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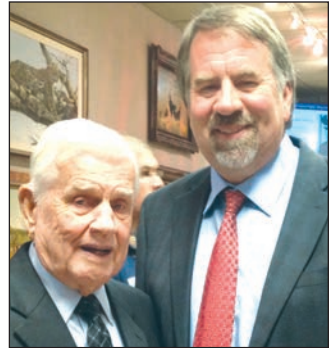
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Our Region Has Long Been a Popular Racing Venue Three Local Team Drivers Chosen to NASCAR NEXT Program



NEXT Driver Brandon McReynolds in the BMR (Bill McAnally Racing) #16 NAPA Auto Parts Toyota. NEXT driver Brandon McReynolds (right) from BMR, based in Roseville. Photos courtesy Bill McAnally Racing, Roseville

By Linda Harper

SACRAMENTO REGION, CA (MPG) - The Sacramento region has long been a popular racing venue, showcasing tracks like the All American Speedway in Roseville who host NASCAR's Whelen All - American Series and NASCAR K&N Pro Series, Sacramento Raceway where fans cheer on their favorite NHRA drag racers, Big Time Motocross Raceway and All Star Karting in Rancho Cordova. Over the last few years, our Capital

City and surrounding areas has exploded from its "sleeper" status, into a highly respected and recognized racing Mecca that attracts events, teams and individual participants from all over the nation. Like other celebrated racing cities, the Sacramento area proudly fosters young drivers, bringing them up the ranks, preparing them for careers in Stock Car, Sprint, Formula, Karting and Motorcycle sports.

On April 25th, at Richmond International Speedway, NASCAR named 12 promising young drivers to its NEXT program, an action taken by the industry giant for the last four years, designed to spotlight NASCAR's rising stars.

"Over the last five years, our sport has undergone a tremendous shift, as we've seen an abundance of talented, young drivers begin to achieve their potential at the NASCAR Sprint Cup Series and NASCAR Nationwide Series level," said Jill Gregory, NASCAR Vice President of Industry Services. "The NASCAR NEXT Program is an instrumental platform to help draw attention to these young drivers, and foster their growth within the sport."

Drivers are selected through an evaluation process that includes input from industry executives and veteran racers. They must be

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NEXT driver Dylan Lupton (left) from Wilton. Dylan Lupton's #9 Sunrise Ford/GoPro/Immersion Media race car. Photo courtesy Dylan Lupton

California State Senate Passes Bill to Raise Minimum Wage to \$13 per Hour

*SB 935 Would Give
California Highest Minimum
Wage in the Nation*

LOS ANGELES, CA- On Thursday May 29th, California State Senate voted 21-12 to raise the state's minimum wage to at least \$13 per hour by 2017. The bill would also require the minimum wage to be automatically adjusted for inflation annually beginning in 2018. The adjustments would be calculated using the California Consumer Price Index and reductions in the minimum wage would be prohibited if inflation is negative in any given period.

California Partnership (CAP) Director Vanessa Aramayo said "an increase in California's minimum wage is long overdue as it is lower than it was in 1965 when adjusted for inflation. SB 935 will reduce the number of Californians living in poverty, reduce the number of people going hungry, and increase economic activity in our communities that have been hardest hit by the economic recession and stagnation of wages."

A recent report by Human Impact Partners cites a study that predicts a minimum wage of \$13 would help reduce the record high income gap that exists in California today. The study predicts that the income of 7.6 million Californians in families in the lowest quarter of income distribution would rise while the net income of the top 75% of households would not change[1].

California Partnership is a proud co-sponsor of this bill with the Women's Foundation, the Western Center on Law and Poverty, United Food and Commercial Workers Union and the California State Council of Service Employees International Union.

CAP is a statewide coalition of community-based groups, organizing and advocating for the policies and programs that work to reduce and end poverty.

For more info: Jeff Brewer, California Partnership, (213) 700-6276 or email jbrewer@communitychange.org ★



Region #2 out of 120 Communities Nationwide

SACRAMENTO REGION, CA (MPG) - One hundred and twenty U.S. communities, hundreds of community and national sponsors and thousands of nonprofits activated more than 300,000 donors and raised over \$50 million on May 6, 2014 for 7,000 worthy nonprofits. The Give Local America campaign generated tremendous excitement as everyone could see national totals

growing in real-time on the event's website. As anticipated, this was the largest, one-day, charitable, online crowdfunding event to date.

Give Local America was organized by Kimbia, the leading provider of technology for increasingly popular online giving days. It was designed to: 1) shine a light on the key role community foundations play

in philanthropy, most notably identifying nonprofits that have the greatest impact in their local communities so donors can give with confidence; and 2) reignite the spirit of local philanthropy at the grassroots level at a time that falls outside of the normal giving cycle while building momentum for giving throughout the year.

Donations peaked at 34 transactions/

donations per second at 1:53 PM Eastern Daylight Time, and a total of 305,000+ donations were processed during the campaign. Prior to the event, community foundations and nonprofits had collectively amassed \$6,000,000 in matching funds. The average gift amount was \$112.92 as a record number of people, including

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A Love Story that Keeps on Going



Clarella Collyer (second from right) and Clinton A. Marriott (second from left) began courting in 1937 and their recollections of dating brought up heartwarming stories of that era. Their first date was to the 49er Gold Show at the Auburn Fair grounds. Their first kiss was in the boonies at Pilot Hill.

By Karen Vaughan

It was a hot Mother's Day, May 14th, 1939. The bride, Clarella Collyer was dressed in a white satin gown with a flowing train. She carried a Bible and lilies of the valley, escorted by her father, Wallace Collyer. Down in front, Clinton Marriott's eye's lite up when he saw his beautiful bride walking down the aisle.

Clarella M. Collyer was born in Whitesville, N.Y. on May 26th, 1917. In 1918 her parents, Wallace and Anabel, brother Gilbert and her moved to Pilot Hill, CA. They bought a 9+ acre ranch. She attended a one room school house. She graduated in 1935 from El Dorado High School. Clarella attended San Jose State and graduated from Placer Junior College (now known as Sierra College) in 1938. It was located across the street from Placer High School. The Collyer's started attending First Baptist Church in downtown Auburn in 1923, when Clarella was six years old! She has attended First Baptist Church for 91 years!

Clinton A. Marriott was born in Modesto, CA. on March 23rd, 1918. In 1928 Clinton, his father W.O. and brother Vernon moved to Colfax and then to Auburn in 1931. His father owned a 40 acre ranch at Gasoline Alley, which bordered the corner of Luther Road and Highway 49. Clinton attended Auburn Grammar School (which is now City Hall) and Edgewood School. He attended Placer High School for two years but dropped out in order to support the family. He joined the California Conservation Corp in 1936. His family began to attend First Baptist Church in 1932.

Clinton and Clarella met in the youth group, "Baptist Youth Fellowship." They sang in the choir, played in the orchestra, went on moonlight hay rides and went to ice cream parties. In the orchestra, Clinton played clarinet and Clarella played trombone. Then, for some reason Clinton decided to take up the trombone, to sit closer to Clarella. When asked, what attracted her to Clinton, Clarella said, "He looked like a good, sensible young man, good looking, polite and nice." "I didn't know if Mr. Collyer would like me or not," Clinton said.

They began courting in 1937 and their recollections of dating brought up heartwarming stories of that era. Their first date was to the 49er Gold Show at the Auburn Fair grounds. Their first kiss was in the boonies at Pilot Hill. Clarella worked as a fountain girl for the Monarch Ice Cream Company (High Street and Lincoln Way). She loved to spoil Clinton when he came in to see her, always fixing him a "BIG" milkshake. When asked, why he went to see her, Clinton said, "Because I got to see a sweet girl and get a bigger milkshake!" While Clinton was in C.C. Camp in Foresthill, Clarella's parents took her to see him. He wondered why they came and out jumps Clarella who was hiding in the back seat. Boy, was he surprised! A year later, they decided to get hitched. In 1938, they went to Clarella's home and announced their engagement. Her father brought out a jug of home-made root beer to celebrate.

Now back to that special day of May 14th, 1939. Pastor Warren at First Baptist and Clarella's uncle

Bert Vodra performed the ceremony. Her brother, Gilbert sang, "O Promise Me" and "I Love You Truly." A reception was given at the church, followed by another reception and dinner in Pilot Hill. The couple honeymooned at Mount Hermon, CA. and went to the San Francisco World's Fair on Treasure Island. They settled into their first home on 70 acres they purchased on Dry Creek Road. Through the years they built three homes. Clinton worked for G.S. Herrington at 40 cents an hour. One time Clinton asked Clarella, "What did we live on?" "Love, Honey, Love," she said. Later, Clinton worked at Highland Hospital as chief of maintenance. Clarella was a homemaker and a substitute teacher for Placer County Schools.

