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Placer Sentinel

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Serving Auburn and Placer County since 1987

Second Issue of May 2014

Disney Scores Again With Inspiring "Million Dollar Arm"



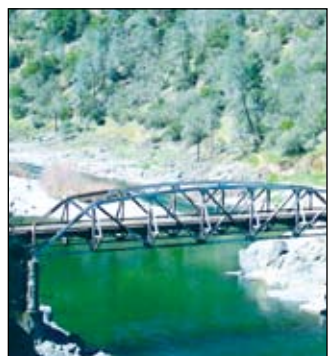
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Setting the Record Straight



Seventy-three percent of Americans support the concept of charter schools. The short story is that charter schools work, and are an asset to a public education system that is slow to embrace innovation despite an ever-changing and increasingly global world.

By Kara Kerwin

SACRAMENTO REGION, CA (MPG)

Americans are fans of fantasy and myth—the resounding success of franchises like Twilight and Harry Potter offer strong evidence to support this claim. But when it comes to our education system, Americans must learn to distinguish fact from fiction.

This is especially true of our nation's charter schools. Despite the fact that over 2.5 million children are served by over 6,500 charter schools across the country, the majority of Americans have been swayed by tall tales and misinformation about the

role of charter schools in our public education system.

One of the most common misconceptions is that charter schools are privately funded institutions. A recent survey from the Center for Education Reform (CER) found that only 20 percent of Americans correctly identified charter schools as public schools. Charter schools are in fact independent public schools that are held accountable for student results.

Another myth asserts that charter schools take money and resources away from the public school system. This could not be further from the truth. Like

district public schools, they are funded according to enrollment and receive funding from the district and the state according to the number of students attending. In fact, charter schools actually do more with less, receiving 36 percent less revenue on average than traditional public schools.

When a student's family relocates and moves from one public school system to another, the public school system itself does not lose any money. The same can be said of a student moving from a conventional public school to a charter school. When a child leaves for a charter school the money follows that child. This

benefits the public school system by instilling a sense of accountability into the system regarding its services to the student and parents and its fiscal obligations.

Additionally, research shows that charter schools have a positive impact, or "ripple effect," on neighboring public schools. A Harvard University study found that in Arizona, public schools neighboring charter schools scored increases in math achievement of more than three times that of schools with no charter schools in their communities. As the focus continues to shift from the needs of the system to the needs of children and

parents, our children are better served.

Critics are quick to claim that because charter schools operate independently, they have lower teaching standards and less accountability than conventional public schools. This is pure fantasy. Charter schools design and deliver programs tailored to educational excellence and community needs. Because they are schools of choice, charter schools are held to the highest level of accountability—consumer demand. If they fail to deliver, they are closed.

Another common myth is that charter schools "cream" more advantaged students from traditional public schools. The reality, however, is that a majority of charter school students are non-white, or minority students. Only 45 percent of charter students are white, while 52.5 percent of public school students are white. Additionally, 61 percent of charter schools serve a student population where over 60 percent qualify for free and reduced lunch.

Seventy-three percent of Americans support the concept of charter schools. The short story is that charter schools work, and are an asset to a public education system that is slow to embrace innovation despite an ever-changing and increasingly global world. As the nation marks the achievements of the charter school movement during National Charter Schools Week, it is important for parents, teachers, students and all of those involved with charter schools to share their successes so that all Americans can learn more about institutions committed to accountability and choice in education, and for lawmakers to take note so they can improve charter school laws, and in turn improve public education, in their state.

Kara Kerwin is President of The Center for Education Reform, a K-12 education policy and advocacy organization based in Washington, DC.

Relay for Life Auburn 2014

AUBURN, 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 on 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, 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 and get well, by finding cures and by fighting back. We welcome you to join us in the fight against cancer today!

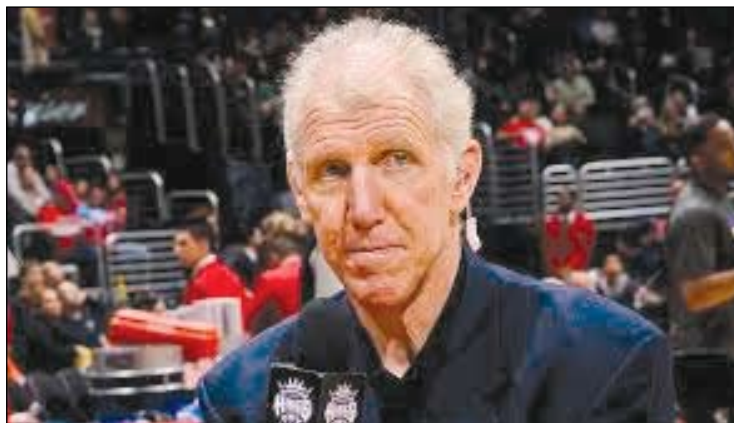
Source: Relay for Life Auburn 2014 P.C.



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Help for School-Age Children Who Stutter



NBA All Star and Hall of Famer Bill Walton is recognized as a well-known NBC commentator. Photo courtesy StutteringHelp.org

PLACER COUNTY, CA (MPG) - Stuttering is a frustrating and embarrassing problem for millions of people, but it can be especially tough on elementary school-age children.

Help is available for parents, teachers, and speech-language pathologists at most public libraries in the form of a DVD designed to help school-age children who stutter. Some libraries have an older video version. The Martha Riley Community Library received this DVD.

"It's meant to give speech-language pathologists the tools they need to deal with stuttering in this age group, but it also offers good ideas for parents and teachers,"

said Professor Peter Ramig of the University of Colorado at Boulder. Ramig is one of five nationally recognized experts appearing in the DVD produced by the nonprofit Stuttering Foundation.

The DVD features students from first through sixth grade, some of whom talk about their experiences with stuttering. They talk openly about the teasing they face from classmates and how their stuttering sometimes makes them feel about themselves.

"We focus on demonstrating a variety of therapy strategies that are appropriate in working with children who stutter," adds Ramig. He appears in the DVD along with speech-

language pathologists Barry Guitar, Ph.D., of the University of Vermont, Hugo H. Gregory, Ph.D., and June Campbell, M.A., of Northwestern University, and Patricia Zebrowski, P.D., of the University of Iowa.

These five experts answer questions about stuttering, refute myths and misconceptions, and present examples of therapy sessions showing how stuttering can be reduced.

More than three million Americans stutter, yet stuttering remains misunderstood by most people," said Jane Fraser, president of the Stuttering Foundation. "Myths such as believing people who stutter are less intelligent or suffer from psychological problems still persist despite research refuting these erroneous beliefs."

The 38-minute DVD, entitled Therapy in Action: The School-age Child Who Stutters, produced by the 66-year-old nonprofit Stuttering Foundation is available free of charge to public libraries nationwide. Other libraries that will shelve it can contact the Foundation at 1-800-992-9392, e-mail info@stutteringhelp.org, or visit www.stutteringhelp.org or www.tartarmudez.org. ★

Source: *The Stuttering Foundation I.S.*

Placer Land Trust Protects American River Land

417 Acres on North Fork at Big Bend Protected for Recreation Access



Big Bend North Fork Preserve surrounds Ponderosa Way, a popular access road from Weimar and Foresthill down to the North Fork American River. This picture (looking downriver from the Preserve) shows Ponderosa Bridge and the Codfish Falls Trail trailhead. Photo courtesy Placer Land Trust

AUBURN, CA (MPG) - Placer Land Trust has announced the acquisition and permanent protection of 417 acres along the North Fork of the American River across from Sore Finger Point at Big Bend.

Acquisition by the property, called the "Big Bend North Fork Preserve," will permanently prohibit any residential incursion into the river canyon, while at the same time permanently protecting the public's access to the river along Ponderosa Way.

"Placer Land Trust is committed to doing our part to keep the American River wild and scenic for all of us to enjoy forever," said the Trust's Executive Director Jeff Darlington. "This is the fourth river-front property we've acquired and protected along a 10-mile stretch of the North Fork American River above Lake Clementine."

Placer Land Trust partnered with the Trust for Public Land, which used grant funds from the California Natural Resources Agency to purchase the property from a local developer. In addition to the property's value as recreational land, it provides

beautiful scenery, wildlife habitat, and water quality benefits to the public.

