



There is a Fix for What Ails Congress

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PLUS: Power-Pack Your Breakfast

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Placer Sentinel

Volume 25 • Issue 7

Serving Auburn and Placer County since 1987

First Issue of April 2014

Never Give Up: Mikkelsen Speedway



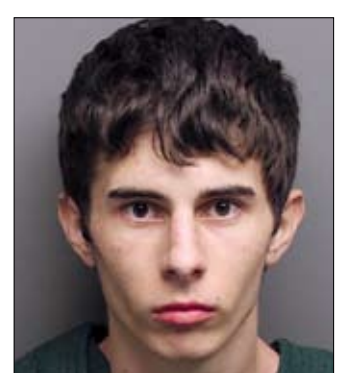
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Tax Angst



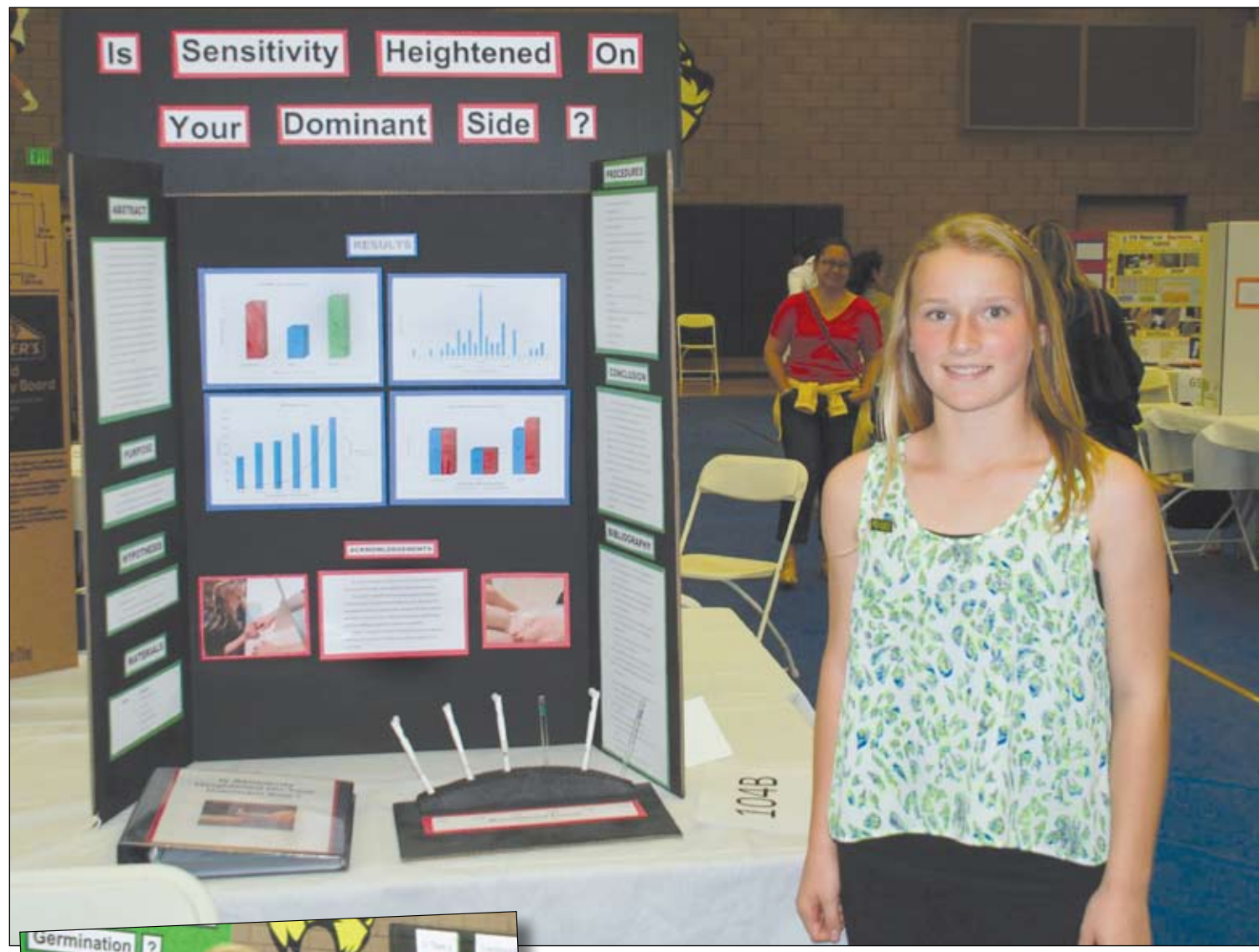
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Glukhoy Brothers Charged with Murder



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Young Scientists Score Big at Regional Science Fair



Cassidy McKee shares her project on the effects of X-Ray Radiation on the germination of a seed to a judge at the Synopsis Sacramento Regional Science & Engineering Fair (right). Dana O'Brien is shown with her project (above). Photos courtesy of E.V. Cain Charter Middle School

PLACER COUNTY, CA (MPG) - E.V. Cain STEM Charter Middle School is a breeding ground for up and coming scientist. A group of about 35 students, along with science teacher Don Scott, traveled down to Sacramento on March 22nd to compete in the annual Synopsis Sacramento Regional Science and

Engineering Fair. When all was done, thirteen of the students returned back up the hill with 25 awards in hand. Those awards included two second places, three third places, four fourth places, one fifth place, an honorable mention, four outstanding project, plus ten BroadCom Masters Nomination awards. Also, sixth-graders Cassidy McKee and Anne Lillis were nominated to compete in the state science fair on April 28-29 at the California Science Center in Los Angeles with Dana O'Brien and seventh-grader Sydney Haupt as alternates. Scott said it was definitely "one of the best showings in regard to the quantity of awards won by Cain students." The students competed with 391 other

students representing schools from ten counties in the Sacramento Region, with separate divisions for middle and high school students and seven categories for projects: behavioral sciences, biological science, chemistry, engineering, math and computer sciences, energy and transportation, and physics. Sixth-grader Lucas Arsenith, who won fourth-place for his project on the effects of bridge design on weight capacity and first place from Water Resources Commission, explained "We all had to pick a project, then we did a book about it, so we had a binder filled up with research about our project and then we put our display board together. He further explained how he "learned to keep it calm and not sweat. It's not a big deal. As long as you keep your composure and are good at speaking, then you'll do well." Cassidy McKee, who also won fourth-

Continued on Page 5

Missing Runner Found Alive

PLACER COUNTY, CA (MPG) - At around 12:30 p.m. On Tuesday, April 1st, searchers found missing runner Robert Root. He was alert, walking and talking when found about 2 1/2 miles from the Michigan Bluff trailhead of the Western States Trail. Root, 55, of Modesto, was last seen around 9:30 a.m. Sunday, while running with a group. He was only wearing running shorts, shoes and a light jacket. He is currently being evaluated at Sutter Auburn Faith Hospital, but appears to have no injuries. He is in great spirits. He is hoping to be released from the hospital by tonight. "The searchers were all awesome," he said from his hospital bed. "I'm so thankful for all the people in my life." Root said Sunday morning he was trying to catch up with a group of runners ahead of the group he was in, when he took a wrong turn on the trail. He ended up on a cliff overlooking the American River, where he scooted into some shrubbery for warmth and slept off and on throughout the night. The next morning he tried to find his way out, but ended up back at the same spot. He spent the second night in the same area. He survived on a small amount of water he had with him, plus some supplements that runners typically carry for energy. He said he couldn't stop shaking and compressed and released his muscles over and over to stay warm. Today, he decided to head "up and west," he said, and when he got to the El Dorado Bridge, he saw searchers in their bright-colored uniforms. Source: Placer County Sheriff's Office, P.I.O.

