on color. "The record's about me,"

says Shaver, who turns 75 years old in August. "I've written a lot of great songs and I'm still writing great songs, but I felt neglected. I have been, actually. The reluctance to play old people's music is as bad as it was to play young people's music. I think it should level out where everyone can hear good art, but it seems like radio doesn't play older people's music. Man, it's like throwing out the Mona Lisa. I don't understand, but I'm just so proud of *Long in the Tooth*. This record will be a gigantic step."

Honky Tonk Heroes was the record that skyrocketed Shaver into public consciousness four decades ago; the Waylon Jennings' landmark album delivered was full of Shaver-written classics.

No one sings Shaver's songs like the man himself, but plenty have tried: Everyone from Johnny Cash ("I'm Just an Old Chunk of Coal") and Tom T. Hall ("Willy the Wandering Gypsy and Me") to the Allman Brothers ("Sweet Mama") and Asleep at the Wheel ("Way Down Texas Way") has cut his tunes. "That's kind of like my trophies," Shaver admits. "Instead of getting CMA Awards, that means a whole lot more to me. When you write songs, and you write good songs, people will always remember you. Words will always outlive us. And if your name is attached to those words, you're gonna live forever."

Shafer hitchhiked to Nashville

in 1965 and eventually earned a \$50-a-week writer's deal with Bobby Bare's publishing company. Soon Jennings picked up those Shaver classics for Honk Tonk Heroes. As the Washington Post notes, "When the country outlaws were collecting their holy writings, Billy Joe Shaver was carving out *Exodus*." He followed his debut on the Monument label with three albums on Capricorn Records and two on Columbia through 1987, seeing little commercial success with his recordings but winning rave reviews and the admiration of his musical peers.

With these accomplishments behind him, Shaver has been thinking his creative well finally dried up. After all, he hasn't released an album with new songs in six years. Thankfully, he was wrong. Credit East Nashville's favorite son with lighting the fire. "I didn't think I had another hope in the world of doing another studio album," Shaver says. "Then Todd Snider encouraged me to come up to Nashville and I listened. I knew if I didn't come out with new songs, it wouldn't be right. I've promised hundreds of critics that I would. So, I just buckled down and got the new songs together. Sure enough, it turned out great."

Showtime is 8:30p.m. at the Country Club Saloon, 4007 Taylor Rd., Loomis, (916) 652-4007. Tickets are \$15.00-\$20.00. ★

Source: conqueroo

PLT Welcomes New Community Relations Manager

PLACER COUNTY, CA (MPG) - Please join us in welcoming our newest staff member, Kara Walker, who will be taking on the position of Community Relations Manager. Kara and her family recently relocated to Folsom from the Bay-area.

She comes to PLT with over 15 years of experience in the nonprofit sector, mostly from her work with the YMCA. Kara has a passion for educating young people on the importance and value of our natural world.

For over a decade, she coordinated, directed, and taught Outdoor Educations programs at the YMCA, hoping her passion for the outdoors would be inspirational to the students who attended and create a desire in them to protect our natural resources.

She hopes to bring that same passion to Placer Land Trust and do her part to ensure the natural wonders in Placer County will be preserved for young and old alike for generations to come.

Kara has a Bachelor's degree



Kara Walker with husband Aaron and daughters Kya and Janae.

in Environmental Studies from UC Santa Barbara. Before we stole her from the YMCA, she was involved with organizing and implementing multiple

fundraising campaigns to raise money for the organization.

We are thrilled to have someone of her caliber join our team! ★

Source: Placer Land Trust

Third Annual Ukulele Festival and Workshops

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rhythms, and other paraphernalia of the accomplished ukulele virtuoso are explored, studied and kept! "Shave and a Haircut, Two Bits" - The Circle of Fifths Demystified: A clear presentation on the circle of fifths and how to use it to write songs and anticipate chord changes.

Stu Herreid: "Unbelievable

Strumbelievable Workshop - Learn the ins and outs of Ukulele Strums with Stu. From "The Theory of Strumming", all the way up to the infamous "Number 7 Strum", Stu will give you some practical, very useful strums that will enhance your ukulele experience. From beginning to intermediate, there is something for everyone in this Workshop.

Dani Joy: "Syncopated

Patterns - Rolls, taps, pulls and isolating notes to give your song some extra flourish. We will combine these techniques in various ways and apply to an eclectic song list. Techniques are good for blues, jazz, contemporary and acoustic rock.

For more information, visit www.auburnrec.com. ★

Source: Auburn Recreation District

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Publisher Paul V. Scholl

Fishing from the Banks of the Sacramento River with Roland Aspiras



Roland Aspiras with salmon from the bank. Photo courtesy of Rooster Tails

PLACER COUNTY, CA (MPG) - The Rooster Tails Fishing Club breakfast meeting will be held on Friday, August 15th at the Auburn Elks Lodge, 195 Pine St. at Lincoln Way, Auburn, CA 95603. The doors to the Lodge open at 7 a.m. with a fantastic \$12 wide-selection buffet breakfast served at 8 a.m. The presentation begins at 9 a.m. sharp featuring Roland 'Innovate' Aspiras, a noted columnist and river-bank salmon fishing expert. The breakfast meeting is open to the Public.

Roland's presentation will cover spinner sizes, colors, as well as terminal tackle necessary to fish from the banks of the Sacramento and American Rivers. River-bank fishing is a

cost effective fun way to catch quality salmon. Leaving your boat at home has many advantages such as saving on fuel costs, launch fees and perhaps boat and hull damage due to drought stricken low river-water levels. Breakfast attendees will also hear where to bank-fish, how to rig their spinners for special situations and instructions on how to locate near-shore salmon migration routes. Roland writes for The Fish Sniffer, the California Delta Scuttlebutt On-line Magazine and the Sacramento Bee where he is a research specialist reporting on anadromus and other fresh water fish species.

The 30 year old, 175+-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. ★



By Gerry Mifsud

Almost sounds like The Twilight Zone! In a way this is the Twilight of our lives as seniors.

Mikkelsen Speedway was my first article ever. It was published in the first issue of April.

This article is about the success we had at the July 15th traffic Committee Meeting. I appear to have a conflict of interest because I brought the petition to get three crosswalks and stop signs to the Traffic Committee and also I'm a news reporter on my TV Show Never Give Up! News and Variety Show on ACTV 20. At the meeting, we talked about how the seniors on Mikkelsen Dr. have been enduring speeding cars coming downhill into a 50% senior neighborhood toward the bottom of Mikkelsen.

I single handedly spearheaded the petition after I heard the concerns of my fellow seniors on Mikkelsen. I presented a petition to The Traffic Committee offering the solution of three calculated crosswalks with stop signs to control the speeding cars. Currently there are crosswalks or stop signs on Mikkelsen Drive. This has been a win-win situation for the Traffic Committee and Public Relations concerning senior safety. Seniors won out at the final meeting by getting guidance, protection and acknowledgment from the committee.

The City recognized the importance of our suggestion and has agreed to install at least one of my three proposed sites: a crosswalk between The Brookside and The Auburn Villa on one side, and The Birchwood and Stonecrest apartment buildings and new dental office on the other side of the street.

The designated crosswalk will have a delineator in the center of it requiring a car to stop only when pedestrians are present. At this time, the accident and speeding statistics do not qualify the upper part of Mikkelsen for crosswalks. However, the committee is willing to reconsider the issue in the future. Hopefully, the one statistic that I hope will not appear is a fatality. Does someone have to die in order for us to respond with safeguards? Therefore, we still have the unfortunate possibility of speeding cars coming downhill.

There are signs outside schools to alert drivers to children disembarking from buses. So since children and seniors are both vulnerable, we also need appropriate signage. Therefore, I

NEVER GIVE UP

You're Now Entering the Senior Zone

am pleased to announce that my Senior Zone sign was adopted, and will now alert motorists that there may be seniors present.

I thank the Traffic Committee, especially Mike Holmes for this appropriate gesture in placing a Senior Zone sign in our neighborhood.

On my fact finding mission on Mikkelsen, I noticed something that Ken Anderson's study didn't. At the top curve where I suggested two other crosswalks and stop signs, I thought I could bolster the need for those safe guards because it involved school children aside from reg-

he would call Superintendent of Schools Laura Grassmann to get her approval.

So, I addressed the safety of my fellow seniors as well as the children on Mikkelsen. The seniors here don't live in care facilities; for us, this is independent living in our own apartments. We are in the fight of our lives and could use any and all support. Sure, we have support like Seniors First. We are holding on for dear life in our independence, but we know a care facility or a grave awaits us in our last years.

The Traffic Committee rec-



I called Durham Bus Company and got hold of the bus driver who drops the kids off at this dangerous curve. I suggested to him to drop the kids off further away from the top curve.

ular pedestrians. Ken didn't notice that a School Bus drops off, twice a day, a dozen kids who run home across the street. That bus stops right next to the top curve, and kids are in harm's way. Cars coming through that top curve barely have time to see the bus, its warning signs, or the kids running into the street. Since the Traffic Committee couldn't respond to safeguards at the top of the curve, neither could they respond to or address issues of the kids' safety on this day.