In retirement Clarella took up oil painting and Clinton worked on antique cars as a hobby. Over the years they have traveled all over the United States and other countries. They still attend First Baptist Church where Clarella is the oldest member. Today they live with their son and family. They have 5 children, 16 grandchildren, 33 Great-Grandchildren and 2 Great, Great Grandchildren.

"What has kept their marriage alive all these years?" Clarella said, "Communicate with each other, make the bed together, and make God the center of your marriage." Clinton adds, "Don't go to bed mad, kiss each other every night and one woman only!" Yes, 75 years of this love story will go on until "Death Do Us Part." Then, because of John 3:16, this is a love story that keeps on going forever. ★

UCCE Placer County 4-H Animal Youth Fair

PLACER COUNTY, CA (MPG) - At the Gold Country Fairgrounds on May 10th, 4-H youth, parents, and friends all joined together to learn about various animal projects offered within Placer County 4-H. Demonstrations for

animal projects ranging from dog and small animals all the way up to steer and swine were present. Youth were able to move through 12 different stations to learn about showmanship for each 4-H animal project present. There



Youth were able to move through 12 different stations to learn about showmanship for each 4-H animal project present. There was record attendance of 150 youth and parents at the Animal Youth Fair.



was record attendance of 150 youth and parents at the Animal Youth Fair.

The opportunities for youth in 4-H are limitless, and 4-H is active in a majority of communities within Placer County. A new 4-H year will begin on July 1st, so please visit our website and social media sites to get more information. Online enrollment will begin in Early August.

If you have any additional questions, please call the 4-H Office at (530) 889-7386.

<http://ucanr.edu/sites/placercounty4h/>
<https://www.facebook.com/pages/Placer-County-4-H/192334750781750>
<https://twitter.com/PlacerCounty4H>

Community Talent and Variety Show

By Carolyn Richardson

AUBURN, CA (MPG) - The Auburn area is known for its wide variety of talent as well as its philanthropy, and the community will have ample opportunity to showcase both attributes on Sunday, June 29. Mt. Vernon Grange will host a community-wide Variety Show, with all proceeds going to support the Auburn Senior Center. A Silent Auction will also be held during the performance. Showtime on June 29 will start at 1:00 pm and will last at least 2 hours plus a thirty minute break. Tickets are \$15.00 each and can be obtained by visiting the Auburn Senior Center located at 11577 E Ave., Auburn,

CA or by calling Barry Connick at 530-268-3176.

The current site for the Senior Center is owned by Placer County, and the County has given notice it intends to raze those buildings, including Burbuck Hall. The Senior Center is now searching for a new location, as well as asking for pledges. Mt. Vernon Grange, located at 3185 Bell Road, Auburn, has long supported various community and charitable efforts, including the Christmas Basket Project, American Cancer Society and Red Cross just to mention a few.

Come and enjoy Auburn's varied talent on June 29, and at the same time support the Auburn

Multi-Purpose Senior Center, which sponsors a wide variety of activities, from dancing to tai chi, current affairs to travel, meals and information and services for seniors and the greater community. Renowned performers such as (the singer) Mel Gibson, Diana Ross (dog trainer) and her talented dogs who were showcased on the hit TV show "Americas Got Talent", to local performers, it promises to be a fantastic and entertaining time for all ages. ★

For more information regarding Mt. Vernon Grange #453 or the Auburn Senior Center please visit their websites at: www.MtVernonGrange.org and www.AuburnSeniorCenter.com

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Be sure to place in the subject field "Attention to Publisher".

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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

Our Region Has Long Been a Popular Racing Venue

Continued from Page 1

between the ages of 15 – 25, have tangible and expressed goals to achieve a career in NASCAR's Sprint Cup Series, and possess the talent to realize their goals. Applicants chosen have impressive resumes loaded with accomplishments and promise.

As a testimony to the Sacramento region's fertile racing ground, an unprecedented three young drivers have been chosen to NASCAR's 2014 – 2015 Next Program. Brandon McReynolds, 23 and Cole Custer, 16 from BMR Racing in Roseville, and Dylan Lupton, 20, from Wilton are the Next in a wave of young talent, making their way up the NASCAR ladder.

Cole Custer drives BMR's 00 NAPA AUTO PARTS/HAAS Automation entry in select events in the NASCAR east and west K&N Pro Series this season. He also competes in the NASCAR Camping World Truck Series. Custer made notable accomplishments as a 15 year old rookie last year in the east K&N Series, and began the 2014 season with a win at Phoenix International Speedway. Custer found his passion for racing just about anything with four wheels at a very young age, competing in Midgets, Legend Cars, Go-karts and Bandalero's. He took on Open Wheel racing where he took the Jr. USAC Ford Championship in 2011. He is the son of Stewart-Haas Racing Executive Vice President, Joe Custer.

Brandon McReynolds runs a full schedule with Roseville's Bill McAnally Racing (BMR), touring in the East and West K&N Pro Series, behind the wheel of the NAPA AUTO PARTS #16 Toyota. McReynolds shows promise with four top tens and two top fives in four West series starts. In addition, he holds three top fives and eight top tens in 14 K&N east starts. Brandon's young, strong and a fierce competitor. He is the son of former NASCAR Sprint Series Cup Crew Chief, and



NEXT driver Cole Custer from BMR celebrating win. Photo courtesy Bill McAnally Racing, Roseville

current FOX Sports Analyst, Larry McReynolds.

Dylan Lupton, 20, began his racing experience in Karts at 13 years old. He won over 30 races and took two National Championships before graduating into stock car racing and NASCAR's West K&N Pro Series. He won the 2013 NASCAR K&N Pro Series Rookie of the Year award, and 2014 brings his team three top fives and five top tens in five races, driving the #9 Sunrise Ford/ Go Pro/Immersion Media car. Dylan keeps a grueling schedule between his studies as a Business Major at North Carolina University in Charlotte, to flying west to compete in the K&N Pro Series. Now he'll be pursuing additional duties through the NEXT program. Even with his busy schedule, he finds time to make planned visits to schools throughout the season. He's very serious about education and brings the message that young people need to stay in school, and they can pursue their dreams while preparing for, and going to college.

These three future Superstars

wouldn't be where they are without the encouragement of family, friends and fans at their home tracks. Never underestimate the power of cheering on your favorite community driver or helping to sponsor their car at All American Speedway. You may just be rooting for NASCAR's NEXT Big Thing!

On Saturday, October 11th, the West K&N Pro Series will roar into All American Speedway. Fast cars and expert driving on the short track guarantees it'll be a thrilling race. Tickets go fast, so watch your AAS race program or one of the Messenger Publishing Group's community newspapers & website (www.mpg8.com), for advance purchasing information. ★

To follow NASCAR's rising stars, go to www.nascar-hometracks.com click on K&N Pro Series. For more information about All American Speedway and other Sacramento area racing venues with opportunities for young drivers, go to www.allamericanspeedway.com. www.sacramentoraceway.com. www.bigtimespeedway.com www.allstarkarting.com

Rep. LaMalfa Votes to Honor Fighter Aces, Doolittle Raiders with Congressional Gold Medal

WASHINGTON, DC (MPG) - Rep. Doug LaMalfa (R-CA) today voted to award to the Congressional Gold Medal to the American military fighter pilots who have achieved ace status and the 80 airmen who conducted the historic Doolittle Raid on Japan just months after the attack on Pearl Harbor. Of over 60,000 pilots who have flown for the US military, fewer than 1,500 have achieved ace status by recording five or more air-to-air combat victories.

"Northern California has the honor of being home to a number of ace fighter pilots, including Colonel Bud Anderson, who tallied an incredible 16 victories during World War II, and legendary General Chuck Yeager, the first man to break the sound barrier," said LaMalfa. "The extraordinary feats of these men serve as an example to all Americans and deserve our recognition."

"The Doolittle Raid showed the American people that while we may have been down after Pearl Harbor, we certainly weren't out, and sparked a shift in momentum that led to the US victory in the Pacific," added LaMalfa. "Three of the Raiders, including General Jimmy



Rep. LaMalfa and Col. Bud Anderson at the unveiling of an Auburn, CA statue of Anderson.

Doolittle himself, are native Californians, and the final modifications which allowed Navy aircraft carriers to launch from Northern California's McClellan Air Force Base."

H.R. 1209, the measure honoring the Doolittle Raiders, and H.R. 685, the American Fighter Aces Congressional Gold

Medal Act, passed with unanimous support.

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

Source: Kevin Eastman

Placer Co. Fair Offers 20% Discount on Carnival Rides

What is a Fair without the Carnival rides and games of chance? At the 2014 Placer County Fair, you will discover rides to entertain, or give you a rush, along-side the simple Merry-Go-Round! Who can resist tossing a ball into a basket on the midway in hopes of winning one of those giant stuffed animals you see teenagers carrying around?

