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# Placer Sentinel

Volume 25 • Issue 3

Serving Auburn and Placer County since 1987

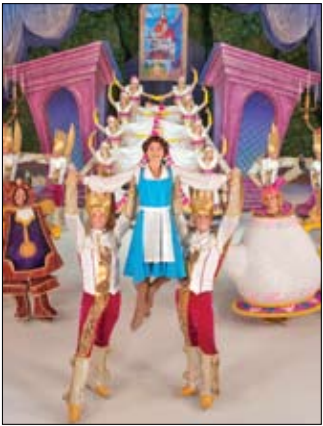
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# Water at Zero



Additional winter storms may provide a limited boost to reservoir storage and water deliveries, it would need to rain and snow heavily every other day from now until May to get us back to average annual rain and snowfall. Photo courtesy DWR.

**SACRAMENTO, CA (MPG8)** - To protect Californians' health and safety from more severe water shortages in the months ahead, the California Department of Water Resources (DWR) today took actions to conserve the state's precious resources. As a result, everyone — farmers, fish, and people in our cities and towns — will get less water. DWR's actions are in direct response to Governor Edmund G. Brown Jr.'s drought State of Emergency. In the declaration, the Governor directed DWR and the State Water Resources Control Board (SWRCB) to act to modify requirements that hinder conservation of currently stored water and allow flexibility within the state's water system to maintain operations and meet environmental needs.

"The harsh weather leaves us little choice," said DWR Director Mark Cowin. "If we are to have any hope of coping with continued dry weather and balancing multiple needs,

we must act now to preserve what water remains in our reservoirs."

Except for a small amount of carryover water from 2013, customers of the State Water Project (SWP) will get no deliveries in 2014 if current dry conditions persist and deliveries to agricultural districts with long-standing water rights in the Sacramento Valley may be cut 50 percent — the maximum permitted by contract — depending upon future snow survey results. It is important to note that almost all areas served by the SWP have other sources of water, such as groundwater, local reservoirs, and other supplies.

"It is our duty to give State Water Project customers a realistic understanding of how much water they will receive from the Project," said Director Cowin. "Simply put, there's not enough water in the system right now for customers to expect any water this season from the project."

DWR also has asked the SWRCB to adjust water permit terms that control State Water Project and federal Central Valley Project operations in order to preserve dwindling supplies in upstream reservoirs for farms, fisheries, and cities and towns as the drought continues.

While additional winter storms may provide a limited boost to reservoir storage and water deliveries, it would need to rain and snow heavily every other day from now until May to get us back to average annual rain and snowfall. Even then, California still would be in a drought, because normally wet December and January have been critically dry — and follow a record dry 2013 and a dry 2012.

This historic announcement reflects the severity of California's drought. After two previous dry years, 2014 is shaping up as the driest in state history. Storage in key reservoirs now is lower than at this time in 1977,

Continued on page 10

## Flu Deaths Statewide Now 147

Special CDPH Report

**SACRAMENTO REGION, CA (MP)** - 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 the state has increased by 52 to a total of 147 confirmed deaths for the season. Four of the 147 are pediatric deaths. There are an additional 44 deaths under investigation, not yet confirmed.

The total number of deaths reported for the entire 2012-2013 influenza season was 106.

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.

"This influenza season continues to be a severe one as the increasing number of influenza-related deaths indicates," said Dr. Chapman. "Once again I urge all Californians to get vaccinated, because it is the best defense against influenza."

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.

The 147 confirmed influenza-associated deaths this season have been reported by some of the following jurisdictions: El Dorado (1), Nevada (1), Sacramento (15). ★

# Girls Placer United Soccer Meets UCLA Women's NCAA Soccer Champions

**PLACER COUNTY REGION, CA (MPG)** - At the request of Senator Jim Nielsen (R-Gerber), 16 athletes from Placer United Soccer Program traveled to the State Capitol to meet with winners of this year's NCAA soccer championship — the women's soccer team of UCLA. The UCLA women's soccer team was honored by the Legislature for winning its first NCAA championship in the program's history.

"This is such a unique opportunity for the young players to meet the best of the best in college soccer," said Senator Jim Nielsen. "Connecting young children with accomplished college athletes gives them inspiration and motivation to continue pursuing their dreams."

Accompanied by their parents and coaches, the soccer players from Placer United introduced themselves to the UCLA champions and received autographs.

Jeff Flint, Board Chair, of the competitive soccer club, noted how excited the young players were to meet with the national champions.

"This is such a great honor for our players. They have been talking about it and thinking of what memorabilia they should bring to have autographed."

Placer United Soccer Club is a competitive soccer organization where players are encouraged to reach their full potential. Players are taught by a team of professionals to be both people of good character as well as outstanding soccer players.

In December, UCLA captured the NCAA title after defeating the Florida State Seminoles in overtime with a score of 1-0. Under the leadership of Head Coach Amanda Cromwell, the Bruins finished the season with a 22-1-3 record and defeated three number one seeds en route to the championship.