4-H All-Stars Workshop and 4-H Youth Presentation Day

PLACER COUNTY, CA (MPG) - The 4-H year ends on June 30th, and youth are well underway in the numerous projects offered throughout Placer County ranging from community service and public speaking to small and large animals. Through all the busyness, 4-H youth still found the time to participate in a Record Book Workshop put on by Placer County 4-H All-Stars, and participate in the Annual County Presentation Day. 4-H youth also have the opportunity to complete a record book to compete at the state level record book competition. The process of completing a record book is detailed and the process can be challenging, but a great opportunity for youth. The All-Stars, are a teen leadership group for Placer County 4-H, and have all completed record books and are well-trained in the requirements. On March 15th, the All-Stars hosted

a Record Book Workshop filled with presentations, hands-on activities, and detailed instructions on how to complete a record book. The following weekend, on March 22nd, the youth had the opportunity to participate in County Presentation Day. Youth from 5 to 19 years old had the opportunity to give presentations and practice their public speaking skills. Youth that placed gold or blue have the opportunity to move forward to the multi-county Sectional Presentation Day being held on April 5th, and with high enough placement, they can move onto State Presentation Day held at UC Davis on May 31st. There are not many platforms that youth have the opportunity to give presentations and practice public speaking at a younger age. Placer County 4-H is excited to offer such



Through all the busyness, 4-H youth still found the time to participate in a Record Book Workshop put on by Placer County 4-H All-Stars, and participate in the Annual County Presentation Day. Photos courtesy of Placer County 4-H

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Snowpack at 35% of Average

NID Special Report

GRASS VALLEY, CA (MPG) - In snow surveys taken Wednesday and Thursday (Apr. 2-3), the Nevada Irrigation District measured 35 percent of average water content in the mountain snowpack that supplies the NID water system.

"With the weather changing to a more wet pattern in February and March, we have finally seen an improvement in the snowpack," said NID Operations Administrator Sue Sindt, who oversees the district's snow survey program.

The water supply outlook has improved significantly since Feb. 1 when NID snow surveyors measured just 7 percent of average water content.

Sindt said water storage is continuing to rise and although all of the district's reservoirs will not fill this year, the outlook has improved for water deliveries. The NID Board of Directors is

expected to make a final decision on a drought declaration on Apr. 9.

This week, NID snow surveyors measured water content on five mountain snow courses ranging in elevation from 5,650 feet to 7,800 feet. (The lower division Chalk Bluff snow course (4,850 ft.) near Bear Valley was surveyed Mar. 27 and showed 5.1 inches of snow with a 1.4-inch water content.)

The five mountain courses held an average water content of 12.1 inches, which compares to the Apr. 1 average water content of 33.9 inches.

NID's highest course, Webber Peak, at 7,800 feet, had 66.4 inches of snow with a water content of 15.9 inches. The English Mountain snow course (7,100 ft.) had 64.3 inches of snow with a water content of 18.9 inches.

Webber Lake (7,000 ft.) had 38 inches of snow with a water content of 11.2 inches. Findley Peak

(6,500 ft.) had a snowpack of 39.4 inches and a 9.3-inch water content. Bowman Reservoir had 16.2 inches of snow with a water content of 5 inches.

This year's precipitation at Bowman Reservoir (elev. 5,650 ft.) stood at 42.61 inches, or 72 percent of average, as of Apr. 2. Seasonal precipitation is measured July 1-June 30.

NID is continuing its conservative water management to bolster water storage for the coming summer season. As of Apr. 2, the district's reservoirs held 197,600 acre-feet of water, which is 76 percent of capacity and 109 percent of average for the date.

A member of the California Cooperative Snow Survey, NID conducts four official snow surveys each year, in February, March, April and May. Results of the snow surveys are used to predict water availability locally and statewide. ★

PCWA Reports Possible Scam

Special Release from PCWA

AUBURN, CA (MPG) - The Placer County Water Agency is alerting water customers to be aware of a possible scam that has been reported by two water users in the PCWA service area.

PCWA Director of Customer Services Matt Young said the agency is concerned over a mailing entitled "overpayment notice" that appears to market a private party service or product. The letter identifies a service area as "Placer County water and power district." Young said the letter may lead recipients to



believe that it came from PCWA. "We are not affiliated in any way with these marketing tactics," said Young. "We caution customers to be aware of potential utility scams in our service area."

Customers should always confirm the identity of those claiming to represent the water agency. PCWA employees visit

customers' homes only by invitation or appointment. Employees each carry a PCWA ID card and also can be clearly identified by their PCWA logo shirts and hats.

Water agency customers who suspect possible scams are encouraged to report the instances to local law enforcement and to PCWA Customer Services at (530) 823-4850. ★

Community Meetings Look to Improve Internet Service

PLACER COUNTY, CA (MPG) - Come listen and learn about joint efforts by the California Public Utilities Commission, Sierra Economic Development Corporation and the County of Placer to help bring broadband service to densely populated rural communities. Be prepared to discuss options, interest and your willingness to participate in helping to better serve your community! The next Placer Community Meeting is scheduled for Applegate (April 24) from 6:00PM to 7:00PM at the Applegate Civic Center. This meeting is for citizens living in Applegate and surrounding neighborhoods.

The Gold Country Broadband Consortium (GCBC) is one of 14 regional consortia in the State

funded by the California Advanced Services Fund Rural and Urban Regional Broadband Consortia regional, state and national resources as an investment in improving and expanding broadband access. The GCBC needs the assistance of all rural residents and businesses by performing an Internet speed test. To conduct the speed test, visit the GCBC website and follow the directions: <http://goldcountryconsortium.wordpress.com/instructions/>

The GCBC is also looking for neighborhood advocates to notify their neighbors of upcoming community meetings. Please send an e-mail to sandy@sedcorp.biz if you would like to serve your community as a neighborhood

advocate.

The Sierra Economic Development Corporation (SEDCorp) is the facilitator of a California Public Utilities Commission (CPUC) grant to launch a public-private partnership aimed at increasing digital access and use in Nevada, Placer, El Dorado, Sierra and eastern Alpine counties. Additional information and announcements will be posted on the Gold Country Broadband Consortium Blog: <http://goldcountryconsortium.wordpress.com/> Please book marks this blog as the go-to-place for the latest GCBC updates and maps.

For more information on SEDCorp or the Gold Country Broadband Consortium, contact Randy Wagner, CEO, 530.823.4703, randy@sedcorp.biz or visit www.sedcorp.biz ★ Source: SEDCorp

ARD Seeking Public Input on Improvements to Several Managed Properties

AUBURN, CA (MPG) - The Auburn Area Recreation and Park District (ARD) is seeking public input on aspects of the Operation and Development Plan that is being developed to assist in managing the properties owned by the United States, Bureau of Reclamation (USBR). This Operation and Development Plan will provide ARD with guidelines for managing, developing and maintaining three distinct parks in the Auburn area:

- Railhead Park, a 14 acre park featuring two large soccer fields
- Overlook Park, a 25 acre park featuring the Skate Park and views of the American River Canyon
- The Canyon View Community Center, an 18,000 sq.ft. building sitting on 38 acres

More information on these parks can be found on the ARD website at www.auburnrec.com

Specifically, ARD is interested in hearing from residents regarding possible improvements to be made to these properties. In general, this would include new projects and infrastructure upgrades that would be made in the next 10 years. These may be small improvements (tree plantings or landscaping) or larger projects. As an example of a larger project, ARD is working to receive final approvals to install a new shade structure and small playground at Railhead Park.

ARD District Administrator Kahl Muscott explained further: "We want to hear from park users and residents. We understand that they will have opinions based on their regular usage of the properties. We highly value these informed opinions."

The public has a few different ways to offer their suggestions and comments.

- Visit ARD's website at www.auburnrec.com. The website will provide information about the Operation and Development Plan, the parks managed by ARD, and contact information for sharing your thoughts and comments.
- Email Landscape Architect/Project Manager Pamela Vann at pvann@auburnrec.com or call her at (530) 885-0611 ext. 107.
- Attend an Acquisition and Development Committee or Board of Directors meeting. Dates and times of those meetings can be found on the ARD website.

Comments are due by Friday, May 16, 2014.

For more information, please contact Pamela Vann at pvann@auburnrec.com or (530) 885-0611 ext. 107. ★

Placer County Sheriff's Office is Offering Free Educational Training to Businesses

PLACER COUNTY, CA (MPG) - The Placer County Sheriff's Office is offering free educational training to businesses that have licenses to sell alcohol.