Wold Amusements is offering wristbands, which allow the rider unlimited rides on any one

day, for \$20 in advance, a savings of \$5 over Fair-time pricing. During the Fair individual ride tickets will be \$1 each. Each ride takes 3-5 tickets and wristbands will be \$25.

The carnival discount vouchers can be purchased until noon June 19 at the Placer County Fair office, 800 All America Blvd., Roseville.

Rediscover the all new, all fun Summer Beach Party, June 19-22, in Roseville. For more information and to buy your Fair



tickets in advance, visit www.PlacerCountyFair.org or call 916 786-2023. ★

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IN THE HEART OF GOLD COUNTRY



Placer County Sheriff Special Report

Water-Rescue Team Rescues Ultra-Light Pilot Near Folsom Lake While on Training Exercise

PLACER COUNTY, CA (MPG) - Placer County, CA (MPG) - The deputies aboard Falcon 30, the Placer County Sheriff Office's helicopter, were kept busy recently, rescuing a downed pilot, an injured hiker, and an entire family and their dog.

While water-rescue training near Folsom Lake Friday evening, crew members noticed a pilot flying a parachute ultra-light aircraft. A short time later, the sheriff's helicopter pilot witnessed the aircraft crash into the water, in the middle of the lake. They immediately flew to the pilot's rescue and were able to perform a hoist rescue. The Sacramento man was uninjured – and grateful that Falcon 30 was nearby to rescue him.

After 10 p.m. Saturday night, while on routine patrol in Placer County, the Falcon 30 crew was advised by Sacramento law enforcement officials of a rafting accident on the American River near "Gilligan's Island." After a brief search of the riverbanks, they located the family of four that had been stranded for two hours, trying to get medical help. Following a medical assessment, it was determined a 13-year-old boy needed medical assistance. The boy and his mother were transported to fire crews on the ground. A return trip was made for the father, another teenager, and the family dog.

May 16, the air crew performed a medical rescue on Steven's Trail in Colfax. The three-person team lowered a sheriff's deputy/EMT on a hoist to the trail where a 66-year-old hiker had developed a medical issue. With the assistance of Cal Fire, the patient was hoisted to the helicopter on a backboard for transport. The man was transferred to a waiting AMR ambulance in Colfax and was transported to a local hospital for treatment.



While water-rescue training near Folsom Lake Friday evening, crew members noticed a pilot flying a parachute ultra-light aircraft. A short time later, the sheriff's helicopter pilot witnessed the aircraft crash into the water, in the middle of the lake. They immediately flew to the pilot's rescue and were able to perform a hoist rescue. The Sacramento man was uninjured – and grateful that Falcon 30 was nearby to rescue him. Photo courtesy of Placer County Sheriff's Department

King's Beach Shooting

PLACER COUNTY, CA (MPG) - At approximately 1:55 p.m. on Wednesday, May 28, Placer County Sheriff's deputies were dispatched to 8645 N. Lake Blvd in Kings Beach regarding reports of a male shot in the face. Upon arrival it was discovered the victim was taken to a local hospital by a friend where he provided a statement to detectives claiming the shooting was accidental. The victim, a 19-year-old male from Sacramento, was subsequently flown to Renown Hospital with a single gunshot

wound to the face. His medical condition is unknown at this time.

Investigators at the scene located the alleged shooter, Brandon Lamont Fuller, who cooperated with detectives, stating the shooting was accidental. During the course of the investigation two firearms were located away from the scene. Arrested as a result of the shooting and subsequent investigation were:

Brandon Lamont Fuller, 19, of Kings Beach for negligent discharge of a firearm, an enhancement for great bodily injury, and conspiracy.

Aydan Ryker Hamilton, 19, of Kings Beach for evidence tampering and conspiracy. (Still waiting on his mug shot. Will send separately when received.)

Kyle Andrew Faulkner, 22, of Kings Beach for evidence tampering and conspiracy.

Free Identity Theft Prevention Class Offered

AUBURN, CA (MPG) - The Placer County Sheriff's Office is offering a free identity theft prevention class on Monday, June 23, from 6 to 8 p.m. at the Auburn

Justice Center.

The class is open to the public and will be held in the community room at the sheriff's headquarters, 2929 Richardson Drive in Auburn.

Detective Ryan West, who is a financial crimes expert, will lead the seminar. He has taught hundreds of citizens how to protect themselves against identity theft, which is considered the fastest growing crime in America.

This seminar will provide information on reducing your risk of becoming a victim; safeguarding identity; how criminals obtain information; and what steps to take if you become a victim of identity theft.

Reservations are required. Call CSO Amanda Rogers at (530) 889-6901 or email her at arogers@placer.ca.gov to reserve a seat.

Nursing Assistant Arrested

A nursing assistant at an Auburn care home was arrested by Placer County Sheriff's deputies Tuesday for elder abuse and indecent exposure.

Marlo Santos Quinton, 57, of Auburn, was booked at the Placer County Jail after two elderly female residents at the home complained that he had exposed himself to them and had kissed them against their will.

Quinton cooperated with deputies and detectives during questioning. His bail was set at \$50,000. He posted bail and was released today, May 22. ★

Source: The office of Sheriff Edward N. Bonner



Marlo Santos Quinton



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LaMalfa Demands Accountability at Veterans Affairs, Passes Measures on House Floor

WASHINGTON, DC (MPG) - On May 22nd Rep. Doug LaMalfa (R-CA) spoke on the floor of the House to demand accountability at the Department of Veterans Affairs and read whistleblower statements detailing waste, fraud and abuse at the Oakland VA office. Yesterday the House passed a bill LaMalfacospnsored authorizing the termination of Veterans Affairs officials who were complicit in abuses at the agency. The House also passed an amendment LaMalfa authored requiring Veterans Affairs officials to provide updates on veterans' claims, regardless of whether claims had been reassigned from different VA offices.

"Thanks to whistleblowers, we now know the extent of mismanagement and unethical conduct by the management of the Oakland VA office. How many veterans are homeless or without medical care because their claims have sat in a basement? How many veterans have died because they've been unable to receive the care they need, while their claims sat untouched in a closet?" said LaMalfa. "Some this behavior is very deliberate worthy of criminal prosecution. I thank those VA employees who want to do what is right for our veterans, who have been bold enough to step



Representative Doug LaMalfa (R-CA)

forward and let us know what is going behind the scenes. The system is broken, but it doesn't have to be."

The bill LaMalfa's cosponsored, H.R. 4031, passed on a 390-33 vote and will now be considered in the Senate.

"The President said yesterday that those responsible for the misdeeds at Veterans Affairs will be held responsible, but we heard the same tune from him when he ran for office back in 2008," said LaMalfa. "Much like other members of his administration who have failed in their duties, the VA officials responsible for the wrongdoing in Arizona are simply on paid administrative leave. This measure will ensure that when abuses occur at the VA, those responsible are fired - not on a paid vacation."

LaMalfa's amendment, which he cosponsored with Rep. Jared Huffman (D-CA), passed unanimously and was added to the National Defense Authorization Act, H.R. 4435.

"After waiting months for their claims to be processed, the absolute last thing veterans should hear is that red tape doesn't allow VA offices to communicate their claim's status. Bureaucratic confusion over jurisdiction should never prevent a VA office from providing veterans with information that veterans need to ensure that they receive the benefits they have earned," added LaMalfa.

"I'm grateful to have successfully collaborated with Rep. LaMalfa on this important reform to help veterans. Simply put, the size of the VA backlog is unacceptable. Our veterans put their lives on the line to protect the United States, but they're kept waiting for months and months to receive the benefits they have earned and deserve," said Congressman Huffman. ★

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

Cost of Driving is Cheaper in 2014

SACRAMENTO REGION, CA (MPG) - New research from AAA finds that the average annual cost of owning and operating a new car has decreased by 2.7% in the United States for 2014.

The 2014 edition of AAA's annual Your Driving Costs study estimates the overall cost of owning and operating a new average sized sedan fell to 59.2 cents per mile, a 1.64 cent per mile decrease from 2013. This decrease amounts to an average of \$8,876 in yearly costs, based upon 15,000 miles of annual driving.

"Despite increases in maintenance and registration fees, there is an overall decrease in the cost of owning and operating a vehicle," said Cynthia Harris, AAA Northern California spokesperson. "This year's decrease is caused by a drop in fourth quarter gas prices and lower tire, insurance and depreciation expenses. Owners are saving more than one and a half cents on every mile they drive."

Before making any vehicle purchase, it is important to determine ownership and operational costs and compare them to current and future vehicle costs. To assist consumers in determining individual driving costs, the AAA Your Driving Costs brochure contains a worksheet that can be filled out and personalized for a specific area, driver and vehicle.

AAA estimates driving costs based on an extensive list of factors including gasoline, tires, maintenance, financing, depreciation and



insurance.