"There is no higher or better use of this land than to keep it open and in the public trust," said Darlington. "Big Bend North Fork Preserve is one of our natural wonders, and we're very pleased to work with willing landowners and conservation partners to protect these natural wonders, now and forever."

Funding for ongoing and permanent management of the land was provided by the Trust for Public Land and the previous landowner, the Foresthill Land Company. Placer Land Trust is working with California State Parks on the management of the land, and plans to transfer it to State Parks as part of the Auburn State Recreation Area later this year.

A dedication ceremony, including the public opening of the Bradhaws Bar Trail on the Preserve, will be held this fall in conjunction with State Parks 150th anniversary. Each year close to a million visitors come to enjoy the American River's 100+ miles of trails, the world-

class river recreation, and the raw natural beauty of the river canyons within the Auburn State Recreation Area.

"The North Fork American River continues to be an area of special interest for Placer Land Trust due to its unique value to our region," said Darlington. "We're pleased to protect another stretch of the river through ongoing community support and statewide partnerships."

Placer Land Trust has now protected 14 separate projects totaling 1,856 acres in the American River watershed, and a total of 7,766 acres county-wide, including oak woodlands, grasslands, parks, farms and ranches.

Placer Land Trust is a 501(c)(3) nonprofit public benefit organization incorporated in 1991 that works with willing landowners and conservation partners to permanently protect natural and agricultural lands in Placer County for future generations. To date the Trust has protected over 7,766 acres in 34 locations across the Placer County region. For details, see www.placerlandtrust.org or call (530) 887-9222. ★

Source: *Placer Land Trust*

Auburn Recreation District is Hosting the First Envision Expo

AUBURN, CA (MPG) - Auburn Recreation District is hosting the first Envision Expo on Saturday, May 31, 2014 at Regional Park Gymnasium in Auburn. Modeled after the Sacramento Women in Business Expo, the Envision Expo will include more than 50 businesses and organizations. Shop and explore finding everything from entertainment, art, jewelry, specialty foods, health, wellness and beauty secrets, vendor demonstrations, travel ideas and so much more!

There will be great show specials, deals, prize drawings, and some of Placer County's most popular brands and niche products and services at your fingertips. Doors for the Expo open at 12:30 p.m. and close at 4:00 p.m., so get there early to get



Look for our postcards with original artwork donated by local artist, Gayle Rappaport Weiland. Gayle will be at the Expo with some of her original pieces and she will be available to sign Expo posters.

the full benefit. Admission is \$4. Tickets are available at the door, or pick up a 2 for 1 postcard at local businesses or at ARD offices. The Expo is located at

3770 Richardson Drive, 95603. For a complete list of exhibitors, visit www.envisionexpo.com. ★

Source: *Auburn Recreation District*

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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

Plans Approved for New Pipeline

GRASS VALLEY, CA (MPG) - Directors of the Nevada Irrigation District on Wednesday (May 14) approved plans and environmental studies for construction of a new pipeline from NID's Combie Ophir II Canal to Rock Creek Reservoir in North Auburn.

The 3,350-foot-long 36-inch pipeline will provide an additional raw water source for NID's North Auburn Water Treatment Plant and will also make backup emergency water supplies available to PG&E, which operates Rock Creek Reservoir; and the Placer County Water Agency.

Officials said the new pipeline could help mitigate future water outages, such as those that struck wide areas of Placer County as a result of the 2011 collapse of the PG&E Bear River Canal.

NID project engineer Adrian Schneider said the new raw water line would be built along with a new 24-inch treated water line

that will connect NID's water treatment plant to two water storage tanks off Shale Ridge Road.

The project site is located to the north and south sides of Locksley Lane, west of the Auburn Municipal Airport. Construction is anticipated next year. Few traffic impacts are anticipated.

In other business, NID directors:

- approved the purchase of approximately 30,000 acre-feet of water at \$30 per acre-foot from PG&E as allowed in a current contract. The additional water is seen as a cushion against the current drought.

- referred the proposed Newtown Canal Rehabilitation Project back to the Engineering Committee for further review. Directors expressed renewed interest in piping part of the canal under Newtown Road rather than within the canal's current alignment.

The Newtown Canal dates to the 1850s and supplies source water for 3,200 drinking water customers in Lake Wildwood and Penn Valley and an additional 180 irrigation water users. NID's master plan calls for flows of up to 30 cubic feet per second (cfs) but the canal is currently limited to 13 cfs.

- approved a reorganization of the NID Hydroelectric Department. Hydroelectric Manager Keane Sommers recommended the changes for more efficient and cost-effective operation in a changing power marketplace.

The next regular meeting of the NID Board of Directors will be held at 9 a.m. on Wednesday, May 28, at the NID Business Center in Grass Valley. NID board meetings are open to the public. ★

Source: Nevada Irrigation District

Neighborhood Short Tracks Remain the Foundation of NASCAR



Before they were Superstars in the NASCAR Sprint Cup Series, Denny Hamlin, Kevin Harvick, Carl Edwards, Martin Truex, Jr., Dale Earnhardt Jr., and many more were like so many hundreds of thousands of drivers that make up the foundation of NASCAR. Photo courtesy Doug Day

By Linda Harper

ROSEVILLE, CA (MPG) - Have you ever wondered who you're really watching on the track every Saturday night? Sure, you may know names, stay aware of point standings and note the paint job on your favorite driver's car. But the teams who make up the weekend race roster at community short tracks like All American Speedway are the soul of NASCAR. They are the ones who fuel your passion as a race fan, the ones who are local legends and the ones who bring you and your family together to enjoy an evening of quality entertainment.

Before they were Superstars in the NASCAR Sprint Cup Series, Denny Hamlin, Kevin Harvick, Carl Edwards, Martin Truex, Jr., Dale Earnhardt Jr., and many more were like so many hundreds of thousands of drivers that make up the foundation of NASCAR. Before climbing the Series ranks to the Sprint Cup, they could be found tuning their hot rods all week, so they could spend their weekends racing at their local home track. Week after week they captivated

devoted fans in their community. Home tracks are, and always have been, the "nuts and bolts" of one of the most popular sports in North America today.

Neighborhood tracks like AAS are "everything NASCAR." Loyal fans, dedicated drivers and their crews, sponsors, and a group of hard working track promoters make for the best, most affordable family entertainment in the marketplace today. It ranks right up there with pro football, basketball and hockey for longevity and generational loyalty. It's not uncommon to see great grandparents, grandparents, parents and children all sitting in the bleachers at All American Speedway just as they have for almost 60 years. The drivers names may have changed, the types of sponsors are more sophisticated and the track is now an official NASCAR Neighborhood Track, but the "heart" of racing is the same as it was in 1955 when the first Hardtops lined up on the dirt track to "rumble" for that Saturday night's purse, and the admiration of a community.

Unlike the NASCAR Sprint Cup races, neighborhood home

tracks don't receive huge sponsorship commitments, TV and radio deals or large team fees. They operate on revenue gained from ticket sales, local sponsorships, modest team fees and an occasional grant from the city or county. In short, they "do a lot with a little." If you'd like to help keep the thrill of premier short track racing at All American Speedway, consider being a sponsor or participating in one of the fundraising events scheduled throughout the year. The next one is a Poker Tournament slated for June. Fans are the fuel that drives the Speedway. Without your loyalty, the track would be a quiet place on Saturday night. Thank you for your support!

For more information about All American Speedway, ticket sales and the latest fundraising opportunity, go to www.allamericanspeedway.com or call the Speedway office at (916) 786-2023.

Don't miss the race this Saturday night, May 24th. Featured are Modified, Street Stock, F4's, and the exciting Hardtops. ★

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You are Invited to the PSAL Family Night and BBQ

PLACER COUNTY, CA (MPG) - The public is invited to join the newly created Placer Sheriff's Athletic League at its first annual family night and barbecue on Saturday, May 31, from 4-7 p.m. at Rock Creek Elementary School in Auburn.

The event, which is being held in collaboration with Placer County Probation, is free and includes demonstrations by some of the sheriff's special teams, and activities and games for the kids as well as raffles and prizes.