As part of a grant from the State of California Department of Alcoholic Beverage Control for 2013-2014, the Sheriff's Office is offering LEAD (Licensee Education on Alcohol and Drugs) training on Tuesday,

April 29th at the Auburn Justice Center Community Room, 2929 Richardson Drive, Auburn. The class will be held from 2 p.m. to 5:30 p.m.

The LEAD Program is a free, voluntary prevention and education program for retail licensees, their employees, and applicants. The curriculum is designed for licensees, managers, and employees. The program is 3-1/2 hours

long and participation is limited to 40 persons per class.

The LEAD Program has received national awards and is certified by the California Coordinating Council on Responsible Beverage Service.

To reserve a space, contact CSO Lynn Harrison at (916) 652-2419 or email her at lhariso@placer.ca.gov. ★



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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

The American Cancer Society is Seeking Volunteers in Auburn and the Surrounding Areas

PLACER COUNTY, CA (MPG) - The American Cancer Society is seeking volunteers in Auburn and the surrounding areas – community leaders, cancer survivors, caregivers, anyone wanting to make a difference – to join Relay For Life: Auburn 2014. The organization is seeking volunteers who are interested in getting involved in the fight against cancer through fundraising in their signature fundraising event, the Relay For Life.

Auburn's Relay For Life will be held overnight August 16-17, 2014 and individuals and teams will camp out at the Gold Country Fairgrounds, with the goal of keeping at least one team member on the track or pathway at all times throughout the evening. The events are held overnight to honor and symbolize a cancer patient's journey through treatment.

A Relay Team is a group of 12 to 15 people, led by a Team Captain, who commit to raising at least \$100 each and participating in the overnight

fundraising event. All of the proceeds raised through the Relay For Life fund the mission of the American Cancer Society to create a world with less cancer and more birthdays. While teams do the majority of their fundraising prior to the event, many teams also hold creative fundraisers at their camp sites during the Relay For Life which creates an 18-hour festival-like atmosphere.

To learn more about the Relay For Life Auburn 2014 and to sign up your team, attend our event KICK-OFF event on March 13th from 6:00 to 8:00 p.m. at Auburn City Hall's Rose Room, 1225 Lincoln Way, Auburn. The Kick-Off event is an opportunity for new participants and returning teams to come together and learn about fundraising and the mission of the American Cancer Society. Everyone is invited to attend. For more information at this event, contact Annette Korn, Team Recruitment Chair, (530) 906-8355 or Peggy Warmuth-Seitzinger, Event Organizing

Chair, (530) 305-3514

"The Relay For Life is all about our community uniting with the American Cancer Society and supporting its efforts to create a world with less cancer and more birthdays," said Peggy Warmuth-Seitzinger, this year's Relay Event Organizing Committee Chair. "Volunteers and participants who are willing to give their time and energy to this exciting event are making a commitment to let Auburn know that cancer can be defeated."

Funds raised at Relay For Life Auburn 2014 will help the American Cancer Society to impact the lives of those touched by cancer. The Relay For Life of Auburn is hoping to field 36 teams, 200 survivors, 500 participants and raise \$100,000 this year to help the American Cancer Society save more lives by helping people stay well, get well, by finding cures and by fighting back. We welcome you to join us in the fight against cancer today! ★

4-H All-Stars Workshop and 4-H Youth Presentation Day

Continued from Page 1

opportunities, and the consensus was that youth did a wonderful job presenting topics from goat breeding to a favorite instrument, and many more at County Presentation Day.

The opportunities for youth in 4-H are limitless. 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>
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★ *Source: Roger Ingram, County Director, Farm Advisor*



Some of the All-Star Team (above). The opportunities for youth in 4-H are limitless. 4-H is active in a majority of communities within Placer County. Photos courtesy of Placer County 4-H

A New Charter High School In Nevada County Is Open For Enrollment!

Sierra Academy of Expeditionary Learning (SAEL) is a tuition-free charter high school that will offer college preparatory academics through project-based, hands on learning. Authorized by Nevada Joint Union High School District, SAEL is now enrolling 9th and 10th grade students for the 2014-2015 school year.

We are excited to announce that we will be located roughly 15 minutes from both Auburn and Grass Valley, at the Bear River High School campus! Our separate block of classrooms on this beautiful campus will give SAEL students access to traditional resources (science lab, theater, cafeteria, gyms, library & pool) while maintaining a small community dedicated to supporting

students to achieve more than they thought possible. Negotiations are currently underway with NJUHS regarding SAEL students' eligibility to participate in extracurricular activities.

Using Expeditionary Learning, the same model as Grass Valley Charter School, Sierra Academy will offer an innovative approach for students seeking the opportunity to engage in high-level academics through fieldwork, interactions with experts, and service learning. The goal of Sierra Academy, and of all Expeditionary Learning schools throughout the country, is to have 100% of graduating seniors be accepted to a four-year college. This school believes all students should have every option available for success in

high school and beyond.

Expeditionary Learning was recently identified by the Secretary of Education as "how all schools should be." The power of Expeditionary Learning was further supported by President Obama in his most recent State of the Union address, where he praised the accomplishments of Esteven Rodriguez, a student at Washington Heights Expeditionary Learning School.

"Today, with the support of a tightly knit school community, he's one of the top students in his senior class at Washington Heights Expeditionary Learning School," Obama said. "We all have a stake in restoring that fundamental American idea that says, 'it doesn't matter where you start; what matters is

where you end up.' And as parents, and as teachers, and as philanthropic leaders, and as citizens, we've all got a role to play."

Seeing the successful vibrant k-8 charter school community in Nevada County, and a lack of opportunities for continued choice & parental engagement in 9th -12th grade, the founders of SAEL, which include local principals, a superintendent, teachers, community members and parents decided to act.

Having secured grant funding, recruited & hired the founding principal, Erica Crane and the majority of the founding teachers, SAEL is poised to start with up to 120 students in grades 9th & 10th in the Fall of 2014. Our community will grow to a maximum size of 240

students, grades 9 -12 over the following two years.

With enrollment deadlines of April 18th & June 13th rapidly approaching, interested community members are encouraged to attend our regularly scheduled Community Information Nights. Our office and meeting space is also now open 8am-4pm Monday – Friday (except on 4/17/14 and 4/18/14 for spring break). Come by and see us! Please check our website (www.sierraacademy.net) for the next regularly scheduled meeting or for more information.

We invite you to join us, in whatever role you may play – as a student, a parent, a community member or a philanthropic leader. ★

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*Placer County Sheriff
Special Report*

**Glukhoy Brothers
Charged with Murder**

ANTELOPE, CA (MPG) - The District Attorney's Office announced on Friday, April 4th that two counts of murder were filed against 19 year old twin brothers Ruslan and Roman Glukhoy of Antelope, in connection with the April 2nd, 2014, deaths of 35-year-old Jose Luis Barriga-Tovar of Antelope and his 14-year-old daughter. A third defendant, 21 year old Yuriy V. Merkushev of Antelope was charged, along with the Glukhoy brothers with: Conspiracy, Grand Theft, Assaulting a Peace Officer, Resisting a Police Officer with Force, and Evading a Peace Officer with Willful and Wanton disregard for the safety of persons and property. Merkushev is not charged with murder.

The above charges are in connection with the tragic multi-city, two-county crime spree started around 5:10 a.m. on Wednesday, April 2nd when the Glukhoy brothers crashed

a stolen truck into Barriga-Tovar's car.

The crash happened after officers attempted to stop the defendants because they suspected them of being involved in a burglary in the City of Auburn. The defendants attempted to ram officers with their car to evade capture, and then recklessly fled the scene on westbound I-80. After wrecking their first vehicle, the two brothers entered an occupied home on Becky Way, stole the keys to a Ford F150 truck and continued without Merkushev.

The pursuit continued back on westbound I-80, with the suspects driving erratically and at speeds in excess of 100 mph. They exited at Antelope Road and drove at such high speeds that deputies lost sight of them for a time. As the suspects approached Antelope North Road, they struck a sedan that turned left in front of them, instantly killing Barriga-Tovar and his daughter.

Deputies chased the two suspects, who jumped fences and ran through backyards of homes. Roman Glukhoy was apprehended right away, and a Placer County Sheriff's deputy sustained a broken hand while making the arrest. Ruslan Glukhoy was caught a short time later, hiding in a nearby backyard. He was taken into custody after being subdued by a Sacramento County K-9. Merkushev was later arrested after hiding in Loomis.

