



## Gaines Calls for Hearing on Health Provider List Debacle

Page 5

## Local BMR Brings Home Three Top Ten Finishes at Daytona

Page 4



# Placer Sentinel

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First Issue of March 2014

### Make a Splash: With Family Pool Fun



Page 6

### Soroptimist Hosts Tostada Bingo Fundraiser on March 22



Page 3

### LaMalfa Votes to Protect Organizations from IRS Targeting



Page 6

## An Irish Pub For Everyone



Alfred Lee pours a beer from Tapzilla. He's no stranger to hard work and great success, staying focused on creating a happy environment for everyone visiting Power's Mansion. Photo courtesy Power Club.

By Linda Harper

**AUBURN, CA (MPG)** - For most of us, California Blonde, Barbarian Headlock and Scotland's Brave Heart are all names that conjure up images of movies or characters in a favorite book. But for Alfred Lee, owner and Brew Master of Power Club, an Irish Pub and Brewery, these are labels he's given to three of the 110 Craft Beers he's brewed and keeps on tap.

Alfred's passion for brewing Craft Beer began in 1979 when President Carter passed a law, making it legal for individuals to make

Microbrew beer. He was a UCLA engineering student then. He and his friends began brewing beer for their own consumption, and Alfred found it to be fun and fascinating. After graduating from college, he worked as an Engineer for several companies and on the side, invented the Modular Italian Charm Bracelet. The bracelets became a phenomenon, and Alfred became a multi-millionaire. In 2004, he and his wife Peggy bought the Power Mansion. It had been built during Placer County's gold mining era by the gold tycoon, Honorable Harold T. Power. They turned the mansion into a quaint Bed

and Breakfast, an English Tea House and Wedding Venue. Lee then purchased the adjacent 40,000 SF building and half acre parking lot. He constructed a ball room, and opened Power Club, an Irish Pub and Brewery in memory of his best friend, Jim Visel, who was of Irish decent.

Alfred does everything in grand fashion, and his brewing Craft Beer is no exception. He carries 110 Craft Beers in his Pub, which he's created and brewed himself, five barrels at a time. There's something for everyone, and all who enter the Pub have a good time

*Continued on page 4*

## Confirmed Flu Deaths Reported in State Reach 302

**SACRAMENTO, CA (MPG)** - Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer, announced today the number of confirmed influenza related deaths in persons under 65 years of age reported in the state has increased by 24 to a total of 302 confirmed deaths for the 2013-14 season. Six of the 302 are pediatric deaths. There are an additional 19 deaths under investigation, not yet confirmed.

The 302 confirmed influenza-associated deaths this season have been reported by the following jurisdictions: Alameda (6), Butte (1), Calaveras (2), Contra Costa (6), El Dorado (2), Fresno (21), Glenn (1), Humboldt (1), Imperial (1), Kern (10), Kings (6), Lake (1), Lassen (1), Long Beach (7), Los Angeles (44), Madera (2), Marin (2), Mendocino (4), Merced (5), Monterey (5), Nevada (1), Orange (13), Riverside (13), Sacramento (25), San Bernardino (23), San Diego (25), San Francisco (3), San Joaquin (7), San Luis Obispo (1), San Mateo (6), Santa Barbara (3), Santa Clara (15), Santa Cruz (3), Shasta (3), Siskiyou (2), Solano (3), Sonoma (7), Stanislaus (13), Sutter (1), Tulare (3), Tuolumne (1), and Ventura (3).

By this time last year, CDPH had received reports of a total of 34 influenza fatalities in persons under 65 years of age and in all of the 2012-13 season, a total of 106 deaths were reported.

The great majority of reported influenza deaths in persons under 65 years of age have occurred in people with underlying medical conditions. Outpatient visits continued to decrease and both outpatient visits and hospitalizations are within expected baseline levels for this time of year. The influenza season status was decreased to regional.

"The influenza season continues and it's not too late for vaccination, which is still the best way to prevent illness and the spread of illness," said Dr. Chapman.

Those at highest risk - the elderly, pregnant women, infants, or those with other health conditions - who show flu symptoms should contact their physician immediately in order to get the most effective treatment. Symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.

Influenza vaccine remains available and there is no widespread shortage of anti-virals for treatment. CDPH continues to closely monitor influenza activity statewide and related resources.

Visit a flu vaccine location near you to get immunized. Some local health departments may also offer free or low-cost immunizations. More information on influenza and other respiratory disease surveillance reports can be found on the CDPH website. ★

Source: [www.cdph.ca.gov](http://www.cdph.ca.gov)

## California Lottery Joins Problem Gambling Awareness Month Effort

**SACRAMENTO, CA (MPG)** - The California Lottery joins other state and national organizations to recognize the month of March as California Problem Gambling Awareness Month. The goal is to educate and raise public awareness that problem gambling affects people from all segments of society, and it can negatively influence the gambler's family, friends, employer and community.

The Lottery annually participates in National Problem Gambling Awareness Month in partnership with statewide communications efforts that promote the 1-800-GAMBLER Hotline. The Hotline is featured on all draw game tickets, Hot Spot monitors and electronic point of sale advertising display devices. Additionally, the Lottery website, [www.calottery.com](http://www.calottery.com), and social media pages will have a special banner and messaging to connect visitors to the Office of Problem Gambling website.

In past years, the Lottery has produced and distributed a dozen television public service announcements in six languages promoting the 1-800-GAMBLER Hotline. Those PSAs are in the process of being updated once again. The PSAs, seen here and produced in coordination with the California Office of Problem Gambling, will air throughout the state during Problem Gambling Awareness Month. The PSAs will continue airing throughout the year. The Lottery will also distribute responsible gaming guidelines to retail locations across the state.

Responsible gambling in California provides entertainment for many people, it's a source of revenue for state and local governments and it creates many jobs for our residents. Most Californians are able to gamble responsibly, however, almost four percent of the state's adult population experience significant difficulties as a result of their gambling addiction.

To combat the problem, the Lottery has joined forces with several state and private agencies to promote Problem Gambling Awareness Month. Agencies include the Department of Alcohol and Drug Programs, the California Gambling Control Commission, the Department of Justice's Bureau of Gambling Control, the California Council on Problem Gambling, and card rooms and tribal gaming organizations.

As always, the California Lottery would like to remind players that gambling should be fun. Borrowing money to play, spending above a person's budget or using money intended for other purposes can ultimately lead to significant problems for players and their families. If a player recognizes that they have a gambling problem or if someone knows of someone who may have a problem, the Lottery recommends calling the Problem Gambling Helpline at 1-800-GAMBLER.

For more information on how

to play responsibly, please click on the following link: <http://www.calottery.com/secondarynav/play-responsibly>. For more information on the Lottery's Responsible Gaming efforts and Corporate Social Responsibility program please visit [www.californialottery.com](http://www.californialottery.com).

The mission of the California Lottery is to provide supplemental funding to California schools while simultaneously supporting local communities. More than 95 cents of every dollar spent by our players goes back to local communities in the form of contributions to public schools and colleges, prizes and retail compensation. The California Lottery urges its customers to play responsibly and within their budgets. If you feel you have a gambling problem, or know someone who does, you can get help at 1-800-GAMBLER. ★

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



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# PCWA Board Holds Off on Drought Measures

**AUBURN, CA (MPG)** - Directors of the Placer County Water Agency on Thursday (Feb. 20) agreed to wait a few weeks before deciding if water delivery restrictions will be needed in what continues to be a very dry year.

"We're still in a very serious drought and we're asking everyone to conserve water on a voluntary basis, but a month from now we'll be in a better position to know about this year's water availability," said PCWA General Manager David A. Breninger.