The Placer Sheriff's Activities League is engaged in activities and events after school three days a week for at-risk and underprivileged youth. The events include mentoring, leadership and

promoting good decision-making through sports and/or presentations. The program also implements a drug- and gang- prevention environment.

The mission of the Placer Sheriff's Activities League is to unite sheriff's personnel, citizens and youth of Placer County in the pursuit and implementation of initiatives that will reduce crime, better the lives of area residents and enhance the community through action and collaboration with its partners.

For more information about PSAL, visit www.placersal.com.

Source: *Placer County Sheriff's Office*



Placer County Sheriff Special Report

Identity Theft Suspects Arrested in Rocklin

PLACER COUNTY, CA (MPG) - Placer County Sheriff's detectives arrested two Richmond residents at the Rocklin Target store Tuesday on charges of identity theft, burglary, grand theft and use of a fraudulent access device. A group of Richmond residents was arrested at the Auburn Target store on similar charges two weeks ago.

Darryl Lee Brown, Jr., 33, and Keshia Lashra Owens, 24, were observed by a deputy and a detective who were at the store. They watched Brown use stolen credit cards to purchase items with gift cards. Brown returned to his car and began rolling a marijuana cigarette, so the detective approached the car. Brown was detained and more than 30 Target bags, filled with recently purchased clothes and baby items, were found in the car, along with many \$100 Target gift cards.

Owens was still in the store when deputies asked her to step outside. She had numerous credit cards with her name on them, which were later checked and determined that stolen credit card numbers had been embedded on the cards' magnetic strip.

During the investigation, detectives found photographs that showed a download of credit card numbers. It appears Brown is buying personal information online and using it to create counterfeit cards.

Both were transported to the Placer County Jail. Owens was released with a promise to appear due to jail overcrowding. Brown's bail was set at \$110,000, which he posted and bailed out Wednesday.

Source: *The office of Sheriff Edward N. Bonner*



Darryl Lee Brown



Keshia L. Owens



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Diabetes Linked to One-Third of all California Hospitalizations

Special report from California Center for Public Health Advocacy and UCLA Center for Health Policy Research

SACRAMENTO REGION, CA (MPG)

- Patients with diabetes account for one in three hospitalizations in California, according to a comprehensive new study on the prevalence of diabetes in hospitals and its impact on providers and spiraling health care costs.

The study of hospital discharge records conducted by the UCLA Center for Health Policy Research with support from the California Center for Public Health Advocacy (CCPHA), found that among all hospitalized California patients aged 35 or older (the age group that accounts for most hospitalizations), 31 percent had diabetes. Although diabetes may not be the initial reason for these hospitalizations, the disproportionate share of patients with diabetes highlights the impact this disease is having on California's health care costs.

This research also showcases the percent of hospitalizations of patients with diabetes and related costs by county.

"If you have diabetes, you are more likely to be hospitalized and your stay will cost more," said Ying-Ying Meng, lead author of the study and a researcher at the UCLA Center for Health Policy Research. "There is now overwhelming evidence to show that diabetes is devastating not just to patients and families but to the whole health care system."

Diabetes is one of the nation's fastest growing diseases and one of the most costly. The disease adds an extra \$1.6 billion dollars every year to hospitalization costs in California, with hospital stays for patients with diabetes costing nearly \$2,200 more than

for patients without diabetes, according to the study. Three-quarters of that care is paid through Medicare and Medi-Cal, the study's authors found, including \$254 million in costs that are paid by Medi-Cal alone.

The disease is responsible for a long list of complications, including blindness, kidney disease, cardiovascular disease, amputations and premature death. Since 1980, diabetes cases have more than tripled nationally to 20.9 million. In California alone, diabetes cases have increased by 35 percent in ten years.

"For far too many families, diabetes has become a common and painful reality. In very stark terms, this study shows local health care providers and policymakers the enormity of the diabetes epidemic in their counties," says Dr. Harold Goldstein, CCPHA's executive director.

County prevalence and costs

With 41 percent of hospitalized patients suffering from diabetes, Imperial County leads the state, followed by Solano (36.2%), Yuba (35.7%), Merced (35.7%), Fresno (35.1%) and Sacramento (34.5%) counties.

Treating patients with diabetes costs more than treating those without the condition, according to the study. In Los Angeles County, for example, diabetes adds an additional \$491 million to the costs of treatment; in San Diego County, \$120 million; and in Orange County, \$109 million.

"What makes the study's findings particularly tragic is that 95 percent of diabetes cases are preventable. By reducing added sugar in our diets, increasing physical activity and making early diabetes screening a priority, we could significantly reduce diabetes cases and save billions

of dollars in health care costs," Goldstein explains.

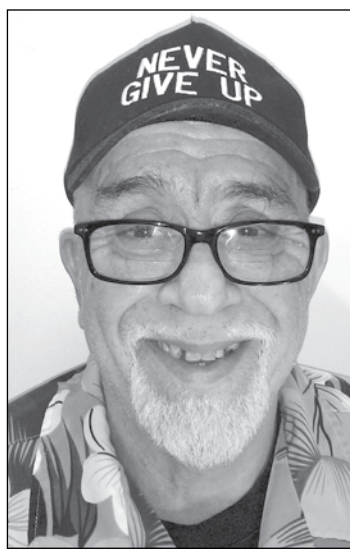
While the study shows that diabetes is having a significant impact on every community across the state, hospitalization records reveal that ethnic communities are most dramatically impacted. Of all Latino hospital patients in California, 43.2 percent have diabetes, compared to the statewide average of 31 percent. American Indians and Alaska Natives are similarly impacted with 40.3 percent of hospital patients having diabetes, followed closely by African-Americans (39.3 percent), and Asian American and Pacific Islanders at 38.7 percent.

"Diabetes is hitting every community hard, but the disproportionate number of hospital patients with diabetes among California's ethnic groups is especially worrisome," says Dr. Susan Babey, a researcher at the UCLA Center for Health Policy Research and one of the study's co-authors.

The California Center for Public Health Advocacy is an independent, nonpartisan, nonprofit organization at the forefront of solving the obesity and diabetes epidemics by advocating for policies that build a healthier California. The UCLA Center for Health Policy Research improves the public's health through high-quality, objective, and evidence-based research and data that informs effective policymaking.

Funded by The California Endowment, the study and supporting materials, county-level charts and background on diabetes are available at: <http://www.healthpolicy.ucla.edu/diabetes2014> or <http://www.publichealthadvocacy.org/diabeteshospitalization.html>. ★

Source: Brown Miller PR



By Gerry Mifsud

What is it about a man's lack of emotional response?

I held out 2 different petitions 6 months apart in front of the Save Mart in Auburn. For the first one I called out to passers by: "Would you be interested in a homeless shelter here in Auburn?" And in my other petition I asked: "Would you help protect us seniors from speeding cars?"

Upon hearing the words "homeless shelter" and when addressing the safety of seniors, men just kept walking. Not women though. 70% of women responded, while only 30% of men did.

Why am I not surprised to be reminded that we men are not as emotionally mature as women? 70% women. Wow!

That says that the not so silent majority speaks volumes. A very strong 70s women's rights advocate, Gloria Steinem, wanted positions of authority for women, not solely in motherhood, but in all aspects of life. The top positions, boardrooms, and even the oval office are seeing women step up to own and claim their equal rights.

Speaking of equal rights! Or to sexism? I was at a recent city council meeting, and prior to it starting up I approached the lone council woman and

70% Women 30% Men

complimented her on her fine work, saying "What a strong woman you are." With surgical timing, a nearby male councilman diagnoses me by saying "That sounds like a sexist remark to me." She and I smiled somewhat and considered the poor bedside manner. Interestingly enough, that council man and four other males sat on this dais with one councilwoman. Now that clearly appears like sexism to me. Men have abused their leadership role

Maryann is a strong independent woman. My awesome son Joe is a compassionate and understanding man. My former wife is a strong leader within the family as much as I am. In my petitioning I have personally encountered many strong and insightful women in positions of authority whom I need to acknowledge and thank.