That didn't stop me from taking action. I called Durham Bus Company and got hold of the bus driver who drops the kids off at this dangerous curve. I suggested to him to drop the kids off further away from the top curve. He agreed to take action and said

ognized the need to take preventative measures and they listened to us seniors on Mikkelsen. Mikkelsen Speedway is no more in this protected senior zone; you have to, and it's about time. We went without speed bumps for 13 years after they were removed by Frank Ford and those living out of the Mikkelsen area. We on Mikkelsen have finally been heard; our senior voices have spoken, and we got results.

My TV show and articles are named Never Give Up, and that is exactly how we seniors feel. We got our way and we will Never Give Up on the system, so please don't give up on us. ★

Gerry Mifsud, TV Host and Senior Activist.

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Discover why everyone is going wild for Wild Blueberries

FAMILY FEATURES

If you love to cook, discover the wild advantage and fill your freezer with Wild Blueberries. Packed with more intense blueberry flavor and two times the antioxidants of regular blueberries, Wild Blueberries are wildly different from the cultivated blueberries you find in the fresh produce section. Don't be fooled by their small size, these berries pack more flavor and antioxidant power into their tiny blue bodies than any other blueberry on this big blue planet. This makes them the blueberry of choice for anyone interested in cooking, baking, making smoothies and more.

Here are three delicious recipes from three talented food bloggers with a shared love for tiny, potent Wild Blueberries and a passion for developing innovative, healthy and tasty twists on the classics everyone loves. Our suggestion is to try them all and feed your wild side.

For more delicious recipes, visit www.wildblueberries.com.

Gluten-Free Orange Pancakes with Wild Blueberry-Orange Sauce

Recipe by Katie Heddleston, *Healthy Heddleston*, katieheddleston.com

Yield: 12 to 15 thin pancakes, depending on size

Wild Blueberry-orange sauce:

- 1/2 cup frozen Wild Blueberries
- 1 tablespoon freshly squeezed orange juice
- 1/2 teaspoon orange zest
- 1 teaspoon granulated sugar (or honey)

Orange pancakes

- 1/2 cup plus 2 tablespoons gluten-free flour
- 1 tablespoon granulated sugar (or honey)
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup freshly squeezed orange juice
- 1/4 cup milk
- 1 egg
- 1/2 teaspoon orange zest
- 1 tablespoon melted butter or margarine

First make sauce. In small sauce pan, combine all ingredients and place on low heat while preparing pancakes. Stir occasionally. Smash Wild Blueberries to desired consistency.

To make pancakes, combine all dry ingredients in a medium mixing bowl. Then add in wet ingredients. Whisk everything together until well combined; batter will be thin. On griddle or electric skillet preheat to medium heat. Make sure pan is hot before scooping batter. Using 1/4-cup scoop, pour batter (but not whole scoopful into pancake shapes on griddle). Batter is thin so not much is needed for each pancake. Wait until pancake bubbles before flipping. Flip and cook other side. Continue process until all batter is used. Pour sauce over pancakes while warm.

Note: Only one orange is needed for fresh juice and zest for both pancakes and sauce.



A Healthy Choice

A growing body of research is establishing Wild Blueberries as a potential ally to protect against cancer, heart disease and Alzheimer's disease — so it's no surprise that more and more people are picking Wild Blueberries than ever before.

Wild Blueberry, Coconut and Ginger Smoothie

Recipe by Rachael Hartley, *An Avocado A Day*, anavocadoaday.blogspot.com

Yield: 1 serving

- 1 cup frozen Wild Blueberries
- 1 cup 2 percent plain yogurt
- 1/4 cup light coconut milk
- 2 tablespoons unsweetened, shredded coconut
- 1/2 teaspoon grated fresh ginger

Place all ingredients in blender and blend until smooth. Serve immediately.



Wild Blueberry Polenta with Grilled Onions and Sausage

Recipe by Mireya Merritt, *My Healthy Eating Habits*, myhealthyeatinghabits.com

Yield: 4 servings

- Onions:**
- 1 1/2 large onions, cut in half and thinly sliced, about 4 cups
 - 1 1/2 tablespoons olive oil

- Polenta:**
- 4 cups water
 - 1 teaspoon salt
 - 1 cup yellow cornmeal
 - 1 3/4 cups frozen Wild Blueberries

- Sausage:**
- 2 teaspoons olive oil
 - 4 sausages, prepared according to package instructions

Saute onions in 1 1/2 tablespoons olive oil until lightly caramelized, about 25 minutes. About 15 minutes before onions are ready, heat water in 4-quart saucepan until comes to a boil. Add salt and slowly whisk in cornmeal. Stir frequently until the polenta thickens up and texture is smooth. Carefully stir in frozen blueberries, trying not to break them. Cook one minute and then turn off the heat, cover the pot and allow polenta to rest 1 to 2 minutes.

To serve, place large spoonful of Wild Blueberry polenta on plate, top with grilled onions and then place one sausage, sliced or whole, on top of onions. Serve with sliced oranges or garden salad.



6th Annual Picnic for Amputees



Gold Country Amputee Support Group members, friends and family: (back) Paula Mosqueda, Mary Rica, Susie Young, Jude Kempainen, (front) Carlos Lopez, Cathy Lopez, Mike Robinson.

Story and Photos
by Paula Mosqueda

AUBURN, CA (MPG) - The Gold Country Amputee Support Group is holding its 6th annual picnic on Sunday, August 10th at Auburn District Regional Park, 3770 Richardson Drive. Our picnic area is off Dry Creek Road. The barbeque will begin around noon.

If you, a friend, or family member(s), would like to talk about life after amputation and maybe even eat a hot dog, you are welcome to join us.

There are 1.7 million amputees in the United States. Approximately 185,000 amputations occur in the U.S. every year.

In the spring of 2009, a small collection of individuals with only one thing in common, met with the purpose to form a resource for those who are searching for amputee-related answers. The Gold Country Amputee Support Group continues to counsel those who have experienced limb loss or are facing amputation. Individuals who have lost a limb must learn to adapt to the new changes in their daily lives. Amputees from as far away as Yuba City, Lincoln, Granite Bay, Sacramento and Weimar have contacted the Auburn-based group.

In an effort to realize each one's abilities, the Gold Country Amputees decided

to experience the local Gold Country. Camping gear was collected, and days were spent wilderness camping in the El Dorado National Forest. It was a rewarding experience. The group also has golfers, bowlers, swimmers, cyclists, a kayaker, and a long-haul trucker who just re-earned his commercial license.

The Gold Country Amputee Support Group meets every other Thursday evening at the Auburn Denny's at the Foresthill exit. We meet to eat around 5:30 p.m. The meeting begins at 6:30 p.m. If you have questions about this group, feel free to call (530) 863-7503. ★

The VA Scandal: Should We Expand the Federal Failure?

by Dr. Gary Welton

Wikipedia has called it the Veterans Health Administration Scandal of 2014. An audit released in early June found that more than 120,000 veterans were left waiting or never got care, and that records were intentionally vague, misleading, and falsified. More recent reports, as announced by CNN, indicate that at least seven times in the last year, records that showed that veterans died while waiting for care were altered or rewritten by someone else; the changes listed the veterans as living, not deceased, essentially hiding their deaths.

In another report, CNN said that one veteran with a service-related psychiatric condition was in the facility for eight years before he received a comprehensive psychiatric evaluation; in another case, a veteran only had one psychiatric note in his medical chart in seven years. The story continues to unfold, as the Office of Special Counsel, an independent government agency that protects whistleblowers, is still investigating more than 50 whistleblower disclosures alleging patient health or safety at the VA nationwide.

At one level, the scandal suggests that the responsible government officials failed to perform their assigned jobs, and high-level administrators need to be replaced. At another level, however, the scandal suggests that, as Ronald Reagan once put it, "Government is not the solution to our problem. Government is the problem."

We owe respect, honor, and care to our American veterans. This scandal demonstrates, however, that the current big-



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.

government solution has failed our veterans. Data show that we currently have 21.6 million living veterans, some of whom require expensive and extensive medical care. It is embarrassing and humiliating that we have done so poorly on behalf of our military heroes. Our federal government has failed, big time.

My question today is this: Given that our federal government has shown ineptitude in serving 21.6 million living veterans, why is the federal government trying to expand their control of 21 million college students?

In a recent meeting, the president of one of the six regional independent accrediting agencies said, "The federal Department of Education wants to regulate practically everything." The Chronicle of Higher Education (CHE) reports (June 26, 2014) that Senate Democrats have put forward a 785-page bill to renew the Higher Education Act. The article reports that "Senator Tom Harkin of Iowa, the bill's sponsor and chairman of the Senate education

committee, said he wanted to add provisions to reform accreditation." Another June 26 article in the CHE quoted Ted Mitchell, the undersecretary of education, who called for the federal government to take over monitoring functions currently being handled by the accrediting agencies.