The Board of Directors heard a detailed staff presentation on local water supplies that have improved as a result of the Feb. 6-10 storms. The wet weather produced 11.4 inches of precipitation at Lake Spaulding (elev. 5,014 ft.).

PCWA Deputy Director of Technical Services and drought project manager Tony Firenzi said water availability is up 20 percent due to the large storms but that precipitation is still well below average for this time of year.

He noted that a wet weather pattern is shaping up for late February-early March and expressed optimism that more wet weather would ease the drought condition.

Firenzi and Director of Strategic Affairs Einar Maisch

recommended that the board wait until after the scheduled March 1 snow surveys, and perhaps until the April 1 snow surveys, before making final determinations on how limited water supplies might be allocated this year.

The board meeting attracted about 25 interested citizens. Local agriculturalists, swimming pool builders and golf course operators said proposed water delivery restrictions could impact their businesses.

"I think we need to hold off and take another look at this," said District 1 Director Gray Allen. Other board members also favored taking a wait and see approach. District 3 Director Mike Lee said he remained hopeful the agency would get through the year without having to impose mandatory water use restrictions.

Directors, who declared a drought emergency condition two weeks ago, asked staff to schedule a further review of water supply conditions at the board's next meeting on Mar. 6.

In a related matter, PCWA directors reaffirmed their Feb. 6 decision to install emergency pumps and piping on two existing PCWA wells in the Rocklin area. Officials said the \$244,000 project could supply about 2,000 acre-feet of water this year,

allowing more water to be saved in upper elevation reservoirs.

In other business, directors:   
 • renewed the agency's ongoing contract with the federal Bureau of Reclamation for water from the Central Valley Project (CVP) delivered at Folsom Reservoir. The interim renewal is for two years.

• approved the sale of up to 20,000 acre-feet of surplus water from the Middle Fork American River Project to the East Bay Municipal Utility District (EBMUD). The water cannot be supplied within PCWA's service areas and flows through the lower American River as part of PCWA's participation in the Water Forum agreement.

The next regular meeting of the PCWA Board of Directors will be held at 2 p.m. on Mar. 6 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](http://www.pcwa.net) features a Drought Update link with many water saving tips and techniques. ★

Source: PCWA

# Placer County Students Win Universal Technical Institute 'Top Tech Challenge'

**PLACER COUNTY, CA (MPG)** - Two Placer County high school students came out on top in the first *Top Tech Challenge* held recently at Universal Technical Institute (UTI) in Sacramento.

The competition pitted high school teams from around Northern California and the Central Valley to test their knowledge of vehicle parts, diagnostics, brakes and electrical systems – all key elements in which today's automotive technician should be fluent.

Austin Williams and Trevor Befort, both seniors at Granite Bay High School who participate in the Placer County Office of Education's "49er Regional Occupational Program" at Woodcreek High School, came in with the highest score during the day-long competition on Feb. 8.

The pair beat out teams from around the state, including the second-place team from Brett Harte Union High School in Angel's Camp and third-place finisher Orestimba High School in Newman.

As the top finisher, the Placer County teens each won a \$1,000 scholarship to UTI in Sacramento. Both Williams and Befort say they plan to attend UTI after graduating high school later this year.

Second place team members, Brandon Pranes and Wyatt Kitchell, won \$500 scholarships and third-place team members, Luis Medina and Diego Garcia, earned \$250 scholarships. Instructors Ken Sooter of Brett Harte and Jaime Rico of Orestimba accompanied their students for the event.

The Placer program is run by the Placer County Office of Education as part of its career training programs, where each program is hosted at one or more high schools in the county. At Woodcreek High School, instructor Mark Means heads up the Automotive Services/Automotive Technology program, which serves dozens of students from throughout high schools in the county.

In addition to scholarships, the Placer County team won a large SNAP-ON Tool Box and tools, valued at \$10,000, for their school's program.

"We are looking forward to hosting a second Top Tech Challenge next year," said Tracy Kilby, Regional Director of Admissions for UTI's Sacramento campus. "We had a great response this year and the students who attended performed very well throughout the competition."

Universal Technical Institute offers training for students seeking careers as professional automotive, diesel, collision repair, motorcycle and marine technicians. The core programs in Sacramento are:

• **Automotive** – The program teaches students how to diagnose, maintain and repair domestic and foreign automobiles.

• **Diesel & Industrial** – The program teaches students the basic knowledge and skills to diagnose malfunctions in mechanical and electrical systems, and make necessary repairs and replacements on diesel engines, commercial vehicles and heavy equipment.

• **Automotive/Diesel & Industrial** – The program provides students with every Automotive and Diesel & Industrial course, giving graduates the flexibility to qualify for positions in both industries.

• **Collision Repair & Refinish** – The program teaches students the skills to repair and refinish collision-damaged vehicles. ★

For more information visit [www.uti.edu/sacramento](http://www.uti.edu/sacramento)

## The Roseville Rock Rollers Gem and Mineral Society 501(C)

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



**Publisher**  
 Paul V. Scholl

# Soroptimist Hosts Tostada Bingo Fundraiser on March 22

**LOOMIS, CA (MPG)** - Soroptimist International of Loomis Basin will host Tostada Bingo Night on Saturday, March 22 at 6:00 PM (doors open at 5:30 PM) at the Loomis Memorial Hall, 5945 Horseshoe Bar Road. This family friendly benefit supports Soroptimist International of Loomis Basin projects including the Loomis Senior LIFE Center, former foster youth attending Sierra College, teacher grants, and other local and international activities focused on women and children.

Tickets are \$20 per person and include the shredded beef tostada dinner, dessert, drink ticket, bingo game packet and dobber. Attendees will have a chance to win quality bingo and raffle prizes, with a minimum value of \$25, for people of all ages.

Soroptimist Tostada Bingo Night tickets can be obtained in advance at the Loomis Chamber of Commerce, located at 6090 Horseshoe Bar Road in Loomis, by calling 916-652-7252, and through all Soroptimist members. Limited tickets will be available at the door.

To learn more about Soroptimist International of Loomis Basin, visit a weekly meeting on Wednesday at 8 AM



Soroptimist International of Loomis Basin Anita Mattes and Nancy Hogan.

at the Train Depot in Loomis and evening meeting on the 2nd Wednesday of the month at Lorenzo's in Loomis, visit <http://soroptimistloomis.com/>, check out our Facebook page or contact Eileen Elder, president at 652-4509.

Soroptimist ([soroptimist.org](http://soroptimist.org)) is an international volunteer

service organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world. Soroptimist International of Loomis Basin is a 501(c)(3) organization. ★

Source: Marketing Action, Inc.

# Sutter Medical Center, Sacramento's Breast Cancer Program Accredited NAPBC

**SACRAMENTO REGION, CA (MPG)** - Sutter Medical Center, Sacramento has been granted a three-year, full reaccreditation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons.

Accreditation by the NAPBC is only given to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance. During the survey process, the center must demonstrate compliance with standards established by the NAPBC for treating women who are diagnosed with the full spectrum of breast disease. The standards include proficiency in the areas of: center leadership, clinical management, research, community outreach, professional education, and quality improvement. A breast center that achieves NAPBC accreditation has demonstrated a firm commitment to offer its patients every significant advantage in their battle against breast disease.

"We are pleased to be recognized for our efforts to improve the quality of care we give patients," said Nitin Rohatgi, M.D., medical director of the Breast Cancer Program. "We are proud to share with them a multidisciplinary Breast Tumor Site Team, innovative treatment options, clinical trials, a dedicated patient navigator and comprehensive support including education and complementary therapies."

The NAPBC is a consortium of professional organizations dedicated to the improvement of the quality of care and monitoring of outcomes of patients with diseases of the breast. This mission is pursued through standard-setting, scientific validation, and patient and professional education. Its board membership includes professionals from 20 national organizations that reflect the full spectrum of breast care.