City Government: Mayor Bridget Powers, Jennifer Solomon, Bernie Schroeder, and Amy Lind; homeless cru-



70% of women responded to request for assistance, while only 30% of men did. Why am I not surprised to be reminded that we men are not as emotionally mature as women?

and turned to a dictatorship of superiority and control.

I knew what leaders women were in 1974 when, as a restaurant manager, I hired thirty women and twelve men. 70% women! I made one woman my assistant manager and never ran a smoother operation in my fifty years in the business.

My strong spiritual mom lived under a dictatorship yet she picked herself up (literally) and gave her six sons unconditional strong love. My brothers respected their wives and together raised respectful, progressive women as well.

My amazing daughter Melissa

sader Suzi Defossett, school administrator Laura Grossman, McCalou's Bernadette Ambers; Seniors First: Candice Roeder, Jamie Horning, Chelsea Bullen; library: Delana, and Lisa. Savemart's Pamela Dobson; community minded Georgia Fox, and ACTV20's Paula Johnston.

I hope in our parenting we raise strong confident women and compassionate men. "As parents we are accountable to God (Higher Power) for the position of influence in our children's lives, and to teach them to Never Give Up." ★

TV Host Gerry Mifsud.



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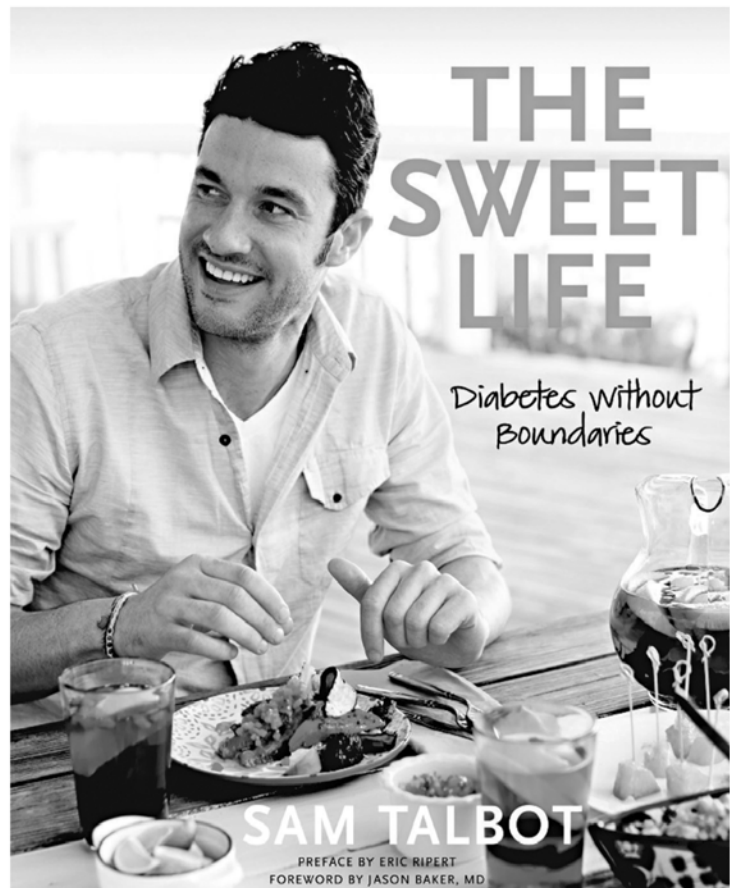


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Pear Perfection



Sam Talbot's "The Sweet Life" is available on amazon.com, at Barnes and Noble, and at book stores nationwide. Photo credit: Sarah Kehoe



Photo credit: Tara Donne

FAMILY FEATURES

For the more than 25 million Americans living with diabetes, food choices are critical to maintaining their health. Chef Sam Talbot, who was diagnosed with type 1 diabetes when he was 12 years old, understands those challenges. But with his new cookbook he proves that diabetics don't have to sacrifice flavor in order to follow a healthy eating plan. Talbot earned national recognition as the runner-up in Season 2 of Bravo's hit TV show "Top Chef." In his new book, "The Sweet Life: Diabetes without Boundaries," he shares how diabetes has affected — but has not compromised — his life and career, and offers 75 fresh, all-natural recipes that can be enjoyed by both diabetics and non-diabetics.

Cooking to Manage Diabetes

Doctors recommend that people with diabetes follow a healthy, well-balanced diet that includes plenty of fiber-rich fruits and vegetables and carbohydrates that rank lower on the glycemic index (GI). (See sidebar for more on the glycemic index.)

"Pears are one of my favorite fruits to use in recipes," says Talbot. "They are a low GI fruit, they're high in fiber, and the flavor of a ripe pear is just out of this world. They are incredibly versatile in sweet and savory recipes in all types of world cuisines. They can be part of any meal of the day."

The two recipes here are from Talbot's book, and showcase the fresh, sweet flavor of pears. For more information, visit www.SamTalbot.com, and for additional pear recipes visit www.usapears.org.

The Glycemic Index

The glycemic index (GI) rates carbohydrates on a scale of 1 to 100 based on how rapidly a food item raises blood sugar levels after eating. Foods that rank high on the glycemic index are digested rapidly, which produces marked fluctuations in blood sugar and insulin levels. Foods with a low glycemic index are digested slowly and raise blood sugar and insulin levels gradually.

Source: University of Sydney Glycemic Index Group, Human Nutrition Unit, School of Molecular Biosciences.

- One medium pear provides 24 percent of your day's fiber, and 10 percent of your day's vitamin C — for only 100 calories.
- There are ten different varieties of USA Pears, each with its own color, flavor and texture.
- More than 80 percent of the fresh pears grown in the U.S. are from the Pacific Northwest states of Washington and Oregon. USA Pears are in season from early fall through early summer.



Chef Sam Talbot Photo credit: Sarah Kehoe

Yogurt with Pear and Coconut

Makes 4 servings

- Juice of 1 lemon
- 1/3 cup unsweetened shredded coconut
- 2 tablespoons graham cracker crumbs
- 1/2 cup Grape-Nuts or granola cereal
- 1 tablespoon granulated stevia extract, or to taste
- 1 teaspoon ground cinnamon
- 2 ripe pears, such as Anjou or Bosc, slightly firm to the touch
- 3 cups 2% plain Greek yogurt

In medium bowl, combine lemon juice, coconut, graham cracker crumbs, cereal, sweetener and cinnamon.

Peel, core and finely chop pears. Spoon yogurt into 4 bowls and top with fruit and coconut mixture, or sprinkle directly onto each individual container of yogurt.

Note: This recipe can do double duty as a dessert if you serve it up parfait style. Spoon 1/8 of the pears into the bottom of each of 4 bowls or parfait glasses. Add 1/8 of the cereal mixture, then 1/2 cup of yogurt. Repeat with the remaining pears, cereal mixture, and yogurt.

Per Serving: 265 calories, 15 g protein, 38 g carbohydrates, 8 g total fat (6 g saturated), 8 mg cholesterol, 6 g fiber, 157 mg sodium

Lavender Poached Pears

Makes 4 servings

- 2 large ripe pears, such as Bosc or Anjou, slightly firm to the touch
- 3 tablespoons granulated stevia extract, or to taste
- 1 tablespoon dried lavender
- 2 blossoms dried hibiscus
- 1 chamomile tea bag
- 1/2 cup loosely packed fresh mint leaves

Peel, halve and core pears using a melon baller to scoop out seeds.

In large pot, combine 3 cups water, sweetener, lavender, hibiscus, chamomile tea and mint. Bring to a boil over medium-high heat, then reduce heat to medium-low. Add pears and simmer until you can easily pierce pears with the tip of a knife, about 20 minutes.

To serve, transfer pear halves to 4 individual bowls and ladle some of the cooking liquid over the top.

Per Serving: 72 calories, 1 g protein, 19 g carbohydrates, 0 g total fat (0 g saturated), 0 mg cholesterol, 4 g fiber, 2 mg sodium

Recipes excerpted from the book, "The Sweet Life: Diabetes without Boundaries," by Sam Talbot. Published by Rodale. Copyright © 2011.