The current accreditation system, primarily functioning under these six regional accreditors, is not a perfect system. The accreditation guidelines and standards continue to evolve and improve. Yet, it is fair to ask whether the federal government would create a better system. If the federal government continues to take greater control over the accreditation of America's unique and diverse educational system, will the federal government do a better job than the independent accrediting agencies?

The failures of the federal government in handling veterans' medical care, for 21.6 million living veterans, raises serious questions about the federal government's ability to monitor the higher education of 21 million students. My vote is to allow the independent accrediting agencies, on the basis of the strength of these independent and experienced bodies, to continue their work. I have no assurance that the federal government would do as well. ★

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.

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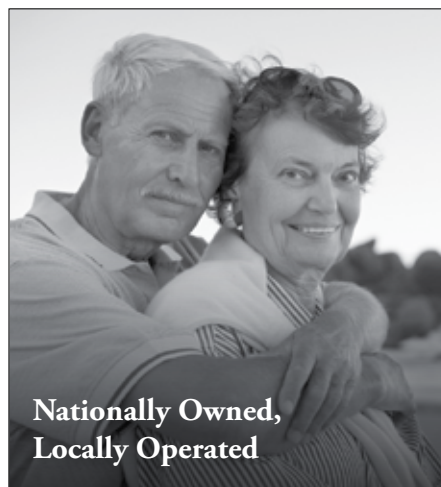
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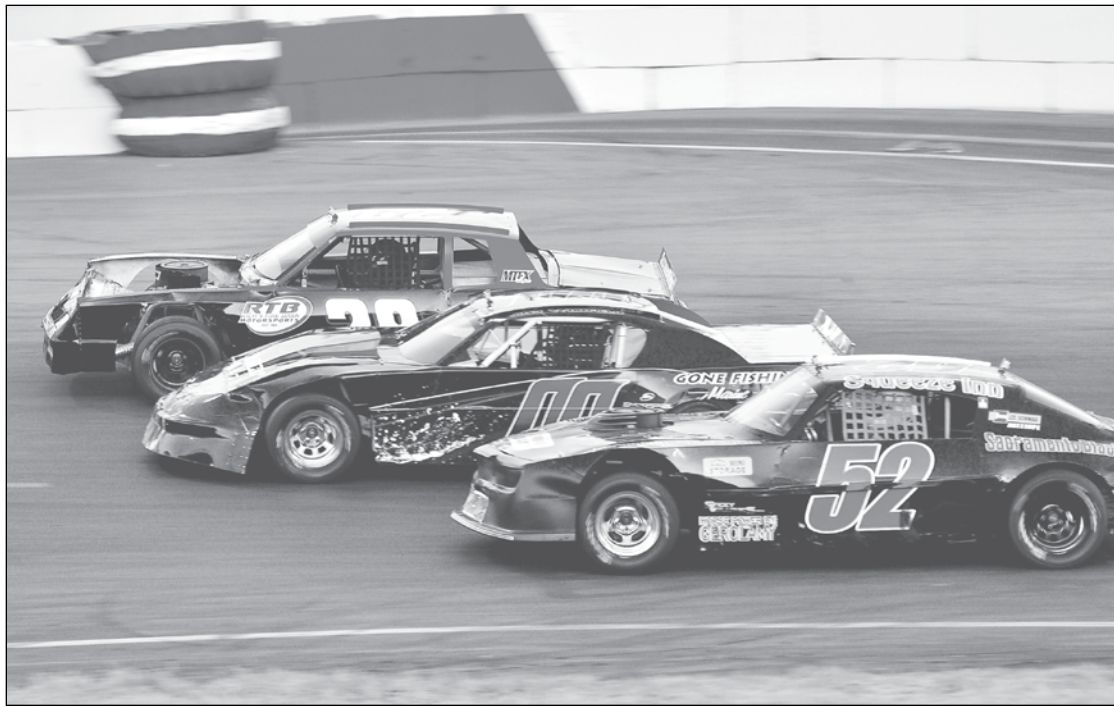
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Race Day Fun in the Pits at All American Speedway



Mark your calendar for the August 16th race. The popular Hard Tops will join the Modifieds, Street Stocks, Bombers and F-4s. Photo courtesy Doug Day

Continued from page 1

race, winners are “tecked” again by track officials to insure no modifications were made immediately prior to the race, during the race, or on a visit to the pits. A winning car can be disqualified if any manipulation has been done to the race car.

For a fan, touring the Pits on race day is not only fun, it’s an educational experience. There, one can view the nuts and bolts of racing. It’s a place teams come together to laugh and share their passion for the sport before entering the ring of competition. And, they like nothing better than to proudly share their cars, answer questions, and maybe even tell a racing story or two. Viewing the tecking process gives fans insight into the painstaking work that goes into preparing a car for race day. Stick around to

listen in on the evening’s driver rules and racing instructions. Once the call is given for drivers and crews to gather around the big oak tree, Rick Poppert, Track Manager, goes over the night’s particulars and line-up. He also addresses any questions or concerns anyone has. Then, it’s off to qualifying. Watching the cars and hearing their thunder when lining up to get on the track is exhilarating. As each car rolls out of the Pits and on to the track, drivers, crew members, fans and NASCAR Officials can all take a deep breath and ready themselves for a thrilling night of short track racing at All American Speedway.

Purchasing a Pit Pass on race day gives fans access to all the race cars before, during and after the race, the tecking area, and everything “behind the wall.” The cost is \$40, and the all-

access wrist band is available at the ticket booth on the street side of the track. Parking is available outside the Pits or on the street. To have the necessary time to enjoy all aspects of the pre race day experience, it’s best to arrive any time after 1 p.m. when the cars begin their race day ritual. Things to note when planning a visit to the Pits are that close toed shoes must always be worn and children under the age of 12 are not allowed as a safety precaution.

Mark your calendar for the August 16th race. The popular Hard Tops will join the Modifieds, Street Stocks, Bombers and F-4s.

For questions, call the AAS office at (916) 786-2023 or visit www.allamericanspeedway.com. Join us on Facebook for race highlights, photos and up to date track information. ★

Agency Expresses Concern About Future Water Supply Reliability for Placer County

AUBURN, CA (MPG) - On July 28th, Placer County Water Agency submitted comments on the potential impacts of the proposed Bay Delta Conservation Plan (BDCP), stating that the current analysis of the plan is significantly incomplete and fails to address key issues for communities that rely on the American River for water supply.

In a 61-page letter to state and federal officials, PCWA commented on a wide range of shortcomings in the Draft Environmental Impact Report/ Environmental Impact Statement on the Bay Delta Conservation Plan.

“The report fails to address issues that we know exist: climate change, future increased needs for water in Northern California and long-term management of Folsom Reservoir, to name just a few,” said Einar Maisch, Director of Strategic Affairs.

PCWA said that the BDCP’s singular focus on improving the reliability of water exports ignores important environmental factors and ultimately offers

a simplistic partial solution to complex statewide problems.

“The BDCP acknowledges that sea levels will rise by 16 inches or more in the coming decades,” said Maisch “Yet, the plan and the analysis do not address how California will adapt to rising sea levels and the increased salinity in the Delta that will result. If we don’t acknowledge the need to adapt our environmental objectives to these rising sea levels, Folsom and Shasta reservoirs will be drained to literally push back the rising sea, leaving Northern California economies in peril.”

PCWA noted that the tunnels themselves are positioned to keep them away from the growing salinity -- but the standards for salinity are sidestepped.

“We must develop a plan to provide water supply reliability for the entire state, not just the exporters, and this plan is far from it,” said Joshua Alpine, Chairman of the PCWA Board of Directors.

The BDCP plan projects Folsom Reservoir will be at “dead pool” every 10 years

– with no water available to be pumped from the reservoir during those years.

“California’s climate is changing and the state must recognize this fact and create an operational and environmental plan that addresses this issue,” said Alpine. “Draining Northern California reservoirs to export water to other parts of the state and maintain a freshwater Delta is a partial solution that creates more problems than it solves.”

Alpine added: “We have directed Placer County Water Agency staff to vigorously defend the water rights we have under long-standing and established federal and state law. Reliable water supply is critical to our County’s economic future and we will take all necessary steps to protect that water reliability.”

For more information on PCWA’s comments, please contact Einar Maisch at 530-823-4882. To view PCWA’s comments, please visit www.pcwa.net ★

Source: Placer County Water Agency

NID Shares Concerns on Water, Drought, Climate Change

GRASS VALLEY, CA (MPG) - An audience of about 250 turned out on Thursday evening (July 24) to learn about challenges the Nevada Irrigation District faces regarding the current drought and our changing water future.

The two-hour NID Water Summit, held in the Don Baggett Theater at Nevada Union High School, included presentations on the district’s water system and operations, issues involving water rights, changing rules and regulations, and the water supply impacts of climate change.