Maintenance costs are up in 2014 by two percent to \$5.06 per mile on average for sedan owners. This increase is due to labor expenses, auto replacement parts, and extended warranty policies.

Nationwide, fuel costs had the single largest percentage decrease from 2013. This represents 13 cents per mile expense for 2014. The average cost of regular grade fuel fell 5.96 percent, from \$3,486 to \$3,278 per gallon per year. The 2014 gas price study was calculated using the national average price for regular unleaded gasoline during the fourth quarter of 2013.

The cost of tires in 2014 has decreased three percent, to \$0.97 cents per mile on average for sedan owners. Auto depreciation decreased for 2014 to \$3,510 from \$3,571 in 2013. While the numbers improved in all three sedan categories, they are particularly strong in the medium size vehicles where several very desirable redesigned models have been introduced.

In 2014, average insurance costs remained relatively unchanged at an average annual cost of \$1,023, compared to \$1,029 last year. Insurance rates vary widely by driver and driving record, issuing company, and geographical region.

AAA's Your Driving Costs brochure includes a breakdown of specific costs by category of vehicle and can be downloaded at www.aaa.newsroom. AAA has published Your Driving Costs since 1950. That year, driving a car 10,000 miles per year cost \$0.09 cents per mile and gasoline sold for \$0.27 per gallon.

AAA Northern California offers a wide array of automotive, travel, insurance, DMV, financial services and consumer discounts to more than 4.1 million members. AAA has been a leader and advocate for the safety and security of all travelers since it was founded 114 years ago. ★

Source: AAA Northern California

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FAMILY FEATURES

There are many reasons people choose to rent over home ownership. Whether saving up for a dream home, you're having difficulty affording one or you simply enjoy commitment-free, hassle-free living, renting certainly has its perks. For those who choose to rent, having adequate protection is a must — and with advances in the industry, finding the right coverage is easier than ever.

Protecting your assets

For many looking to rent a home or apartment, the thought of renters insurance may seem less important with so many other things to think about. Though not all landlords require it, many do, and for good reason.

"Though you never hope you have to use it, insurance is so valuable to the protection of your family, your belongings, and, overall, your peace of mind," said Kathy McDonald, senior vice president at Assurant Specialty Property. "Many returning to the rental market will be pleased with how the insurance industry has evolved, which makes acquiring the best coverage easier than ever."

Advancements in the industry

The conveniences brought on by computers, tablets and smartphones have greatly improved the services insurance providers now offer. With easy-to-follow websites, apps and customer service chats, one can check the status of a claim 24 hours a day.

Keep a home inventory

To evaluate the amount of coverage you need — and assist if you ever need to file a claim — keeping a well-documented list of your possessions is important. A recent survey conducted by the National Association of Insurance Commissioners (NAIC) stated 59 percent of consumers do not have a proper listing of their possessions in the event of a fire, robbery or other loss incident.

"All renters and homeowners should develop a home inventory," said McDonald. "Whether it is electronics, furnishings, collectibles, jewelry or clothing, families need to know what they own and how much it's worth."

■ Use tracking tools

Put down the pen and paper and get out your smartphone. Many new apps are available to properly keep track of every item in your home. Some even allow you to track every belonging room-to-room with bar codes, pictures, photos or scans of receipts and descriptions. This helpful tool also can create a back-up file — just in case.

■ Update your list

According to the survey, 59 percent of those who do have a list of their belongings admit they haven't updated the list within the past year. That can fail to account for many gifts and purchases throughout the year. Make a mental note to add to your list after each birthday, the holidays or other similar occasions.

■ Note valuable items

Make sure you get sufficient coverage for expensive belongings such as artwork or collectibles, which may be subject to policy limits. As many policies only cover \$1,000 for jewelry, you may need additional coverage, considering many jewelry items exceed that amount.

■ Consider everything has value

Many items have more value than you think. To better understand this, consider how much it would cost to replace every item in one load of laundry. Sometimes, it's the little items that add up. Jot down everything — clothing, shoes, kitchen gadgets and power tools.

In-depth information on renters insurance is available from providers. For information on renters insurance from Assurant, visit www.renterssecurity.com.



Photo courtesy of Getty Images

Did you know?

Through the simple act of listening to the needs of their customers, insurance companies are finding real solutions to increase customer satisfaction. A recent survey conducted by Assurant Specialty Property revealed that many long-time renters didn't know they could transfer policies from one rental unit to another. Instead of beginning a new policy each time they move, the company advises these renters to simply update their address and they can keep the same policy.

5 things to look for in a rental property

Along with choosing the best renters insurance coverage to fit your needs, there are other things to consider. Before you sign your name on the line, make sure you take into account these five important items to look for when searching for that perfect apartment or rental home.

■ Affordability

Add up monthly rent, utilities and all other costs to ensure you can afford it with your current budget.

■ Safety

It's important to find out about crime occurring in the neighborhood in which you are interested. Contact the local police department for information and police reports on robberies and other crimes in the area. An evaluation of the property's safety is also essential, such as the lock features on doors and windows and working smoke detectors.

■ Environment

Make sure your fellow residents match your own lifestyle. For example, an older community is typically quieter, while an apartment complex with college students may involve some loud, late nights. Choose an area that fits your personality and your needs.

■ Amenities

Check out the features of the property and determine what is important for your family and lifestyle. Does the facility have a gym, an area for walking your dog or that porch you've always wanted? Keep these ideas in mind as you will likely be living here at least one year.

■ Appliances

One major deciding factor of rentals should be the appliances that are included with the unit. Ensure the stove, oven and refrigerator are all in working order. Other essential devices, such as air conditioning, heating, hot water heaters and, if applicable, washer and dryer units, should be tested beforehand.



By Ronnie McBryer

Not Slaves, But Sons and Daughters

Granted, this doesn't settle all of their anxieties, and now in adolescence, they have all the existential anxieties of their peers, all the questions every-

a livable skill set. But sadly, the tradesmen would often wring the literal life from the child, and he or she would die from exhaustion or neglect, only to be replaced by another slave from the auction block.

Some questions, I tell my growing young men, will be answered now. Some answers will come in adulthood. But some questions, I caution them, may never be answered. Yet, they cannot let all the unanswerable questions of their existence rob them of these essential facts: They are loved. They are chosen. They are cherished - and they were cherished long before they were even conscious of such emotion.

Thankfully, not all tradesmen were traffickers. Some became mothers or fathers. A person could adopt a child-laborer. This released the child from slavery and granted to the adoptee all the rights and privileges of family. This was a revolution of status, a radical change in one's identity. He or she was no longer an orphan, but became a son or daughter. As Paul wrote to the Galatians, "God's love should make it plain; you are not his slaves. You are his children."

One of the New Testament's more powerful images, as it describes God's concern for humanity, is, fittingly, adoption. The Apostle Paul is the champion of such language. "By his great love," Paul said, "we were chosen for adoption into God's family."

To recognize that you are loved and chosen by God might not squelch all of your anxieties or address all of your identity issues, but it is a good place to start. For if you know that God loves you, then you can make allowance for the things that you don't know; if you understand that you belong to him, then you can live with those things that can't be understood; and when you are certain of your acceptance, then you can accept all other uncertainties.

In Paul's day, the most common form of adoption originated in the workplace. Orphaned children, in ancient times, were often forced into slavery. For a predetermined number of years, the child would give himself or herself to a tradesman - brick masons, farmers, artisans, and other trades that involved hard manual labor.

I pray that these facts will serve as a grounding force for my sons as they grow into the lives that will become theirs. And yes, I pray the same for all of us. ★

The child's hope was to make it to adulthood, and having learned a trade, he or she would then have

Ronnie McBryer 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.

Just Don't Call Me on Monday!

Dr. James L. Snyder

Those who know me would agree that I am cool, calm, and collected, although not in that order. It takes quite a bit to razzle me and get me out of sync with my inner harmony.

nothing to do and nobody to bother you while you are doing it.

I got situated and took a nice sip of delicious coffee and then proceeded to turn on the television. That is when my Monday exploded.

Each minute on the phone with this technician caused me to lose more of my cool until I was absolutely hot under the collar. He knew almost as much about my problem as some stray cat in the backyard.

I must confess that, while that is mostly true, I did have an incident this past week that threw all of that out of the window. That is what I get for leaving my window down!

I could not turn the TV on; something was wrong with the service. I distinctly remember one occasion when my wife had to face such a situation and she would call the TV service. She would speak to some people there and in a few moments (after some rather angry screeching), the problem was solved. So I decided to do the same thing, minus the screeching.

After I hung up and cooled down a little bit I thought of something. Why don't I just unplug the whole mess and then restart everything. It worked and I did not have to say it with some strange accent.

After a full weekend of preparation and ministry, I need one day to really chill out and get my wits about me re-collected. On Mondays, I do not wish to do anything or see anybody or go anywhere. My motto for Monday is simply, just don't call me!