The American Cancer Society estimated that there would be 232,340 patients diagnosed with invasive breast cancer in the United States in 2013. In addition, hundreds of thousands of women who will deal with benign breast

disease this year will require medical evaluation for treatment options.

Receiving care at a NAPBC-accredited center ensures that a patient will have access to comprehensive care, including a full range of state-of-the-art services; a multidisciplinary team approach to coordinate the best treatment options; information about ongoing clinical trials and new treatment options, and, most importantly, quality breast care close to home.

"We treat patients with the most current, scientifically proven strategies in a kind and compassionate manner," added Dr. Rohatgi. "The recognition from the NAPBC is evidence of our commitment."

For more information about the National Accreditation Program for Breast Centers, visit <http://www.accreditedbreastcenters.org/>. ★

For more information about Sutter Medical Center, Sacramento and its cancer care services, visit <http://www.suttermedicalcenter.org/> and <http://www.suttercancer.org/>.

# The Sound of Music School Performance

**AUBURN, CA (MPG)** - The Hills are alive as the Pine Hills Adventist Academy Performing Arts Society presents the theatrical production of THE SOUND OF MUSIC.

The final collaboration between Rodgers and Hammerstein was destined to become the world's most beloved musical. When a postulant proves too high-spirited for the religious life, she is dispatched to serve as governess for the seven children of a widowed naval Captain. Her growing rapport with the youngsters, coupled with her generosity of spirit, gradually captures the heart of the stern Captain, and they marry. Upon returning from their honeymoon they discover that Austria has been invaded by the Nazis, who demand the Captain's immediate service in their navy. The family's narrow escape over the

mountains to Switzerland on the eve of World War II provides one of the most thrilling and inspirational finales ever presented in the theater. The motion picture version remains the most popular movie musical of all time.

Pine Hills Adventist Academy is dedicated to providing a Christ-centered education that nurtures spiritual growth and character formation with the highest academic standards. The production of THE SOUND OF MUSIC will feature PHAA students ranging from 2nd grade all the way through high school, and is brought together by the shows director, Jill Genobaga, as well as the schools drama teacher, Max Kalkoffen. This will be the second collaboration between the producers after last year's successful production of The Fiddler on the Roof.

The performance is scheduled for Saturday - March 1 (8pm), Sunday - March 2 (7pm), Saturday - March 8 (8pm), and Sunday Matinee - March 9 (2pm). It will be held on campus located at 13500 Richards Ln. Auburn, CA 95603. Tickets are \$10 for adults, \$5 for students/seniors/veterans. Children 5 and under are free. Tickets can be purchased at the door or by calling the school at 530-885-9447. Tickets are limited, get them while they last! All proceeds benefit the PHAA Music and Performing Arts Department. ★

THE SOUND OF MUSIC is presented through special arrangement with R&H Theatricals: [www.rnh.com](http://www.rnh.com)  
For more information see [www.phaaonline.com](http://www.phaaonline.com)

# Placer High School Music Boosters 10th Annual Crab Feed – March 8

**PLACER COUNTY, CA (MPG)** - It's CRAB season! Placer High School Music Boosters presents the 10th annual Crab Feed on Saturday, March 8, 2014. Held at the Gold Country Fairgrounds, this event has something for everyone! Doors open at 6pm for silent auction bidding and musical entertainment from our incredible Placer Jazz Band. Menu includes clam chowder, shrimp lovie, salad, spaghetti and all you can eat crab. Tickets are just \$40 for adults, \$25 for kids ages 3 - 12, and kids under 3 are free! Tickets can be purchased in person at Eisleys Nursery or you can call the crab feed hotline at

(530)820-5022 to make your reservation. Space is limited, so don't wait to get your tickets. There is a no-host bar that will have wine, beer and other beverages available for purchase. You may also purchase butter warmer/crab cracker/fork kits for \$15 and Placer Music logo wine glasses for \$5.

Placer High School Music Boosters is a 501(c)3 volunteer organization made up of the parents of Placer High School music students. The district provides only \$1,000 to fund all of the activities of the music department for the entire year. This includes jazz band, concert band, wind ensemble, marching

band, drumline, choir and chamber choir. All of the rest of funds necessary for operation (approximately \$25,000 annually) are raised by the boosters. The crab feed is our largest fundraiser of the year. All proceeds go directly to the activities of the music department. Behind the scenes, it takes many students and parent volunteers to make this event a huge success. We appreciate local donations from businesses and individuals for services or items that can be included in our silent auction. We expect approximately 400 attendees to this spectacular event. Hope we see you there! ★

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# There's Something For Everyone At Power Club, An Irish Pub And Brewery

Continued from page 1

trying out various Pilsners, IPAs, Hefeweizens and many varieties of Lagers and Ales. "Tapzilla," as Alfred calls it, is the largest Kegerator built in the world with over 110 tap handles. The beer is iced cold and served through "Tapzilla" to insure the brew's integrity and freshness.

Brewing Craft Beer has come a long way since Alfred's college days. Now, with the knowledge base of the Internet, information concerning hops, grains and methods are not restricted. Alfred explains that sharing information creates a wonderful opportunity for Brew Masters around the world. Craft Beer customers have also evolved. Like wine connoisseurs, they have sophisticated palates and they'll experience Craft Beer, not just drink it.

Alfred Lee has proven to be a fearless entrepreneur, and he dares to go where no other Craft Brewer has gone. He has applied to Guinness World Book of Records to hold the record for, "the most handcrafted microbrew

beers, brewed and served on the premises by a single Master Brewer." According to Guinness, at this time, no one else holds the designation. The process takes a few months, and Alfred is hopeful that by this time next year, he'll hold the coveted title.

Although, Alfred is no stranger to hard work and great success, he stays focused on creating a happy environment for everyone visiting Power's Mansion. Whether someone is getting married on the grounds of the Mansion, enjoying a perky cup of tea in the Tea House, or eating a good meal, and deciding which Craft Beer to try next at the Pub, he makes sure it's an enjoyable experience, and that everyone leaves smiling.

The Power Club, an Irish Pub and Brewery is located at 195 Harrison Avenue in Auburn. It's open to the public Wednesday – Sunday, 5:00PM – 9:30PM. For more information go to [www.powerclubauburn.com](http://www.powerclubauburn.com) ★



Alfred Lee, owner and Brew Master at Power Club, an Irish Pub and Brewery show off one of his 110 Craft Beers on tap. Photo courtesy Power Club.

## Rosevilles Own BMR Brings Home Three Top Ten Finishes at Daytona Event



"For BMR to come together in an event like Daytona and put all three cars in top eight says a lot about the overall team," Bill McAnally said.

PLACER COUNTY, CA (MPG) - Roseville's own Bill McAnally Racing brought home an impressive three top ten finishes this week from Daytona International Speedway. BMR drivers Brandon McReynolds and Nick Drake made a hard charge to the front to finish third and fourth in NASCAR K&N Pro Series East competition at the UNOH Battle At The Beach in Daytona Beach, Fla., on Tuesday night.

McReynolds made the biggest gain in the No. 16 NAPA AUTO PARTS Toyota Camry, rocketing from 19th on the grid to take third – while Drake methodically moved from his 11th-place starting position to finish fourth in the No. 15 NAPA AUTO PARTS Toyota Camry.

Patrick Staropoli rounded out the BMR effort with an eighth-place finish in the No. 99 PEAK Toyota Camry – giving car owner Bill McAnally three top-10 finishes in the prestigious race. Staropoli had made his way to sixth after starting 18th, but got caught up in an incident about two-thirds through the 150-lap event and had to battle back in the closing laps.