UCLA Head Coach Amanda Cromwell reflected on the team's visit to the Capitol, "We had a great experience in the State Capitol today. It was nice to be recognized



by all the Senators and State Assembly. The reception at the end was very unique in that they brought some club players in from Placer, and it's always nice to join the college players with the young girls and get to meet them, talk to them and get autographs. We thank everybody at the State Capitol for all their efforts." ★

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba.

To contact Senator Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov.

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# A Love that has Lasted Over Seven Decades



**Rebecca Partridge – Life Enrichment Director Emeritus at Emerald Hills**

**AUBURN, CA (MPG) -** When people who served in the armed forces during World War II talk about their experiences, inevitably the USO comes up. For Richard and Patricia Furlong the USO also comes up every Valentine's Day when they're asked about how they met. Because it was the USO that brought them together, leading to a marriage that has lasted over sixty-seven years.

It was 1942. Richard, then only seventeen, had recently

joined the Navy and been stationed at Treasure Island. On his first night of liberty he went into San Francisco to see the sites. "There I was at the station," Richard says. "To the left the sign said 1st Street, which didn't mean anything to me. On the other corner it said Mission and Market Street. At the time, that meant nothing to me either because I didn't know the city back then. On the other side of the station the sign read, 'USO 3 blocks' with an arrow. So I went that way. I went into the USO and there she was—my future wife and the love of my life. I only had a quarter in my pocket but I bought us both popsicles. That only left me with 15 cents, which wasn't enough for the train fare back but I didn't care. I knew I could catch a ride with someone, and I also knew she was the girl for me."

Like many wartime couples Pat and Richard waited until after the war to get married. They had three sons and a daughter and have five grandchildren and one great-grand son. Pat and Richard

enjoy traveling to Hawaii and Florida to visit their family. In fact, they love traveling so much, they've been to all fifty states. Pat even says that all their travels are part of their secret for a long lasting marriage.

Pat and Richard have lived at Emeritus at Emerald Hills Senior Living since April of 2012. They are very involved in the community there and are affectionately known as "Mom and Pops Furlong." Their son, Doug, points out that the name Emeritus is very apt for his parents since it means retired with honor and "they've earned that. They deserve to enjoy their retirement together after working so hard for so many years." Richard was an English teacher for over thirty four years. In addition to taking care of the children, Pat worked as a receptionist at Placer High School where Richard taught.

As Valentine's Day approached they think back fondly to the many dances at the USO and are grateful for it does for service men and women and their families. United Services Organization mission is to lift the spirits of America's troops and their families. Pat and Richard credit it with lifting their lives with love. ★

# 49er Lions Search for Chefs

By Paula Mosqueda

**AUBURN, CA (MPG) -** On Thursday, March 6, from 5:30 to 8 pm, the Auburn 49er Lions Club will host the 28th Annual Celebrity Chefs Cooking for Community Service event. Area cooks will meet at the Placer Building of the Gold Country Fairgrounds to share their favorite culinary creations with the world. Dr. Bach and his Jazz Practitioners will again provide live music. A variety of raffle prizes will be available for the winning. This event has always been a family favorite for delicious reasons.

This year, the 49er Lions have announced that proceeds will go to the Alta Vista Community Charter School. The school is currently raising funds to create and maintain a kitchen, so the students may enjoy hot lunches and learn to develop their own



Susan Rushton of Silver Screen Classic Movies.

culinary talents.

Celebrity Chefs come from all walks of life. Some earn a living as chefs while others are just plain folks who enjoy cooking great food. Dishes prepared in past years have included a

variety of offerings: pizza, ribs, cakes, enchiladas, pastas, sliders, shrimp cocktails, ice cream, gourmet meatballs, puddings and more.

If you are not interested in cooking, but are interested in eating tasty food, tickets may be purchased at Sun River Clothing in Old Town, Golden Swann Jewelers, downtown, the Auburn Chamber of Commerce, and at the door on the evening of the event. The ticket price is \$17.50.

If you enjoy cooking and would like to become a 'Celebrity Chef', or if you have questions about this event, please do not hesitate to call Paula at 530-863-7503.

The Auburn 49er Lions Club has been serving this community for some 45 years. If you have questions about their activities, feel free to call 530-863-7503. ★

# Sewers and Rippers Gather



Sewers and Rippers join together regularly to create their art and to share a wonderful time. Here they are pictured with several of the quilts completed and ready to ship.

**AUBURN, CA (MPG) -** Sewers & Rippers come together every week in Auburn to create on a grand scale.

Other than occasional donations, the materials used to purchase the fabric and batting to make the quilts comes from the sales at the Craft Fair. All items that are sold have been handmade and donated for sale.

At their last Craft Fair in October the group raised over \$12,000. There were hundreds of items for sale including quilts, jams & jelly, baked goods, fudge, knit & crochet items, holiday decorations, handmade jewelry, children's toys, and wonderful gift items for the holidays.

Members are women from the Auburn area and surrounding communities, as well as Auburn Grace Community Church.

