



# Sweet Tips for A Fabulous 4th of July

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## Celebrating Our Flag

Commentary by  
Elise Spleiss

There was a time not so long ago when our flag, I believe, did not have as much meaning as it does today. It was just a part of our lives, and we took it for granted. I know I did.

Growing up in the 50s and 60s, I assumed it would always be around, always representing my country, and always respected by our citizens. But unfortunately this did not happen, and the flag began to be treated badly. Allowed to fly unmanaged, never folded or brought in at night, many became dirty and tattered. Disgruntled groups burned flags in protest. Yes, this is legal, but still sad. And our flag began appearing on inappropriate items.

I never realized it, but we are not supposed to wear a flag in any form, yet so many different items with this precious image are created to be wrapped around us and worn on our body and feet. We have rugs we walk on, napkins to wipe our faces, and even cloth on which we sit bears this precious image.

This misuse remains, but on Sept. 11, 2001, we found ourselves with a renewed respect and appreciation for our flag.

Following a catastrophic attack on our American values and freedom, our pride suddenly—once again—exploded.

We saw our American flag on homes, on posters in businesses of every kind, and on numerous pieces of clothing—which was still inappropriate. I think we just did not know, but maybe for a moment it was all right.

Of course, many of us remember those mammoth flags fluttering from the windows of cars and trucks. Today I'm beginning to once more see the fluttering



"The flag of the United States is one of the most recognizable symbols on earth, more so than our monuments or presidents. From its creation, the flag has stood for freedom, liberty, and the prosperity of the United States. It was designed to accommodate the growth of a budding nation. Stars have been added, but it has retained the same significance. When you take your flag out to fly, hold it carefully, as it is a representation of our whole nation!"  
- Author Unknown

flags attached to the windows of vehicles.

It felt good then, but it's too bad it had to take a national disaster to bring us a renewed appreciation of our flag.

Remember the photo taken of three firefighters raising the flag above the rubble of the World Trade Center—raising the Flag at Ground Zero? It was reminiscent of the famous 1945 WWII photo of six Marines raising Old Glory over Iwo Jima. Thomas E. Franklin, the photographer of

the new photo, said of it, "This was an important shot. It told of more than just death and destruction. It said something to me about the strength of the American people and of these firemen having to battle the unimaginable."

One of the three firemen in the photo, Dan McWilliams remembered that as the flag was being raised, other fire personnel yelled, "Good job" and "Way to go!" He said, "Every pair of eyes that saw that flag got a little brighter." I think this pretty much confirms

what our flag means to us.

It has been over 10 years since 9-11, so why is this topic becoming important again? I believe it's because everywhere we look today in this country, we see on TV, hear on the radio, and read in print how our borders, our language, our American culture, and our way of life are being compromised in the name of political correctness. We are being led to believe that when we're too proud of our own way of life, of our freedom and uniqueness, we are insulting another's

way of life. This is when it gets dangerous.

We still welcome all who desire to come to this country with integrity as they embrace our culture alongside their own. We welcome them as they learn our language, and come to appreciate and love the American way of life that already exists here as much as we do. We learn from each other.

This is what our flag means to me. What does it mean to you? ★

## Make-A-Wish Child and Train Engineer Prodigy Receives Wish to Drive Train through Donner Pass

WASHINGTON, DC (MPG) - On Friday June 20, eight-year-old wish recipient Jonathan, better known as "Jon Jon," embarked on the journey of a lifetime: conducting an Amtrak train through Donner Pass in the Sierra Nevada's, beginning his expedition at the Sacramento Amtrak station and arriving in Reno, NV that afternoon.

The granting of Jon Jon's wish was part of a large-scale operation between two Make-A-Wish chapters. Known as a Wish Assist, the planning and procedural work of Jon Jon's wish was overseen by the Missouri Make-A-Wish chapter (as Jon Jon and his family are from Missouri) while the implementation and execution of the special wish was overseen by the Northeastern California and Northern Nevada Make-A-Wish chapter, who greeting him and his family at the Sacramento International Airport Wednesday night with a large cavalcade of wish-granters and volunteers. Jon Jon and his parents Dee Dee and Jamey Dockins were then whisked off to their hotel in a stretch limousine. "They don't even have limos



Photo courtesy of Make-A-Wish.

in Jackson, Missouri," commented Mrs. Dockins, "this is a real treat for all of us."

The following day, Jon Jon went to the California Railroad

Museum for private tour and was able to ride in a cab of a vintage train as it was being repositioned in the museum. Friday morning, Jonathan received a police

escort from the family's hotel to the Sacramento Amtrak station, as supporters and fans of Jon Jon waved and cheered him on. Grinning from ear to ear, Jon Jon

became an instant local celebrity. Once arriving in Reno, Jon Jon and his family were greeted by fans and supporters there, including the chairman of the Nevada State Legislative Board Matthew Parker, who presented Jonathan with an official proclamation from Nevada Governor Brian Sandoval congratulated him in becoming a successful locomotive engineer.

Over the weekend, Jon Jon and his family were experienced vintage steam trains and motorcars traveling back and forth from Virginia City and Carson City on the Virginia & Truckee Railroad.

The inspiration and uniqueness of Jon Jon's wish derives from his passion for trains. Born with a heart defect that resulted in him being subjected to 10 surgeries, Jon Jon's fascination for trains has lead him to watch countless videos and read various books about trains, sparking his interest to conduct a train through Donner Pass in the Sierra Nevada's, permanently cementing himself as a hero within the Sacramento, Reno and Jackson Missouri communities.

Continued on page 3



# Independence Day Weekend Starts July 3rd in Colfax

By LindaLouise Haines

**COLFAX, CA (MPG)** - If you and your family are taking a long weekend break for Independence Day and heading for the mountains on Thursday, stop in Colfax on I80 to help the town celebrate the holiday on July 3rd.

Prismatic Magic Laser Light Shows will highlight the July 3rd Independence Day celebration. Due to the severe state-wide drought conditions Colfax will provide a safe, drought-resistant family entertainment to cap the day of this year's celebration in Colfax. The after dark entertainment will be a laser light show that will dazzle the senses and get your toes tapping in downtown Colfax.

The town will also have the traditional small town Independence Day activities on during the day

## CALENDAR

**Thursday, July 3rd  
Independence Day  
Celebration in Historic  
Downtown Colfax, Placer  
County.**

**Starting Noon:** Live music & vendors, Little Patriots parade.

**6:00 p.m.:** Colfax Lions Parade.

**Evening, preceding Laser Light Show:** Luna Roots Fire Dancers performance.

**After dark:** Prismatic Magic Laser Light Show



on Thursday, July 3rd starting at noon with vendors and live music in downtown. The Little Patriots parade will start at noon also. The Colfax Lions Parade will start at 6 p.m. in downtown.

Also, on display again this year in downtown Colfax will be the NASCAR race car driven in competition by the late Dale Earnhardt. Plus, preceding the evening laser light show, the Luna Roots Fire Dancers will perform.

The laser light show with upbeat music will be presented by professional laser light scientists and artists, Prismatic Magic based in Fort Worth, Texas. Prismatic is known nationwide for its educational and community, positive themed shows.

For more information, call the Colfax Area Chamber of Commerce at (530) 346-8888. ★



By Gerry Mifsud

The digital daze is a by-product of our technically advancing culture. The DAZE comes from the continual involvement with digital devices in our work place and personal life. Our face to face and social evolution is underdeveloped. The digital world we live in allows us to communicate in quick and awesome ways, bringing us closer together. We are driven further apart personally from each other's presence by the little "black box." That little black box that's always in your hands. Those apparatuses are essential and helpful, but what is also needed is more personal involvements (contact) with loved ones and down times with yourself.

Here's an example of how inclusive yet intrusive that little "black box" in our personal lives can be. My 24yr old son Joe and his friends come to visit me often and we can chat up a storm. We learn so much about each other's

## NEVER GIVE UP

### The Digital Daze

generations, but while we're talking, each person has a "black box" in hand; they're texting for the most part or taking phone calls.

I wouldn't be surprised if they were texting one another while they are in the same room.

I'm concerned about people putting too much personal information on popular websites. Parents with kids who may be troubled might have to check out their kids' facebook site to see what they're into.

My sixties generation was special, the changes of our generation were not just technical, but deeply personal, awareness of oneself and his fellow man were crucial. The fifty years since the sixties have shown tremendous advancement technically, but we can't let technology interfere with our personal growth or with our connections to each other. To say "I love you" or feel one another's joy or pain in person loses its effectiveness by texting. Texting can also be fatal if you text while driving a car. To break the cycle of the Digital Daze, we need to create a balance and take a break from it all periodically.