Photo credit: Tara Donne

Check the Neck for Ripeness

Ripeness is the key to enjoying pears at their sweetest and juiciest. To judge a pear's ripeness, USA Pear growers advise you to "check the neck." Press the neck, or stem end, of the pear. If it yields to gentle pressure, it's ripe, sweet and juicy. If it feels firm, simply leave the pear at room temperature to ripen within a few days. Don't refrigerate your pears unless you want to slow their ripening.

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Sudoku Puzzle on Page 6

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

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By Ronnie McBryer

Grow Old, Grow Strong

Lithuanian, goes like this: After church on Palm Sunday, the worshippers go home and lash those who didn't attend church with the spruce branches. Or in some Polish variations, the children are awakened from their beds on Palm Sunday morning by their parents beating them (gently, I am told) with the spruce branches.

Like so many of Christian practices, this tradition has its roots in ancient paganism. Before Christianity came to Europe the local tribes observed a spring-time ritual where they would thrash each other with evergreen trees. It was a way of casting off the winter, welcoming the spring, beating off cold, evil spirits, and I imagine it got one's sluggish blood pumping.

Later, when Christianity displaced paganism, the evergreen practice was adapted. The branches were retained, blessed by the church to chase the devil away, and used on Palm Sunday to reflect the mingled and cluttered emotions of the day. For while Palm Sunday is a day of joyous celebration – Christ has come! – it is also a day of suffering, marking the beginning of Jesus' Passion.

The gospel accounts of the first Palm Sunday capture the contradictions so well. Yes, there were those who cheered as Jesus descended into the city, but there were those who opposed the celebration; cold, wet, storm clouds who wanted to rain on the entire parade. Yes, the disciples were ecstatic as the day they longed for had come, but they were desperately clueless to everything that was happening.

Certainly Jesus felt the conflict.

He rode into town enjoying the praises of the people, only to be kicked in the proverbial teeth by the religious leaders. He was welcomed like a hero as the day began, only to end the victory parade in bitter sorrow, weeping for the city that would soon reject him. And he knew that the voices singing "Hosanna" would within the week be eclipsed by louder voices shouting, "Crucify him."

This is the rule, not the exception. Happiness is accompanied by hardship. With triumph comes trouble. Accomplishment's companion is usually agony, and rarely is there success, by any definition, without suffering. The examples to this effect are abundant: A woman birthing a child, an athlete training for competition, a student working toward graduation, a single mother raising a child, a Savior riding through Jerusalem to cheers and jeers – Pain is the prerequisite path to joy, and difficulty is victory's perpetual partner.

For whatever reason God has chosen life to be the way it is, this is the way life is: Pain and joy are life's constant collaborators, and there seems to be no other way. Embedded within the soaring praise of waving palms, there are the necessary stinging blows of the spruce branches.

Simply, the sufferings of our crucifixions are mingled with the glory of our resurrection, and Palm Sundays have a way of being followed by Easters. ★

Ronnie McBryer is a syndicated columnist, pastor, and author. His newest book is "The Gospel According to Waffle House." You can read more at www.ronniemcbrayer.me.

I am on a Roll so Don't Rock My Boat

Dr. James L. Snyder

Have you ever had one of those weeks where everything went exactly as planned? Well, neither have I, except for last week. I do not know what was going on last week, all I know is everything went according to plan. My plan, that is. I was on a roll.

In a sense, that worries me. I am not accustomed to having my week work out according to my plans. Normally, if I can get 50% of my plans accomplished in a week, I am doing pretty good. Last week was one of those weeks, which may never repeat itself ever again, I am sorry to say. Or, am I sorry?

In contrast, the week before it was horrendous.

I was out of town on business for the week and had to return via the airplane. If you have ever been on an airplane, you know that the 10 dwarfs of Snow White fame designed the seats. I think the one in charge of the seat project was Grumpy.

I was flying from Chicago to Orlando, which is not that bad of a trip. I boarded the plane in Chicago and took my seat at B3. I got all snuggled and strapped in and was prepared for the trip. No sooner had I gotten into this state of affairs, and you know getting into those seats is one of the great challenges that a real man has, somebody came and stood at the aisle looking at me and said in a high pitch grumpy voice, "You are sitting in my seat."

The emphasis on the word "my," indicated to me I was up against someone that I did not want to be up against.

"I'm sorry, madam," I stated as calmly as possible, "but this is my seat." I tried to emphasize the word "my" to get the message across.

She stared at me with one of those stares that penetrates the

very soul of a person's manhood. Then she waved her ticket at me and said, "You are sitting in MY seat."

I took out my ticket to wave at her and prove she was wrong. Much to my chagrin, my seat was B13. Do you know what it takes to get unbuckled from a plane seat and extradite yourself out of it? Especially when Ms. Grumpy is staring at you with one of those stares.

I went back to B13 and went through the same procedure to get myself situated in the seat for someone half my size. Just before the plane took off, I heard in the seat behind me a little baby start to cry.

"Oh, no," I said to myself, "not a crying baby!" Sure enough, in the seat behind me was a baby with lungs the size of an elephant. I tried pretending I did not hear, but the more I pretended the more I heard. That baby cried from the moment we took off until the moment we landed. When we landed, the baby fell asleep. I wanted to cry myself.

That was last week. This week was different in every respect. I enjoyed this week, particularly the fact that I got all my "to-do-list" accomplished and by early Friday afternoon, I had nothing to do.

Nothing to do! Then a thought wrestled my brain to the mat. What if the Gracious Mistress of the Parsonage found out I had finished all my work and had nothing to do?

When I thought about this, one thought that was predominant was that it is a good thing when I do NOT finish everything in a week. Then, I have the excuse that I have too much to do to delve into the "honey-do-list" of which my wife is most famous.

I believe this "honey-do-list" is something mothers pass on to their daughters. It is part of the women's secret society that does

not permit any intrusion from the non-female counterpart. It is the reason wives prefer their husbands call them the secret name, "Honey." Whenever the husband uses this term of endearment the wife smiles one of those romantic smiles that her husband has no idea what is behind that smile.

It has taken me a long time to come to this point of understanding. While, it is very gratifying to get your work for the week done ahead of schedule, it creates an opportunity for the intrusion of that infamous "honey-do-list." This list has no end to it.

When you accomplish one item on the "honey-do-list," three other items appear automatically. It is virtually impossible to finish everything on that list. It is part of the wife's secret society no man can penetrate.

Being on such a good roll in any given week is not the grand thing I thought it was. I am now content to have my desk piled high with unfinished work at the end of each week.

Since I had a little bit of time on my hands, I read what good old King Solomon, the wisest man that ever lived, thought along these lines. "Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest" (Ecclesiastes 9:10).

If I do not use my time to the best of my ability, the probabilities are pretty high somebody will intrude and use that time for some other use. ★


Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnsnyder2@att.net. His website is www.jamesnsnyderministries.com.

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Get Ready for BBQ Season with this Pasta Salad Recipe

"You'll go back for seconds!"

A little bit of spice, a little bit of tang, and a whole lot of delicious is what you'll taste when you try Elsa Dreyer's Pasta Salad with a Twist. This recipe is also flexible enough to allow for the substitution of other veggies that you may have on hand. A BBQ must, indeed! See step-by-step photos of Elsa's recipe plus thousands more from home cooks nationwide at: www.justapinch.com/pastasalad

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

-Janet

Pasta Salad with a Twist

What You Need

- 1 pkg spiral or any curly pasta
- 1 onion, finely chopped
- 1 each yellow, green, red and orange peppers, chopped
- 3/4 c ketchup
- 1/2 c white balsamic vinegar
- 1/4 c sugar
- 1/4 c olive oil
- 1 tsp curry powder
- 1 tsp chili flakes

Directions

- Cook pasta per instructions on the package. Drain and let cool. Do not rinse.
- In a saucepan, combine ketchup, vinegar, sugar, olive oil, curry powder and chilies.
- Bring to a boil and cook for 10 minutes on medium heat. Let cool.
- Combine peppers and onion with pasta. Pour

ketchup mixture over pasta.

- Mix well, cover and refrigerate for 24 hours.
- Serve at room temperature.