The race, staged on a short-track oval on the backstretch at the "World Center of Racing," marked the second event in three days as the NASCAR K&N Pro Series East completed a double-header to start the season. The series had opened its 2014 campaign at nearby New Smyrna Speedway on Sunday.

For BMR, which just expanded into the K&N East this season, the two Florida events provided an opportunity to kick off this year's competition with its East and

West teams together, according to BMR President Bill McAnally.

"For BMR to come together in an event like Daytona and put all three cars in top eight says a lot about the overall team," McAnally said. "We wanted to build camaraderie, bringing the East and West teams together. That's why we came here. I'm really impressed with the way the crews worked together and the job the drivers did. I can't wait for Phoenix."

McReynolds, meanwhile, credited his crew with providing him with a car to contend for the win. "The NAPA AUTO PARTS guys did really great with this Toyota all week," he said. "They put a great race car together. I wish I could have finished two spots better, but I just got hung out on the outside on that last restart. There is really nothing you can do."

"I think we represented the K&N West well tonight," added McReynolds, who will contend for the championship in the NASCAR K&N Pro Series West this season.

"I really am excited about my opportunity with Bill McAnally Racing and NAPA and Toyota," McReynolds said. "I think we're going to do some really great things this year."

The fourth-place finish for Drake, who is running for this year's Sunoco Rookie of the Year Award in the K&N East, came in just his second series start.

"The car was good," the 18-year-old said of his NAPA Toyota. "We just sort of rode things out for a while and then we worked our way forward. I made a rookie mistake on a couple of restarts, but managed to recover.

It was a good night for our second race."

Staropoli, who along with his eight-place finish at Daytona registered an 11th-place finish at New Smyrna, is driving in select events for BMR this season.

Bill McAnally Racing is based in Roseville and home to two BMR Napa AutoCare Centers where you can bring your personal vehicle for all of your automotive service and repair needs.

BMR Napa AutoCare provides all types of automotive services big and small on all makes and models by ASE Certified Mechanics with great integrity, qualifications and the expertise to take care of all of your vehicle needs and offering top notch customer service that is backed by a 24 month, 24,000 mile warranty on all their services.

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

Source: Bill McAnally Racing

## Young Artists on the Edge

PLACER COUNTY, CA (MPG) - The Auburn Arts Commission is pleased to present a juried art competition open to graduating High School Seniors from the Greater Auburn area served by Placer, Colfax, Foresthill, and Chana High Schools. Prize money has been privately donated with First Prize \$500,

Second Prize \$300, and Third Prize \$200.

There is no fee to enter. Just bring your ID and your art work to the Rose Room in Auburn City Hall at 1225 Lincoln Way on Monday, April 7 between 4 and 5:30 pm. Entries selected for the show will hang in the City Hall Gallery from April 8

through June 4.

There will be a public reception for the artists at the City Hall Gallery on April 10 from 6 to 9:00. This is the first night of the Auburn Art Walk, so it will coincide with this event. For questions please call 530-820-3644. ★

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## Senator Gaines Calls for Committee Hearing on Obamacare-Fueled Health Provider List Debacle



on outdated or inaccurate lists," said Senator Gaines. "Patients who thought they could see the doctor of their choice are finding out that they can't, after they've signed up for coverage. That is unacceptable."

Recent news reports indicate that hundreds of Californians have been unable to see the doctors they believed were available to them based on the provider network lists at the time they purchased insurance. This confusion has also resulted in people lacking access to local, acute care they believed they would receive, forcing them to travel to different cities for doctor visits within their provider network.

Senator Gaines is calling on the Senate Health Committee to hold a public hearing so that the California Department of Managed Health Care, Covered California, health insurance providers, doctors, and affected patients can offer testimony as to the scope of the problem, why the provider lists have been undependable and how the entire

process can be improved to provide better health access and outcomes for everyone.

In addition, Senator Gaines is considering legislation that will mandate daily, online reporting of any changes in provider networks.

"Obamacare forced a million Californians off their health-care plans and into a confusing scramble for new care. Millions more will lose their plans in the next two years," said Senator Gaines. "Right now insurance companies only have to update their doctor list four times a year. It's no surprise that the data is no good. Consumers sign up every day and deserve the correct information every day."

The text of the letter to the Senate Health Committee is available upon request. ★

*Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.*

**SACRAMENTO, CA (MPG)** - Senator Ted Gaines (R-Roseville) sent a letter on February 27th to the Senate Health Committee urging a hearing on the Obamacare-aggravated problem of healthcare providers listing inaccurate doctor information in their provider network. In addition, Senator Gaines is exploring legislation to protect consumers from the faulty information that is making it impossible for people to choose the right health plan and receive care.

"Health plans are listing phantom doctors and people are signing up for insurance based

## Environmental Leaders Are Looking More Like Scam Artists These Days

**Commentary By Drew Johnson**

It's getting tough to take environmentalists seriously. More and more, the leaders of the environmental movement -- the "Kings of Green" -- are emerging as a pathetic mix of liars, frauds, hucksters and hypocrites who are more concerned with lining their pockets off environmental hysteria than actually protecting Mother Nature.

Few would care if their dirty deeds didn't impact others, but unfortunately, they do.

Schemes and fibs by environmental extremists like Al Gore, Tom Steyer and leaders at Google are killing jobs, increasing the price of energy, devouring tax dollars and threatening America's energy independence -- all in an effort to make a quick buck.

It's hard to imagine that Al Gore, the most famous environmentalist of all, has any credibility left after many of his predictions have proven false and he has been unwilling to reduce his own carbon footprint. In his movie "An Inconvenient Truth," the former Vice President erroneously warned that Arctic polar ice caps would disappear by 2013. This year, Arctic ice coverage spanned more than 2,000 cubic miles -- an increase of more than 50 percent from just a year ago.

Several years ago, I uncovered that Gore is more than happy to talk the talk when it comes to environmentalism, but appears unwilling to walk the walk. Public records proved that Gore devoured as much as 20 times more electricity at his Nashville estate than the average American household.

Despite his hypocrisy and poor record of environmental fortunetelling, Gore continues to push for a carbon tax, a sinister scheme that would cost tens of thousands of American jobs and squeeze the poorest Americans most as a result of price hikes to most every good and service imaginable.

Not that Gore is worried about

the little people. He managed to cash in on the wave of global warming hysteria that he created, amassing a fortune of more than \$200 million.

Gore isn't alone in attempting to exploit environmental concerns for selfish reasons.

Tom Steyer, a billionaire hedge fund manager who made much of his fortune by investing in fossil fuels, now spends his days attacking the Keystone XL pipeline in hopes of blocking its construction. While Steyer claims that his opposition to Keystone is environmentally related -- he has funded a series of dubious ads claiming as much -- the reality is that the environmental charlatan is heavily invested in a competing pipeline and stands to make a mint if his pipeline doesn't face competition from Keystone XL.

There is one big difference between Keystone XL and the TransMountain oil sands pipeline in which Steyer is invested: Most of the petroleum produced as a result of Keystone would be utilized by the U.S. and Canada, while much of the oil sands carried by the Transmountain scheme would be shipped to China.

Allowing the completion of the Keystone XL pipeline would produce lower gas and energy prices for Americans, create tens of thousands of new jobs, generate millions in new tax dollars and reduce American petroleum imports from unstable and unfriendly nations by 40 percent -- not that Tom Steyer cares about any of that.

Another leading player in the environmental movement is Google. The search engine giant heavily lobbies government to encourage risky and irresponsible environmental ploys like cap and trade policies, and believes the federal government should take money from America's taxpayers to fund unproven gambles on green energy. Google has even authored an initiative hoping to shutter coal-powered electricity production facilities and dictate what types of cars Americans can drive.