I called the number associated with our TV and Internet service and that is when the games began.

In my devotions that morning, I read from Psalms 33:4 where David says, "For the word of the LORD is right; and all his works are done in truth."

On this particular Monday when I finally awakened, the first thing I noticed was that my wife had already left the house. Out in the kitchen the coffee had been brewed and waiting for my consumption. There was a nice bowl of oatmeal ready just for me.

After punching 2,743 numbers on my phone, I finally got somebody. Actually, it was not really somebody; it was a recording telling me that I was 47th in line waiting for the technician. According to my calculation, it would take me 29 Mondays to get to talk to a live, breathing technician.

Sometimes the best course of action is to do it yourself. Not being a do-it-yourself guru, it does not come naturally to me.

I fixed my coffee, got my oatmeal ready and proceeded into the living room where I could set in my easy chair and watch a little bit of television for as long as I could stay awake. Nothing is quite as nice as a Monday with

By the time I was connected to a live technician, I had completely lost my cool and was close to not being collected.

If you blame someone else for your problems, you are pointing the finger in the wrong direction.

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.

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Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Impress Your Guests with Easy, Tasty Ribs

"Yum, yum, yummy!"



Guests will be asking you for more, more, more when you serve Marie Ward's I Want More Ribs at your next cookout. This recipe is simple and delicious! The sweetness of the rub, paired with a spicy barbecue sauce is scrumptious. These ribs are baked in the oven, but you can finish them on the grill too if you prefer.

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

www.justapinch.com/bbqribs

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



Marie Ward Cape Charles, VA (Pop. 1,009)

Marie's I Want More Ribs

What You Need

- 4 lb pork ribs
3/4 c light brown sugar
1 tsp smokehouse maple
1 tsp mesquite
1/2 tsp crushed red pepper
1 tbsp garlic powder
2 c barbecue sauce (your favorite)

Directions

- Preheat oven to 300 F. Peel off the tough membrane that covers the bony side of the ribs.

- Mix together sugar and spices to make rub.
Apply rub to ribs on all sides.
Lay ribs on two layers of foil (shiny side out and meaty side down).
Lay two layers of foil on top of ribs. Roll and crimp edges tightly (edges facing up to seal).
Place on baking sheet and bake for 2-2 1/2 hours or until meat is starting to shrink away

- from ends of bone.
Remove from oven. Heat broiler.
Cut ribs into serving sized portions.
Arrange ribs on broiler pan, bone side up. Brush on sauce.
Broil for 1 or 2 minutes until sauce is cooked on and bubbly.
Turn ribs over. Repeat on other side.
Instead of broiling, you can also finish ribs on the grill.

Submitted by: Marie Ward, Cape Charles, VA (Pop. 1,009)

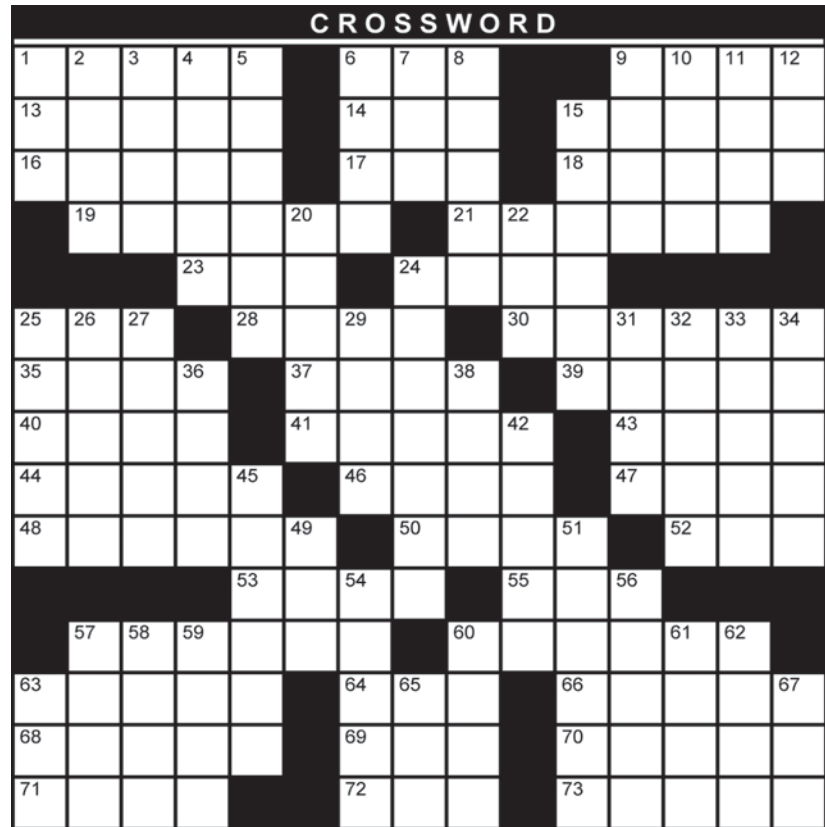
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CLUES

- 1. "___ your engines!"
6. Buffoon
9. Dermatologist's concern
13. Like beaver?
14. Bearded antelope
15. Pertaining to the ear
16. Davy Crockett's last stand
17. Campaigned
18. Modern day letter
19. *Suri's father
21. *Kiefer's father
23. ___ blue
24. Khaled Hosseini's "The ___ Runner"
25. Brady Bunch daughter
28. Actress Jessica
30. Metal helmet
35. Beehive state
37. "Frasier" actress Gilpin
39. Lacy mat
40. Folk story
41. Throw something heavy
43. Seed covering
44. Quechua speakers
46. "The ___ Not Taken"
47. Greek goddess of youth
48. Half-shell delicacy
50. Joint with a cap
52. *Brady Bunch kids addressed dad this way
53. "___ the slate clean"
55. "___ Doubtfire"
57. *Namesake
60. *Sasha and Malia's father
63. Come by without warning
64. Frigid
66. Cool & distant
68. Flip-flop
69. French for "word"
70. T in Ferrari TR
71. Actress Hathaway
72. *Widely considered father of the detective story
73. *John Jacob ___, sire to clan of multi-millionaires
DOWN
1. Moses parted the Red one
2. After-bath powder
3. Culture-growing turf
4. Romulus' brother
5. Russian triumvirate
6. Fairy tale villain
7. American Nurses Association
8. Plural of fundus
9. Wild feline
10. Face-to-face exam
11. Surprise attack
12. Building addition
15. Aeneas' story
20. Air fairy
22. Pro baseball's "Master Melvin"
24. Modern sing-along
25. *Enrique Iglesias' father
26. Lack of muscle tension
27. Drug agents
29. Porter or IPA, e.g.
31. *Last of the pre-flood Patriarchs in the bible
32. Employees, often preceded with "new"
33. Legal excuse
34. *U.S. President with the most children
36. Furnace output
38. *This Russian father was famously terrible
42. Swelling
45. Sweatshop activity
49. Orinoco or Grande
51. Misprints
54. Get ready for a date
56. Company department
57. *John-John's father
58. Fairytale's second word?
59. Common workday start
60. Information unit
61. C in COGS
62. Japanese zither
63. School organization
65. Bird word
67. Frequent partner of "away"



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Riley Reviews

EFFECTS-DRIVEN "GODZILLA" WREAKS THE EXPECTED HAVOC

Joe Brody and his wife Sandra (Juliette Binoche), also a scientist at the plant, had been at work when tremors, dismissed as an earthquake by others, caused untold damage and unleashed a terrible force.

Acting as a whistleblower, Joe Brody was the only one to sound the alarm during the tragedy in which his wife died, and thereafter, he was relegated to spending the next 15 years being consumed by an almost delusional, fearful passion to uncover the truth.

Meanwhile, in the present day, the Brodys' son Ford (Aaron Taylor-Johnson), now a U.S. Naval officer specializing in disarming bombs, has been reunited after a tour of duty with his wife and young son in San Francisco.

Called away to help his troubled father in Japan, Ford is reluctantly drawn into a quest to infiltrate the still-quarantined village where his family once lived before the 1999 nuclear tragedy. While searching for clues in the rubble, they are quickly arrested by the authorities.

Needless to say, the paranoid old man was right, and soon enough, a freakishly humongous insect-like creature breaks out of the abandoned nuclear plant and begins a rampage that hits the shores of Waikiki like a tsunami.

In fact, the first actual dazzling special effects extravaganza is a tidal wave that rips through the Hilton Hawaiian Village, flooding everything and causing massive destruction, including the wipeout of a beachside luau.

There's a parallel story of a pair of scientists from a secretive government organization drawn to a remote mine in a Philippine jungle that has collapsed, revealing beneath it the fossilized, highly radioactive remains of

something very big and very old.