Submitted by: Elsa Dreyer, Ventura, CA (Pop. 112,300)

www.justapinch.com/pastasalad

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

Come back every week for Crossword and Sudoku!



Riley Reviews

DISNEY SCORES AGAIN WITH INSPIRING "MILLION DOLLAR ARM"

with his Indian-American business partner Ash (Aasif Mandvi), JB finds keeping the doors open is tough, mostly since he can't close on a hot NFL prospect who contemplates signing with the high-powered competition.

Focusing his attention on deal-making with a baseball team owner to find untapped talent sources, JB hits on the unique idea of conducting a televised talent contest in a foreign country with a million dollar payoff.

Not a fan of cricket, JB comes up with this idea on a late night TV viewing that consists of alternating between Susan Boyle belting out tunes on "Britain's Got Talent" to a sports channel carrying an Indian cricket match.

Heading over to India with a deadline to get prospects in place within a year, JB and Ash get help from salty, cantankerous, narcoleptic retired baseball scout Ray (Alan Arkin, in fine form) who can judge the speed of a pitch even with his eyes closed.

To help navigate the cultural differences in India, the American team is joined by eager go-fer and translator Amit (Pitobash), an unabashed baseball fan in a country dominated by a cricket-loving population. JB announces that his mission is to find the next Yao Ming, except for baseball. He figures that in a country with more than a billion people the odds favor finding undiscovered raw talent.

Hyped by Indian TV programs, the Million Dollar Arm bus tour covers the rural areas of India, where eager young men jump at the chance to show their

talent. Mostly, though, the team has no luck at first locating anyone who can throw the ball at a speed above 50 miles per hours.

Ultimately, JB finds his best prospects in Rinku Singh (Suraj Sharma from "Life of Pi") and Dinesh Patel (Madhur Mittal from "Slumdog Millionaire") and then brings them home to Los Angeles, where culture shock is a rude awakening.

At first, the boys are put up in a hotel, but that proves to be disastrous since they are mystified by the vagaries of American life. JB's ordered life is then upended when he brings them to live in his big house.

Accustomed to dating models and living in his own bubble, JB finds it challenging to get his new talent on the right course. He gets help on that score from sexy, smart medical student Brenda (Lake Bell), a tenant renting out his guest house.

JB also depends heavily on USC baseball coach Tom House (Bill Paxton), a former major league player, to get his green pitchers into shape for a showcase in front of skeptical baseball scouts.

Part of the movie's core redemptive spirit is JB's eventual grasp of his need to show some heart for his players. In fairly short order, he spends more time eating pizza with Rinku and Dinesh, and finds Brenda more enchanting than shallow one-night stands.

The fish-out-of-water experience for the Indian players brings a nice mix of comedy and drama. Though the young men will struggle to adapt to the necessary pitching skills, the eventual formulaic ending is a winner.

"Million Dollar Arm," similar to a walk-off game-winning home run in the bottom of the ninth, is a truly enjoyable, satisfying sports story that ranks in the same league of comparable gratifying films like "The Rookie" and "42," the inspiring story of Jackie Robinson. ★



POPPOFF!

with Mary Jane Popp

best things for our bodies. No time? Try a mini meditation. Concentrate on your breath, and on the inhale think "I am" and on the exhale think "at peace."

4) **LOW ENERGY.** No need to turn to caffeine. Take a few deep breaths and have a big glass of water. Still not quite awake? Try B vitamins, but don't take them too late in the day.

5) **TIRED BECAUSE YOU'RE NO SLEEPING WELL.** Try natural like melatonin or tryptophan before turning to OTC or prescription sleep aids.

6) **STILL CAN'T SLEEP?** Maybe it's your mind. So often our thoughts go round and round and prevent us from sleep. Use the affirmation, "I'll fall asleep quickly and easily and I wake up feeling refreshed." Repeat

7) **LET'S TALK FOOD.** Organic is definitely best, especially for meat, dairy, and processed and packaged foods. Non-organic food has higher amounts of pesticides, herbicides, genetically modified ingredients, hormones, and artificial sweeteners. They are more expensive, but do your best. Or eliminate processed foods altogether and skip the sodas. They are the cheapest, but they serve nothing toward better nutrition

8) **WHY NOT SODA?** There's no nutritional value. It's empty

THE ALTERNATIVE MEDICINE CABINET

We know that traditional medicine can do its job, but what if you could find alternatives to heavy duty drugs and procedures? Enter Dr. Kathy Gruver and "The Alternative Medicine Cabinet." She is host of the national TV show based on this book and has been featured on CNN, Prevention and Glamour Magazines and so many more.

Well, I tapped into her expertise on POPPOFF to share some of her insights into good health like the following.

1) **MAGNESIUM...**useful for sleep, mood, headaches, muscle aches, PMS, constipation, and heart health. It's her favorite mineral.

2) **STRESS.** We have to remember that stress isn't the problem, our reaction to it is. That we can control. She recommends doing affirmations to help block out those negative thoughts. Make them short, in the present, and positive. "I am healthy and well."

3) **MEDITATION.** It's one of the

calories that empty your wallet. The sweeteners are bad for us, whether it's high fructose corn syrup or the artificial sweeteners in diet sodas. And those sugary substitutes may be making us fatter by shutting down leptin in the brain.

9) **HOW ABOUT A MULTI-VITAMIN.** Even though she already mentioned magnesium, she thinks we should all be taking a high quality multi-vitamin and mineral. Our soils are depleted, and we're just not getting enough nutrition.

10) **LAST BUT NOT LEAST.** One of the best things you can do for your health is be mindful and stay positive. It's easy to revert to old patterns of negative thinking and dwelling in the past. Try to do at least one task a day mindfully. Go into it with focus and curiosity. This pulls you into the present moment and let's stresses of the past melt away.

So why can't traditional and alternative medicine work together? Perhaps the change is beginning to happen. After all, isn't the ultimate goal for the patient to be well? Let's hope we continue to reach for that goal. If you want to check out Dr. Kathy Gruver and her book "The Alternative Medicine Cabinet" go to www.thealternativemedicine-cabinet.com for more information. **BE WELL! BE HAPPY!** ★

MILLION DOLLAR ARM (Rated-PG)

A Film Review by Tim Riley

The fictional Don Draper could be just as impressive as an self-centered, arrogant, fast-talking sports agent as the driven, philandering advertising executive he is in the TV drama series in "Mad Men."

That's because actor Jon Hamm brings the same charisma and hardened attitude to the role of Los Angeles sports agent JB Bernstein in Disney's fascinating feel-good sports drama "Million Dollar Arm."

The difference, this time, is that JB Bernstein is a real-life person, and his story of searching for Major League Baseball pitching talent with cricket bowlers in India, of all places, is factually-based. Don Draper, on the other hand, remains pure fiction.

As a baseball fan, I find heartening sports movies almost irresistible, chiefly if they combine underdog triumphs, personal redemption, inspirational hope and determination to succeed as the essential ingredients.

Thus, "Million Dollar Arm" is in league with films like "The Blind Side" and "Miracle."

The story begins with JB Bernstein almost coasting, at least financially, on his past success with a large firm, where he handled big name talent, and ended up with a big house, expensive sports car and tailored suits.