Google is proud of its perceived environmental-friendliness. After all, it translates into dollars from customers who share the company's supposed concern for the environment. Beneath Google's green facade, however, the company's executives are hiding a dirty secret. Google maintains a fleet of fuel-devouring planes that company officials use to fly to far-flung vacation hotspots such as Hawaii, Belize, Tahiti, Key West, Milan and Paris. Since the beginning of 2010, the planes owned by Google's executives have burned through an average of 100,000 gallons of jet fuel every month.

To make matters worse, the planes have been housed at a taxpayer-funded NASA hangar and filled up with government-purchased jet fuel, saving the company millions of dollars in the process.

Al Gore, Tom Steyer and Google have all figured out how to exploit environmentalism for power and money, and they're not alone. Plenty of companies and individuals have figured out ways who manipulate the public's legitimate concern for the environment to make a quick buck, improve public perception, increase market share and lure lawmakers into passing legislation that benefits them.

The next time you find out that a business or individual professes to do something for environmental reasons, take a closer look; there's a good chance that what's best for the environment is the last thing on their mind.

Drew Johnson is a senior fellow at the Taxpayers Protection Alliance (TPA), a nonpartisan, nonprofit educational organization dedicated to a smaller, more responsible government. Visit TPA online at [www.protecting-taxpayers.org](http://www.protecting-taxpayers.org).

Below, Drew Johnson takes a close look at these supposed environmentalists to understand their true motivation.

Once you've had a moment to look over the article, would you mind letting me know if you might be able to use it? ★

## LaMalfa Votes to Protect Organizations from IRS Targeting Based on Political Beliefs



**WASHINGTON, DC (MPG)** - Rep. Doug LaMalfa (R-CA) voted in

favor of legislation to stop and rollback proposed rules from the Internal Revenue Service. The bill, H.R. 3865, rolls back IRS rules that would jeopardize the nonprofit status of groups that engage in work like voter registration drives and candidate forums. The measure passed on a 243-176 vote and will now be considered by the Senate.

"Protecting citizens from discrimination based on their political beliefs is a fundamental duty of any representative government. This bill, which I was pleased to support, brings us

back to a fair standard for every organization and every political creed," said LaMalfa. "I hope to see swift action from the Senate so Congress can help restore the faith of the American people in our government, by preventing unelected bureaucrats from targeting organizations based on who they might vote for." ★

*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.*

## Write Your Life Story- Leaving A Legacy To Your Children

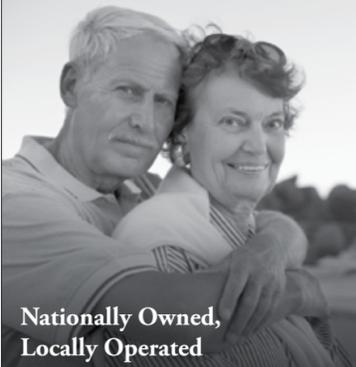
**From Chery Anderson**

So you have a recipe from Grandma Annie but do you know what it was that brought Grandma Annie joy? It may be too late to talk to Grandma but it's not too late to put YOUR stories on paper for your children and grandchildren and, yes, for an entertaining reading experience for others.

Marsha Ross, a Heartfelt Legacy Writing teacher, will present a program March 19, 2014, through the Gold Country Writers Speakers Series titled "Write Your Life Story - leaving a legacy to your children." The free community event will be at The Arts Building, 808 Lincoln Way, beginning at 10 a.m.

Ross will give the skills to

turn personal stories and life experiences into a gift for another generation. She will talk about how to begin, how to choose what is important, setting memories both good and bad down and recording thoughts, feelings and values that can be permanently preserved. ★



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# Make a splash

## With Family Pool Fun

### FAMILY FEATURES

**W**armer weather brings leisurely days spent poolside with friends and family. As you get ready to dive in to another season of fun in the sun, remember that safety comes first.

With more than 10 million residential pools across America, the opportunities for water recreation right at home are plentiful. But so, too, are the chances of water-related mishaps.

According to the Centers for Disease Control, drowning is the fifth leading cause of unintentional injury death in the United States. Children are particularly at risk; one in five drowning victims is age 14 or younger. However, dedicating appropriate attention to your family pool's maintenance and ensuring you have created an environment of safety will let you enjoy swimming and splashing with greater peace of mind.

"Pools are a great source of enjoyment for families, and with proper supervision and care, the entire family can confidently dive in to hours of fun," said Joe DeFuria, Brand Manager of BioGuard. "Taking time early in the season to brush up on this important information will help keep everyone safe all summer long."

The CDC cites "lack of swimming ability, lack of barriers to prevent unsupervised water access, lack of close supervision while swimming" as some of the leading risks associated with drowning. Preventive efforts such as learning to swim (or teaching swimming skills), ensuring at least one person with CPR training is present when the pool is in use and having proper safety devices (e.g., life vests and preservers) readily accessible help reduce injuries and accidents.

Put these measures in place so you can enjoy the fun at hand, without the worry:

1. Designate a "lifeguard." Always pick at least one responsible adult to monitor children at all times.
2. Know CPR: Before investing in a pool, be sure to take a CPR class. The faster CPR can be administered to a person in distress, the stronger the long-term outcome.
3. Keep your water clean: Pool safety also includes keeping the water clean and sanitary for your family. Invest in the proper tools, such as the pool care systems from BioGuard, to keep your waters crystal clear.
4. Enroll kids in swimming lessons: Teach the skill of swimming to children at a young age. Enroll kids in classes to learn the basics and avoid accidents.
5. Teach the parts of a pool: Show children where to locate the drains, pipes and other pool openings. Explain the importance of avoiding these areas while swimming as they can cause harm.
6. Keep an eye in the sky: Storms can strike at any time in the summer. Be aware of the current weather and the day's forecast before you jump in for a swim.
7. Don't rely on toys: Swimming noodles, inner-tubes and other inflatable pool toys do not take the place of a life jacket.
8. Keep a phone close: Always keep a cell phone or portable phone with you while supervising kids in the pool.
9. Keep your pool tidy: Keeping your pool toys and other clutter picked up after use will not only help prevent trip-and-fall accidents, it will also be less tempting for unwanted pool guests to engage in unsafe activities on your property.
10. Fence it up: Keep uninvited guests and potential accidents away from your pool property by installing a four-foot or taller fence along with a self-closing, self-latching gate.



### Saltwater Pools Are Making Waves

Did you know saltwater pools are the hottest trend in new pool construction? According to Pool and Spa News, they make up 75 percent of new pools built in the United States since 2007.

What's the difference between chlorine and saltwater? While both pool types clean the water with chlorine, saltwater pools also require a salt generator cell and a stabilizer to keep waters properly sanitized.

Why do customers choose saltwater over chlorine pools? Some feel saltwater is less harsh on the skin and eyes than traditional chlorine pools. However, saltwater pools require additional maintenance to avoid corrosion and to ensure chemical levels are in balance.

### Pool Maintenance Essentials

Pool owners understand the importance of keeping it clean all season long. The experts at BioGuard provide these tips to keep your pool looking its best for family and guests:

- **Make waves.** Constant water movement helps prevent bacteria and algae from growing and ensures that the pool sanitizer is evenly distributed throughout the entire pool. Circulating pool water during the day for at least 12 hours also helps the filter catch debris.
- **Check that filter.** Backwash filters periodically and chemically clean filters a minimum of twice a season.
- **Scrub-a-dub.** Brush and vacuum pool walls once a week, even if you use an automatic pool cleaner, or hire a service.
- **Test the waters.** Every pool needs to be tested for the correct pH and sanitizer levels every week. Have a thorough water analysis performed by a professional every month.
- **Keep that water treatment going.** The right water treatment plan will both maintain pool equipment and keep the water inviting. For instance, the SilkGuard Technology in BioGuard's Silk sanitizer line makes pool water feel soft and smooth on skin while also preventing corrosion and protecting equipment.