The Glukhoy brothers are being held in Placer County without bail. Merkushev's bail is currently set at \$15,000. All Defendants were scheduled to be arraigned in Department 13 of the Placer County Superior Court on Friday, April 4th at 1:00 p.m.

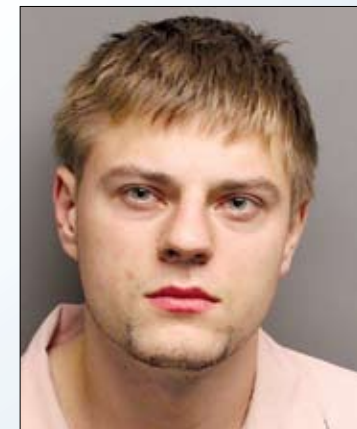
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Source: Placer County Sheriff's Office and Placer County District Attorney's Office



Ruslan Glukhoy



Roman Glukhoy



Yuriy V. Merkushev

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Young Scientists Score Big at Regional Science Fair



E.V. Cain students wait eagerly for the awards ceremony to begin at the Synopsys Sacramento Regional Science & Engineering Fair. Photos courtesy of E.V. Cain Charter Middle School

Continued from Page 1

place for her experimentation with X-rays and seed germination, said she "thought it was a good learning opportunity to see how everyone else did their own little project, and how they developed it and everything."

E.V. Cain science teacher Don Scott said "The science fair experience is an invaluable learning opportunity. There are so many modalities being addressed, ranging from researching, becoming an expert on a topic, typing, mathematics, graphic design,

oral presentations, critical thinking, developing and supporting conclusions to a judge, and so much more. Moreover, students have to work at a higher level than they have ever had to work at before. As a result, they are becoming more confident in themselves and their ability to solve problems and rise to challenges."

In developing their projects, students are required to establish a question, compose a thorough report of background research, and then use the scientific method to form a hypothesis,

design an experiment to test their hypothesis, analyze results and draw conclusions, and finally make recommendations and present their findings to judges.

Scott believes success comes, in part, because of E.V. Cain's school wide emphasis on science.

"Science is something they are getting a lot of every day," he said. Doing the science fair has kind of become the cool thing to do." ★

The Forest Foundation Hires New Executive Director

SACRAMENTO, CA (MPG) - The Forest Foundation announces hiring its new Executive Director, Lindsay VanLaningham, to lead the foundation and work to advance its mission of educating Californians about the environmental and economic benefits of sustainably managed forests.

"We are thrilled to have Lindsay on board to help grow our presence and lead our outreach and education efforts in the Capitol and in the classroom," said Chairman Mark Luster. "Her experience managing the media and high profile environmental policies are skills that directly benefit TFF, and we look forward to having her lead our team."

Lindsay brings a wealth of experience from the field. Most recently, she served as Chief of Communications at First 5 California where she managed a multi-million statewide outreach and advertising campaign about the health and education of children ages 0 to 5.

Prior to that, she served as an appointee under Governor Arnold Schwarzenegger and Governor Jerry Brown as the Director of Communications and External Affairs at the California Environmental Protection Agency. In this capacity, she managed both internal and external communication efforts on policies that aligned with the Governor's

environmental vision. At Cal/EPA, Lindsay managed communication efforts for six of its departments, managing media and message development, speeches, bill signing ceremonies and events such as the Governor's Global Climate Summits and the Governor's Economic and Environmental Leadership Awards.

"Her understanding of the policy issues that contribute to sustainable forestry in California is extremely beneficial in representing our interests amongst our stakeholders," said Luster. ★

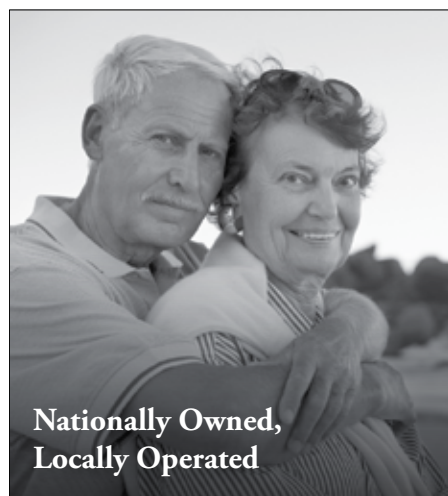
Source: The Forest Foundation

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Position Description: Director of Music Performing Arts Ministry
Intention: To attract a high consciousness, spiritually grounded visionary artist whose love, joy, and passion for God and life itself, shines creatively and technically through the gift of music and the art of creating a contemporary worship atmosphere that empowers and inspires greatness in people.
Purpose: To lead and develop a dynamic, Spirit-filled, unprecedented Music and Performing Arts Ministry for Unity of Sacramento in consultation with the Senior Minister and other team members, in a way that is congruent with our vision, mission, values, and Unity principles.

Qualifications:

1. Inspirational, Spirit-led leadership
2. Bachelors degree
3. Experience in directing a professional orchestra/ band/choir/praise team
4. Exposure to various worship forms and styles
5. Spiritual maturity and commitment to living in accordance with Unity principles.
6. Willingness to become a member of Unity of Sacramento.
7. Must possess a positive attitude and be a high performance team player.

Skills Required:

1. Organization, administrative, and leadership skills
2. Effective interpersonal and communication skills
3. Skilled as a praise team leader and instrumentalist
4. Ability to create charts/lead sheets for services as necessary a plus.
5. Has exceptional knowledge of music theory, keys of music, rhythmic aspects.
6. Working knowledge with music software (e.g., Finale).
7. Is familiar with teaching choral vocal parts and sections, proper blending, arrangements.
8. Talented music composer and arranger.
9. Great communication skills; able to communicate well with Senior Minister, Choir, Band, Audio/Visual department, any instrumentalists or vocalists.
10. Working knowledge of A/V sound and lighting equipment.

Compensation commensurate with education and experience.

Responses in the form of a cover letter and resume should be emailed to: dwilson.unity@gmail.com



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Morning Energy Mocha Balls

Morning Energy Mocha Balls

Prep Time: 15 minutes
Total Time: 1 hour 15 minutes
Makes: 20 balls

- 1 1/4 cups Honey Bunches of Oats Morning Energy Chocolatey Almond Crunch cereal
- 1/2 cup walnut halves
- 1 teaspoon chia seeds
- 1 teaspoon flax seeds
- 1 teaspoon sesame seeds
- 4 tablespoons almond butter
- 2 tablespoons honey
- 2 tablespoons pure maple syrup
- 2 tablespoons dried cranberries
- 1 teaspoon vanilla extract
- 2 teaspoons espresso powder
- 1/4 teaspoon coarse sea salt
- 1/4 cup toasted unsweetened coconut for rolling (optional)

Place cereal in a food processor. Process until finely ground. Add walnut halves, chia seeds, flax seeds, sesame seeds, almond butter, honey, maple syrup, cranberries, vanilla, espresso powder and sea salt to bowl. Process until well blended and mixture forms stiff dough. Remove dough and form into compact ball with hands. Form dough into 1-inch balls and roll in toasted coconut, if desired. Place balls on wax-paper lined sheet and let stand for about one hour, then transfer to tin or container with tight lid. Balls will keep for at least a week at room temperature, or they can be chilled.

ENERGIZE YOUR MORNINGS WITH A POWER-PACKED BREAKFAST

FAMILY FEATURES

Whether eating together as a family, or enjoying breakfast on-the-go, it's easy to boost the nutritional value of morning meals by incorporating foods with whole grain, protein and fiber.

Fueling your body and refreshing your brain, a breakfast packed with these nutrients makes for a productive and efficient day. So jump-start your day with a nutritious breakfast that will provide lasting energy and help keep you satisfied. The benefits really stack up — from lower levels of stress and fatigue, to helping you maintain a healthy weight.

Fuel up the family

Make breakfast a priority by stocking up on nutritious foods the whole family will enjoy, such as the new Honey Bunches of Oats Morning Energy cereal. Each serving is loaded with whole grain, 6 grams of protein and 5 grams of fiber, giving you the energy to help get you going and keep you going!