On the scene is Ken Watanabe's Dr. Serizawa, a Japanese scientist who has devoted his life to the search for Godzilla and hopes to find evidence of the mythical creature's existence. His partner is Dr. Graham (Sally Hawkins, and their life's work is to find what they call the "Alpha Predator."

Of course, you already know that Godzilla will find you, not the other way around. Yet, Godzilla is preoccupied with going after the escaped mutant to stop it cold before it ends up mating with its female partner, currently confined to storage at Nevada's Yucca Mountain.

San Francisco, a picturesque city with plenty of great landmarks, seemed ripe for destruction. It proves fun for the audience, because Los Angeles and New York have already been trashed a million times and we need new scenery.

Besides, San Francisco has a reputation for being a romantic destination, and what could prove more inviting for two monstrously ugly creatures for a date night that ends up in consummation?

Godzilla, variously described as an amphibious reptilian dinosaur-like creature or an enormous prehistoric sea monster, has been either mankind's adversary or even on occasion reluctant ally.

In this newest "Godzilla," the distinctive monster battles the two mutants to the death, hence saving humanity and in the process "restoring balance" to the universe.

In the process of saving the human race, Godzilla's smack-down of his foes results in a spectacle of mass destruction, with skyscrapers and bridges collapsing in a heap of rubble.

To be sure, the effects of "Godzilla" are dazzling, but we've seen much the same in a dozen other recent movies that rely heavily on obliteration of structures and automobiles. Yes, it's still fun because, after all, this is Godzilla and not giant metallic robots. ★



POPPOFF!

with Mary Jane Popp

MY DAD, MY HERO

I can't tell you how many times my mother said to me, "You are just like your father" with a strong hint of sarcasm in her voice. I took it as a badge of honor. Dad passed away many years ago, but the strength he left behind is instilled in me. His story is what the greatest generation movies are made of. Born in the U.S. his parents took him back to Romania at age two. At age fourteen, he had to declare his citizenship there or here. Dad was proud to be an American, and so this kid began a journey all on his own. His father was a brilliant and spoiled alcoholic interpreter in Detroit. Not at all a family man. So when Dad asked his father to help him get a job, his father told him, "I gave you wings, now fly." That's why I think dad was so devoted

to his family. He never wanted my brother and I to face what he had. He loved to travel with my brother and I when we would perform and beamed with pride. After a terrible accident, and only one week out of the hospital, he insisted on driving me to the Indiana State competition so I could compete singing and playing violin. It was an historic snow storm, but that did not deter him. No one else was going to take his family on this trip.

Getting back to his early years, my dad did fly. He lied about his age and got a job. And his father's brilliance was passed on to dad. He went from manual laborer to designing fur coats for Metro Goldwyn Mayer Studios in Los Angeles. He never backed down from a challenge. He went from putting blasting caps on TNT in an ordinance plant for the war effort to furrier to management in an aircraft plant to full-fledged Ironworker. He even got a little acting in there too. And how can I forget race car driver, and dare I say early on, a little bootlegging too during the prohibition era? Dad's will to succeed for himself and

his family was in his DNA, and I would like to think he passed it on to me. We were so much alike. When we argued, it was a stalemate. It was like arguing with your mirror image. Was dad perfect? No. He had a terrible temper, and periodically, it got out of hand. I guess I got that DNA too, but it has softened some with age. He died rather young, but I can tell you, he lived life to the fullest!

I miss dad, but I still talk with him...especially when I am driving. He enjoyed being behind the wheel, and he loved to travel, family in tow, all over the country. Sometimes the driving went on for long periods, but that was dad too...goal oriented. But I am grateful for what dad passed on to me, both in philosophy and his drive to be the best you can be. I will always remember his story about making mistakes. "Remember," he would tell us, "You are not learning if you do not make mistakes." Of course, I'm sure he hoped we would not repeat them after the lesson was learned. Dad, you are loved now and always! HAPPY FATHER'S DAY! ★



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1 - 4pm:	The Savage Nation
4 - 6pm:	The KAH1 Afternoon News with Mary Jane Popp and the KAH1 News Team
6 - 7pm:	Poppoff with Mary Jane Popp
7 - 10pm:	Sports Byline USA with Ron Barr
10 - 11pm:	TMZ Sports
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8 - 9am:	The KAH1 Corral
9 - 10am:	The Garden Goddesses
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12 - 7pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Rewind with Jimmy Jay
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7:30 - 9am:	Cruisin' Garage & Swap Meet
9 - 9:30am:	The Crossroads Radio Show
10 - 11am:	The Dew Sweepers Golf Show
11am - 5pm:	Sinatra & Friends Music
5pm - 6pm:	Talk about Guns
7 - 8pm:	A Way With Words
8 - 9pm:	Hearts of Space

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Michael Savage

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Senate Approves Beach Water Safety Bill

Quicker Safety Test Results Approved On Bipartisan 35-0 Vote

SACRAMENTO, CA (MPG) - Legislation permitting county public health officials to use a quicker water quality test to warn California's 238 million beachgoers of contaminated water was approved Wednesday night, May 28th, by the California Senate on a 35-0 vote.

"SB 1395 safeguards the public and protects local economies," said bill author Senator Marty Block (SD-39). "We want the public alerted to any health danger as quickly as possible. We also want beaches reopened as soon as possible for visitors to enjoy once safety is assured. A quick reopening minimizes the economic loss to small businesses dependent upon beach-goers," Block said. He noted that over the Memorial Day weekend more than 450,000 people enjoyed San Diego's beaches.

Swimming, surfing or participating in other water activities in polluted water can result in stomach flu, skin rashes, pinkeye, respiratory infections, meningitis and hepatitis. The California Coastkeeper Alliance states that every year approximately one million Southern California beachgoers contract gastrointestinal illness from exposure to

polluted coastal areas at a public health cost of \$21 to \$51 million.

Under the state's Beach and Bay Water Quality Monitoring Program, county public health departments perform beach water sampling and close beaches or post warning signs if water quality is below state standards. Current permissible tests are culture-based involving a multiple sample standard for three indicators - total coliform, fecal coliform and enterococcus. Test results are typically available in 24 to 48 hours, leaving beachgoers at risk before results are obtained.

To address the 24 to 48 hour waiting period for results, the U.S. Environmental Protection Agency (EPA) certified an alternative testing method, the qualitative polymerase chain reaction (qPCR) test which shortens the result waiting period to four hours, a significant time savings. This test is genetically-based rather than culture-based, and measures the presence and amount of DNA from enterococcus.

Block's bill would authorize local health officers to use the rapid qPCR test to determine beach water quality. The

jurisdiction must first perform the test side-by-side with the currently approved culture-based test over an entire beach season to determine that the qPCR test is a reliable indicator of public health standards. Additionally the qPCR method must be performed in compliance with the federal EPA's established guidance and with oversight by the California Department of Public Health.

"New testing methods that offer quicker results and maintain public safety are greatly welcomed by both health officials and beach visitors," Block said. "SB 1395 allows health officials to utilize quicker methods of water testing so swimmers, surfers and others can enjoy our beautiful and popular beaches without fear of contaminated water or frustration that favorite spots may be closed longer than necessary."

SB 1395 is sponsored by the County of San Diego and is also supported by the San Diego Regional Chamber of Commerce, the California Association of Environmental Health Administrators, the California Coastkeeper Alliance, Wildcoast and the Surfrider Foundation. ★

Source: Office of Marty Block

Senate Fails To Pass Bill To Protect California Communities From Fracking Pollution

SACRAMENTO, CA (MPG) - On May 29th the California State Senate failed to pass SB 1132 (Mitchell & Leno), which would have stopped hydraulic fracturing and other dangerous well stimulation methods while the state studied their risks. The statewide coalition Californians Against Fracking issued the following statement:

"Despite polls showing a majority of Californians in favor of banning fracking, today the California Senate failed to pass SB 1132 to place a moratorium

on fracking. The vote is disappointing but not completely unexpected given that the oil industry has spent a whopping \$15 million on lobbying activities to defeat the bill and buy influence in Sacramento. State lawmakers will continue to face growing concern about fracking pollution from voters in their communities. Californians Against Fracking calls on Governor Brown to protect California's water, agriculture, public health and climate by declaring a moratorium on

fracking now. If Governor Brown is serious about fighting climate change and its severe impacts, including droughts and fires, then he must show real leadership and stop the fracking now."

Californians Against Fracking is a coalition of environmental, business, health, agriculture, labor, political, and environmental justice organizations working to win a statewide ban on fracking in California. ★

Source: Californians Against Fracking

Consumers Union Expresses Deep Disappointment in Narrow Defeat

SACRAMENTO REGION, CA (MPG) - Consumers Union, the policy arm of Consumer Reports, expressed deep disappointment in the narrow defeat of California Senate Bill 1381, which would have required labeling of genetically engineered (or GMO) food in the State. Introduced by Senator Noreen Evans (D-Santa Rosa), the bill was voted on the Senate floor in favor 19 to 17, but needed 21 votes to pass. Evans called for a reconsideration vote of the bill today, where again, it was short to votes to pass.