My son, Joe, feels a walk in nature invigorates you and

helps you to realize your place in the grand scheme of things. Joe believes the world would be a better place if we took the time to coexist and understand one another. My bright 30-year-old daughter, Melissa Maryann, understands the importance of positive reinforcement. She gets energized personally, spiritually and communally by being part of the festival culture. These musical festivals are accompanied by many art forms, and promote health and spiritual enlightenment. Meeting new people and finding yourself through it all is accomplished. To me this festival culture is the new and improved spirit of the Woodstock Festival.

As I hear the sentiments of my positive, progressive children, I feel hopeful and proud of their zest for life and willingness to share that with everyone they meet in person, likening themselves to ambassadors of goodwill.

So! Are we so beholden to the digital world that has given us great technical abilities while we rob ourselves of personal capabilities? Danger exists when it comes to texting or using the cell phone while driving a car. At least when you talk on a cell phone the personal element of your voice remains, whereas with texting, it's just words on a screen. What happened to handwritten correspondence? Handwriting adds such a personal touch. I do though like Skyping. Speaking of touch, does anyone remember the Underwood typewriter that took a hard touch to engage the letter keys, or how about the rotary phone?

Technical advancement is inevitable but personal contact and growth is about "hands on" and "eye to eye." The real answers in life are not found in the computer, they lie within you. Discover yourself, and share that on a personal basis with others. To do that, you have to come out of that digital daze and reach out to life, pull it towards you and bite into it.

Stay in touch with each other and NEVER GIVE UP!

Gerry Mifsud, TV Host. ★

# Placer County Sheriff's Office Carried the Olympic Torch

**PLACER COUNTY, CA (MPG)** - Each year, members of the Placer County Sheriff's Office take part in the Law Enforcement Torch Run® for Special Olympics. On Friday, June 27th, nearly a dozen sheriff employees carried the torch in two- to five-mile legs, running from Beal's Point in Granite Bay to the California State Capitol in Sacramento, a total of more than 30 miles.

Many years ago, Placer County Sheriff's Deputy Karen Johnson, along with a CHP officer, brought the Torch Run to this county. Karen, an avid runner, was struck



Deputy Karen Johnson. Photo Credit: Courtesy of Placer County Sheriff.

by a car and killed 11 years ago and members of the sheriff's office honor Karen's memory at this event each year.

In addition to taking part as runners, sheriff personnel also raise funds for Special Olympics in a variety of ways leading up to the event. Please refer to the press release section of the sheriff website <http://www.placer.ca.gov/departments/sheriff/press> or our Facebook page <https://www.facebook.com/PlacerSheriff> for upcoming dates and donation opportunities. ★

Source: Placer County Sheriff



We are driven further apart personally from each other's presence by the little "black box." That little black box that's always in your hands. Those apparatuses are essential and helpful, but what is also needed is more personal involvements and down times with yourself.

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<b>Publisher</b>	Paul V. Scholl
<b>Contributing Writers</b>	Mary Jane Popp, Marlys Johnsen Norris Tim Reilly, David Dickstein, Dave Ramsey Dr. E. Kirsten Peters, Kay Burton Julie Parker, Ronnie McBrayer, David Graulich
<b>Photography</b>	Amanda Morello, Susan Skinner
<b>Graphics &amp; Layout</b>	Banerjee Designs Stump Removal Graphics
<b>Advertising Sales</b>	Linda Harper
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<b>Accounting</b>	Nicholson & Olsen CPA
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**Publisher's Statement:**  
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**



# Fourth of July Events

## Roseville Parade

Join us for the return of the parade. The parade begins at 10 a.m. at the Vernon/Douglas/Riverside intersection, continuing down Vernon, right on Lincoln Street, and right on Park Drive.



**Royer Park Activities**  
Stay for the fun after the parade in Royer Park from 11 a.m. - 2 p.m. including food, games, and music by the Capitol Pops Concert Band starting at 12 p.m.

## Fireworks

Join us at the Placer County Fairgrounds for fireworks. Gates open at 7 p.m., and the show begins at approximately 9:30 p.m. No alcohol, glass containers, barbecues or personal fireworks permitted. Soda, bottled water and food will be available for purchase at the fairgrounds.

Source: [www.rocklintoday.com](http://www.rocklintoday.com)

## Auburn

### Old Town 4th of July Celebration

Kick off your 4th of July in Old Town Auburn and chow down on the annual Fire Department's pancake breakfast at 7am. Then get the kids ready to burn off some of those carbs with our traditional old fashion kids games from 9am to noon. Get ready to rumble with foot races, gunny sack races, 3 legged race, barrel hoop roll, watermelon eating contest, Tug O' War, piñata, and balloon toss and of course, we can't forget our now famous Greased Pole! The money is at the top!

Tru Value is donating their Snow Cone machine and volunteers abound from the Larsen family, the

California Club and others. American Flags will be handed out to the first 50 entries along with red, white and blue balloons and necklaces. Prizes and ribbons will be awarded to the game winners. A good, old fashioned family event in Old Town Auburn.

### Fireworks Scheduled

Gold Country Fairgrounds, fireworks 9:40 p.m.

Source: [www.rocklintoday.com](http://www.rocklintoday.com)

### Friday, July 4th, 2014 beginning at 4:00pm

Celebrate! Dance to the music! It's time once again to commemorate our nation's birthday. And once again the Auburn Area Chamber of Commerce is presenting Independence Day festivities. We join Americans across the country in exalting the personal freedoms we enjoy and honoring the dedication and sacrifice of the many who made those freedoms possible.

Thousands will come together at the Gold Country Fairgrounds to enjoy the only July 4th fireworks (at approximately 9:40pm) in the area with festivities including live entertainment, food, drink and activities! Check out the schedule to learn what the event has to offer. For more information about these festivities, visit [www.Auburn4th.com](http://www.Auburn4th.com). For updates, follow the Auburn Family 4th on Facebook.

4th of July wouldn't be complete without a Parade! The

Auburn Area Lions will be putting on their annual 4th of July Parade that will travel through Downtown Auburn, ending in the Gold Country Fairgrounds. For an application and more information, click here

Source: [Auburn Chamber of Commerce](http://Auburn Chamber of Commerce)

## Auburn

### Auburn Ski Club

The Auburn Ski Club is presenting a One mile competitive or fun/run/walk on Truckee's 4th of July parade route. This event is a benefit for the Auburn Ski Training Center's Junior Nordic program.

You can register by filling out the Firecracker reg form and mailing it back to ASC or dropping it off at the Pet Station (11429 Donner Pass Rd) in Truckee from June 28th-July 3rd until 4:00 pm. If you are under 18 make sure to have a parent download and fill out a waiver ahead of time. If you are over 18 you can fill out a waiver ahead of time or we will have them at registration. You can also register online at: [athleteinyou.com](http://athleteinyou.com) or at [active.com](http://active.com) until July 3rd at 4:00 pm. Day of registration and bib pick up is from 8:00am to 9:30am at the parking lot across from US Bank (10995 Donner Pass Rd). The run begins at 9:45 am sharp for the Elite wave and at 9:55 for the fun wave. The run goes along the parade route down Donner Pass Road from US Bank to the Train Station. Be sure to arrive early as parking can be hard to find. Runners are cheered by the thousands of parade spectators.

For more information visit [www.auburnskiclub.com](http://www.auburnskiclub.com).

Keep in mind that events and times can change without notice.

Source: [Placer County Visitors Bureau](http://Placer County Visitors Bureau) ★

# Make-A-Wish Child and Train Engineer Prodigy Receives Wish to Drive Train through Donner Pass



Photo courtesy of Make-A-Wish.

Continued from page 1

"Everyone wants to know his story" says Jon Jon's mother Dee Dee. "They announced it [the wish] on the plane and everyone asked him questions. He has been king for a day."

Make-A-Wish® of Northeastern California and Northern Nevada

was established in 1983 as one of the early local chapters of Make-A-Wish® America, which is the leading wish-granting organization in the country. Since then, it has granted more than 5,000 wishes to children within its 37-county service area. The mission of Make-A-Wish® is to grant wishes to children, age 2 ½ to

18, with life-threatening medical conditions to enrich the human experience with hope, strength, and joy.

For more information about Make-A-Wish® Northeastern California and Northern Nevada, call 916-437-0206 or visit [necannv.wish.org](http://necannv.wish.org). ★

Source: [Make-A-Wish](http://Make-A-Wish)

## Hometown Heroes



**Air Force Reserve Airman Corey R. Gamez** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

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

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

Gamez is the son of Terry and Mike Gamez of Lincoln, Calif. He is a 2012 graduate of Lincoln High School, Lincoln, Calif.



**Air Force Airman Mark D. Mcclung** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

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

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

Mcclung is the son of Paul M. and Elizabeth D. Mcclung of Roseville. He is a 2011 graduate of Woodcreek High School, Roseville.

Source: [Defense Media Activity](http://Defense Media Activity)

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# SWEET TIPS FOR A Fabulous 4<sup>th</sup> of JULY

## Host a patriotic bash with dazzling desserts

### FAMILY FEATURES

It's easy to throw a 4th of July party that looks like you worked on it for weeks, even if you just started the planning process.