Make time for it

While many believe their lives are simply too busy to include energy-boosting meals in their day, there are easy ways to work it into your hectic routine. Need an on-the-go breakfast? This recipe for Morning Energy Mocha Balls features Honey Bunches of Oats Morning Energy Chocolatey Almond Crunch cereal. It is an easy no-bake option and you can whip up a big batch to last you through the week. In the morning, just throw a few Mocha Balls in a baggy and enjoy these bite-sized breakfast treats wherever your morning takes you. Smoothies are also a breakfast favorite, perfect for blending, grabbing and getting you on your way. Fill up your favorite to-go cup with this Mixed Berry Smoothie to enjoy on your way to work or school. Or, gather the family together and warm up your weekend morning routine with this delicious recipe for Cinnamon Breakfast Squares with Yogurt and Berries.

For more information, visit: www.honeybunchesofoats.com

or on Facebook: www.facebook.com/honeybunchesofoats
and Twitter: www.twitter.com/HBOats

Cinnamon Breakfast Squares with Yogurt and Berries

Prep Time: 15 minutes
Total Time: 45 minutes
Makes: 6 breakfast squares

- 1 cup Honey Bunches of Oats Morning Energy Cinnamon Crunch cereal
- 1/3 cup whole wheat flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 3 tablespoons sugar
- 1/2 teaspoon cinnamon
- 3 eggs
- 1/2 cup nonfat milk
- 2 tablespoons melted butter, cooled
- 1 teaspoon vanilla
- 3/4 cup (6 ounces) Greek yogurt
- 3 cups fresh berries (blackberries, raspberries, blueberries, strawberries) or favorite fruit of choice
- Honey, for drizzling
- Nutmeg or cinnamon, for sprinkling

Heat oven to 425°F. Lightly butter and flour 8-inch square pan, or coat lightly with nonstick cooking spray. In mixing bowl, stir together cereal, flour, baking powder, salt, sugar and cinnamon. While stirring, slightly crush cereal using back of spoon or rubber scraper; set aside. In another bowl, beat eggs until well blended. Add milk, melted butter and vanilla; mix well. Combine egg mixture with flour mixture. Pour batter (it will be thin) into prepared baking pan. Bake for 18 to 20 minutes or until it is set when lightly touched in middle. Remove from oven and set on wire rack to cool for 10 minutes. To serve, cut into 6 equal-sized bars and place on serving plates. Top each square with a dollop of Greek yogurt, surround with fruit and drizzle with honey. Sprinkle with nutmeg or cinnamon and serve immediately.

Mixed Berry Smoothie

Prep Time: 10 minutes
Total Time: 10 minutes
Makes: 4 servings

- 1/2 cup Honey Bunches of Oats Honey Roasted cereal
- 2 cups cold fat free milk
- 1 container (6 ounces) strawberry low-fat yogurt
- 1 package (4-serving size) strawberry flavor gelatin
- 1 cup frozen mixed berries

Place all ingredients in blender; cover. Blend on high speed for 15 seconds, or until smooth. Serve immediately.



Cinnamon Breakfast Squares with Yogurt and Berries



Mixed Berry Smoothie

Little Ways to Start Your Day

Beyond a balanced breakfast, there are other ways to start your morning off right. Try these tips to put some pep in your step and begin your day energized and prepared for whatever comes:

- **Hydrate:** Replenish your body with a generous glass of water. This small action will provide your body with the hydration it needs.
- **Move around:** If you don't have time to start your day at the gym, work in a ten-minute walk around the neighborhood. Just a few minutes of moving will get your blood pumping and help you start your day off on the right foot.
- **Make a plan:** Do you have anything you would like to accomplish today? Set yourself up for success by writing down all the things you would like to complete for the day.

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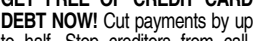
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Miscellaneous for Sale



By Ronnie McBrayer

Once upon a time, the animal kingdom decided it must do something to help humanity face the challenges of the world. So the animals organized a school. They adopted a systematic curriculum consisting of running, climbing, swimming, and flying. All animals were required to take all the subjects.

The duck was excellent in swimming, made above average grades in flying, but was extremely poor at running. Since he was slow in running, he had to drop swimming and stay after school for additional practice. This gave the duck's poor webbed feet callouses, so much so, that he became only average at swimming.

Meanwhile, the rabbit started at the top of the class in running, but had a complete mental breakdown because of so much make-up work in swimming. The squirrel was excellent in climbing, but when her flying teacher made her start from the ground rather than from the treetops, her grades in all subjects plummeted.

The maverick in the school was the eagle. He was stubborn, independent, hardly a team player, and gloated in climbing class that he could beat everyone else to the top of the tree, but he

Kingdom Curriculum

always used his own way to get there. The prairie dogs stayed out of the school altogether because the administration would not add digging to the curriculum. They later joined with the badger and gophers to start a successful charter school.

At the end of the year, none of the animals did very well. An unusual eel that was an exceedingly good swimmer, but that could also run, climb and fly just a little, had the highest cumulative score. He was selected as the valedictorian though his grades were barely above average.

I love that story. Always have. It teaches a lesson so easily forgotten or ignored: Nobody can be great at everything. But everybody can do something exceptionally well. Every person has his or her gift, his or her calling, his or her God-given ability. When it is properly employed, it works like magic. When it is not, or when we all try to do everything, it's a disaster.

In the business world this is known as the Peter Principle, named after Lawrence J. Peter. People will tend to be promoted until they reach their level of incompetence, said Dr. Peter. That is, you can keep giving someone work to do – more and more and more – and finally the work will exceed his or her abilities. Then, none of the work will pass grade, not even the work once performed with excellence. The Apostle Paul calls this dynamic the Body Principle.

He wrote in Romans 12, via Eugene Peterson's folksy translation from the Message, "Since we find ourselves fashioned into all these excellently formed and marvelously functioning parts in

Christ's body, let's just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren't."

My experience in the church is that we violate this very principle, and attempt to force individuals "to be something they aren't," demanding that everyone do everything. We create fine "animal schools" that foster frustration, shame, and false competition. Everyone ends up tepidly average, and we fail to allow individuals to develop their unique gifts and callings.

Not everyone can go on a mission trip, nor should this demand be placed upon them. Not everyone can preach a sermon or sing in the choir, nor should this be required. Not everyone can order life around the appointed worship and service times on the church sign, nor should this be a non-negotiable mandate. Not everyone will fit into the church's well-ordered, highly structured, cookie-cutter curriculum, nor should there be the expectation otherwise.

We are all gifted differently – radically so – and people must be allowed to explore, expand, and enhance their distinct talents. People must be given space and place to "to their part," whatever part that is. It's a principle that works, not only in the animal kingdom, but also in the kingdom of God. ★

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.

Where Have All The Men in White Hats Gone?

Dr. James L. Snyder

When I was growing up you could always tell who the good men were by the white hats they wore. Bad men always wore black hats. That made it rather convenient for those of us who were watching so we knew who would be winning at the end. When you were in trouble all you had to do was look for someone wearing a white hat.

Not only did the good men wear white hats but also they were able to solve every crime within a 60-minute period. How they did it, is anybody's guess.

Today, nobody wears hats, which has introduced a rather confusing element into our society. You can never tell the bad men from the good men. I know the hat does not make the man but it would sure help to identify the bad man from the good man.

I could name them all off. The Lone Ranger, Roy Rogers, Gene Autry, and John Wayne and the list could go on and on. All of these men wore white hats and they all took care of the bad guys in their own way. You could be sure, at the end the good man always won. There was a certain sense of satisfaction knowing that all those bad men paid for their deeds and justice prevailed.

Of course, today we could never do this. There is something called "profiling." And people use this term as though it was a negative thing. "Oh, be careful so you don't profile that person."

Gene Autry always profiled his men and in the end, justice prevailed.

I look at it this way. If it walks like a duck, looks like a duck and quacks like a duck, the chances are pretty high I am looking at a duck. However, in our crazy world of uncertainty it is against the political correctness of our day for me to say this.