“The district’s water storage is not currently adequate to endure back to back dry years,” said NID Water Operations Manager Chip Close, who noted the region, is now in its third dry year. “Our system relies heavily on the water in the snowpack.”

NID General Manager Rem Scherzinger said a changing and warming climate is bringing less snow and more rain. He said more rain and less snow at higher elevations will impact the district’s ability to collect water. “Most of our reservoirs are up at the higher elevations; we need to

look at more mid-range storage,” he said.

NID legal counsel Jeff Meith explained the pre-1914 and post-1914 water rights the district uses to supply its customers. The district’s post-1914, or “junior” water rights to divert water have been suspended under the State Water Board’s May 27 curtailment order, but the pre-1914 “senior” rights remain unaffected, he said.

“I’m from the old school that says water rights are property rights,” said Meith. He recounted a series of drought actions taken at the state level this year, from the governor’s drought emergency declaration on Jan. 17 to the state board’s emergency water use regulations of July 15. He said the state rules have been confusing and difficult to enforce for local agencies.

Scherzinger said NID service areas in Nevada and Placer counties are getting through the drought with customers doing a great job of water conservation. NID has asked all customers to voluntarily reduce water use by 20 percent. “Our urban water use is down 16 percent over the past

four months,” he said.

The general manager drew rounds of applause when he said, “We don’t sell our water outside the district; we keep it here where it performs for us,” and when he talked about NID’s unique project to remove Gold Rush-era mercury from the Bear River watershed while reclaiming valuable water storage space.

Scherzinger said NID is studying a range of opportunities for increasing water storage. These include sediment removal from existing reservoirs, raising Rollins Reservoir by five feet and considering new storage sites. “When it comes to new water storage, it’s not a matter of if, but when,” he said.

The Water Summit was recorded and is expected to be posted on the NID website (www.nidwater.com) in coming days. It was also broadcast live on Nevada City radio station KVMR-89.5 FM (www.kvmr.org), which plans a podcast to make it available for later listening, a link will also be provided on NID’s website. ★

Placer Land Trust Summer Hikes and Events Calendar

PLACER COUNTY (MPG) - **Docent-Led Hikes** - take place on the 2nd Saturday of every month. We have new opportunities with themed hikes and new preserves to visit. Space is limited so sign up early!

Moonlight Hike at Harvego Bear River Preserve, Saturday, August 9, 7 p.m.

Beat the heat and join us for an evening hike under the full moon. Space will be limited.

Docent Hike at the Big Hill Preserves, Saturday, September 13, 8 a.m.

Look for trail running, mountain bike rides, & other unique adventures on the 4th Saturday of select months.

Volunteer Orientation - Friday, August 15, from 5-6:15 p.m.

Are you interested in joining our docent team to lead hikes, trail runs, mountain bike rides, or other outdoor adventures? Maybe you’d like to become an Ambassador for PLT at events? If so, sign up to attend our next volunteer orientation class.

2014 Placer Conservator Event - Join us on Thursday,

October 23 at 5:00pm at the Gold Country Fairgrounds in Auburn for our annual fundraising event and see who will be honoring this year with the coveted Placer Conservator Award. Save the Date!

For registration and more information on these events, visit www.placerlandtrust.org.

Thanks for your continued support to ensure that Placer County remains a fabulous place to live, work and play!

Happy Trails! ★
Source: Placer Land Trust

CDPH Warns Not to Use Certain Tattoo Products Due to Risk of Infection

SACRAMENTO, CA (MPG) - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, warned consumers not to use White & Blue Lion tattoo products because testing has found microbial bacterial contamination in both the inks and needles. Use of the contaminated inks or needles may result in bacterial infection and can lead to sepsis, a potentially life-threatening complication of an infection. One illness has been linked to the affected products at this time.

White & Blue Lion, Inc. of City of Industry, California, is voluntarily recalling the following varieties of tattoo products: Tattoo Ink, Tattoo Needles, and Tattoo Kits incorporating tattoo ink and needles. These products were distributed by White & Blue Lion and sold separately by 8Decades and White & Blue Lion, Inc.

online. Product labeling on the Inks indicate a “Best if used by date” of “16/12/16” (December 16, 2016). The recalled products were sold separately and in kits by 8Decades and White & Blue Lion, Inc. through www.amazon.com.

Consumers in possession of the recalled products should discard the products following acceptable biohazard and sharps disposal methods.

CDPH recommends that consumers experiencing any ill effects after use of these products should consult their health care provider.

Consumers who observe the product being offered for sale are encouraged to report the activity to the CDPH toll-free complaint line at (800) 495-3232. ★

Source: California Department of Public Health



Consumers are warned not to use White & Blue Lion tattoo products because testing has found microbial bacterial contamination in both the inks and needles. Photos courtesy of www.fda.gov.

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Miscellaneous

MAKE A CONNECTION Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-909-2569 (SWAN)

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Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: Call 1-877-737-9447. 18+ (NANI)

SUPPORT our service members, veterans and their families in their time of need. For more information visit the Fisher House website at www.fisherhouse.org (NANI)

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Sudoku Puzzle on Page 8

9	6	8	1	2	3	4	5	7
7	5	3	6	9	4	2	1	8
4	2	1	8	7	5	6	9	3
2	4	9	5	3	7	1	8	6
8	7	6	9	1	2	3	4	5
1	3	5	4	8	6	9	7	2
3	8	2	7	4	1	5	6	9
6	9	4	3	5	8	7	2	1
5	1	7	2	6	9	8	3	4

Miscellaneous

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Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

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Lady wants a gentleman to correspond with & potentially meet. Christian or Jew, age around 80. Likes to travel, attend church, read. Loves animals. I have white hair, 5'7" tall, have 3 years of college. Like to sew & play board games. Phone (916)496-9227 (MPG 08-31-14)

Looking for a special man. I am healthy and active and have many interests. Quiet time with a special person. Long or short trips, little theatre, dancing, cruising, dining and conversation. The ideal man should share some of these and be in his seventies. 916-967-6289. (MPG 10-31-13)

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Pets/Animals

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DOG RESCUE

Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com

Position Wanted



By Ronnie McBrayer

This coming week marks the birthday of a man who Bing Crosby called, "the beginning and the end of music in America." Born in the sweltering heat of a New Orleans' August, the grandson of former slaves, and suffering abject poverty, that man was Louis Armstrong.

It was starvation that drove young Louis to the streets where he learned to sing, scat, and play trumpet, all to earn a few pennies each day to feed his hunger and stay alive. From those hardened streets he rose by the sheer weight of his talent, charisma, and personality to play for presidents, popes, and kings. A unifying force in chaotic, divisive times, he was a master.

Most people, even those who could not recognize Armstrong's face or his contribution to Americana, can still sing along to his most iconic song. Barely two minutes long, a song that fails to showcase his greatest gifts, and recorded long after his musical heyday, it will last for decades, if not centuries to come.

The lyrics go: "I see trees of green, red roses too. I see them bloom, for me and you...I see skies of blue, and clouds of white. The bright blessed day, the dark sacred night. And I think to myself, 'What a wonderful

What a Wonderful World

world."

Louis recorded and released "What a Wonderful World" in 1967. Certainly, he looked out at the utopia of that year and time period and concluded that, "Yes, it was indeed a wonderful world." Do you know what was going on in 1967? The southern states were fighting desegregation, and the U.S. Army was fighting in Southeast Asia. The Apollo 1 spacecraft was burning on the Launchpad, and the Cold War was burning in Eastern Europe.

The Israelis were at war with their Arab neighbors, and police departments were at war with African Americans in Detroit, Milwaukee, Los Angeles, and DC. JFK was already dead, and Robert Kennedy and Martin Luther King Jr. would both be assassinated the following year. Yes, that was such a jolly good time for everyone, wasn't it?

How could Louis Armstrong sing this song about rainbows and unicorns when the world looked like it was going to hell in a hand basket; when the world looked so un-wonderful (as it still does today)? Armstrong answers that question. He said, "It seems to me it ain't the world that's so bad, but what we're doing to it. All I'm saying is: See what a wonderful world it would be, if only we'd give it a chance."

That conclusion hints of Scripture. God created this wonderful world and called it "good." That word gets extensive use, not only in English, but in the Hebrew language of the Old Testament. It can mean "attractive" or "pleasing." It

can mean what is "honest" or "right." But the use of the word in the creation accounts means that everything is exactly as it should be. It is whole, it is wonderfully complete. "Good" is a state of excellence.

So what went wrong? We did. As crowning achievements of his creative project, humanity was to serve as the steward and curator of God's world. It was – it is – and it will always remain – humanity's role to be creation's executor and protector; to maintain the goodness of God's world. We have largely shirked that responsibility.

Yet, this blue ball hanging in the vast expanse of space that miraculously incubates all that is, must mean something to God, because God wants it to be wonderfully "good." And he has given us a meaningful, leading role in his artistic masterpiece, so we are compelled, as people of faith, to participate in the stewardship of creation.