Celebrate the holiday in style by serving classic entrees everyone loves and focusing your attention on delicious, easy-to-make desserts. With the right recipes, your sweets will be as captivating as the colorful spectacle of fireworks above.

- **Hot Cinnamon Fireworks Cake:** Crushed cinnamon drops add color and a slight hot cinnamon flavor to the inside of the cake, while simple melted candy details make the cake look like a firework bursting.
- **Quick Pickled Strawberry Hand Pies:** Pies you can hold in your hand are perfect for a picnic, and this one has a special flavor. With the current love affair with all things pickled, we filled the pies with a pickled strawberry filling. The filling balances sweet and sour for an uncommonly delicious mini pie your party guests will love.
- **No-Bake Cheesecake Star Pops:** Fun star-shaped pops of no-bake cheesecake will be a hit with adults and kids alike. Drizzled or dipped in melted Candy Melts candy, these festive star pops are easy to shape in star-shaped silicone treat molds.
- **Mixed Berry and Lemon Mini Icebox Cakes:** Sweet, light and airy, these mini icebox cakes pack a refreshing burst of creamy flavor, perfect for the summer. Vanilla wafer cookies are stacked in a flavor-filled mixture of fruit and whipped cream and refrigerated until ready to serve.

Your party planning confidence will skyrocket with these delicious dessert ideas from the Wilton test kitchen. For more fun and festive party ideas, visit [wilton.com](http://wilton.com).

### Hot Cinnamon Fireworks Cake

Yield: 12 servings

- 2 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups (4 sticks) butter, softened
- 2 cups granulated sugar
- 6 eggs
- 1 1/2 teaspoon vanilla extract
- 1 bottle (6 ounces) Cinnamon Drops, crushed
- 1 box (1.5 ounces) Blue Colorburst Batter Bits
- 1 cup sifted confectioners' sugar
- 3 to 4 tablespoons milk
- Red, white and Royal Blue Candy Melts candy, melted
- Red, white and blue colored sugars

Preheat oven to 350°F. Spray Dimensions Cascade Pan with vegetable pan spray.

In large bowl, combine flour, baking powder and salt. In second large bowl, beat butter and sugar until light and fluffy. Add eggs one at a time, scraping bottom and sides of bowl often. Add vanilla; beat until well combined. Add flour mixture and beat at low speed until just combined. Fold in Cinnamon Drops and blue Batter Bits. Pour into prepared pan; smooth out top. Bake 60 to 65 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes on cooling grid. Remove from pan and cool completely. In large bowl, whisk together confectioners' sugar and milk. Drizzle melted candy onto cake to look like fireworks. Sprinkle sugars onto melted candy.

### Quick Pickled Strawberry Hand Pies

Yield: 8 hand pies

- 1 cup red wine vinegar
- 3/4 cup water
- 1 cup sugar, plus additional for sprinkling
- 1/4 teaspoon salt
- 10 black peppercorns
- 5 sprigs fresh thyme, plus 1/2 teaspoon roughly chopped fresh thyme leaves, divided
- 1/2 teaspoon pure vanilla extract
- 1 pound fresh strawberries, hulled and cut into quarters (or eighths if berries very large)
- 3 tablespoons cornstarch
- 1 egg
- 1 package (14 ounces) refrigerated pie crusts

In small saucepan, stir together vinegar, water, 1 cup sugar, salt and peppercorns. Add thyme sprigs. Cook over medium heat, stirring occasionally, until boiling; let boil 3 minutes. Remove from heat and stir in vanilla. Pour over cut strawberries, until fully submerged in liquid. Cover and let sit at room temperature 4 to 8 hours. Preheat oven to 400°F. Line cookie pan with parchment paper. Strain strawberries from pickling liquid and discard peppercorns and thyme. Toss berries with cornstarch until evenly coated. In small bowl, whisk egg with 1 tablespoon water until smooth. Unroll pie crusts and cut with 3 1/2-inch round cutter. Each crust yields 8 rounds. To assemble pies, top half of rounds with about 3 tablespoons of berry mixture each. Brush edges of rounds with egg wash. Cut out a hole or pierce remaining rounds with fork. Place on top of berries. Using a fork, press edges of crusts together tightly to seal. Transfer to prepared cookie pan. Brush tops of pies with egg wash and sprinkle with granulated sugar. Bake 18 to 22 minutes, or until pies are lightly golden and filling is bubbling. Cool slightly before serving.



### No-Bake Cheesecake Star Pops

Yield: 6 servings

- 1 envelope (2 1/4 teaspoons) unflavored gelatin
- 1/4 cup granulated sugar
- 3/4 cup boiling water
- 1 package (8 ounces) cream cheese, softened
- 1 teaspoon pure vanilla extract
- 1/8 teaspoon salt
- 1 bag (12 ounces) royal blue Candy Melts candy Lollipop Sticks

Prepare 6-cavity Mini Star Silicone Mold with vegetable pan spray. In small bowl, combine gelatin, sugar and water; whisk until completely dissolved. In large bowl, beat cream cheese, vanilla and salt with electric mixer until smooth. Gradually add gelatin mixture, beating well. Scrape bottom and sides of bowl. Continue beating until fully combined. Pour into prepared pan. Refrigerate 2 hours or until completely set. Carefully unmold cheesecakes onto cookie pan. Melt small amount of Candy Melts candy. Dip lollipop stick in melted candy and insert 3/4 way into cheesecake stars. Freeze 30 minutes or until firm. In large bowl, melt remaining Candy Melts according to package directions. Drizzle or pipe candy over cheesecake stars as desired. Refrigerate 10 minutes or until set. Keep refrigerated until ready to serve.

**Note:** Some cream cheeses are firmer than others. Firm is best for this recipe. Choose a brand name, full fat cream cheese for best results.



### Mixed Berry and Lemon Mini Icebox Cakes

Yield: 12 mini cakes

- 2 cups fresh or frozen mixed berries
- 2/3 cup granulated sugar
- 2 tablespoons fresh lemon juice
- 2 cups heavy whipping cream
- 1 tablespoon lemon zest (about 1 lemon)
- 1 package (4.9 ounces) vanilla wafer cookies
- Blueberries, raspberries or blackberries, for garnish

Line muffin pan with plastic wrap, pressing plastic into each cavity and letting plastic hang over edge of pan. In large skillet, combine mixed berries, sugar and lemon juice. Bring to a gentle boil over medium heat. Reduce heat to medium-low and continue simmering until berries soften and liquid reduces to 1 cup, about 20 to 25 minutes. Gently mash berries with wooden spoon. Transfer to medium bowl and cool completely. In large bowl, whip cream on medium-high speed until cream holds stiff peaks, about 4 to 5 minutes. Gently fold in berry mixture and zest until completely combined. Place whipped cream in decorating bag and cut off pointed end. To assemble, pipe small amount of whipped cream mixture into each muffin cavity. Lightly press a cookie into whipped cream. Continue layering whipped cream and cookies until cavities are full, finishing with whipped cream layer. You should have 3 layers of cookies. Cover with plastic wrap and refrigerate overnight. Remove pan from refrigerator. Remove plastic wrap from top and carefully flip out onto serving platter. Remove wrap from mini cakes. Garnish with additional berries, if desired. Serve immediately.



# LaMalfa Slams "Waters of the United States" Proposal from Obama Administration

WASHINGTON, DC (MPG) - Rep. Doug LaMalfa (R-CA) today questioned the legal basis and impact of the Environmental Protection Agency's (EPA) "Waters of the United States" proposal during an oversight hearing of the House Subcommittee on Water and Power. The proposal would give the EPA jurisdiction over land use near every navigable waterway, every tributary to navigable waterways and waterways unconnected to navigable waters but nearby. The rule even removed an exemption for puddles contained in the EPA's first draft. It represents a vast expansion of federal power based upon a creative interpretation of the Clean Water Act.

"Do the American people want the federal government deciding whether they can remodel a home or landscape their yard? Do Americans want the federal government, in the guise



Representative Doug LaMalfa (R-CA)

of unelected, unaccountable bureaucrats to decide that they can't operate a business, maintain roads or simply continue farming the way they have for generations? I don't think that they do," said LaMalfa. "It is no exaggeration to say that this proposal would insert the federal government into land use decisions across virtually all of Northern California and the

Central Valley."