According to today's

standards, I must look at that "thing" and not judge it by its appearance. "Why, don't you know, dear brother, you might offend it and give it some kind of an insecurity complex?" How do I know but that duck in front of me will be offended by me calling it a duck? It is the epitome of insensitivity for me to assume that I have the right to call a duck a duck. Who knows, that particular duck might think it is a dog. After all, a quack is not that far from a bark.

Meanwhile, back at the ranch, confusion reigns.

During the last year, I have spent a little bit of time flying from here to there. And the security at these airports defies the intelligence God gave a termite. Going through the line I have to take off my belt, remove my shoes (which come very close to a stink bomb), empty all the pens out of my pocket and submit myself to a body search. Now, they have some kind of electronic gizmo that enables them to see through my clothes. In 10th grade, I dreamed of such a gadget and I am a little provoked it has taken them so long to perfect this.

Two years ago, I traveled from Orlando, Florida to Manila, Philippines, through Japan and back again to Orlando. The trip was fine until I tried to re-enter the United States and upon a luggage search, they discovered I had one of those old-fashioned double blade razors. It was something of an antique that my grandfather gave me 35 years ago. I had been using it to shave ever since. After all these years of shaving with it, it took the intelligence of some security officer to discover this was a highly dangerous weapon. Consequently, I was not allowed to enter the country with it.

I must admit that in 35 years of shaving with it, I had shed a little bit of blood. I never guessed in a

million years I was in possession of a highly dangerous, illegal weapon. The officer who discovered it did not recognize it. When I told him it was a razor used for shaving, he looked at me suspiciously and then said, "Yeah, sure it is, Buster." No amount of explanation could convince him that it was part of my toiletries and he insisted that he confiscate it for the protection of everybody in the United States.

It was a close shave, but they finally allowed me to enter the United States upon the surrender of this highly sophisticated weapon. Only that security officer knows how close this country came to annihilation from an antique man's shaver.

Of course, looks can be deceiving. People who looked like someone you could trust have perpetrated the biggest frauds in our country. Bernie Madoff comes to mind. Sometimes what you think you are getting you are not really getting.

There is a spiritual application here. Some people may look religious on the outside but God knows what is on the inside.

"But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for [the LORD seeth] not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart" (1 Samuel 16:7 KJV).

You can fool everybody in the world, but you cannot fool God. He wears a white hat and always has the last word. ★

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 jamesnyder2@att.net. His website is www.jamesnyderministries.com.

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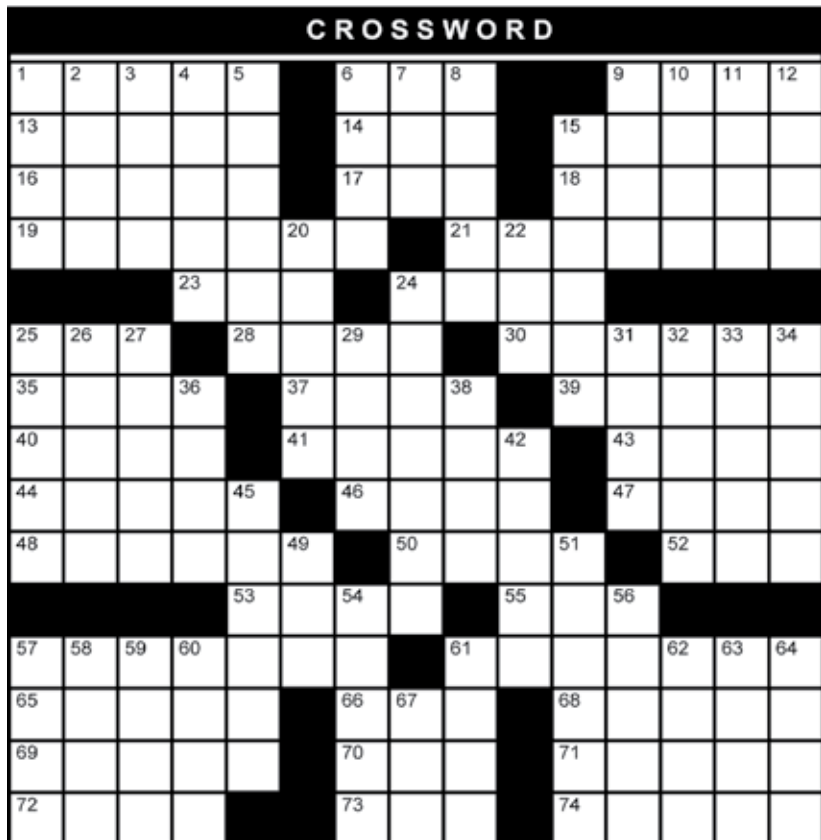
CLUES

ACROSS

- Hidden, also "lost" in French
- ___ and flow
- Beehive basket
- "Private Parts" author
- ___ v. Wade
- The Great Muppet
- ___ peak
- ___Wan Kenobi
- Bedazzle, e.g.
- "The Jazz Singer" and such
- Honeymoon, e.g.
- Finale
- RPMs
- Electric guitar hookup
- *Art ___
- Kindle editions
- Figure of worship
- Margaret behind sexual revolution
- *Flashy ocean ride in "The Great Gatsby"
- *This "biscuit" was renamed a "sandwich" cookie in 1921
- Supplemented
- Salty drop
- Chronic disease in homeopathy
- Pitcher with handle and spout for pouring
- Maori war dance
- ___ weight in boxing
- Actor Sandler
- Frostiness
- To fix, as in cat
- Bygone bird
- *Musical name for the 1920s
- **Return to Normalcy" President
- Architectural projection
- "Wow!"
- Cowboy sport
- Female gossip
- Feeling of anger
- Corpulent
- **The Foresyte ___
- Down in the dumps
- Adam and Mae

DOWN

- Attention grabber
- Tallest volcano in Europe
- Movie roll
- *Famous Chicago hotel, opened in 1920
- Uncharitable or cruel
- Son of Aphrodite
- *Roaring Twenties hairstyle
- Neutral shade
- **Bib-Label Lithiated Lemon-Lime ___, a.k.a. "7Up"
- Be aware of a fact
- Poet Pound
- Child's dream gift?
- *Fitzgerald's famous character
- Swelling
- Adam's partner
- *Route 66, e.g.
- Mushroom cloud maker



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For Solutions See Page 7

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Never Give Up: Mikkelsen Speedway

By Gerry Mifsud

Never Give Up is a variety show I produce on ACTV channel 20. Welcome to my T.V. show and to articles I write in the reputable paper.

Is Auburn the endurance capitol of the world to runners, bicyclists and racing horses, or to seniors with walkers, kids on bikes and scared dogs? The later have been enduring racing cars speeding into our senior zone here in Auburn.

Mikkelsen Drive, A.K.A. "Speedway," is a 25 M.P.H. zoned downhill street with three blind curves, two with dramatic dips that further accelerate cars as they race downhill.

Daytona 500? The 500 Mikkelsen petition signers, half of them seniors, say three crosswalks with stop signs are needed to stop the speeding cars and guide us seniors safely across the street. There are currently no crosswalks along this speedway.



The 500 Mikkelsen petition signers, half of them seniors, say three crosswalks with stop signs are needed to stop the speeding cars and guide us seniors safely across the street. Photos courtesy of Gerry Mifsud

wishes of the 500-plus petition signers, were Committee Member Mike Holmes and Council Member Dr. Kirby, neither of whom witnessed speeding on Mikkelsen. Mr. Holmes asked me: "What survey did you conduct to determine cars were going 40-50 miles per hour?" I told Mr. Holmes I had previously turned in the 500-plus signature petition along with letters, mostly from Mikkelsen seniors, who have been eye-witnesses for years, and that the petition was in front of him now.

Ken Anderson, the Transportation Engineer who conducted a study on Mikkelsen 13 years ago was very informative and engaging. He was in agreement with Bernie Schroder, of the City of Auburn Public Works Department, about cars disregarding stop signs if placed too frequently. He engaged Mikkelsen resident Wayne T. about a need to update radar speed data and traffic counts.

Dr. Kirby said "Stop Signs

are too aggressive," yet he did acknowledge a concern for the seniors threatened by speeding cars. Chairman Ruffcorn will look to update data for next meeting.