Now struggling on his own

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- 6 - 9am: The KAHl Morning News with Casey Freelove and the KAHl News Team
- 9am - Noon: The Dave Ramsey Show
- Noon - 1pm: The KAHl Noon News with Mary West and the KAHl News Team
- 1 - 4pm: The Savage Nation
- 4 - 6pm: The KAHl Afternoon News with Mary Jane Popp and the KAHl News Team
- 6 - 7pm: Poppoff with Mary Jane Popp
- 7 - 10pm: Sports Byline USA with Ron Barr
- 10 - 11pm: TMZ Sports
- 11pm - 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
- 11am - 12am: The 45 Guy with Mike Mackenzie
- 12 - 7pm: Sinatra & Friends Music
- 7 - 8pm: A Way With Words
- 8 - 9pm: Rewind with Jimmy Jay

Sundays

- 7:30 - 9am: Cruisin' Garage & Swap Meet
- 9 - 9:30am: The Crossroads Radio Show
- 10 - 11am: The Dew Sweepers Golf Show
- 11am - 5pm: Sinatra & Friends Music
- 5pm - 6pm: Talk about Guns
- 7 - 8pm: A Way With Words
- 8 - 9pm: Hearts of Space

KAHI is committed to foothills news with News Director, Mary West



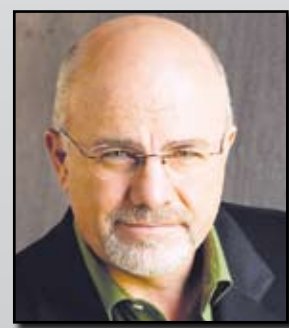
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Michael Savage



Dave Ramsey



Mary Jane Popp

PCWA Water Winners



PLACER COUNTY, CA (MPG) - Placer County high school students brought home awards in the Regional Water Authority's 2014 video production contest themed "Don't Be a Gutter Flooder." Student winners recognized at Thursday's (May 15) meeting of the Placer County Water Agency Board of Directors are, from left, Michael Abshear and Noah Spahn, Whitney HS; Connor Cook, Rocklin HS; and Madison Preston and Justin Conti, Whitney HS. They are pictured with PCWA directors Joshua Alpine, Robert Dugan, Primo Santini and Gray Allen. Source: Placer County Water Agency

Sons in Retirement Welcoming New Members

AUBURN, CA (MPG) - Looking to making your retirement more interesting and fun? Join Sons in Retirement Branch 37 (SIRS)! Drop by at the Auburn Elks Lodge 11:00 a.m. the first Thursday of every month for a lunch social.

Our June Speaker will be Ms. Monica Miller, Special Agent in

Charge of the FBI Sacramento Field Office. She has been assigned to this post since August 2013.

Agent Miller joined the FBI in 1989, and as with most Agents was moved from office to office including Washington D.C., New Orleans, San Juan Puerto

Rico, back to Washington D. C., and Atlanta. With these moves, she was assigned many different duties including violent crimes, white collar crime, public corruption and coordinating programs in human resources. She received many promotions along the way and as a supervisor she worked in linguistics and counter intelligence.

Prior to joining the FBI, she served in the U.S. Army in military intelligence. She has a BS degree in Business Administration from the University of Louisiana.

Do not miss this very interesting presentation.

We have many activities: poker, golf, computers, model airplane flying, bocce ball, etc. There are no dues! We are looking forward to adding new members so come check us out! For information, email mike50moore@icloud.com or call (530) 906-5025.

Source: Sons in Retirement Branch 37

Ride with Pride

PLACER COUNTY, CA (MPG) - It's time to sign up for the Placer County Sheriff's Office's annual Ride With Pride, a one-day camp that pairs grade-school children with deputies and their horse partners.

Participants may choose to attend Ride with Pride on one of four days: Monday, Tuesday, Wednesday or Thursday, June 9, 10, 11 or 12 at the Gold Country Fairgrounds in Auburn.

Members of the Sheriff's Office, all with horse experience, have developed a complete program featuring sessions in which

children have fun while learning about the care, handling and riding of horses. Children ages seven through 12 are invited to participate. This is a free event.

Classes will be held from 9 a.m. to 2:30 p.m. each day and a free lunch is provided.

For more information or to register, call Community Services Officer Lynn Harrison at (916)

652-2419 or email her at lhariso@placer.ca.gov.

Source: The office of Sheriff Edward N. Bonner

Helping our Aging Parents

By Susan Feldman, Community Relations BrightStar Care.

SACRAMENTO REGION, CA (MPG)

- Every day, I talk with adult children seeking in-home care for their aging parents who are overwhelmed with the responsibility of raising their own families, maintaining their careers and being available for parent's changing needs like falls, medical appointments, cooking and household chores. They are trying to be everything to both generations and are exhausted.

If your aging parent could benefit from in home care such as: personal hygiene, walking assistance, toileting, dressing, medication reminders, meal preparation, light housekeeping, laundry and transportation but is reluctant to accept help, here are a few tips to consider:

Do the Research

By seeking out a qualified in-home care agency before talking with parents you'll come to the discussion prepared. An internet search for in-home care will result in a plethora of options. Another idea is to get a recommendation from their physician or faith community. Interview agencies on the phone, explain concerns/care needs and assess their ability to meet those needs with qualified caregivers.

The Doctor Said

There may be a sense of respect for what their personal and trusted physician says. Talk to the physician's office ahead of time or send a letter explaining the situation. If the doctor said they need help, your parent may take this to heart.

Validate their Concerns

The decision to accept outside help is a big step. Most of us value our independence and privacy so allowing help is acknowledgement of increasing dependence and decline. Be sensitive to this milestone. Remind parents that assistance from a caregiver will not replace family visits but preserve the parent-child relationship, allowing for special time together rather than task-

filled visits. Most seniors prefer a professional to assist with toileting and personal hygiene than their kids.

Safety

Having a "stranger" come into the home raises questions of security. Check the agency's hiring practices, verifying that they do background checks, provide bonding, liability and workers compensation insurance. Reassure them that it's safe.

Part of the Process

Suggest that a representative from the agency visit to share about their services, learn about care needs, do an assessment and home safety check and answer any questions. There is no cost for this and puts a friendly face to the whole idea of help. Rather than being told what they need, keep parents in the decision-making process.

Paint the Picture of Care

Draw attention to times outside help would be valuable such as the need for transportation to appointments when adult children are working, assisting with meals and medication reminders between visits from kids, routine care that might prevent an aging spouse-caregiver from injury, fall or decline. Also, "what if..." scenarios such as "what if your family caregiver can't do it anymore, gets ill or goes on vacation."

Long Term Care Insurance

If they have LTC insurance remind them that it is a "use it or lose it" type of insurance and using it now before a catastrophic event would be sensible both financially and physically. By using half of the monthly allowance, they can have care for twice as long. They determine how much of the benefit they chose to use. And many insurances stop charging the premium while the policy is in use.

Plant the Seeds

Continue to bring up the idea of extra help, point out their friends and neighbors that do successfully have help and times when another member

of their "care team" would be a benefit. It may take time but with patience they may warm to the idea of a kind, compassionate helper.

The Triggering Event

Often the triggering factor that propels the discussion into action is a scare like a fall that could have been a broken hip, a minor driving incident that could have been terrible or confusion that could have resulted in harm. Sometimes the triggering event happening to a friend or neighbor is enough to instill action. In any case, continue to suggest outside help with love and concern.

Accessing the Information

There are really no "oversight" agencies for non-medical in-home care providers at the present time. It is recommended to call the local Senior Information & Assistance provider for assistance as they are the keeper of the resources and seen as the gatekeeper for senior services. In Placer County, the contact would be the Seniors First organization; (530) 889-9500.

Medicare.gov has a searchable database of nursing homes by zip code. SeniorAdvisor.com allows shoppers to search for records on a state by state basis and lists reviews of thousands of nursing homes throughout the country. ProPublica offers a comprehensive search engine and allows users to compare nursing homes based on deficiencies cited by regulators and penalties imposed within the last 3 years.

Some warning signs to watch for: a history of violations, high staff turnover, residents lack independence, lack of personal touches in the residents' rooms (photos, decorations on the walls, etc.), are amenities and services accessible to residents present, and any feeling of uneasiness in your gut.

The views expressed here are those of Ms. Susan Feldman, and do not necessarily represent those of the Older Adult Advisory Commission or individual members.