"It's interesting to see this administration use the Clean Water Act as part of the pretext to expand its jurisdiction, as it routinely ignores this law in its day-to-day activities," added LaMalfa. "We've seen federal agencies, none of whom bothered to show up today, attack activities that are specifically exempted in the Act from regulation, particularly farming activities. While plowing is exempt from federal regulation, the EPA has actually decided that in some cases, plowing is in fact not plowing." ★

*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: The office of Doug LaMalfa

# Did Gitmo Prisoner Exchange Constitute Treason?

By Harold Pease, Ph.D



Fury from both parties hit the fan when President Barack Obama released five Gitmo prisoners—three top intelligence officers and two top military commanders—the five most wanted by the Taliban; one a former Taliban interior minister reportedly having had close ties with Osama bin Laden. These in exchange for Sergeant Bowe Bergdahl, said to be a traitor by his companions in Afghanistan when he walked off base seeking an Al Qaeda representative. Five soldiers died in the subsequent search for a soldier who did not want to be found. The president excuses this action on the basis that Bergdahl was on death's door and prisoners have been exchanged in other wars by other presidents. These explanations have been contested.

Senate Intelligence Committee Chair, Dianne Feinstein, was the most vocal Democrat to voice contempt. She said, "It comes with some surprise and dismay that the transfers went ahead with no consultation—totally not following the law. And, in an issue of this kind, of concern to a Committee that bears the oversight responsibility" ("Feinstein Says White House Broke the Law on Bergdahl," NBC news, June 4, 2014). Republicans, notably Senator Lindsey Graham, threatened impeachment if it happened again.

Libertarian Judge Andrew Napolitano, spoke of the president's action as unlawful for two reasons. One, Obama himself had signed the statute forbidding the use of taxpayers' money with respect to Guantanamo detainees without a Congressional 30-day notice, which he violated. This was Senator Dianne Feinstein's objection. Two, "by releasing these guys into the theater of war in the Middle East, he has provided material assistance to a terrorist organization." This because "Federal statute makes it a crime, punishable by 10 years in prison to life, for materially aiding a terrorist organization" and, "the courts have ruled, any assistance knowingly or intentionally provided to a terrorist organization by an American makes that American liable for prosecution under this statute." The assistance is the human assets that he has returned to the enemy. Anyone else would get 10 years to life in prison for doing the same thing ("Obama

Could be Facing 10 Years to Life in Prison," Shepard Smith interviews Judge Andrew Napolitano, FOX News, June 6, 2014).

Missing in the whole argument, and the reason for this column on an issue receiving much media coverage, is what does the Constitution say? All war powers are clearly listed in Article I, Section 8, clauses 10-17 and all are left to Congress alone except one, allowing the president to serve as commander and chief subject to this oversight. The Founders never intended for him to act alone independent of Congress. If other presidents have done so this does not make doing so constitutional. He most certainly cannot break a law that he helped create and sign.

But Article III Section 3 should have brought Mr. Obama to a quick halt. "Treason against the United States shall consist only in levying War against them, or in adhering to their Enemies, giving them Aid and Comfort." Is returning to the enemy three of their most distinguished intelligence personnel and two of their most distinguished military officers, each considered so dangerous that they had to be moved across a continent and an ocean to prevent them from escaping to strengthen the power of the enemy, giving Al Qaeda aid and comfort? How can a reasonable person argue otherwise? Arguably this gift of "human assets," returned by our own president, is far more helpful to the enemy than money, commodities, equipment or even military secrets. That these five will serve for the rest of their lives to strengthen our enemy is not disputed.

The Constitution continues; "No Person shall be convicted of Treason unless on the Testimony of two Witnesses to the same overt Act, or on Confession in

open Court." The overt act was the exchange. The President has clearly confessed, although not in court, and all of America exceeds the two-witness requirement. "The Congress shall have Power to declare the Punishment of Treason, but no Attainder of Treason shall work Corruption of Blood, or Forfeiture except during the Life of the Person attained."

Responsibility for punishing treason is left to Congress. The only restrictions to punishment are prohibition of corruption of blood (punishing relatives for the acts of one) and forfeiture of property, which must be returned to relatives after the death of the one punished for treason. Otherwise, again, innocent relatives would be punished. Certainly impeachment is an option, but something far greater is also an option as treason is the most serious national offense. The law broken already dictates the punishment if any other American did the same thing—ten years to life in prison.

Ironically the Democrats would be for impeachment and ten years to life in prison if it were a Republican president and vice versa for the other party. Political parties have destroyed us, as neither party will punish its own. Even when the vast majority believes Obama to have at least broken the law, if not having committed treason, he will remain unpunished because of party loyalty. A read of the Constitution clearly says that his action requires Congress to consider even treason, irrespective of party affiliation.

Dr. Harold Pease is an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He has taught history and political science from this perspective for over 25 years at Taft College. To read more of his weekly articles, please visit [www.LibertyUnderFire.org](http://www.LibertyUnderFire.org). ★

*Eric Nelson's columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California ([norcalcs.org](http://norcalcs.org)). This article originally appeared on [Communities @ WashingtonTimes.com](http://Communities@WashingtonTimes.com) and is used with permission.*

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## Full-Time Deputy for Chronic Crime Problems



Deputy Ryan Zender. Photo Courtesy of Placer County Sheriff.

**PLACER COUNTY, CA (MPG)** - The Placer County Sheriff's Office has created a full-time deputy position to deal with chronic crime problems in the north Auburn area.

Deputy Ryan Zender was selected as the new problem-oriented policing (POP)

deputy, which is a specialized position created to deal with a range of community problems and crime prevention. That will include dealing with homeless and transient-related issues that have become prevalent in north Auburn.

Zender, a nine-year veteran of the sheriff's office, has been working closely with the transient population in north Auburn for the past few years, in addition to his regular patrol duties. The POP position will allow him more time to deal with these issues, while building partnerships with business owners, property owners, and members of the community, he said. Zender said he plans to take a proactive and concentrated focus on solving problems relating to chronic crime and nuisance complaints.

Zender will partner with various agencies to problem-solve these issues. Those agencies include the Auburn Police Department; Placer County Code Enforcement, Planning Department and building inspectors; Cal Fire arson investigators and other fire departments; Children's Services; the District Attorney's Office; and Placer County Probation Department and State Parole agents. He will also work with PG&E, PCWA, Nevada Irrigation District, Auburn Recreation District and business and homeowners' associations. ★

Source: Placer County Sheriff

## Out of Home Living Options



By Candace Roeder,  
Seniors First

**PLACER COUNTY, CA (MPG)** - When an individual can no longer live on their own, they are often confused about options and where to turn for available assistance. Some are familiar with various living options for seniors, but may have questions about the different levels of senior living or care.

All Assisted Living Facilities in our area (large or small) and their administrator must be licensed by the State of California. All Assisted Living offer a room or apartment, meals, housekeeping, laundry, activities and socialization. There are different levels of assistance from just medication management (medications maintained by staff), to assistance with activities of daily living. Prices can range from a low of \$1500 per month to a high of \$6000 or more, depending on the type of assistance needed, amenities offered, location, etc.

A common belief is if a person needs personal assistance, they are non-ambulatory, incontinent, require assistance with dressing or bathing, or they have dementia, that they must go to a Skilled Nursing Facility. This is not true anymore.

Let's look at some specific living situations:

**Independent Living Complexes or Retirement Communities**

- The residents must be able to live independently as there is no personal care provided. These communities offer social opportunities, meals, activities, housekeeping, security and more.

**Assisted Living (ALF)** - Generally refers to large facilities with 100 or more residents and offer many amenities and options from a shared studio to a 2-bedroom apartment. They generally have many planned activities (bingo, bridge, crafts, and outside trips to shopping, movies, and other points of interest. Some have beauty parlors or little shops to buy treats or rent videos.

Most have large dining rooms where residents can socialize. Most do not have full kitchens in their rooms but may have kitchenettes with a refrigerator/freezer, a microwave, and a coffee pot. Although some ALF's may have a nurse on board, the staff is comprised of trained caregivers; available, awake, & accessible 24 hours per day.

**Residential Care Facility for the Elderly (RCFE or Board & Care Home)** - Is licensed for up to six residents in the home. These homes are in many neighborhoods and the residents share the home with 24 hr. live in caregivers who provide more individualized care, do all the housekeeping, cooking etc.; all included in the monthly rate. Meals are shared in the homes'

dining room, offering a family ambiance.

**Memory Care Facilities** - Are dedicated to caring for individuals with Dementia, Alzheimer's disease, or other cognitive impairments. The facility is a secure environment where residents are safe and cared for by specifically trained caregivers with memory care issues. Some of these facilities are all individuals needing Memory Care, where others may be a separate section of an Assisted Living Facility.

**Multi-Level Facilities** - Multi-levels facilities offer care from Independent Living to Memory Care to Skilled Nursing all at one facility. A resident whose needs change would not need to move to another location in order to receive more care.

**Skilled Nursing Facilities (SNF)** - or Convalescent Hospitals are for individuals who need care that requires a nurse or other skilled medical personnel (person whom requires injections or wound care).

Seniors who were basically healthy but needed some assistance had limited choices but now there are several options available and we at Seniors First are trained to guide them to these alternative resources. Give us a call at 530-889-9500; we make a difference in people's lives every day! ★

## Sierra College Board Takes a Stand for Veterans



**PLACER COUNTY, CA (MPG)** - The Sierra College Board of Trustees in a unanimous vote Tuesday approved a new policy to provide in-state tuition to any honorably discharged veteran residing in California.