"California missed a critical opportunity to be a national leader in supporting transparency in the food system and standing up for consumers' right to know how their food is produced," said Elisa Odabashian, West Coast Director of Consumers Union. "This issue is not going

away--thousands of consumers told their state legislators they want labeling of GE food and Consumers Union will continue to support their efforts."

In 2012, California's Proposition 37, a ballot initiative requiring labeling of genetically engineered food, narrowly lost. Agribusiness and food corporations spent nearly \$50 million in advertising to drown the airwaves and defeat the measure. California could have followed in the footsteps of Vermont to become the second state in the nation to label GE foods. Connecticut and Maine have already passed labeling legislation, but the enactment of those laws is contingent upon other states passing similar legislation.

States are moving ahead of the U.S. Food and Drug

Administration, which has indicated that it will support only voluntary labeling of GE foods, despite receiving nearly two million public comments urging mandatory federal labeling. The U.S. is far behind the 64 countries around the world that already require GE foods to be labeled. Unlike most other developed countries - such as 15 nations in the European Union, Japan, Australia, Brazil, Russia and even China - the U.S. has no federal laws requiring labeling of genetically engineered foods.

Consumers Union supports federal and state efforts to label GE food and has testified at State hearings on this issue. For more about its position on GMOs, please visit NotinMyFood.org. ★

Source: NotinMyFood.org.

Sacramento #2 out of 120 Communities Nationwide

Continued from Page 1

many new donors, supported the hometown charities that make a profound difference in their communities.

The event also introduced many participating nonprofits to the benefits of online donation technology, which can significantly increase fundraising and donor acquisition across all demographic groups. These organizations now have an opportunity to engage these new donors (and ultimately the donor's network) on a regular basis, converting them to monthly giving and bequests.

"We are thrilled to have been able to align our 3rd annual Giving Partner Challenge with Give Local America," said Roxie Jerde, CEO, Community Foundation of Sarasota County. "Our community has always been incredibly generous, enabling us to support over 400 nonprofits by providing them with a simple and easy way to recruit new and engage existing donors. Now we're proud to be part of an even

bigger community - America."

When asked what made the event so successful, Dan Gillett, CEO, Kimbia said "The most critical success factor was the excitement and grassroots execution of community foundations before and during the event, including their use of social media to promote this national crowd-funding event. Our highly-scalable platform enabled communities to convert the excitement they generated into a record-breaking number of donations by allowing donors to donate quickly and easily and providing a real-time view to results. Finally, our promotional partner Network for Good enabled us to extend this opportunity to a much larger audience of nonprofits in major markets."

Another key success factor of these online events is the competitive spirit they tap.

The top three community foundations based on funds raised were: Community Foundation of Sarasota County, Sacramento Region Community Foundation, and Coastal Community

Foundation.

The top nonprofit in each of the top three categories were: Human Services - Holy Angels of North Carolina, Arts & Culture - Charleston Symphony Orchestra, and Education - Sci-Port: Louisiana's Science Center.

Kimbria enabled community foundations and nonprofits to spend more time doing what they do best - engaging their supporters - by providing giving day technology and training. This included a uniquely branded giving day website for each community plus donation forms that could also be embedded on partners' and supporters' websites in under two minutes and training on social media promotion, capacity building, and giving day communication toolkits.

The Sacramento Region Community Foundation is an advocate for quality of life, dedicated to connecting people who care with charitable causes. For more information, visit www.sacregef.org. ★

CDPH Warns Consumers About Undeclared Milk Allergens in Dave's Blueberry Muffins and Dave's Banana Nut Muffins

SACRAMENTO, CA (MPG) - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, warned consumers with milk allergies not to eat Dave's Blueberry Muffins and Dave's Banana Nut Muffins. People who have milk allergies risk life-threatening reactions.

Bake R Us of Gardena, California, is voluntarily recalling both varieties of muffins because they contain milk that is not declared on the product labels. The recall was initiated after CDPH identified the labeling omission during a routine

inspection of the facility. No illnesses have been reported at this time.

Dave's Blueberry Muffins and Dave's Banana Nut Muffins are individually packaged in clear cellophane with a ribbon banner across the front of the package identifying the muffin flavor. Photos of the products are available on the CDPH website on the Bake R Us, Gardena, CA Recalled Product page.

Consumers that have the recalled products should return them to the place of purchase. People who have an allergy or severe sensitivity to milk run the

risk of a life-threatening allergic reaction, anaphylaxis, which requires immediate medical attention.

Consumers can contact Bake R Us at (310) 630-5873 for further information.

Consumers who have experienced an allergic reaction after consuming either of these products should contact their health care provider. Anyone observing the products being offered for sale is encouraged to call CDPH's toll free complaint line at (800) 495-3232. ★

Source: California Department of Public Health

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Dare to Live Without Limits

Cultivating Good Habits



by Bryan Golden

Bad habits seem to take hold easily while good habits are more elusive, requiring lots of effort.

From a very young age, we mimic the bad habits we see exhibited by other people. Since bad habits are more prevalent than good ones, there are many to choose from.

Now that you are older, you have the ability to get rid of bad habits by replacing them with good ones. Bad habits include any behavior that does not bring you desirable results. You can cultivate good habits at any time, at any age. What's needed is a desire to do so, determination, and persistence.

Here are some suggestions for good habits that will provide unlimited benefits with no negative side effects. Since habits only form with repetition, you have to keep at it until you achieve your desired results.

Start with cultivating positive self-talk. Monitor what you say to yourself. Whenever you catch yourself saying something negative, replace it with the positive alternative. For example, replace

I can't with I can. I don't know how with I'll learn what I need to know, I can't change with I will change, and it won't work with there is always a way.

Next, purge negative labels about yourself. Thoughts such as I'm fat, I'm stupid, I'm a klutz, I'm unlucky, I'm boring, or I'm unattractive become

imbedded in your mind. These negative perceptions then influence your behavior to match the opinion you have of yourself. Label yourself as you want to be, rather than what you would rather not be.

Focus on solutions instead of dwelling on problems. Everyone faces problems. Those who wallow in what is wrong waste all of their energy complaining. Once you have identified and acknowledged a problem, look for the solution. There is a solution for every problem. Devote your efforts to finding it.

Keep things in perspective. Don't blow situations out of proportion. If you look back at past events, they usually seem minor now compared to how you felt at the time. You will save yourself a lot of anguish by looking forward with hindsight. Since what ever is happening now won't be that big a deal when you look back on it, keep it in perspective.

Free yourself from the past. Don't lament what has already transpired. Don't waste time with what you could have, should have, or would have done. It's not possible to turn back time.

Learn from the past to avoid making the same mistakes and move forward.

Have positive expectations. Expect the best and expect that everything will work out. Your mind is a magnet that attracts what you think about. Your

mind doesn't discriminate. It works nonstop to bring to reality what you dwell on. Therefore, concentrate on how you want circumstances to work out.

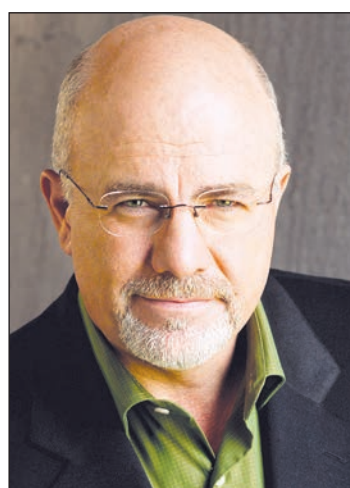
Recognize that life is a journey of progress, not a collection of ultimatums or all or nothing situations. Resist setting unrealistic deadlines. Don't give up when you haven't made as much progress as you had planned.

Take responsibility for your life. Whatever has happened has happened. The only thing that matters is where you go from here. Blaming others prevents you from making progress and reaching your goals. You are the only one who has the power to change and improve your life.

You can't control others, but you can control what you do and the decisions you make.

Cultivate these good habits and you will experience a positive impact on all you do. Start with one habit and work on it daily. The more you practice the better you will get. After one good habit has taken hold, add another and repeat the process. Before you know it, you will have many good habits. ★

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



Dave Says

Dear Heather,

For years I told people never to do prenuptial agreements. I always said if you love your money more than you love your spouse, then you're too immature and selfish to be married.

However, I've changed my tune on this subject a little bit recently. When one or two wealthy people get married, the problems that can arise usually have nothing to do with those two people. The problem is that it can invite a lot of crazy into your lives from the outside. Whether it's a parent, cousin or child, sometimes people start feeling a sense of entitlement when wealth is suddenly thrust into the picture.