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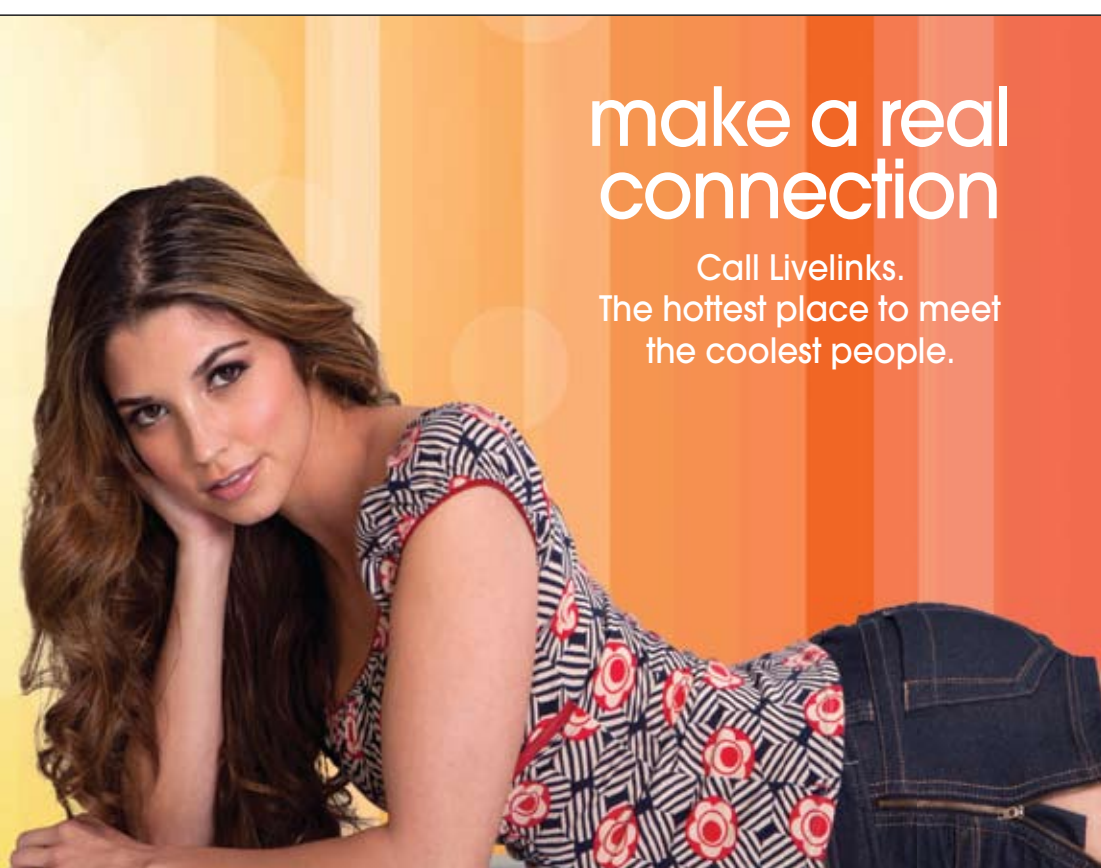
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Dare to Live Without Limits

Running Away



by Bryan Golden

"You can't conquer reality by running away from it." – Og Mandino

Although it may be tempting to run away from problems or undesirable situations, it's a flawed strategy. "The grass is always greener on the other side of the fence," is the familiar maxim that drives us.

When a person attempts to run away from reality, they find reality follows them. This is not due to bad luck or fate. Reality is determined not so much by geographic location but rather by outlook, attitude, and expectations. Wherever you go, your mindset accompanies you.

This is why some people constantly move from place to place in a seemingly endless quest to find happiness. Although they have relocated to new surroundings, they are the same person they were at the previous location. Therefore, they will be facing the same challenges while struggling with similar problems.

Jake is impatient with a short temper. He gets frustrated easily, often lashing out at the people he works with. Not surprisingly, Jake has problems getting along with coworkers, subordinates, and supervisors. Jake constantly blames other people for the friction, refusing to acknowledge his role.

Jake will stay at a job for a few years before he gets fed up with the way he was treated. He then changes jobs and the process repeats itself. Although Jake has had many different employers, he is still looking for

the ideal job where he will get the respect he feels he deserves.

Until Jake recognizes his personality issues, he will never work to adjust them. When a person doesn't acknowledge that they are contributing to the problems they experience, there is no chance of taking corrective action.

Jake doesn't see himself as being part of the problem. He thinks the issue is finding the right job. However, until he addresses the real cause, Jake will continue to experience the same interactions with other people. The names will change but the results will be the same.

Jake's scenario is an all too common example of the futility of running away from reality. People run to escape all types of problems. They move from one home to another in search of good neighbors. They change from one romantic relationship to another seeking "Mr. Right" or "Ms. Right." They travel from town to town in search of opportunity.

The examples are limitless but the results are identical: the same problems repeat themselves. If you are experiencing this syndrome, you can make changes to break the cycle. To do so, understand that the two main contributing factors are your actions and attitude.

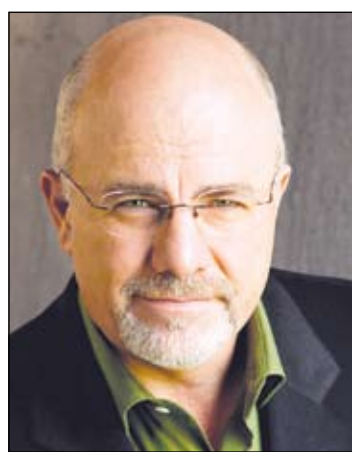
Begin with an objective assessment of how you interact with others. How do you

treat them? How do you react to them? Unless you are honest with yourself, you won't identify what needs to be changed. There's nothing to be embarrassed or ashamed of. What's important is that you identify and correct the problem.

Next, you need to look at your attitude. Your brain is a magnet with your mindset determining what you attract. Your self-talk should consist of positive statements identifying what you want to attract rather than negative statements about things you want to avoid. Additionally, don't tell yourself that bad things always happen to you and there is nothing you can do about it.

Sometimes there may be instances where changing your circumstances solves a problem. You will know that this was the correct strategy because the problem was solved. However, if you continually experience the same problems, regardless of where you go, it's time to look in the mirror. You always have the power to make any necessary changes within yourself. ★

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



Dave Says

Dear Mike,

I have a very simple rule for situations like this. If someone is bold enough to ask me for my money, I can be bold enough to attach requirements to the money for their own good.

One of two things will happen when you handle things in this manner. They'll welcome the help and graciously accept your conditions, or they'll get mad and act like you have no right interfering in their business. I don't have a problem helping people who have a good heart and really need a break. But if someone cops an attitude with me in this situation, I wouldn't break out my wallet anytime soon.

Regardless, if you choose to do this, I'd make the money a gift and not a loan. Concentrate on trying to get her on a path where she thinks a little straighter, and, as a result, she will make better choices. Teach her how to make and live off a budget or help her enroll in a personal finance course. But right now, just handing her money is like giving a drunk a drink.

This whole situation is a lot bigger than giving someone \$35 for diapers. The answer to that is easy. It's yes. But in this case I'd probably give it to her in the form of a grocery store gift card. Many of those don't allow alcohol and cigarette purchases. Or, I'd just go buy diapers and baby food and take them to her. Actually helping people is a lot more work than just throwing money at them. To really help someone,

you have to get down in their mess and walk beside them.

Financially speaking, her problem is just as much mismanagement of money as it is a lack of money. Anyone who chooses smokes and alcohol over diapers for their kid needs to be smacked. But since you can't really do that, you can put conditions on your help that are designed to help her improve her decision-making abilities and, by doing that, improving her life. - Dave

Investing in Savings Bonds

Dear Dave,

What do you think I should do with savings bonds I've been given over the years?

- Ashley

Dear Ashley,

I'd cash them out now and invest them in something better. Savings bonds earn almost no money. Plus, they're the kind of things people just leave lying around and forget about.

Back in the day it was a big thing to get and give savings bonds. We'd get them for birthday presents and such. Then, we'd wait until they matured and cash them out.

That's exactly what I'd do in your case, Ashley. Cash them out today and put the money into good growth stock mutual funds. You'll be glad you did! ★

- Dave

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

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				7:05 TPC	ELP	ELP							
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ELP	ELP	ALB	ALB	ALB	ALB	7:05 SLC	FRES	FRES	FRES	SLC	SLC	SLC	SLC
11	12	13	14	15	16	17	8	9	10	11	12	13	14
7:05 SLC	7:05 SLC	12:05 SLC		7:05 TPC	7:05 TPC	7:05 TPC	7:05 SLC	7:05 OVA	7:05 OVA	7:05 OVA	7:05 IONA	7:05 IONA	7:05 IONA
18	19	20	21	22	23	24	15	16	17	18	19	20	21
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							5:05 LAS	7:05 FRES					

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