The new policy, believed to be the first by a California community college, is consistent with the College's long-standing efforts to support returning veterans, including a recently opened Sierra College Veterans Center and support services that have resulted in 800 veterans attending the college, a dramatic increase from just eight years ago.

"The state's policy is very clear - to support returning veterans," said Bill Halldin, President of the Sierra College Board of Trustees. "Unfortunately, some recently discharged veterans aren't getting the support the state repeatedly has promised. We want to be sure that all veterans know that they are welcome on our campus and will receive the in-state tuition they deserve."

The per-credit cost for in-state tuition is \$46 and covered by the GI Bill. The per-credit cost for non-residents is \$199 and not covered by the GI Bill. The Board discussed the issue at its May 13 meeting in Grass Valley. Sierra College student and veteran Tresor Bunker spoke in favor of the change.

"I served in the Marines, stationed out of Fort Ord in Monterey. Before I was discharged, I had done five tours of duty in Afghanistan," commented Sierra College student Tresor Bunker as he addressed the Board of Trustees at their meeting on May 13. "My plan

was to attend Sierra College because of the excellent Vets Program and to make a new start here. Unfortunately, because I was originally from Georgia, I was required to pay non-resident tuition. It was \$8,000 extra out of my pocket and it made for a very hard year, but for me, Sierra was the only choice. I only wish that the time I served my country while stationed in California, would have counted for something."

Current interpretation of California's education code prohibits some returning veterans from receiving in-state tuition because they registered a car or registered to vote out of state while stationed in other states or overseas. Though California is home to the largest population of veterans in the nation, it is one of 10 states that hasn't taken any action to help veterans bridge this gap in the GI Bill that would require all states to treat honorably discharged veterans as in-state students.

In an effort to clarify this issue in California, State Assemblywoman Beth Gaines introduced AB 2250: Public postsecondary education: non-resident tuition: military members. The current California bill, AB13 (Rep. Rocky Chavez) Nonresident tuition exemption: veterans, was introduced in 2013 and would exempt any former member of the Armed Forces, regardless of the state he/she

was stationed prior to discharge, from paying nonresident tuition as long as he/she was using GI Bill education benefits while enrolled as a student.

During its May 13 meeting, the Board of Trustees proposed modifying the college's non-resident tuition policy to allow recently discharged non-resident veterans to pay in-state fees until they have the opportunity to establish residency. The Trustees believe this is allowed under the local option within Education Code and consistent with the state's policy of supporting returning veterans. Additional discussion will occur at the June 10 board meeting.

"If a veteran's last address is Kabul, they were defending California and our entire country," said Board Member Aaron Klein said. "We should welcome them back and exempt them from out-of-state tuition given their service to our state and our country."

"We need to support the men and women who fought for this country," Sierra College President Willy Duncan said. "Sierra College has been a national leader in providing support to returning veterans. Student support and success is central to our mission. If we see an instance where students are not fairly served, we feel it is our obligation to bring attention to that." ★

Source: Sierra College

## New Mental Health Grant Program Open to Proposals

**PLACER COUNTY, CA (MPG)** - Placer Community Foundation's Mental Health Prevention and Early Intervention (PEI) Grant Program is now open to applications. This program is intended to support mental health programming that promotes recovery, resiliency and well-being particularly serving persons dealing with mental illness early in its emergence or those at risk and their families. Projects must address un-served or underserved people who reside along the western slope of Placer County. Applications will be accepted until 12:00 p.m. on August 8, 2014. To learn more about this grant opportunity, download the application packet at [http://placercf.org/grantmaking/mental\\_health](http://placercf.org/grantmaking/mental_health).

If your nonprofit is

interested in applying, a representative must attend one mandatory workshop to review the guidelines and application for this program. Workshops will be held on Monday, July 7, 2014, 9:00-10:30 a.m. at Lincoln Area Archives Museum, 640 5th Street, Lincoln or Tuesday, July 8, 2014, 1:00-2:30 p.m. at Creekside 2nd Floor Conference Room, 11641 Blocker Drive, Auburn. To reserve your place, call (530) 885-4920.

Placer Community Foundation has been contracted by the County of Placer to manage and administer this program and funding for this program is provided by the Mental Health Services Act (MHSA).

Placer Community Foundation grows local giving to strengthen our community by connecting

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Source: Placer Community Foundation

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PELF DNA INEPT





By Ronnie McBrayer

## A Garden in the Wilderness

screaming out for the death of this single protestor.

"Shoot him...hang him...put him before a firing squad!" These were all yelled from the crowd. One man speaking of the "godless" protestor said, "I'm glad I didn't bring my gun. I'd be in jail right now."

The shady and twisted irony was not lost on me. Here were ardent supporters of the Ten Commandments – they had come out on a rainy day to see a stone rendering of them – wishing to violate those commandments as they called for the killing their enemy.

In spite of the threats like those made in Dayton, Tennessee that day, there has actually been less, not more, religiously motivated violence in United States history than in some other places. This has been due precisely because of court rulings like the one that evicted Moore's rock pillar from the Alabama State Judicial Building.

Because a commitment which requires government to remain as neutral as possible toward religion and not endorse any particular religious belief – even Christian belief – is the only environment where true faith can grow and flourish.

Roger Williams, theologian, founder of Rhode Island, America's first Baptist, and champion of religious and civil liberty a hundred years before the United States Constitution was penned, said communities of faith were like vulnerable, flowering gardens. Governments, on the other hand, were what he called the wilderness.

Williams believed that those churches and faith groups that choose to mingle their religion

with political power were permitting the wilderness to intrude upon their gardens. As such, they would be manipulated by politicians, policies, and the government, thus compromising on issues of love, justice, and mercy.

Or those same churches would become the manipulators themselves, using political power to force their beliefs on others. Either way, when church and state drank from the same cup, it would be the church that would be poisoned.

Roger Williams' counsel to the Christian church in his day is lasting: Learn to live in the world, but don't be a part of it. Or he might say, "You can plant a garden in a wilderness without having the wilderness in the garden."

As Christians, we have the right, privilege, and freedom to live out, practice, and share our faith in this country we love. But we do not have the right to force our faith on others or demand that society at large, endorse our particular religious view.

When we as Christians do make these kinds of demands, we violate the spirit of Christ. We lay down the instrument of love for the devices of manipulation, coercion, and force. We let the weeds and vines of the wilderness overtake the garden of faith.

I hope we can continue to tolerate a variety of fruits and nuts in our religious garden; even those we have little taste for. It's the only way we can maintain a garden at all. ★

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](http://www.ronniemcbrayer.me).

## Swallowing Pride Or Eating Crow Are Both Bitter Pills To Swallow

Dr. James L. Snyder

I have noticed lately that I have been getting in trouble with the Gracious Mistress of the Parsonage, at least more than normal. I am at the stage of life where this kind of thing needs to be brought to a bare minimum.

At the end of each month my wife will quiz me as to if I have paid all of the bills. In my rhetorical answer is always, "I sure did, my lady." Then I will bow before her. For some reason she does not get the humor of that.

My job is to pay the bills and her job is to make sure the end of the month I have paid the bills. This has been our relationship for longer than I can recall.

Every once in a while I get in a little tickle mode and dramatically declare that I forgot to pay the bills for the month. "Oh my, what will we do?"

The first time I did that, she threw a smile in my direction. I dramatically would catch it and put it in my pocket.

I notice she has not been throwing smiles at me lately. Honestly, who can blame her?

It was towards the middle of the month when the cable went dead. We had no telephone, TV or Internet service. The first thing my wife said was, "You did pay the Comcast bill, didn't you?"

I put on my regular show and assured her that I did.

We had to call the Comcast Company, but as it stood, we had no telephone service. Fortunately, my wife had her cell phone and called the Comcast Company to see what the problem was, maybe the service had gone out in our neighborhood.

One thing about my wife getting on the telephone for such a thing as finding out why we had no service is that she does not have patience. She hates being put on hold. I hate

her being put on hold because she usually takes out her frustration on me.

Now, what do I have to do with that? After all, I did pay the bill. In fact, I went to the checkbook and showed her the number of the check and the amount of the check. "There," I said most adamantly, "I paid the bill."

After about 45 minutes of waiting rather impatiently, my wife finally connected with the service representative who was able to help her. I did not hear the conversation, but I knew it must have been quite serious because I could see in her face that she was getting angrier by the minute.

"We paid our bill on time," she protested in a very stern manner. "My husband has the check number to prove that he wrote the check out."

I was sitting in my easy chair going through my briefcase enjoying the drama that was unfolding before me. I love it when somebody is in trouble and that somebody is not me. I must confess it does not happen that often, but when it does happen, I take full advantage of it. I was gloating just a little bit and feeling pretty good about myself.