For additional pool care tips and to find a local BioGuard dealer, visit [www.bioguard.com](http://www.bioguard.com).

### Pool Care Doesn't Get a Vacation

If a getaway is on your agenda this summer, plan ahead to ensure your pool is as pristine and inviting when you return as the day you leave.

Work with a local pool care professional to create a vacation maintenance plan that matches your pool's specific needs and takes into account how long you'll be away.

Before you leave, clean the pool thoroughly, brushing and vacuuming walls and floors. Test the water and correct any imbalances. Set the timer or enlist the help of a trusted friend or neighbor to ensure the pump runs a minimum of eight hours each day while you're gone.

Upon returning home, have a professional water analysis performed to ensure that your pool is properly balanced and ready for swimming.

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By Ronnie McBrayer

One of the more indispensable words of instruction I have ever received came from Dr. Fred Luskin who was head of the Stanford University Forgiveness Project. He said, "To forgive is to give up all hope for a better past." According to Luskin, what keeps people frozen solid with the regrets and shame of yesteryear is the lingering optimism that they might go back and change it.

Forget that, Dr. Luskin says – not the past – but the prospects of adjusting anything that is now in the rearview mirror. The Apostle Paul said something similar in the New Testament. He made peace with his past and his past self (the self is the hardest person in the world with whom to make peace) with this formula: "Forgetting the past and I press on toward what is ahead."

Can we really forget the past? No. Painful memories, bad choices we have made, ways we have been harmed or harmed others, the heartbreaking losses of offense and betrayal – none of these can be changed. There is no supernatural whitewash for our memory banks or a little recessed button in the back of our skulls that will reboot our brains.

# Break the Kettles

Yet, we can forget the past if forgetting is as Dr. Luskin has defined it; learning to live so that the past no longer controls us. Thus, forgetting is not an act of ignoring our past experiences.

It is integrating those experiences with the present. Forgetting the past is not act of erasing our memories. It is an act of hopeful defiance, whereby we keep living, keep moving, and keep keeping on.

The Chinese have a proverb to this effect. "Break the kettles and sink the ships," they say. This saying comes from an ancient military battle almost 2000 years ago. A new tribal king came to power and immediately attacked his neighbor, surrounding the city of Julu. The king of Julu called for reinforcements from his generals, and the army came marching to save their king.

But the rescuing generals dragged their feet. They wanted the enemy to wear themselves out; they wanted more time for reconnaissance; they felt they needed to strategize. So the march to save the king became a quagmire as the generals' strategizing devolved into feasting and drunkenness.

Finally, a junior officer man named Xiang Yu took command. He said, roughly translated to

English, "When you go to rescue someone, it is like rushing out to quench a fire. You don't dillydally, you just go do it." And that's what he did. Immediately, he marched his army across the Yellow River to engage the enemy.

Once on the other side, Xiang Yu gave his men three days'

worth of food and supplies and destroyed everything else, including the boats that had brought them across the river, their tents and sleeping mats, their eating utensils, and their cooking kettles. In so doing, Xiang Yu was sending a clear signal to his troops that they had no chance of survival by going backwards. They had to move forward, and they did, rescuing their king.

The way into the future is exactly by this decisive path. We must do the hard work of feeling the pain of the past so that we might be free from it. Then the future calls us forward, not because we have forgotten the past, but because we have made peace with the past; and the only way to make that peace is to quit trying to change what is back there. We can't do anything about it anyway, so we must learn to let it go.

Will we have to let go of some painful memories time and again? You can count on it. Will some things from the past haunt us longer than others? Absolutely. Will we come to the same river crossing more than once? It is likely. But when we do, the choice will always be the same. —

"Break the kettles and sink the ships." Then, one day, the past will be where it belongs: In the past. ★

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).

# Keep it Real or Keep it to Yourself

Dr. James L. Snyder

Normally, I'm not overly fussy with what people say as long as they are not trying to put something over on me. All it takes is one time of trying to put something over on me and I cross you off my Christmas card list.

When someone tries to sell me something, I am assuming that somewhere in the conversation they are trying to pull the wool over my eyes. I am allergic to wool in my eyes. When they are talking to me, I am listening for a keyword in their conversation, which is simply, "free." Whenever they mention that magical word, I know they are trying to put something over on me.

My father used to say, "Keep it real or keep it to yourself." He did not have many jewels of wisdom, but this certainly was one that has been helpful to me down through the years. I have tried to keep this in focus when talking to other people. Nothing I hate more than somebody lying to me, so turnabout is fair game. I do not want to lie to anybody myself. At least intentionally.

I am a weekend fisherman from Pennsylvania so the tendency is there and I have to watch myself all the time. I am the kind of person who loves to exaggerate. Sometimes my exaggeration gets the best of me but then that is why God gave us wives to help curb this tendency. She has not failed me so far.

The Gracious Mistress of the Parsonage and I were relaxing at home watching a little bit of television. It is hard to find anything "real" on the old television set. The reality shows are everything but.

We were casually listening to a talk show who was interviewing some TV personality celebrating his 80th birthday. We were not really paying attention, you know how it is. You are watching TV, but you are talking back and forth to one another trying to catch up on the day's activities.

Then this TV personality made a statement that captured both of our attentions.

"I don't believe," this personality, which shall remain nameless, said, "in the afterlife. Only foolish people believe in the afterlife."

This sparked some conversation between my wife and me. The question I had was simply this; how long does it take to get to this point of Superior Idiocy? What university awards an SI degree? If they did, I am sure they could never keep up with the production of such awards.

Just when you think you have heard the most stupid thing in the world somebody with an SI degree opens his or her mouth. One thing about this SI is that it is not gender specific. Both men and women are assessable to this sort of thing.

Of course, there is nothing wrong with being stupid if you keep it to yourself. When you start telling people just how stupid you really are, that is when somebody needs to object.

Right after this TV personality, whose name will remain anonymous, although he thinks he is some kind of a king, said he did not believe in the afterlife said something that was contradictory.

"I have it ordered," he said about a seriously as any SI person could be, "that when I die I will be frozen until the medical field has discovered a cure for what has killed me. Then I will be brought back to life with this medication."

My wife and I waited for the laughter. I really thought it was a joke. I did not think anybody could be that stupid. Apparently, a great deal of people are that stupid because nobody laughed at that remark.

My wife and I looked at each other and then we burst out laughing thinking it was one of those TV talk show spoofs. It turned out he was not joking. He did not believe in the afterlife, but he was making plans to come back to life

after he died.

I think people with the SI syndrome have one severe dysfunction between their brain and their mouth. We know from listening that their mouth is working but what we hear from their mouth more than suggest their brain is not w.

I do not have any problems with people being a practicing SI as long as they keep it to themselves. There are enough idiots in the world that we do not have to have people every day coming out of the SI closet.

Listening to this TV personality, I was reminded of my father's favorite saying, "Keep it real or keep it to yourself." There are many things people need to keep to themselves.

This TV personality who wanted to be frozen after he died suggested to me that the freezing had already begun with his brain. I do not know if he ate too much ice cream too fast causing a brain freeze or what. All I know is that some things should not be shared and being an idiot is one of them.

The apostle Paul made this quite clear when he wrote, "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord" (Romans 6:23).

Only God can keep it real and thankfully He does not keep it to Himself, but shares it with those will put their trust in Him.