We throw ourselves into the fray of this fractured world – healing the sick, making peace among enemies, feeding the hungry, working for justice, protecting and sustaining resources, creating harmony – because we believe "it ain't the world that's so bad, but what we're doing to it." God's intent and Armstrong's words are tuned to the same melody: Let's give the Wonderful World a chance. ★

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.

Things I Have Learned in my Lifetime

Dr. James L. Snyder

In celebrating my recent birthday, I found myself caught up in a case of nostalgia. I never imagined I would really get this old. Not that I am old, mind you, but I have reached the point in life I never thought I would when I was younger. Had I known I would get this old, I would have saved some of the energy I wasted during my teenage years.

How was I to know that as you got older your supply of energy began diminishing?

When I was younger, I could not sit still for long and no matter where I went, I ran. It was impossible for me just to walk. Often my mother chided me by saying, "Slow down, young man." But I never could. I have finally come to the point where I am in harmony with my mother's desire. The only problem is, I am not a young man anymore.

Today, I can sit in my easy chair for hours and not even move. I keep a little mirror on the stand next to my chair so my wife can periodically check to see if I am still breathing. Often, the only indication of life is the occasional snoring.

One thing I have learned in growing older is that my eyes are not quite what they used to be. For example, the mailbox used to be rather close to the front door of our house. Now, I can barely see it from the front door and it takes over an hour to reach it by walking. To be truthful, halfway to the mailbox I have to pause and catch my breath.

And, when I look at my checkbook, I can barely see to the end of the month. When I was young, I used to hear the saying, "A penny saved is a penny earned." Now, my eyes are so bad, I cannot see anything to buy for a penny.

Not only are my eyes going, but my hearing is not quite what

it used to be when I was young. It is not as bad as it might seem. There is a good side to diminished hearing. When I am in a crowd with people talking, I can sit back, smile, nod my head occasionally and not have to be bored with what everybody is saying.

Experience has taught me that people are not really interested in hearing what I have to say. Rather, they want me listening to what they have to say. Usually, people have a lot to say and all they require are two ears. It does not have to be ears that hear, just ears that appear.

Most things heard in such circumstances are not worth hearing. Perhaps that is the genius of our ears. In aging, they develop a little bit of wisdom and after a while, they just give up, not hearing anything really worth hearing. I cannot remember the last time I heard something under such circumstances worth hearing the first time, let alone remembering.

This brings me to my memory. The best thing about memory is, you can remember things the way you want to remember them. After all, it is your memory and it should be up to you to remember what you want. My memory has a way of bringing out the positive to the absolute exclusion of the negative. And who wants to dwell on the negative?

Whoever said you cannot live in the past is probably not old enough to have any past worth remembering. And the marvelous thing about remembering things in the past is that you can remember them as you like. It is your version of the past. Some people write journals, I like to trust my memory.

As my memory has aged, it has become better, just like a fine wine. In fact, my memory is so good I can distinctly remember things that never happened.

And the details I remember are simply astounding. Each time I recount a memory I remember new details.

The Gracious Mistress of the Parsonage has quite a different take on all of this. She remembers everything that actually happened. She has a photographic memory, whereas I have, according to her, a problematic memory. At her discretion, she can marshal all of the facts of the incident in the order in which it happened. Usually her memory throws my memory in a different light.

No matter how I recount my memory, she always has some correction to it. More than once, she has claimed I stretched the truth. But I believe, if the truth cannot handle some stretching what good is it in the first place? If it is so fragile and cannot handle a little bit of stretching, I am not sure it is worth remembering.

As my body gets weaker, my memory gets stronger.

In the Old Testament, David spoke often of the importance of memory. "I remember the days of old; I meditate on all thy works; I muse on the work of thy hands" (Psalms 143:5 KJV). For David, in his old age his memory brought him a great deal of comfort. "I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread" (Psalms 37:25 KJV).

My goal is to live each day in such a way that years down the road I will have a good memory. ★

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.

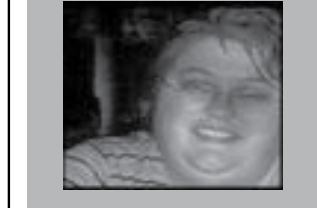
Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Simple, Flavorful Open-Faced Grilled Chicken & Apricot Sammies

"Simply divine!"



Amanda Smith
Washington, IL (pop. 15,134)

The sweet and savory flavor combination makes Amanda Smith's Open-Faced Grilled Chicken & Apricot Sammies one tasty sandwich. Walnuts add a nice crunch, while the apricots give this recipe the perfect sweetness. And the balsamic glaze? Well, that tops off the sandwich perfectly!

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

www.justapinch.com/apricot

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

- Janet

Open-Faced Grilled Chicken & Apricot Sammies

What You Need

- 1 can ready made pizza dough (13.8 oz)
- 6 1/2 oz garlic and herb soft spreadable cheese
- 1/2 c walnuts, toasted and chopped
- 2 c grilled chicken breast, chopped
- 1/2 c dried apricots, chopped
- 2-3 tbsp balsamic glaze
- Balsamic Glaze
- 1 c balsamic vinegar

Directions

- Preheat oven to 425 deg.
- Press out pizza dough into a 12x8 inch rectangle.
- Using a 3 1/2 inch round cookie or biscuit cutter, cut

- out 8 circles from dough.
- Grease cookie sheet with cooking spray and place circles 1 inch apart.
- Bake for 4 min.
- Let pizza crust circles slightly cool. Then, spread the garlic and herb cheese on top of each circle.
- Sprinkle with toasted walnuts, pressing them into the cheese.
- Top each with 1/4 c of grilled chicken breast.
- Sprinkle each with chopped apricots.
- Drizzle each sammie with balsamic glaze.

Balsamic Glaze

- In a small saucepan bring the vinegar to a boil over medium-high heat.
- Cook stirring until reduced to 3 to 4 tbsp.

Submitted by: Amanda Smith, Washington, IL (Pop. 15,134)