I had my briefcase and was sorting out some papers and getting ready for the next day when I ran across a bunch of envelopes. I looked at them, then looked over at my wife, and then looked back at the pile of envelopes and all of the color drained from my face. I could not believe what I found in my briefcase.

There in a neat bundle where all of the bills I had written out for the previous month. The checks had been written, signed and placed in the proper envelope with a postage stamp on it. All of the bills for the month were there staring at me with such vicious eyes as I have never seen before.

What will I do now?

I knew I had to face the music and it was not a song I enjoyed. I picked up the envelope with the Comcast bill address on the front, took it over to my wife as she was on the phone to the Comcast representatives, laid it on her lap and then walked away.

"I know my husband paid the bill because he pays this bill every month."

Then she noticed the envelope I had placed in her lap, she turned around and stared at me a stare I have not had from her in a very long time.

"Just a minute," I heard her say to the other person on the phone, and then she looked at me. Then it came. "Is this the bill you were supposed to send out last month?"

Lying at this moment would not have been productive in any fashion.

She opened the envelope and there was the check dutifully written out to the Comcast Company. She was able to pay the bill over the phone and then it would be my turn to pay.

David who got in a lot of trouble understood this when he wrote, "I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah" (Psalms 32:5).

Swallowing pride or eating crow is not my idea of a delightful repast but it can be the beginning of something good. ★

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](mailto:jamesnsnyder2@att.net). His website is [www.jamesnsnyderministries.com](http://www.jamesnsnyderministries.com).

More than a decade ago, former Chief Justice Roy Moore of the Alabama Supreme Court installed a massive granite monument inscribed with the Ten Commandments in the rotunda of the Alabama State Judicial Building. Two years later it was removed by court order as a violation of the separation of church and state. Shortly thereafter, Justice Moore was also removed by court order from the Alabama State Judicial Building.

Not long after these events played themselves out across our cable television news shows, Roy Moore's Ten Commandments monument went on tour. Loaded onto the flatbed of a heavy-duty truck, it went town to town so onlookers could see for themselves this controversial work of stonemasonry.

I watched the monument make its first stop in Dayton, Tennessee. This was a calculated move for the organizers of the tour. Dayton was home of the 1925 Scopes Monkey Trial, where many feel Christian America was first besieged.

An atheist was there in Dayton (or "Monkey Town" as it's called) at that first stop, protesting the monument being placed on display. This man barely escaped with his life. Moore's supporters, about a hundred I guess, were

# Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe



## Enjoy Quick and Easy Chicken Pineapple Kabobs

"Everyone loves these!"



I love the mix of flavors in Luci Vieira's Chicken Pineapple Kabobs! This is an easy recipe you can fix ahead of time. Then, slide on the skewers for a quick meal after work or a great entree for your next cookout. You may want to double the recipe ... these will be gone before you know it!

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

[www.justapinch.com/kabobs](http://www.justapinch.com/kabobs)  
You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...

### Chicken Pineapple Kabobs

-Janet

#### What You Need

- 3 tbsp soy sauce
- 3 tbsp brown sugar
- 1 tbsp sesame oil
- 1/4 tsp ground ginger
- 1 tsp garlic powder
- 8 boneless chicken breasts, cut into 2" pieces
- 1 20 oz. can pineapple chunks, drained
- 1/2 c your favorite barbecue sauce

#### Directions

- In a shallow glass dish, mix the soy sauce, brown sugar, sesame oil, ginger and garlic powder.
- Stir the chicken pieces and pineapple into the marinade until well coated.
- Cover and marinate in the refrigerator at least two hours.
- Preheat grill to medium-high heat.

- Lightly oil the grill grate.
- Thread chicken and pineapple alternately onto skewers.
- Grill 15 to 20 minutes or until chicken juices run clear.
- Turn chicken occasionally and baste with barbecue sauce.

Submitted by: Luci Vieira, Cambridge, Ontario, Canada  
[www.justapinch.com/kabobs](http://www.justapinch.com/kabobs)  
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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.

For Solutions See Page 7


Come back every week for Crossword and Sudoku!





# Dare to Live Without Limits

*A Smooth Sea Never Made a Skillful Sailor* by Bryan Golden



What skills does a mariner acquire sailing in fair weather on calm seas? Is he prepared to handle the inevitable rough weather that will be encountered sooner or later? Since a minimum of skill is required for sailing on a smooth sea, a sailor will never develop the expertise needed to handle storms

Of course every sailor prefers good weather rather than bad. But any sailor knows that challenging conditions are inevitable. Regardless of the amount of planning, there is no way to guarantee that a voyage will be free from adverse weather.

The best sailors are those who have experienced the most difficult conditions. If you were to hire a captain, you would want one who knows how to make it though any type of weather and knows how to deal with any situation, expected or otherwise. You would never select a captain whose only experience was sailing in good weather under ideal conditions.

A sailor who has never trained for inclement weather lacks the skill and experience to be able to act quickly to make decisions that will ensure survival. Becoming skillful at navigating life's challenges is the same process as becoming a seasoned sailor.

The only way you become adept at overcoming obstacles is through practice. Although you may think it's nice to have no

bumps in the road, it's only by conquering problems that you grow stronger.

It's often one's first instinct to evade problems rather than facing them head on. You do yourself a disservice by taking this approach. Not only will you sacrifice problem solving skill development, problems typically worsen when ignored. Welcome minor problems as a chance to practice finding solutions. Don't get annoyed or impatient. A proper attitude is essential. Every problem has a solution. The challenge is finding it. When you look at problems as an opportunity rather than an inconvenience, your mind opens to solutions. Everyone has to deal with problems, even successful people. However, successful people become experts at solving problems. In order to increase your level of success, you have to solve more problems than other people.

As you get more experience solving problems, you become more confident that there is indeed always a solution and that you have the ability to find it. You are then able to remain in a more relaxed frame of mind rather than stressing out.

Consider these two approaches taken by sailors facing an approaching storm. One sailor panics and locks himself in the cabin, hoping to survive. The other, puts on his life jacket, ties himself to a safety line, takes

in most of the sails, checks the weather forecast to ascertain the direction and speed of the storm, and then adjusts his course accordingly.

When you are stressed, your mind closes to solutions by becoming paralyzed by the problem.

This is analogous to a sailor dealing with an approaching storm by locking himself in the cabin rather than adjusting the sails and altering his course as necessary.

Allowing yourself to become immobilized with fear is deleterious. The situation will become worse while you miss opportunities to take corrective action. People with little or no experience solving problems freeze up when faced with the smallest adversity. Their mind blows the situation out of proportion, making solutions appear more elusive or even non-existent. View life's storms as opportunities to become a skillful sailor. Develop an attitude of "I will survive" rather than "there's nothing I can do." With each problem you solve, finding solutions for the next one will become easier. ★

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



# POPPOFF!

with Mary Jane Popp

## AVOIDING A FATAL HOSPITAL TRIP PART 2

When last we got together on POPPOFF, I quoted some incredible statistics about people dying each year of unintended medical harm like infections, wrong medications, missed diagnoses, etc. Would you believe that as many as 440,000 people are in this category? . Unbelievable that it's the third leading cause of death in the United States. So what do we do? Pat Mastors, who has over 20 years as a News and Medical Reporter, advises patients, hospitals, and policy groups on improving the quality of medical care. She gave me some critical tips that spawned from her book "Design to Survive" 9 ways an IKEA Approach Can Fix Health Care and Save Lives. We covered about 6 of them in my last column, so I wanted to get the last three plus a bonus one to you this time.

**7) WRITE DOWN DEVELOPMENTS.** That includes medications administered, names of procedures, instructions given, and dates and times of the above (your advocate can do this for you too). Ask and record the names of caregivers, and understand the hierarchy so you know who's in charge and whom to speak to if there's a problem. Attitude is important—you're just trying to be a cooperative and collaborative partner.

**8) WRITE A LETTER TO THE CEO.** In fact, an advocate colleague suggests you keep an open notebook on the bed table and invite any clinician who enters the room to write down their name and title so they can be included in the letter. What do you think that does to their performance level?

**9) BE POLITE BUT ASSERTIVE WHEN NECESSARY.** Complaining too often or too aggressively about minor inconveniences can alienate the multi-tasking staff. But you should expect reasonable and timely responses to reasonable requests and questions. If you're being neglected, ask to speak to the hospital's patient advocate

**10) BE NICE!** Make friends with your nurses, phlebotomists, (people who draw blood) and other hospital personnel. Ask about their job, their day, and their kids. Relationships count!

Pat comes at this from personal experience. Her own father died in the hospital due to a preventable infection.