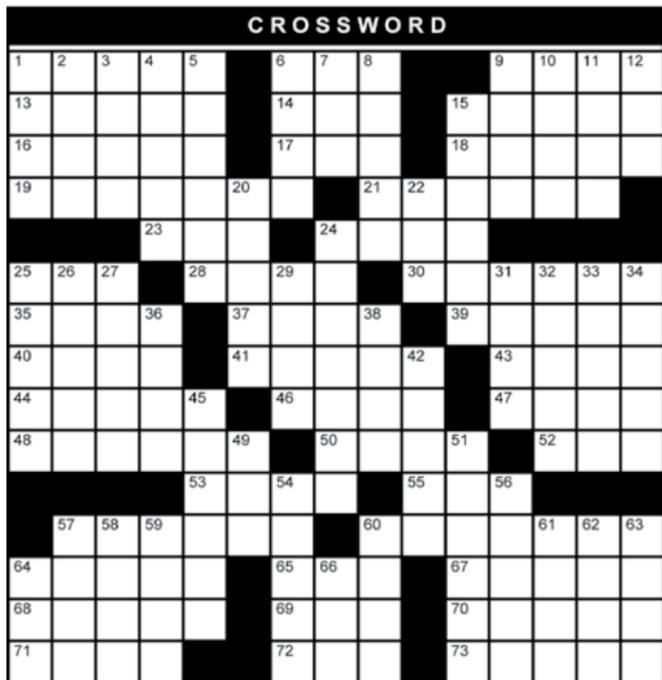
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### CLUES

- ACROSS
- Bikini, e.g.
  - U.S. central bank
  - Old World duck
  - New Guinea
  - Luau souvenir
  - \*Middle-earth region
  - Not slouching
  - Be in a cast
  - \*Black Beauty
  - \*Greg Heffley's brother
  - Take without owner's consent
  - Compass dir.
  - Agitate
  - OB-GYN test
  - "The Sun \_\_\_ Rises"
  - Marked by smallpox
  - Misfortunes
  - Flock members
  - Alluring maiden
  - Surveyor's map
  - \*King of the Elephants
  - Long forearm bone
  - Carried a torch
  - Buddhist teacher
  - \*Piglet and Winnie-the-Pooh, e.g.
  - Quill-dipping vessel
  - \*"Froggy Goes to \_\_\_"
  - E or G, e.g.
  - Adam's apple spot
  - \*Shel Silverstein's constrictor
  - \*"The Jungle Book" protagonist
  - \*Roald Dahl title character
  - Painting support
  - Poor man's caviar
  - Dora the Explorer's farewell
  - Accent mark
  - PC monitor technology, accr.
  - Children's literature, e.g.
  - Fusses
  - Lawyers' league
  - Swelling



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- DOWN
- Impersonator
  - Hawaiian tuber
  - Kind of column
  - Filthy dough
  - Sonia Sotomayor or Gloria Estefan, e.g.
  - Antiaircraft fire
  - European org.
  - "Likewise"
  - \*Old Woman's home
  - Type of missile, accr.
  - Gaelic
  - \*Like Willie Winkie
  - \*Abused beagle
  - Jimmy Fallon's guest, e.g.
  - Not square
  - Sears' partner
  - \*Pig-tailed, read-headed nine-year-old
  - To bet everything
  - Isometric core exercise
  - \_\_\_ vs. Class
  - 1973 event in Chile e.g.
  - Russia's prosperous peasant
  - "Sesame Street" Muppet
  - \*"\_\_\_ of a Wimpy Kid"
  - Flight segment
  - Actress \_\_\_ Gilbert
  - "Dancing with the Stars" number
  - Thumb drive, e.g.
  - Rolodex abbr.
  - Thick soup
  - Approximately, as in date
  - Helped
  - \*Amelia Bedelia, e.g.
  - Norse capital
  - Marries
  - Self-referential
  - Pick-up \_\_\_
  - Student's quarters
  - Away from port
  - Greek H
  - Scepter's partner

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

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For Solutions See Page 7

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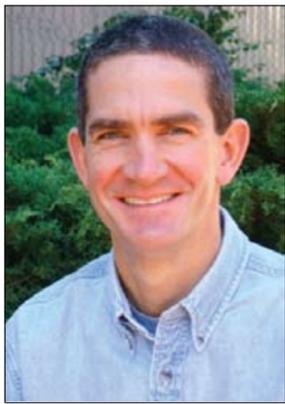
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# Promising Signs of Real Health Reform



By Eric Nelson

Don't look now, but signs of real health care reform are starting to appear. We're not talking about insurance reform posing as health reform but honest-to-goodness changes in the way people are being encouraged to take care of themselves.

Consider last month's "Health Update" from Blue Shield of California.

The entire newsletter was devoted to improving health through improved thinking, with articles on "Tapping the power of optimism," "Laughing your way to better health," "Dealing with negative thoughts" and "Practicing gratitude." "We can't predict what life will bring our

way," it says in the tease to one article, "but adopting a healthier viewpoint may help us cope better, while reducing stress and our risk for cardiovascular disease."

Things are changing over at Stanford Hospital as well.

Last month they offered a 4-week class on forgiveness. "The importance of practicing forgiveness has been extolled for centuries," it says in the course description, "but only recently has research demonstrated that forgiveness can reduce anger and depression as well as enhance hopefulness and self-efficacy."

Not to be outdone, the folks at U.C. San Francisco's Osher Center for Integrative Medicine are offering courses on "Mindfulness-Based Stress Reduction" and "The Mind in Labor."

No one can say exactly when or where this particular strain of health care reform began. Among the experts writing these articles and teaching these classes, however, there is widespread agreement that the inclination to be optimistic, grateful and forgiving is innate, that it can be cultivated, and that it can have a measurable impact on our mental and physical well-being.

Another promising sign is the increasing use of the word "spiritual" to describe such

non-physical elements to our health. This can be a real turn-off for those wary of anything even remotely religious finding its way into the medical lexicon. But for others, even if they don't consider themselves religious, the concept offers a measure of hope and even real healing by suggesting that there just might be something beyond the body to encourage and support the required gratitude and forgiveness.

Come to think of it, this could be a harbinger of an even more dramatic reform down the road — one that sees health as less about keeping disease at bay and more in terms of embracing those spiritually inspired, morally enriched qualities of thought that, try as we may, we simply can't resist. ★

*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). This article originally appeared on Communities @ WashingtonTimes.com and is used with permission.*



## STRESS-O-MINIMIZER

Are you stressed to the max? You know what I mean. It's that time in your life that seems overwhelming and you go off half-cocked with no end in sight! Well, according to **Dr. Kathy Gruver**, getting rid of stress is not so hard to do. This Santa Barbara-based natural health specialist says we choose stress and we can learn to let it go. Her book "Conquer Your Stress with Mind/Body Techniques" gives us seven techniques any time to not only reduce stress, but prevent stress. Here is a sample of the techniques she describes:

**1) CONTROL YOUR REACTION TO STRESS!** You have the power. You have to choose to exercise it. Realize that stress is not the problem. Our reaction to stress is the problem. Learn what you need to control your reaction. As soon as you gain control, stress is no longer detrimental.

**2) OUT WITH THE BAD AND IN WITH THE GOOD.**

# POPPOFF!

with Mary Jane Popp

**SAY NO TO NEGATIVES.** Don't create your own stress. Push the negative thoughts away. Always have a list of good, positive ideas, pictures, and things you love nearby. Whenever a negative thought comes up, choose to push it away and choose to focus on the good and positive. So, rather than saying "I'm not getting sick," say "I am healthy and well." This boosts the immune system and stops the cycle of negative thinking.

**3) DIRECT YOUR DAYDREAMS!** Take control of your mind and body. Focus on the things you want to see happen in your life. If you find your mind wandering, acknowledge it, and then push it away. Focus on what YOU want it to focus on instead. Visualize actively.