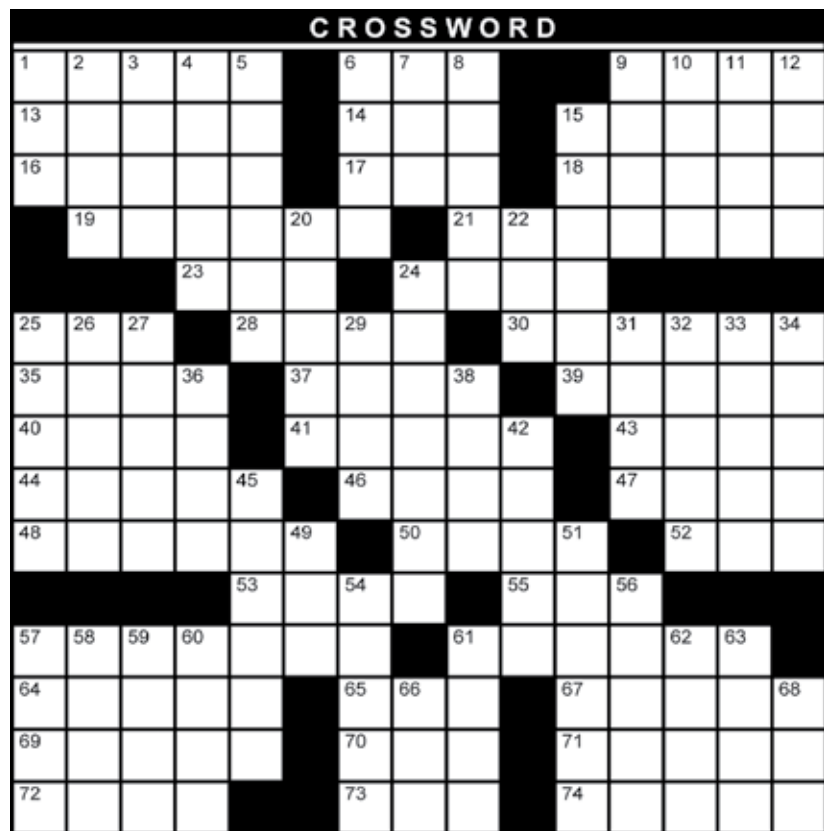
www.justapinch.com/apricot

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CLUES

- CROSSWORD**
- ACROSS
- State in northeastern India
 - *Hanson's "MMM___," nominated for two Grammy Awards
 - The Atkins ___
 - Nigerian money
 - Lawyers' league
 - *___ Martinez, winner of three Cy Young Awards
 - "Encore!"
 - A cause of inflation
 - Like a dunk but softer
 - *Four time Pulitzer Prize winner
 - *___ Cup
 - Sigma Alpha Epsilon
 - Reduced Instruction Set Computer
 - Choose
 - *He won Oscar for "Leaving Las Vegas"
 - Gastric enzyme
 - Garden starter
 - Left or right
 - Like 1950s style, today
 - Algonquian language
 - Walk heavily
 - Riyadh native
 - Next step for juvenile
 - Russia's legislative body
 - Mandolin's cousin
 - Indonesian currency
 - Eight bits
 - *___ Aviv
 - Catcher's catcher
 - Labor group
 - *Masters' awards
 - *The Man ___ Prize
 - Modern day letter
 - Hole punching tool
 - Pertaining to a pope
 - Sufficiently
 - Fish eggs
 - Long stories
 - *This Coward is an Academy Award and Tony winner
 - Boar's mate
 - Cubed
- DOWN
- Nurses' organization
 - Palm starch
 - a.k.a. Xi'an, ancient capital of China
 - Ovine sign of the zodiac
 - Mad person
 - Worshipped by ancient Semitic peoples
 - *___-Wan of "Star Wars"
 - Zoroaster follower
 - Campus head
 - Descriptive of pastoral life
 - North of Cleveland
 - *Broadway recognition
 - Alluvial deposit
 - Minimum
 - Recipe amount
 - Entrenched stronghold
 - *Gold knight
 - Lost in Provence
 - Get ready to drive
 - Encircle
 - Church sound
 - Walk like a peacock
 - About to explode
 - *Swedish benefactor
 - Sub station
 - *Winged woman holding an atom
 - BBQ spot
 - In a tame manner
 - Opposite of "miss"
 - Ran off to Vegas?
 - Peter and Paul
 - Rain forest ruminant
 - *Billie ___ King, 1972's Sports Illustrated Sportsman of the Year
 - Held by a clip
 - Super garb?
 - *Pulitzer Prize winner, "To ___ a Mockingbird"
 - What the Big Bad Wolf did
 - Larger-than-life
 - Dash
 - To court
 - Acid



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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.

Come back every week for Crossword and Sudoku!

For Solutions See Page 7

CSLB Local Undercover Sting Busts Many Unlicensed Contractors

FOLSOM, CA (MPG) - A procession of suspected unlicensed contractors submitted bids for construction work at a Folsom home last week and walked into the waiting hands of Contractors State License Board (CSLB) undercover investigators. The undercover sting operation on Thursday, June 26, 2014, was conducted at a two-story home near Folsom Lake College by CSLB's Statewide Investigative Fraud Team (SWIFT) with the help of Sacramento County District Attorney's Office investigators and Folsom Police Department.

The newer home restricted the range of projects that could be sought for bid to exterior ones such as painting, fencing, landscape, retaining walls, and pool tiling.

Despite that limitation, there was no shortage of unlicensed operators who gave bids to investigators who posed as homeowners. The median bid was about \$4,000, SWIFT investigators reported, with a high of \$10,000 for an exterior painting job.

In California, all home improvement jobs valued at \$500 or more (combined labor and material costs) must be conducted by a company or person with a CSLB-issued license (Business and Professions Code section 7028).

All 11 suspects were cited for contracting without a license. Nine face an additional misdemeanor charge of illegal advertising (Business and Professions Code section 7027.1). State law requires contractors to place their license number in all print, broadcast, and online advertisements. Those without a license can advertise for jobs valued at less than \$500, but the ad must state that they are not a licensed contractor. One of

the men showed investigators a contractor license number that did not belong to him and was cited on an additional charge (Business and Professions Code section 7027.3).

About 70 percent of the suspect leads were found on the online bulletin board craigslist.

"We have warned consumers many times about the importance of taking an extra minute to check CSLB's website to make sure the contractor has a license in good standing if they're going to use craigslist or other online bulletin boards," CSLB Registrar Steve Sands said. "Licensed contractors use craigslist and other online sources as an advertising tool, but so do many unlicensed and unqualified people."

Suspects received Notice to Appear citations for 8:30 a.m. on September 17 or 18, 2014, in Sacramento County Superior Court, 720 Ninth St., Sacramento, CA 95814 to answer to illegal contracting charges.

This is a list of the suspects and each suspect's city of residence, license classification, and violations:

- **Jason Andrew Muller, West Sacramento, C8 - Concrete, Contracting without a license, Illegal advertising**
- **Christopher Ray Cunningham, Sacramento, C33 - Painting and Decorating, Contracting without a license, Illegal advertising**
- **Patrick Richard Beals, Folsom, C13 - Fencing Contracting without a license**
- **Joshua Elias Valencia, Carmichael, C29 - Masonry, Contracting without a license**
- **Gabriel Cortez, Citrus Heights, C33 - Painting and Decorating, Contracting without a license, Illegal advertising**
- **Gregory Alan Hayes, Grass Valley, C33 - Painting and Decorating Contracting**

without a license, Illegal advertising, Displaying a license not belonging to him

- **Jose Luis Tolentino, Roseville, C8 - Concrete, Contracting without a license, Illegal advertising**
- **Alejandro Arturo Diaz, Sacramento, C33 - Painting and Decorating, Contracting without a license, Illegal advertising**
- **Soroosh Reinhanihoseinabad, Citrus Heights, C33 - Painting and Decorating, Contracting without a license, Illegal advertising**
- **Bruce Timothy Aziz, Citrus Heights, C13 - Fencing Contracting without a license, Illegal advertising**
- **Abenida Stephen Olenslager, Sacramento, C13 - Fencing, Contracting without a license, Illegal advertising**

CSLB encourages consumers to always "Check the License First" by visiting www.cslb.ca.gov or calling CSLB's toll-free automated line, (800) 321-CSLB (2757). Also, visit CSLB's website for tips about how to hire a contractor and to sign up for CSLB Email Alerts.

The Contractors State License Board operates under the umbrella of the California Department of Consumer Affairs. More information and publications about hiring contractors are available on CSLB's website or by calling (800) 321-CSLB (2752). You also can sign up for CSLB email alerts. CSLB licenses and regulates about 300,000 contractors in California, and is regarded as one of the leading consumer protection agencies in the United States. In fiscal year 2012-13, CSLB helped recover nearly \$44 million in ordered restitution for consumers. ★

Source: CSLB Public Affairs Office



LETHAL EATING

He's an ER Doc, and he's just about seen it all. The stories Dr. Bob Slay can tell you would absolutely slay you. I know...sorry! Couldn't resist! Anyway, Dr. Bob battled with his own issues like weight control. So he and wife, co-author doctor wife, came up with some great ideas for weight loss in "The Battle Buddy Diet." 2 Docs, 4 Weeks,

Victory. But what caught my attention is his list of 12 lethal foods we should never eat. I'd like to survive my eating habits in order to try the diet. So here are the foods that should be on our "no-no" list.

1. **NO FLOUR or any bread products made from processed grain. If the ingredients include the word flour, don't buy it.**
2. **NO "BAD FATS such as beef, pork, or any type of mammal meat (except game meat). If it has fur, eyes, and a mother, don't eat it. And do not eat it if it has feathers and comes from an egg.**
3. **No fast food almost Never! If you are forced into a fast food joint, look for a low**
- or no fat salad with low fat vegetable oil dressing, or balsamic vinegar.
4. **NO DAIRY FAT. No dairy products. Sorry about the ice cream. Dairy fats are lethal fats.**
5. **NO FRIED FOODS of any type and that especially includes: the so-called 'vegetable' French Fries. Deep-fried anything, tempura, pan fried foods, donuts, funnel cake, hash browns, and fried seafood are absolutely lethal.**
6. **NO BAKED GOODS. Watch out for the low fat muffin or the fat-free cookies. They frequently have high carbohydrate load, flour, sugar and highly caloric. Crackers, cookies, pretzels, cupcakes, and baked chips are lethal.**
7. **NO SUGARED SOFT DRINKS OR FRUIT JUICES. They are high in sugar (20 grams) or fructose and sodium and have lots of empty calories.**
8. **NO ALCOHOL OR STRICTLY LIMIT INTAKE to two ounces a day or less and make it red wine.**
9. **NO ANIMAL FAT, SATURATED COOKING OILS especially lard and butter, high in saturated fats. Avoid coconut oil, peanut oil, and corn oil.**
10. **NO MILK, EVEN FAT-FREE**

since it contains a high carbohydrate and sugar load (12 grams), in an 8 oz glass, and is highly caloric (90 calories).

11. **NO WHITE RICE OR WHITE POTATOES. Use brown rice and yams instead.**

12. **NO SWEETS, CANDY OR PASTRY DESSERTS including: milk chocolate (mixed sugar and milk), candy, crepes, pies, cheese cake, fruit tarts, pastries, fruit cobbler, ice cream, and the ubiquitous donut holes.**

Any food made with sugar is not needed by your body. Sugar is super lethal and directly linked to the development of diabetes and obesity. NO SUGAR EVER!!!

Now I have to be honest with you. My first thought is **WHAT'S LEFT !!#!?!?** The good Doc is also a stand-up comedian, and I hope some of this was tongue and cheek, but I have a suspicion, he really means it. Anyway, that's what he told me and so I'm passing it on. You can find out more information at www.battlebuddydiet.com. He is also the spokesperson for LAUGHMD because he believes laughter brings healing to hospital patients. Now he's talking my language. Keep a smile on your face and do the **BEST YOU CAN!!! STAY WELL!** ★



Riley Reviews

WEIRD ACTION WORLD OF LUC BESSON'S "LUCY" BECOMES SURREAL

coerced once the briefcase is handcuffed to her wrist.