I suggested proper signage like "blind curve" or "blind corner" and "pedestrian crossing". I even showed a "senior zone" sign to their surprise. If you consider the appropriate signs posted for school children, why not also have signs for vulnerable seniors?

Mike Holmes' suggestion of pedestrian delineators is the suggestion that comes closest to the needed stop sign so far. However, cars will blow through pedestrian delineators if no one is in the cross walk. Only a stop sign tells cars to stop every time, and this is what is needed to control speeding.

If you issue speeding tickets, which are \$181 for first time offenders, speeders might reconsider. If you put cross walks and stop signs on Mikkelsen, cars going up from and coming down from Auburn Ravine Rd. will not turn onto Mikkelsen, leaving Mikkelsen a safe neighborhood street and not a "cut through" speedway.

Ken Anderson will study the situation again and the Traffic Committee will discuss the results on May 20th. Ken's concern and everyone else's concern was for seniors. It was easy to determine crosswalks, but what will accompany them? Clearly, more needs to be done.

Ken graciously quoted me: "Please protect and guide us seniors across our street." By "protect" I meant stop sign, and by "guide" I meant crosswalk. Our neighborhood is a senior zone and we will Never Give Up. ★



If you issue speeding tickets, which are \$181 for first time offenders, speeders might reconsider.

I was at the March 18th traffic committee meeting to represent our neighborhood concerns and offer a possible solution. I was the only news reporter there. Opposing my views and the



POPPOFF!

with Mary Jane Popp

notices.

3) Taxpayers' ability to get help through IRS's Taxpayer Assistance Centers is dropping steadily. When the tax law grows more complicated every year, the IRS's willingness to help you need it most is falling in

4) IRS's collection process often imposes inflexible and subjective guidelines, disregarding a taxpayer's individual situation and rights. It's vital to understand all your rights, especially those that curb the IRS's use of potent collection weapons, the lien, levy and seizure.

Now what do we do? Dan had six things to help us face these problems.

1) If you can't pay by April 15, file your return anyway. Otherwise, the IRS hits you with penalties for failure to file, which can add up to 25% of the tax.

2) The filing extension, IRS Form 4868, does not give you more time to pay. Even if you're on a filing extension to August 15, you must still pay taxes by April 15.

3) If you think you can pay the tax within six months, request an extension of time to pay. One of the IRS's best-kept secrets is the fact you can get an extension of time to pay your taxes. Use IRS Form 1127, Application for Extension of

Time to Pay Tax. It's available on the IRS's Website at www.irs.gov. If approved, you get up to six additional months to pay, without penalties.

4) If six months are not enough, seek an installment agreement. Use IRS Form 9465, Installment Agreement Request. This sets the wheels in motion to establish a payment plan.

5) Seek cancellation of penalties. Government studies show that the typical delinquent tax bill grows by 270% because of interest and penalties. Often, penalties turn a difficult problem into an impossible one.

Every penalty in the tax code can be canceled if you prove your actions are attributable to good faith and not deliberate negligence.

6) Finally, whatever you do, avoid the urge to hide from the problem. Be proactive about seeking a solution. If you don't, you'll face potential wage and bank levies, tax liens, and perhaps property seizures.

And, it may take years to get your life back to normal.

Some good tips to get you started. Dan Pilla's latest book is "How To Eliminate Taxes on Debt Forgiveness." You can also check out his Website at www.taxhelponline.com. Here's hoping the IRS owes you! ★

Tax Angst

April 15 is fast approaching, and the IRS is prepared to descend upon us all. There are four things you can count on in 2014...Two million face-to-face audits, four million wage and bank levies, four million tax liens, and thirty-eight penalty notices. I don't like those odds, so I had Dan Pilla on my POPPOFF Radio Show. With three decades as the nation's leader in taxpayer's rights defense and IRS abuse prevention and cure, and author of some thirteen books, Dan told me about some common problems taxpayer's face like:

1) Increased difficulty in negotiating tax debt forgiveness through the Offer in Compromise. The fact that the IRS is playing hardball only means we have to know exactly how to negotiate with them.

2) Highly automated IRS systems frustrate taxpayers' efforts to resolve problems regarding reported income and tax return filing duties. This means it's more important than ever to understand your appeal rights to challenge computer

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- 6 - 7pm: TMZ Live
- 7 - 10pm: Sports Byline USA with Ron Barr
- 10pm - 12am: Poppoff with Mary Jane Popp

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- 7 - 8am: The Swap Shop
- 8 - 9am: The KAHl Corral
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- 7 - 8pm: A Way With Words
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There is a Fix for What Ails Congress



Commentary By
Lee H. Hamilton

These are hard times for Congress. Its approval ratings have seen a bump from their historic lows of a few months ago, but it's a small one. Our representative democracy's keystone political institution is widely derided as ineffective, unproductive, irrelevant, and sadly out of touch.

It is no coincidence that this comes while Congress has developed a taste for so-called "unorthodox lawmaking," wandering far outside its traditional procedures. That's why I would argue that as grim as things seem now, there is a fix for what ails Congress.

Broadly speaking, it involves congressional process. Let me quote John Dingell, the canny U.S. House member from Michigan who recently announced his retirement. "I'll let you write the substance," he once told a House Judiciary subcommittee, "...you let me write the procedure, and I'll screw you every time." In legislative bodies, whoever controls the process controls the result. If it wants to restore itself, Congress must make its processes exemplary and fair.

Members should begin by opening the floor to more amendments. At the moment amendments are tightly limited,

if not banned outright, in an effort by the leadership to control the outcome. This restricts debate, impedes the free flow of ideas, and strengthens leaders while disempowering ordinary members.

The leadership also needs to give up its concentrated power and hand more authority to congressional committees. However worthy congressional leaders may be, they cannot do the job that the committee system was designed for: holding hearings, inquiring deeply into issues, eliciting facts, laying out options, arguing over amendments, finding the common ground needed to advance legislation.

The simple truth is that members of Congress are there primarily to legislate — not to raise money or score political points on television. Yet Congress seems to devote less and less time to crafting and passing legislation; it is losing the habit and the skills, and its work product suffers. It needs to work harder at the job Americans expect.

To make this possible, the Senate should do more of its business by simple majority vote of the senators present and voting. I know that many senators like the ability to filibuster, and do not want to abandon the rule that requires 60 votes to close debate. But here's the thing: the super-majority rule, as it has been applied recently, has become a formula for impotence and disorder. Every democratic institution in this country operates by majority rule except the Senate, where a small minority can completely gum up the works.

It's important for the majority to assure fair procedures that take minority views fully into account, but at the end of the day Congress needs to work, not be hamstrung by loyalty to a Senate rule that has outlived its purpose.

Which is not to say that tradition has no place on Capitol Hill. Many of the procedures it developed over long years of practice were designed to improve its functioning — especially in designing and enacting the federal budget. That process is completely broken now. Congress needs to focus its attention on returning to the traditional budget process of considering separate appropriations bills, as opposed to lumping the entire budget into a single bill.

Other key processes also need mending. The confirmation of presidential appointees is absurdly slow, seriously jeopardizing a president's ability to govern. Some 50 ambassadorial nominees await votes in the Senate, some of them having cooled their heels for months, and foreign governments are noticing and taking offense. The congressional ethics committees are dormant. Travel privileges are routinely abused — the government should pay for legitimate congressional travel and no trips should be paid for by special interest groups. The crucially important oversight process has become a political sideshow. Campaign expenditures should be limited and donors should be disclosed.

The point of all this is that Congress is listing, but it can right itself. It may not be able to tackle all of these proposed fixes at once, but each is within its power. Members should quit throwing up their hands and protesting that they can't do anything about their own institution's problems. It's their job to put Congress back in working order and they have the power to do it. ★

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.

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STRENGTH IN UNITY



Men are fixers by nature. So when crisis afflicts those we love, our hardwired instinct is to try and fix it. In many cases this is not possible. So we are left with anger, guilt and feeling like failures.