That's why she has developed this major passion to help save other lives. She has also created the Patient Pod, a unique bedside multi-tool for patients, along with authoring "Design to Survive." She looks at how simplicity, efficiency, and shared responsibility with customers can help us all stay safer and healthier. You can also check out her website at [www.design-tosurvive.com](http://www.design-tosurvive.com). As Pat told me that on her hundredth birthday, she would simply like to collapse while picking tomatoes in her garden. Unfortunately, our parts wear out. About 25 percent of the money Medicare spends every year is for the last year of life, unchanged from twenty years ago. We seem to focus on illness rather than living. But that's a whole new article. That's why we need to know how to take care of ourselves every single day, and knowledge can change lives. It's my POPPOFF motto! ★



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## Hospice Resources Patient Needs Caregiver Needs



## Riley Reviews

**TOUCHING STORY "FAULT IN OUR STARS" LIFTED BY WIT AND HUMOR**

lonely existence without any real friends, an unfortunate situation that worries her counselor. Mostly, Hazel, a survivor but nonetheless withdrawn, spends time re-reading her favorite cancer-related novel "An Imperial Affliction."

Encouraged to join a support group for kids with cancer, Hazel is reluctant to attend. But this is where she meets Augustus "Gus" Waters (Ansel Elgort), a charming, witty, charismatic young man who was once a star athlete until she lost his leg to cancer.

Gregarious and personable by nature, Gus is soon smitten with Hazel, who often prefers to call her Hazel Grace, seemingly making a personal connection to this lovely young girl and setting himself apart from all others who would otherwise overlook Hazel's middle name.

An unlikely member of a support group, Gus is there mainly to help his best friend Isaac (Nat Wolff), a natural jokester whose unfortunate medical condition will soon result in total blindness.

Though a charm offensive has to be launched through witty texts and sarcastic banter, Gus wows the shy Hazel into a tentative relationship that he almost blows when he pulls out a cigarette and places it nonchalantly between his lips.

Aghast at his insensitive display, Hazel is nearly repulsed until Gus explains that the cigarette is a metaphor. He never lights the cigarette because he wants to demonstrate that it has no power over him.

The film has plenty of metaphors. Even a visit to the house of Anne Frank in Amsterdam is a metaphor. The interest in the author Peter Van Houten (Willem Dafoe), who resides in Holland and wrote Hazel's favorite novel, may also

be a metaphor.

Obsessed with the novel "An Imperial Affliction," a touchstone for those fighting cancer, Hazel tries desperately to connect with the reclusive author in search of questions left unanswered by the book.

Gus manages to reach Van Houten through the author's assistant, and it results astonishingly in an invitation to meet the writer in Amsterdam. Of course, there are financial and medical hurdles to clear before taking a European vacation.

As fate would have it, good things fall into place and the two teenagers, accompanied by Grace's mother, head over to Holland for an unexpected adventure, including a nice dinner at a fancy restaurant apparently arranged by the author.

Meeting Van Houten, though, is an entirely different story. The enigmatic author is like the Wizard of Oz. The teens expect to meet someone to give them answers, but instead discover a person who is scary, intimidating and not at all friendly or welcoming.

Whether "The Fault in Our Stars" is faithful to the source material of the book is an unanswered question that I leave to others familiar with the work of John Green to decide. Yet, the film succeeds to deliver a touching story that is lifted by a healthy dose of wit and humor.

What the film argues persuasively is that the answers Hazel craves don't from a book or its cranky author. They come from living a great adventure that Hazel shares with someone she is not afraid to love, who has given them both what she calls "a little infinity — a forever within the numbered days."

Shailene Woodley and Ansel Elgort have great chemistry as the romantic couple facing an uncertain future. They share great moments, alternately tender and funny, and always touching. The audience will be touched as well, and as a result, tears and misty eyes are practically inevitable. ★

## THE FAULT IN OUR STARS (Rated PG-13)

A Film Review by Tim Riley

John Green's best-selling YA novel "The Fault in Our Stars" has been adapted into a major motion picture of the same title. For those, like me, too far removed from the demographic, the acronym "YA" stands for "young adult," which has spawned a literary genre increasingly making its presence felt big time in popular films.

Fittingly, "The Fault in Our Stars," directed by Josh Boone, stars Shailene Woodley, one of the very best young actresses on the scene today and still capable of pulling off the role of a teenage girl enduring serious challenges.

The story is about teenagers with cancer, focusing on two central characters developing a bond of friendship in a support group which leads to a touching romance that results in a celebration of life even though longevity is fated to be short-lived.

"The Fault in Our Stars" is a love story about two kids with cancer, but it's not about cancer. The disease may hang like a dark cloud over the young people, but the two main characters, once they bond and fall for each other, rejoice in life's possibilities.

The story does not begin so wonderfully for Woodley's Hazel Grace Lancaster, whose childhood cancer affects her lungs to the extent that her life depends on being hooked up to breathing tubes connected to an oxygen tank that she must wheel around as a constant companion.

Looked after by loving, dotting parents (Laura Dern and Sam Trammell), Hazel leads a mostly

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1 - 4pm:	The Savage Nation
4 - 6pm:	The KAHl Afternoon News with Mary Jane Popp and the KAHl News Team
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7 - 10pm:	Sports Byline USA with Ron Barr
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8 - 9am:	The KAHl Corral
9 - 10am:	The Garden Goddesses
11am - 12am:	The 45 Guy with Mike Mackenzie
12 - 7pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Rewind with Jimmy Jay
Sundays	
7:30 - 9am:	Cruisin' Garage & Swap Meet
9 - 9:30am:	The Crossroads Radio Show
10 - 11am:	The Dew Sweepers Golf Show
11am - 5pm:	Sinatra & Friends Music
5pm - 6pm:	Talk about Guns
7 - 8pm:	A Way With Words
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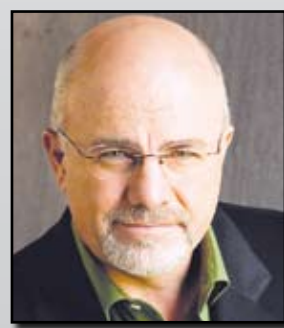
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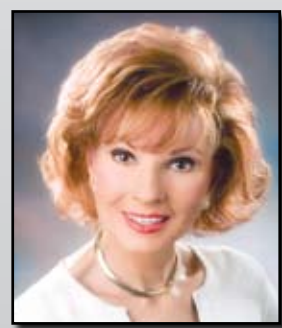
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# Placerville Native Serves aboard USS Columbia

By Lt. Ana Maring,  
Navy Office of  
Community Outreach

**PEARL HARBOR, HAWAII (MPG)** - A 2012 Woodcreek High School graduate and Placerville, Calif., native is serving aboard a U.S. Navy attack submarine, the USS Columbia (SSN 771).

Petty Officer 3rd Class Jason T. Brewer is an information technician aboard the Hawaii-based boat, a Los Angeles-class nuclear-powered attack submarine, and was specifically named in honor of Columbia, S. C., Columbia, Mo., and Columbia, Ill. Measuring 361 feet long, 33 feet wide, weighing 7,000 tons when submerged and with a complement of more than 130 sailors, USS Columbia is one of the most versatile weapons platforms ever placed in the world's oceans, capable of long range Tomahawk strike operations, anti-submarine and surface shipping operations, surveillance and intelligence gathering, and special forces insertions.

Attack submarines are designed to pursue and attack enemy submarines and surface ships using torpedoes. They also carry cruise missiles with conventional high-explosive warheads to attack enemy shore facilities. They also conduct intelligence, surveillance and reconnaissance missions, mine laying and support special operations.

As a 21 year-old with numerous responsibilities, Brewer said he is more outgoing than before joining the Navy. He added that submarine schooling forced him to work harder than he thought he was capable of. "I'm more determined and capable than I thought I could



**Petty Officer 3rd Class Jason T. Brewer is an information technician aboard the Hawaii-based boat, a Los Angeles-class nuclear-powered attack submarine.**

be. It raised my personal opinion of myself, of what I can get done," said Brewer.

Columbia, along with all other U.S. Navy submarines, is manned solely by volunteers from within the Navy. Because of the stressful environment aboard submarines, personnel are accepted only after rigorous testing and observation. Submariners are some of the most highly trained and skilled people in the Navy. The training is highly technical and each crew has to be able to operate, maintain, and repair every system or piece of equipment on board. Regardless of their specialty, everyone also has to learn how everything on the ship works and how to respond in emergencies to become "qualified in submarines" and earn the right to wear the coveted gold or silver dolphins on their uniform.

Although it is difficult for most people to imagine living on a submarine, challenging submarine living conditions actually build strong fellowship among the crew.

The crews are highly motivated, and quickly adapt to changing conditions. It is a busy life of specialized work, watches, and drills.

Brewer said he is very proud of the work he is doing as part of the Columbia's 130-member crew, protecting America on the world's oceans. Imagine working and living in a 361-foot long, 33-foot wide, three-story building with no windows and surrounded by technology. Then lock the doors, submerge beneath the surface of the ocean and travel silently underwater for months. This requires a tremendous amount of skill, knowledge, personal discipline, and teamwork.