Before she can even comprehend the situation in which she's involuntarily become ensnared, Lucy is grabbed by a bunch of thugs and held hostage by the merciless Mr. Jang (Choi Min Sik), who cares not at all that she's an innocent bystander.

Lucy is offered a job she cannot refuse, that of a drug mule. In a scene disturbing to the squeamish, Mr. Jang's thugs surgically implant a package loaded with the powerful synthetic substance CPH4 into Lucy's stomach.

Alongside a handful of fellow unwilling hosts, Lucy is sent to the airport with the objective of flying to one of Europe's major cities as a transport vessel for material that is priceless to her kidnappers.

Unfortunately, as the result of a savage beating with kicks to the groin, the package breaks and the powerful crystals leak into her system, resulting in her cerebral capacity being unlocked to startling and previously hypothetical levels.

As she attempts to comprehend the rapid changes occurring within her mind and body, Lucy begins to feel everything around her, such as space and gravity, and develops superhuman traits including telepathy, telekinesis, expanding knowledge and breathtaking control over matter.

The countdown to the 100 percent level of brain capacity is accelerating, and Lucy rushes to find Professor Norman at a conference in Paris, the one person she feels may actually understand the logical conclusion of where her expanded mental abilities could end up.

Meanwhile, Scarlett Johansson's Lucy is an American student and party girl living in Taiwan who is tricked by her sleazy boyfriend into delivering a briefcase to a business contact. It's more accurate to say she was

The capital of France hosts the showdown between Mr. Jang, who understands that the fully-empowered Lucy represents more than existential threat to his drug empire, and the French authorities, under the capable leadership of Captain Del Rio (Amr Waked), who's dispassionate yet sympathetic to Lucy's plight.

The marketing of "Lucy" suggests that our protagonist is a relentless killing machine with superhero powers, against the backdrop of a surfeit of shoot-outs, explosions, car chases and the kinds of exploits one would find in a thrilling action picture that is straightforward in its depiction of violence.

To be sure, Besson brings his natural talents to the screen with serious gunplay between the French police and the Asian thugs, and there is an incredible chase scene through the streets of Paris which result in plenty of mayhem and destruction of vehicles.

But on the whole, "Lucy" goes far too deep into the realm of science-fiction. Besson seems as intent on transforming his story into something as odd and strange as the physical and mental makeover that is occurring at a rapid pace to his leading lady.

My expectations going into "Lucy" were not realized, expecting an action-driven thriller. To his credit, Luc Besson wanted to imagine what it would be like if humans could access the furthest reaches of their brains, and so his film engages in flights of fancy.

Many members of the audience may be puzzled at the quirky nature of "Lucy," while others could be dazzled by its willingness to push some boundaries. At the very least, "Lucy" could provoke some interesting discussions about Luc Besson's apparent obsession with the potential of human intellect.

On the plus side, the ever attractive Scarlett Johansson delivers a solid performance as one who starts off vulnerable and ordinary before becoming exceeding tough and smart. ★

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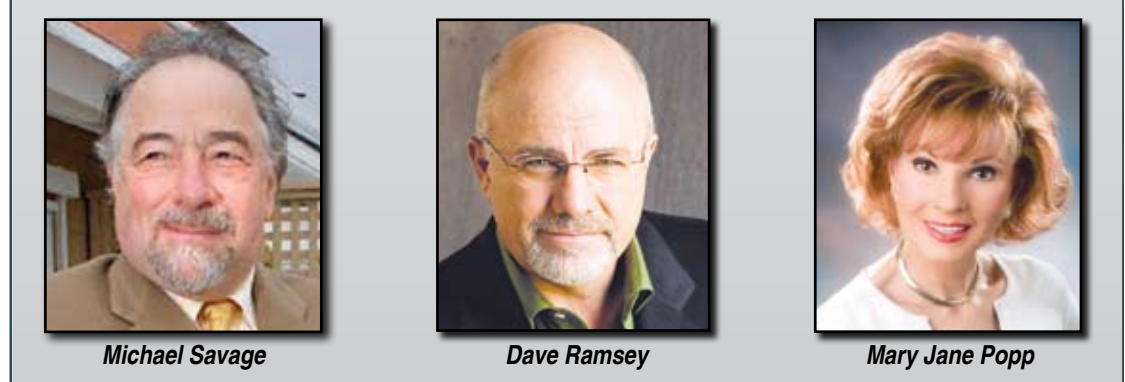
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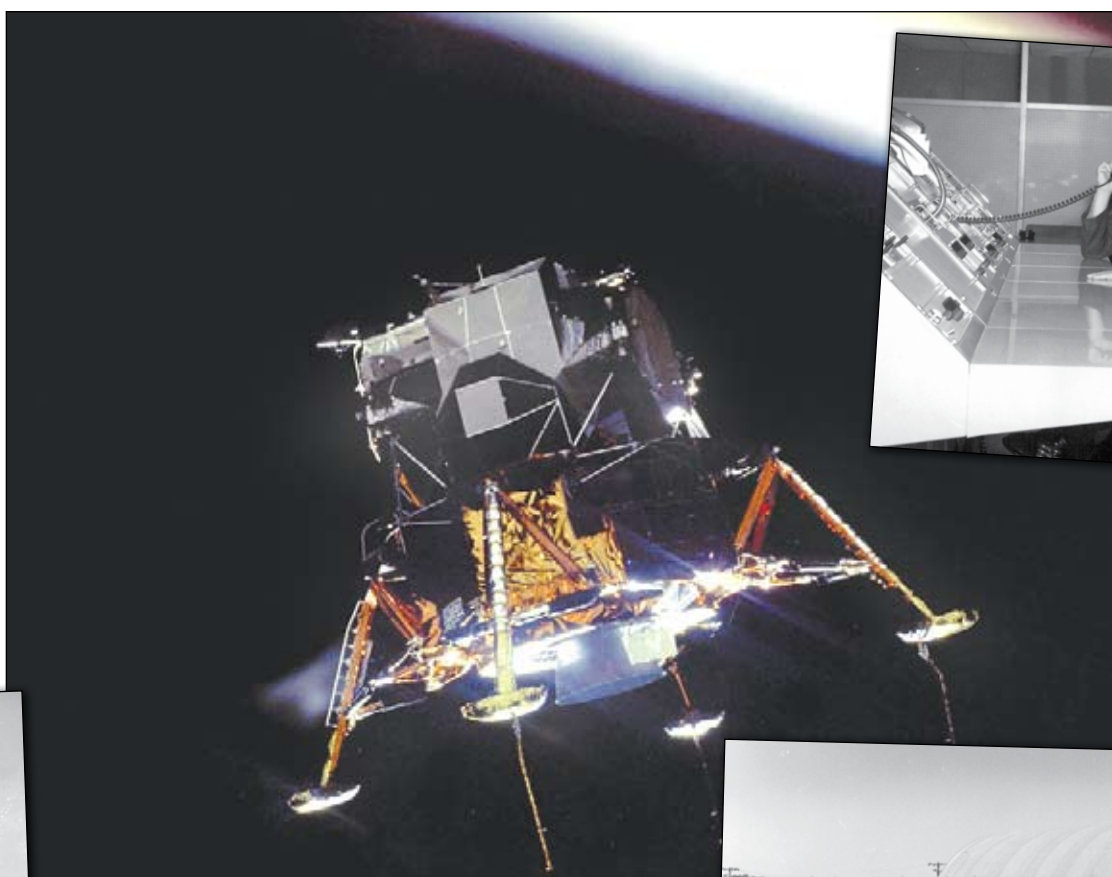
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Our Connection to the Moon Landing, 1969

By Patricia Johnson, Harvey Williams, and Terri Pennello.

RANCHO CORDOVA, CA (MPG) - July 20th marked the 45th anniversary of the United States landing on the moon; it is important to remember the role Sacramento County played in that historic event. A part of the Saturn V Rocket that NASA launched in 1969, sending astronaut Neil Armstrong on his journey, was initially tested in Sacramento, California before being sent to Florida for launch into space. The Douglas Aircraft Company tested the third stage of the rocket known as S-IVB at its test site, the Douglas Aircraft Sacramento Test Facility, in

what is now Rancho Cordova at Sunrise Boulevard and Douglas Road. Testing of the S-IVB began in 1963 and was a significant component of the Saturn V Rocket in the future moon missions. NASA awarded the Douglas Aircraft Company the contract for the Saturn S-IVB lunar vehicle in 1963. This vehicle was needed to support the Saturn 1 program development of the Saturn V Launch Vehicle. The S-IVB was 21 feet in diameter and 59 feet in length, and would be the third stage of the giant Saturn 1B vehicle with a payload capacity of 37,000 pounds. The Saturn 1 vehicle's primary objective was to develop a large two-stage vehicle for use in earth



Wernher Von Braun (center), a leading rocket engineer and space architect in WWII Germany and then the U.S., was the chief architect of the Saturn V launch vehicle. Von Braun visited the Sacramento Test Facility on multiple occasions. Photo courtesy of Center for Sacramento History, Douglas Aircraft Company/NASA Employee Collection, 2014/015.