In 2009, when my wife Carol was diagnosed with ovarian cancer, I found myself in an unfamiliar role, one for which I was unprepared. My first thought was, "I wish I was still working, so I wouldn't have to deal with this 24/7." That sentiment passed quickly as I settled into our "new normal." I soon realized I was not the only man in this strange (to us) position. As our population lives longer, more and more men find ourselves unexpectedly caring for our mates. We find this need to nurture and care somewhat foreign to our makeup. This involves a role-reversal for most of us. For millennia, women have taken care for and tended the young and the sick; while men provided food and shelter and protected the family from harm. Now we suddenly find

ourselves thrust into a job we never expected or prepared to do. Perhaps for the first time, we have to ask for help, which we mistakenly can view as a sign of weakness. Whereas women have other women for support, either physically or emotionally, men feel they must be strong and handle this new responsibility stoically, without help. They will suffer alone, needlessly, often to the point of physical and emotional exhaustion. My previous experience as caregiver convinced me I would need help caring for my wife Carol. As I told a friend, "I have always been the Lone Ranger, but for this job I would need a posse." Fortunately, I had friends and family I could turn to for support and I didn't let my ego keep me from asking, "Greg, can we have coffee, I need to talk." "Dee, can you be with Carol for awhile, I need to go to the gym." "Beth, can you stay with Carol for a few days, I need some time for myself." My suggestion to male caregivers is to set your

ego aside, ask friends, neighbors, family members for help, join a support group and learn how to take care of yourself in this time of crisis. You are the most important element in helping your loved one recover and survive. The better you care for yourself the better you can care for the one you love. First, accept that it is what it is and you can't fix it.

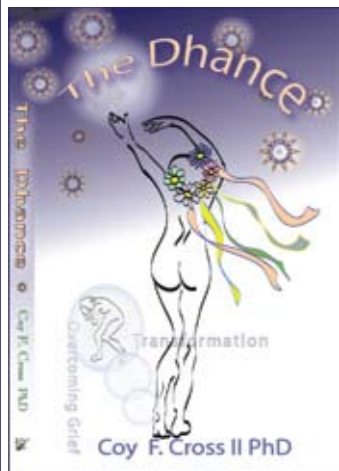
Share with us each month here and visit Facebook to learn more at *The Dhance*. See author Cross as he discusses discoveries, lessons and shares insights on YouTube.

You also can learn to cope in *delving into the mind, life and acceptance of life and death that is the heart of Coy Cross's experience related for all to learn from in "The Dhance"* (Available from KohoPono Press, ISBN 978-0-9845424-2-0, visit kohopono.com or call 503-723-7392).

Please note: author's permission required before reprinting these articles.

Meet The Author: Coy Cross

When They Need You Will You Be There? *A Caregiver's Search For Meaning*
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Hometown Heroes

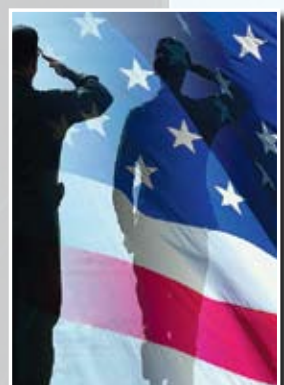


Air Force Airman Tanner M. Koonce graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

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.

Koonce is the son of Laura and Gregory Koonce of Auburn. He is a 2013 graduate of Del Oro High School, Loomis.



Air Force Airman Vladislav Gorobchuk 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.

Gorobchuk is the son of Aleksandr Gorobchuk of Antelope. He is a 2013 graduate of Roseville High School.

(Photo not available)

Source: Defense Media Activity

Hometown Heroes



Air Force Airman Brandon Biggs 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.

Biggs is the son of Gena Beaver of Sacramento and Morris Biggs of Rocklin. He is a 2011 graduate of Del Campo High School, Fair Oaks.



Air Force Airman Rueben A. Gilbert 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.

Gilbert is the son of Tammy Slade of Auburn, Calif., and Stephen Gilbert of Carthage, Mo. He is a 2011 graduate of Placer High School, Auburn, Calif.

(Photo not available)

Source: Defense Media Activity

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PCWA Ponders Water Reduction Options

AUBURN, CA (MPG) - Although the water supply shortage facing Placer County has been eased by recent wet weather, Placer County Water Agency officials said Thursday, April 3rd, the drought is not over and that water use reductions will be needed this year.

In a report to the PCWA Board of Directors, drought project manager Tony Firenzi said, "Agency staff has been closely monitoring hydrology conditions on Pacific Gas and Electric Company's (PG&E) Yuba River reservoirs. This is the Agency's primary water supply source, and supply conditions have improved since last month's 58% supply level." Firenzi said that officials from PG&E would be present at an April 10th board meeting to present the latest available water supply information.

With increased supplies possible - in addition to pumping of

additional water from the American River and use of groundwater at lower elevations - Firenzi said agency staff may recommend water use reductions for all customers of ten percent or more this year.

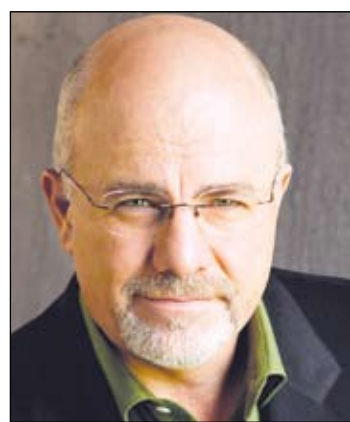
Firenzi noted that, "After a historically dry start to the water year, recent storms in February and March have steadily increased available supplies. Careful water supply management will be needed this summer to ensure adequate supplies for next year should drought conditions continue."

The PCWA Board of Directors will meet in adjourned session at 2 p.m. Thursday, April 10th to consider what levels of actual water use reductions will be needed this year by PCWA water customers. When adopted, these would become part of PCWA's drought emergency plan which was adopted by the board on Feb. 6.

In other business, directors renewed an irrigation management program that assists the county's commercial agricultural growers with efficient water use. The \$27,500 contract continues the work of JVB Consulting of Davis, which measures soil moisture and provides computerized irrigation scheduling.

The PCWA Board of Directors will next meet in adjourned session at 2 p.m. on April 10th at the PCWA Business Center, 144 Ferguson Road, in Auburn. PCWA board meetings are open to the public.

Information on PCWA board meetings may be obtained through the Clerk to the Board at (530) 823-4850 or (800) 464-0030. The PCWA website, www.pcwa.net features a Drought Update link with many water saving tips and techniques. ★



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 Entrepreneurship. 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.

Extravagant giving, foolish spending?

Dear Dave,

My husband and I are debt-free, and we have several hundred thousand dollars in savings. We pay for our children and grandchildren to visit during Christmas each year, but my mother thinks this is foolish spending. What do you think?

- Linda

Dave Says

Dear Linda,

I'm sure your mom loves you guys a lot, but she's wrong twice on this one. First, she should mind her own business. Second, you guys have obviously worked hard and been extremely smart and disciplined with your finances.

For someone in your situation, bringing your family together for one of the most important days of the year isn't foolish on any level. I think it's awful that you're even having this conversation with her.

One of my great dreams years ago was to have the ability to do things like that for my family. When I was 22, I worked for a real estate guy who would bring his entire family in from all over the country once a year to go skiing for a week. He and his wife would pay for everything. They would rent a nice chalet, and spend that time having fun as a family and growing closer together. I sort of borrowed that idea a while back. Once a year we'll take all our kids and their spouses on a nice vacation. We pay for everything, and it's just one of our gifts to them because we love them.

So, I think your mom is completely wrong. There are three things you can do with money: spend, save and give. Trust me, giving is the most fun of all!

- Dave

Book a hotel room without a credit card?

Dear Dave,

Is it possible to book a hotel room without a credit card?

-James

Dear James,

Absolutely, it is. Just use a debit card.

I don't have a credit card. When it comes to finances, the only pieces of plastic you'll find in my wallet are two debit cards—one for my business, and the other for my personal account.

A Visa or Mastercard-branded debit card can be used anywhere credit cards are accepted. And the best part is that you're not borrowing money when you use one. The funds come directly from your checking account.

Some hotels might put a temporary hold on your account for the amount in question, so you need to make sure you actually have the money in the bank.

But that just makes sense, doesn't it? You shouldn't be traveling without money in the first place.

If you're too broke to travel, then you need to stay home. Pretty simple!

-Dave

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

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