You both sound like mature, functional people with good values. In most cases, that's a pretty good indication that crazy isn't in the immediate vicinity. Still, there's a lot on the line. So while I would advise a prenup, you might keep an open mind to revisions somewhere down the road. Make it pretty solid and protective for the first five or 10 years. But then, after you guys have built a life together, you'll hopefully reach a point where you'll feel safe looking at it as all ours.

So, the only reason I'd ever suggest a prenup is when two parties are bringing really unequal amounts to the table. Yours is an extreme situation, Heather, so I'd give it some serious thought. Let him know

you want to do this to protect the relationship, so that there's never any hint that the money is a problem or will create problems. If he's as kind and thoughtful as you say, I think he'll understand.

- Dave

AAA or self-insure?

Dear Dave,

What do you think about auto club memberships like AAA?

- Jeremy

Dear Jeremy,

I've got nothing against AAA. But honestly, I tend to self-insure through savings for these kinds of things. I've probably used, or had need of, a tow truck twice in the last 20 years. When it comes to this kind of product, I always look at it from the perspective of, "Where does it leave me if I don't sign up for their service?"

Again, I don't think AAA is a big rip-off or anything like that. It's just a type of insurance, if you will, for which I have no need. I guess it could be a handy thing to have if you were in a situation where you were using their services a lot. But if their average customer were like that, they'd probably end up losing money on you.

- Dave

*For more financial help, please visit daveramsey.com. ★

Dave Ramsey is America's trusted voice on money and business. He has authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. His newest book, written with his daughter Rachel Cruze, is titled *Smart Money Smart Kids*. It will be released April 22nd. *The Dave Ramsey Show* is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Millionaire Widow Needs a Prenup

Dear Dave,

My husband died several years ago. He always worked very hard, and we did very well financially. I am now 48 and have \$3.8 million in assets. I've found a wonderful man who is very stable and loving with a good job, and we're considering getting married. Do you think I need a prenuptial agreement?

- Heather

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New Proof of Identity Regulations for DMV

SACRAMENTO REGION, CA (MPG) - The California Department of Motor Vehicles (DMV) announced today that the Office of Administrative Law (OAL) has published the proposed regulations for AB 60—the new law requiring DMV to issue a driver license to applicants who can prove identity and California residence and meet all other licensing requirements, such as passing the written and behind-the-wheel driving exams.

“DMV is committed to successfully implementing this new law to increase safety on California roads and protect the high level of security in our licensing and identity verification procedures,” said DMV Director Jean Shiomoto. “We will carefully consider the public comments we receive on these proposed regulations and make revisions as necessary.”

State law requires motorists to prove identity and legal presence to obtain a driver license. Under AB 60, motorists who cannot prove legal presence must prove identity and California residency to obtain a license. The proposed regulations released today define the categories of documents DMV will accept to verify the identity and California residence of future applicants.

DMV anticipates continually updating a list of specific documents—for example eventually allowing a Mexican Consular Card as a sole means of proving identity—as DMV works with other governments to finalize methods of electronically verifying documents.

“These proposed regulations detail how applicants will be able to prove identity and California residency to obtain a driver license under AB 60,” Shiomoto added. “Although these regulations are not final, we encourage future applicants to begin gathering documents now that they

will use to prove identity and residency.”

The proposed regulations also describe a secondary process for applicants who are unable to produce the documents otherwise required to prove identity. Under that secondary review, applicants must interview with a DMV investigator who will attempt to verify the applicant’s identity. California is the first state in the nation to offer a secondary review process for applicants that lack typical identification documents to prove identity.

“As we prepare for the issuance of licenses in California, it’s important that those who will benefit from AB 60 begin to gather the appropriate documents in order to apply for a driver’s license,” said LA City Councilmember Gil Cedillo, a longtime advocate of increasing the number of Californians able to get a driver license. “I also highly encourage individuals to study for the written test and begin taking driving lessons. All of these things will make the process of attaining a driver’s license much easier.”

DMV encourages the public to review the proposed regulations and make comments. The public comment period begins on Friday, May 9, 2014, and closes 45 days later on Monday, June 23, 2014, at 5:00 p.m. Comments on the proposed regulations can be sent to Legal Affairs Division, P.O. Box 932382, Mail Station: C128, Sacramento, CA 94232 or by e-mail to LADRegulations@dmv.ca.gov.

DMV will also conduct two public hearings to receive comments on the proposed regulations, one in Northern California and one in Southern California, as follows:

June 26, 2014, 10:00 a.m.–4:00 p.m., Caltrans District 4, Auditorium, 111 Grand Avenue,

Oakland, CA.

June 24, 2014, 10:00 a.m.–4:00 p.m., Junipero Serra Building, Carmel Room, 320 W. Fourth Street, Los Angeles, CA.

After the public hearings, consideration of the public comment and any necessary revisions, DMV will deliver final regulations to OAL for review and approval. AB 60 requires the DMV to begin issuing licenses pursuant to AB 60, no later than January 1, 2015.

All future applicants will have to pass the standard written and drive exams, so DMV encourages future applicants to begin studying the California Driver Handbook available on the DMV webpage at www.dmv.ca.gov. For more information on AB 60, including sample interactive tests, webcasts, and information about public comment, visit: <http://apps.dmv.ca.gov/ab60/index.html>.

An applicant able to meet these identity and California residency requirements and all other requirements for licensure will be able to receive a driver license.

A full text of the proposed regulations and Proposed Regulations Summary Chart are available on DMV’s website, on the AB 60 webpage at <http://apps.dmv.ca.gov/ab60/index.html>.

The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Website including online advance appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions by calling DMV customer service at (800) 777-0133. DMV is a department under the California State Transportation Agency (CalSTA). ★

Source: Department of Motor Vehicles

Bill to Step Up Hospital Violence Prevention Takes Big Step in Passing Senate

SACRAMENTO REGION, CA (MPG) - A bill to step up efforts to prevent workplace violence in California hospitals took a major step forward today by winning approval in the California State Senate, making it the third significant legislation sponsored by the California Nurses Association/National Nurses United to win approval over the last two days.

SB 1299, the Healthcare Workplace Violence Prevention Act introduced by Senator Alex Padilla, would require that hospitals establish workplace violence prevention plans including strong personnel education and planning programs and systems to assess and mitigate factors that contribute to violence in the hospital. The bill also requires hospitals to document and report incidents of violence to Cal/OSHA.

“California hospitals need to do more to assure a safe and healing environment for patients, families, visitors, and RNs and other hospital staff. This bill would be a major advance in requiring uniform standards that put safety as a top priority,” said CNA Co-President Deborah Burger, RN.

US Labor Bureau Statistics show that healthcare workers, and RNs in particular, are five times more likely to be the victim of an assault or violent act by another person, than a worker in another industry and nearly 75 percent of these violent acts are by a resident or a patient in the facility.

The inadequacy of current hospital security policies and the need for stronger industry oversight was underscored, when two nurses

were stabbed in separate incidents in hospitals in Los Angeles County last month.

In 2007 a report commissioned by the National Institute of Occupational and Environmental Health found that nurses have the highest rate of victimization among occupations in the healthcare industry. The report also found training and security systems in California hospitals, in particular, to be woefully inadequate.

Landmark bill to protect patient choice passes Assembly

Two other bills sponsored by the California Nurses Association won approval from the California Assembly Wednesday. AB 2533, introduced by Tom Ammiano, would protect the ability of Californians to seek medical care from the providers of their choice by restricting higher charges for patients who get medical care outside their insurance provider “network.”

AB 2533 also directly addresses a growing national scandal of insurers who while entering the new health

exchanges established under the Affordable Care Act have set even tighter network restrictions than existed in non-exchange plans. Many Californians in particular have found that private insurance plans they signed up for through Covered California excluded major hospitals in the state.

AB 2616, introduced by Assembly member Nancy Skinner, would extend presumptive eligibility for worker’s comp for any hospital employees who contract the aggressive, virulent antibiotic resistance staph infection commonly known as MRSA.

Under current law, a number of workplace injuries qualify for presumption of eligibility for workers’ comp for public safety personnel, but only for police, firefighters and some other safety personnel who are predominantly male. AB 2616 would extend that eligibility to RNs and other hospital employees who are predominantly women. ★

Source: California Nurses Association

Auburn Area Republican Women Federated June Luncheon

AUBURN, CA (MPG) - The Auburn Area Republican Women Federated will host their June luncheon on Friday the 13th from 11:30 a.m. to 1:30 p.m. at the Sizzler, located at 13570 Lincoln Way in Auburn. Karen England from Capitol Resource Institute will be discussing the Co-ed Bathroom referendum signed by 620,000 Ca citizens, and the

CA Secretary of States refusal to qualify it for the November election. Also discussed will be the IRS targeting of the Institute.

Lunch is \$15 at the door. The public is invited. Check in time is 11:15 a.m. For reservations call (916) 751-1892. ★

Source: Auburn Area Republican Women Federated

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