**4) TAKE BABY STEPS! GET HEALTHIER SLOWLY AND STEADILY!** Use the healthy activities that you already do in your life as a mind/body practice. Things like yoga, tai chi, massage running, dance can all be used as meditation.

**5) DO MINI-MEDITATIONS SEVERAL TIMES A DAY.** Think you can't meditate? You can now. Use simple mini-meditations that take just a few minutes to learn and can be done anywhere.

**6) PAY ATTENTION TO WHAT YOUR BODY IS TELLING YOU.** Often, the body parts that are misbehaving are hinting at our stress. Do you feel like your hands are full and then develop carpal tunnel?

Who is the pain in your neck? Are you shouldering the burden or feeling like you can't stomach something?

Observing these common phrases can be key to identifying and releasing your stress.

**7) DON'T REWARD YOURSELF FOR BAD BEHAVIOR.** When you are sick, don't languish and enjoy being in bed any more than necessary. Don't soak up the attention and consolation people give you for mistakes, painful experiences, or unforeseen accidents and illness any more than necessary to get back on your feet. There are better ways to get love and attention. Choose health!

Just a few ideas to get you started, but the whole story is in "Conquer Your Stress with Mind/Body Techniques" and Dr Gruver can fill in the details. Stress has become one of the worst causes of all kinds of disease according to many docs I've interviewed on POPPOFF. Make the best of your life for the rest of your life. Reduce that thing called stress and "Live Long and Prosper." ★

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9am - Noon: The Dave Ramsey Show

Noon - 1pm: The KAHl Noon News with Mary Jane Popp and the KAHl News Team

1 - 4pm: The Savage Nation

4 - 6pm: The KAHl Afternoon News with Scott Costa and the KAHl News Team

6 - 7pm: TMZ Live

7 - 10pm: Sports Byline USA with Ron Barr

10pm - 12am: Poppoff with Mary Jane Popp

**Saturdays**

6 - 7am: A Time for Seniors

7 - 8am: The Swap Shop

8 - 9am: The KAHl Corral

9 - 10am: The Garden Goddesses

10am - 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

8 - 9pm: Hearts of Space

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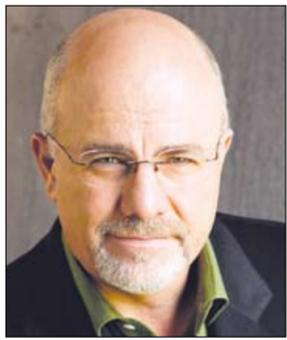
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# Dave Says

So I don't feel the same way about check-cashing companies as I do about payday lenders. It's still not a financially smart move to pay a storefront operation a fee just to cash a check, but these businesses aren't nearly as abusive as payday lenders.

## Letting kids make money mistakes

Dear Dave,  
My 6-year old son has saved up \$400. He said he wants to buy a motorcycle with it some day, but he recently changed his mind and wants to buy a computer tablet. Is it okay for him to change his mind like this, and how should I handle things?

- Christina

Dear Christina,  
I'm not really concerned whether it's a motorcycle or a tablet, especially if he's saved his own money. I think the big thing we're looking for in all this is a teachable moment.

Certainly regret is a concern, especially with a kid so young. But the reality is that neither the decision nor the possible regret afterward will ruin his life. If you talk to him and try to advise him beforehand, and he gets upset later because he feels like he made the wrong choice, it gives you the opportunity to step in and gently say, "I'm sorry you think you made a bad choice, but that's why I wanted you to really think about it first. You had a chance to listen to mom's wisdom and didn't. I'm sorry you feel sad now, but I want you to remember it

and learn something from this bad decision." It's a process of controlled pain and natural consequences.

One of my daughters did something similar years ago when we went to an amusement park. All the kids had a set amount of money for the day, and we warned them not to spend it too soon. She turned around and blew all her money on carnival games, then she spent the rest of the day whining while her brother and sister rode the rides and had lots of fun. We didn't give her any more money, but a controlled amount of pain taught her some valuable lessons that day. She learned to listen to her mom and dad, she learned that carnival games are a rip-off, and she learned to control herself a little bit and think things through.

Allowing kids the emotional dignity of making some decisions for themselves is vitally important. You just have to make sure this liberty is supervised and comes with parental warnings and protections. Just because they saved the money doesn't mean they can do whatever they want. It still has to be used in a way that you, as a parent, are comfortable with and deem appropriate.

There will be some natural tension in the process, but it's a great way to teach kids about money, decision making, maturity and life choices!

- Dave

\*For more financial help, please visit [daveramsey.com](http://daveramsey.com). ★

Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at [daveramsey.com](http://daveramsey.com).

## Check cashing for the unbanked

Dear Dave,  
I know you hate payday loan companies. Do you feel the same way about check-cashing companies?

- Brian

Dear Brian,  
Check-cashing companies are not a good deal, but they're nowhere near as bad as payday lenders. All check-cashing businesses do is charge a fee to cash a check.

Honestly, it's kind of silly to me that places like this can make money when all you have to do is walk into a bank and open an account. But there's a percentage of our population that people in financial circles call "unbanked." This means they avoid banks for whatever reason, but in the process they leave themselves susceptible to bad deals like this.

# San Juan Water District Board Approves Enhanced Conservation Measures

Water District Preparing For Dry Conditions To Impact Folsom Lake Water Supplies

GRANITE BAY, CA - On February 26th the San Juan Water District's board of directors approved moving into a Stage 3 water warning. This level of conservation requires all customers in the retail service area to reduce their water use so that, overall, the District can achieve a 25 percent reduction in water use to sustain water levels in Folsom Lake through the summer.

This increased conservation effort comes after the district enacted a Stage 2 water alert in August 2013 asking customers to reduce water use by 20 percent. In January, the Board furthered their request, asking customers to eliminate all outdoor irrigation. The district is one of many water providers in the Sacramento region requiring customers to reduce their water use as drought conditions persist.

"Recent storms have definitely improved our outlook on the drought," said General

Manager Shauna Lorange. "But we need to continue conservation efforts to sustain water supplies in Folsom Lake that are well below average for this time of year."

Part of the increased conservation level may include temporary drought rates to help encourage water conservation. Drought rates would also provide a portion of the additional revenue needed to operate the District during drought periods.

"Under the proposed drought conservation rates, customers who already use water efficiently and those who comply with the water use restrictions would likely not see an increase in the amount they normally pay," said Lorange. "However, customers not complying with the water reductions should expect to see an increase."

The district is preparing to distribute a notice to all affected customers in early March, with a public hearing on the proposed

drought rates likely slated for April 23.

Customers with questions about water conservation stages and lake levels are encouraged to visit [DryFolsomLake.com](http://DryFolsomLake.com) or call San Juan Water District at (916) 791-0115.

San Juan Water District is a community services district that provides drinking water to more than 265,000 people in portions of Sacramento and Placer Counties. In addition to serving retail customers in Granite Bay, east Roseville and the northeast portion of Sacramento County, San Juan Water District Wholesale provides water to Citrus Heights and Fair Oaks water districts, Orange Vale Water Company, the City of Folsom (north of the American River) and periodically to Sacramento Suburban Water District. ★

Source: Crocker & Crocker

# Auburn Area Republican Women Federated Features Four Top Speakers

PLACER COUNTY, CA (MPG) - The Auburn Area Republican Women Federated will host their March luncheon on Friday the 14th from 11:30 a.m. to 1:30 p.m. at the Sizzler, located at 13570 Lincoln Way in Auburn. Meet the

people behind the scenes who help run Placer County.

Heading the Election Department Jim McCauley, County District Attorney Scott Owens, Treasurer-Tax Collector Jenine Windeshausen, and Auditor-Controller Andrew Sisk

will all be available for questions and discussion of their respective departments.

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

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