"I'm very proud of all USS Columbia sailors and equally impressed with the type and quality of work that goes aboard the submarine each day," said Cmdr. J. Patrick Friedman, Columbia's commanding officer. "Our team is filled with highly qualified young adults, reliable, flexible, and ready to respond worldwide at any time. Their work ethic, enthusiasm, and esprit de corps are second to none and they are the backbone of the Navy's undersea warfighting capability."

As a member of one of the U.S. Navy's most relied upon assets, Brewer and other USS Columbia sailors know they are part of a legacy that will last beyond their lifetimes.

"The military is a different culture and has its own heritage," said Brewer. "Sometimes you have to sacrifice your personal time to serve that heritage but I think that's a good thing. Our world is so fast paced sometimes it's good to slow down and reflect." ★

# California's Tax-Cutting Legislature?



By George Runner

Drop by the California State Capitol at just the right moment and you might be surprised to hear liberal legislators sounding like tax-cutting conservatives.

In support of a multi-million dollar tax cut for business, one liberal lawmaker argues, "We need to send a message to New York... and other states competing for our jobs and say, 'It stops here.'"

Adds another: "We can't afford to let any more jobs abandon our state."

One more chimes in: "Right now we're getting our lunch handed to us by these other states."

You'd be right to scratch your head. For years lawmakers have voted for tax hikes and burdensome regulations that drive jobs away from our state. As a consequence, Californians pay some of the highest tax rates in the nation.

Given this grim reality, any sign that tax-and-spend lawmakers might see the error of their ways is cause for hope, if not outright celebration.

A few recent developments are encouraging:

- In May, Governor Brown signed legislation to help boost California's economy and create more opportunity for job growth in our aerospace industry. AB 777 updates the tax code to return spaceflight vehicles to their original classification of business inventory, keeping California competitive in a budding multi-billion dollar industry.

- In July, a new sales tax exemption for qualifying manufacturing, research and development equipment takes effect. The Governor and Legislature approved the changes last year as part of an overhaul of economic development policies. After years of losing good-paying manufacturing jobs to other states, California can finally compete with states that have offered this commonsense tax break for years.

- The Assembly unanimously approved bipartisan legislation to expand funding for California's film tax credit. AB 1839 would increase funding for tax credits aimed at keeping production of films and TV series in California. Although the California Film Commission received 497 applications for the tax credit this year, due to limited funding only 23 projects were selected.

- The Governor and legislators are scrambling to find incentives that might encourage Tesla Motors to locate a new factory for its electric car batteries and 6500 jobs in California. The legislative effort, embodied in SB 1309 came after Tesla founder Elon Musk called California's chances "improbable" given our state's "complex and lengthy" permitting process.

In supporting these targeted measures, Democrats are

agreeing with Republicans that California tax policy directly impacts our state's ability to compete for jobs and investment. They also are finally acknowledging that California is on the losing end of this competition in at least some industries.

This admission is significant because it shows California's great weather and natural beauty are not enough to keep us competitive and ensure our state's continued growth and prosperity.

Many of the lawmakers who recognize the value of targeted tax relief often ignore the broader implications of their statements. When California loses jobs due to high taxes and regulations, the problem isn't confined to select industries.

Yet rather than craft inclusive tax policies that benefit all job creators, the Democrats in the Legislature are picking winners and losers. As a result, job creators with broad appeal, political clout or media attention get tax relief; others, like many small businesses, facing similar competitive pressures get left out.

We should want all California entrepreneurs and businesses to be successful, because their success benefits all of us. Accordingly, we must recognize that high tax rates and regulatory costs undermines economic activity we can and cannot see.

If targeted tax relief is good for jobs, wouldn't broad-based tax relief be better? ★

*George Runner represents more than nine million Californians as a taxpayer advocate and elected member of the State Board of Equalization. For more information, visit boe.ca.gov/Runner.*

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# The Lesson Congress Should Learn from the VA Scandal



Commentary By Lee H. Hamilton

in with a half-baked fix. Mostly what is needed is for Congress to do its job properly in the first place.

This means exercising its oversight responsibilities and catching problems before they mushroom. Diligent oversight can repair unresponsive bureaucracies, expose misconduct, and help agencies and departments become more effective. A lot of federal employees are doing good work, including at the VA; Congress needs to encourage that work while ridding the government of shoddy practices.

To do this, it first needs to know what's happening. Each committee and subcommittee with oversight responsibility should be keeping track — on a close, even intimate basis — of the department and agencies in its purview. Performance, budget, personnel, management challenges, major and minor problems: members of Congress ought to be experts on them all. They should also listen carefully to their constituents and interest groups focused on the performance of a particular agency, which are often in a position to give Congress valuable information. Understanding the facts, working cooperatively with the federal agency, and anticipating problems is a far more useful approach than Congress's usual pattern of throwing up its hands at a scandal and blaming everyone else for the problem. The crush of demand for VA services in the wake of two wars was easily foreseeable. Had Congress been on its toes, it could have reacted to it.

Congress must also get serious about reforming the federal bureaucracy. It needs to be careful not to indulge in bureaucrat-bashing, but federal managers do need more flexibility with personnel systems than they currently enjoy.

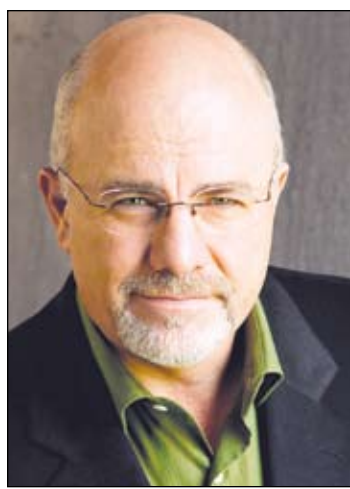
Federal employees deserve to feel they're being listened to, respected, and treated fairly, but management also must have flexibility to hire and fire, and to handle personnel problems proactively. Congress also has to insist that these agencies are training, recruiting and retaining the necessary talent.

These are immense agencies. The VA is the nation's largest health-care system. In 2012, it dealt with 83.6 million outpatient visits. Its proposed budget for 2015 is \$164 billion, and it employs more than 300,000 people. This is work on a scale most of us can barely imagine. Mistakes are bound to happen.

This may be an argument for thoroughgoing administrative reform, but it is also a fact Congress can't ignore: if it wants federal agencies to work better, it has to work tirelessly to understand problems and address them before they explode. Does the agency have adequate resources? How can it control bloat and tighten the gap between the people at the top and people on the front line? Are there problems that need addressing right now? Congress cannot eliminate politics from this oversight process, but politics should not drive the whole oversight enterprise.

The point is that many failures of the federal bureaucracy can be avoided with robust congressional oversight. It's a crucial part of improving the performance of government, and Congress has a duty to get ahead of problems, not lag constantly behind. Unless it's willing to accept its responsibility for diligent oversight, the next scandal is only a matter of time. ★

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



Dave 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.

## Where Are You in Your Financial Plan?

Dear Dave,  
What things do you advise buying used versus buying brand new?  
- Amy

Dear Amy,  
I'm afraid there's not one good, across the board answer, because it all depends on where you are in your financial plan.

# Dave Says

When it comes to cars, you should always buy good, used vehicles, unless you have a million dollars or more in the bank. New automobiles drop in value like a rock, so buy smart and let someone else take the hit in depreciation. You don't become wealthy by investing in things that go the wrong way.

If you're talking about clothing, and you're broke or trying to get out of debt, there's absolutely nothing wrong with shopping consignment stores — especially for kids. They wear things three times, and then they've outgrown them. "Experienced" clothing is a great buy for adults, too.

Of course there are other things, but here's the deal. As your money situation improves, you'll be able to buy more new things. The price of "new" will become a smaller and smaller percentage of your financial world.

But when you're broke, deep in debt or don't have a big income, the money you spend on anything is a big percentage. At times like this, a decent \$50 washer or dryer in the classifieds can be the best deal on the planet!

- Dave

## Is Less Than 20 Percent Okay?

Dear Dave,  
I'm 24-years old, and just got married two months ago. We make \$80,000 a year, and have our emergency fund in place with no debt. Plus, we've saved up for a 15 percent down payment on a house. I know you suggest 20 percent, but is 15 percent okay?  
- Tony

Dear Tony,  
I don't have a big problem with 15 percent instead of 20 percent. Chances are you'll end up having to pay private mortgage insurance, but it sounds like you guys are in good enough shape financially to handle things.

I generally recommend, however, that couples wait until they've been married at least a year before buying a home. Buying a house is huge decision. That's why I think it's smart to wait and get to know each other even better, and on a day-to-day basis, before moving in this direction.

Take your time and don't rush things, Tony. There will still be good deals on the market in a year or so. Plus, you'll be able to save more money!  
- Dave

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

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