The Eagle Prepares to Land

The Apollo 11 Lunar Module Eagle, in a landing configuration was photographed in lunar orbit from the Command and Service Module Columbia. Inside the module were Commander Neil A. Armstrong and Lunar Module Pilot Buzz Aldrin. The long rod-like protrusions under the landing pods are lunar surface sensing probes. Upon contact with the lunar surface, the probes sent a signal to the crew to shut down the descent engine. Photo courtesy: NASA

orbit operations. The S-IVB was a single stage liquid propellant (liquid oxygen and hydrogen) vehicle with a Rocketdyne 233,000 pound thrust engine capable of restarting in outer space.

The S-IVB was manufactured at the Douglas Aircraft facility in Huntington Beach, California and shipped to the Sacramento Test facility by barge up the Sacramento River to a dock at Hood and then transported by back roads to the test facility. Wernher Von Braun, the chief architect of the Saturn V launch vehicle, visited the Sacramento Test Facility on multiple occasions.

The S-IVB stages travelled from the Bay Area up the Sacramento River on barges. Once they arrived at the specially built dock in Hood, they were transferred to flatbed trailers for the trip to the test site traveling at seven miles per hour on narrow county roadways and bridges. Workmen along the route had to lift telephone wires and trim trees to enable the stage to make the journey to the test center. Douglas tested nineteen S-IVBs at the test site between 1964 and 1971.

Once the stage arrived at the test site, the stage was lifted from the flatbed truck and onto the test stand. Upon testing completion, the stage was initially transported by barge back to the Bay



The S-IVB stages travelled from the Bay Area up the Sacramento River on barges. Once they arrived at the specially built dock in Hood, they were transferred to flatbed trailers for the trip to the test site traveling at seven miles per hour on narrow county roadways and bridges. Workmen along the route had to lift telephone wires and trim trees to enable the stage to make the journey to the test center. Photo courtesy of Center for Sacramento History, Douglas Aircraft Company/NASA Employee Collection, 2014/015.

Area where it was loaded onto another barge headed for Florida. However, this process was too lengthy, and a modified C-97 aircraft called the "Pregnant" or "Super Guppy" was later used to transport the stages to Florida.

Source: Center for Sacramento History, Douglas Aircraft Company/NASA Employee

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Once the stage arrived at the test site, the stage was lifted from the flatbed truck and onto the test stand. The Douglas Aircraft Company tested the third stage of the rocket known as S-IVB at its test site, the Douglas Aircraft Sacramento Test Facility in what is now Rancho. Testing of the S-IVB began in 1963 and was a significant component of the Saturn V Rocket in the future moon missions. Photo courtesy of Center for Sacramento History, Douglas Aircraft Company/NASA Employee Collection, 2014/015.

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Why Incumbents Keep Getting Re-elected



Commentary By
Lee H. Hamilton

— when, in fact, they almost always vote with their own party's leadership, especially on the obscure procedural votes that can decide an issue before the actual up-or-down vote is taken.

Just as important, incumbents enjoy an overwhelming advantage in elections: a large staff, both in Washington and at home, whose jobs focus on helping constituents. They find lost Social Security checks, help get funding for economic development projects, cut through red tape to secure veterans' benefits. At election time, voters remember this.

That's not the only help members can expect. They're buttressed in ways challengers can only dream about. They're paid a good salary, so they don't have to worry about supporting their families while they campaign. They get to spend their terms effectively campaigning year-round, not just at election time, and they are able to saturate their state or district with mass mailings. The nature of their work allows them to build ties to various interest groups back home — which quite naturally seek out the incumbents and ignore challengers.

Incumbents receive invitations to more events than they can possibly attend; challengers have trouble finding a meeting interested in having them. Incumbents get the honored place in the parade, the prime speaking position, the upper hand when it comes to raising money; challengers have to fight for visibility and money. And the news media seek out incumbents, often ignoring the challengers.

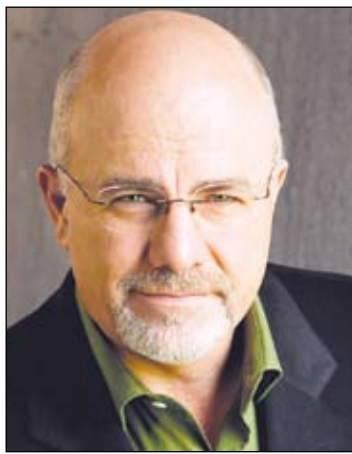
In fact, challengers are at a disadvantage at almost every point in a campaign. From building name recognition to arranging meetings to building credibility with editorial boards, donors,

and opinion leaders, they're trudging uphill. They do get one leg up — they're in the district all the time, while the incumbent has to be in Washington regularly — but that's a small advantage compared to the obstacles arrayed against them. Especially when districts are gerrymandered, as they often are, to protect incumbents. This means that in primaries, incumbents generally need to focus just on the most active voters, while in general elections the vast majority can consider themselves on safe ground.

But there's another reason incumbents keep getting re-elected that's also worth considering: voters — that's you and me. Most Americans don't vote, which means that a U.S. senator or representative might be elected by only 20 percent of the eligible voters. And those who do vote often cast their ballots for narrow or unusual reasons. They like the way they got treated by the incumbent's staff, or they shook his or her hand at a county fair, or they like his or her stand on a particular social or economic issue, or perhaps they just recognize the name. Whatever the case, they don't look at an incumbent's entire record: votes on a cross-section of vital issues; willingness to work with members of different ideologies and backgrounds; ability to explain Washington back home and represent home in Washington; skill at forging consensus on tough policy challenges.

It's really no mystery that incumbent members get re-elected. Their advantages are baked into the system. ★

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.



Chapter 7 vs. Chapter 13

Dear Dave,

What's the difference between a Chapter 7 bankruptcy and Chapter 13 bankruptcy?

- Claudia

Dear Claudia

Chapter 7 bankruptcy is what most people think about when they hear the word "bankruptcy." It's total bankruptcy, almost like dropping an atomic bomb on your entire financial picture.

Virtually all of your unsecured debt (except student loans, child support and money owed to the IRS) is wiped out. These things are not bankruptable. About 98 percent of the time, creditors of your other unsecured debt — things like credit cards and alike — get nothing. Items that are secured debt, such as your car or house, are treated a little bit differently. If you're behind on payments, you may be allowed to get current. In most cases, banks will allow you to re-sign in a process called reaffirming the debt.

Dave Says

Chapter 13 bankruptcy is a payment plan structured over five years. In it, you have to pay all of your secured debt. If it has a lien on it, you pay 100 percent to keep the item. You also have to pay a portion of your unsecured debt. Again — like in Chapter 7 — debt to the IRS, child support and student loans don't go away. For any other unsecured debt, you can pay a percentage of what's owed. An overall payment plan is developed, and you make those payments for five years.

I'm not a big fan of either one.

- Dave

100% mortality rate

Dear Dave,

Do you think it's unreasonable to ask my 76-year-old husband to have a will drawn up? He had one made when we lived in Florida, but we moved to Georgia. He won't do it, because he says wills aren't recognized in Georgia.

- Cam

Dear Cam

Wills aren't recognized in Georgia? Where did he get his legal advice, in a bar or pool hall?

Okay, let's straighten this out.

The will he had drawn up in Florida wouldn't be recognized in Georgia, but he could have one made in Georgia that would be absolutely valid and legal. Everyone: No matter where you live, you need a will. If you die without a will in place, your family has to go through the court and jump through all sorts of hoops to settle the estate. The process can take several months. No one should leave their loved ones in that kind of predicament, when having a will drawn up is such a simple an inexpensive process.

Everyone needs a will, Cam. Human beings have a 100 percent mortality rate, okay? No one is getting out of this thing alive. You need a will, a full estate plan with specific instructions on what to do with all your stuff after you die!

- 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.*

It's no news that Congress is unpopular. In fact, at times it seems like the only real novelty on Capitol Hill would be a jump in its approval rating. In June, a Gallup poll found members' standing with the American people at a historic low for a midterm-election year. Which might have been notable except, as The Washington Post pointed out, that "Congress's approval rating has reached historic lows at least 12...times since 2010."

Here's the interesting thing: nearly three-quarters of Americans want to throw out most members of Congress, including their own representative, yet the vast majority of incumbents will be returning to Capitol Hill in January. In other words, Americans scorn Congress but keep re-electing its members. How could this be?

The first thing to remember is that members of Congress didn't get there by being lousy politicians. They know as well as you and I that Congress is unpopular, and they're masters at separating themselves from it and running against it — appearing to be outsiders trying to get in, rather than insiders who produce the Congress they pretend to disdain. They're also adept at talking up their own bipartisanship — which is what most general-election voters want

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