The group recently just completed their 6,000th quilt.

Sewers and Rippers meets on Tuesdays from 9 am to 1 pm, and everyone has a great time. New members are always welcome! As always "timing is everything" so consider joining

Sewers & Rippers today.

If you are interested in joining or donating to the group, contact Noreen Robertson 530-878-7397 for more information. You can also try Rhoda Staurseth, the founder of Sewers & Rippers at 530-268-6908. ★



# Antique Western Memorabilia Show and Sale

The Nevada City Elks Lodge #518 is presenting an Antique Western Memorabilia Show & Sale to raise funds for its Scholarship Program. It will be held at its Lodge at 518 Rt. 49N, Nevada City, on March 15 & 16. Tables will be rented to dealers and collectors for the weekend event. General admission will be \$5 and children under 12 free when with an adult. Antique Western Genre,

Native American Jewelry, Art, Mining, Gambling and Train collectables will be the type of items sold. Chris Enss who has written several books on women in the West and David Comstock, gold country historian and author will be present for book signings on Saturday. Call 530 272- 5371 for additional information. All net proceeds will go to the Elks Lodge Scholarship Program. ★

# Taking the Plunge for Special Olympics

Submitted by Anna Oleson-Wheeler

**SOUTH LAKE TAHOE, CA (MPG) -** On Saturday, March 29 hundreds of Californians and Nevadans will have the unique opportunity to plunge into the winter-chilled waters of South Lake Tahoe at Zephyr Cove – all in the name of Special Olympics. Donned in costumes but without the protection of wet suits, Special Olympics athletes and their supporters will jump into Tahoe's icy waters for the South Lake Tahoe Polar Plunge, a fundraiser for Special Olympics Northern California and Nevada

Plungers, which include individuals, companies, law enforcement, families and schools, are asked to raise a minimum of \$125 - which provides one season of sports instruction and competition at no cost to the Special Olympics athlete. One of Special Olympics Northern California & Nevada's preeminent events, the South Lake Tahoe Polar Plunge raises funds that directly allow Northern California & Nevada Special Olympics athletes to participate in regional, national and international competitions all the while

promoting acceptance, building bonds of friendship and unity and creating lifelong memories.

Among those taking the Polar Plunge on March 29 will be members of Storey County Sheriff's Office, Nevada Highway Patrol, Greater Nevada Credit Union as well as reigning Miss Nevada Diane Sweeney.

In 2013, the Polar Plunges had more than 1,400 Plungers, who rose over \$450,000 for the athletes of the Special Olympics Northern California and Nevada. Special Olympics Northern California is supported entirely by events like the Polar Plunge, local business and individual gifts, and receives minimal state or federal funding.

Registration and donations for the South Lake Tahoe Polar Plunge are currently being accepted online at www.iPolarPlungeNV.com and will be accepted on site. Costumes are encouraged and the most creative individuals and teams will be lauded at a costume contest. Zephyr Cove Marina is located at 760 U.S. Hwy 50, Zephyr Cove, NV. For more information or to register to take the Polar Plunge, please visit www.iPolarPlungeNV.com.

The South Lake Tahoe Polar Plunge is one of 12 Polar Plunge events hosted by Special Olympics Northern California & Nevada – Elko, Fresno, Fort Bragg, Kelseyville, Las Vegas, North Lake Tahoe, Sacramento, San Francisco, Santa Cruz, Ukiah and Weed. For more information or to register to take the Polar Plunge, please visit www.iPolarPlungeNV.com.

Sponsors of the South Lake Tahoe Polar Plunge include Coca-Cola and Greater Nevada Credit Union.

Special Olympics Northern California and Nevada is a free year-round sports training and competition program for children and adults with intellectual disabilities. There are 19,000 athletes who compete in 172 competitions throughout the regions in 11 sports. This requires the extraordinary support and time of 18,600 volunteers and volunteer coaches. Financial support comes almost exclusively from individuals, organizations, corporations, and foundations. For more information on Special Olympics Northern California, visit www.SONC.org and visit www.SONV.org for Nevada. ★



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



**Publisher Paul V. Scholl**



# Enjoy Fun and Games at a Valentine's Wine Tasting Weekend

**AUBURN, CA (MPG)** - Valentine's Day doesn't have to end Friday night. Extend the celebration to Saturday and join in on the romantic fun at the Placer County Wine Trail "Valentine's Sweets, Treats and Trivia" event Saturday, February 15th from 11 am to 5 pm.

The special event will feature wine tasting, sweet and savory treat tasting and a romantic trivia game at 19 wineries on the Placer County Wine Trail. Tickets are \$25 per couple, or \$15 per person, and can be purchased at <http://bit.ly/1dQqSvt>.

Event highlights include:

- Green Family Winery: Featuring black cherry brownies with Port wine and other healthy snacks.

- Lone Buffalo Vineyards: Take a chocolate and wine tasting journey with pairings from Newcastle Chocolatier Raffiné Artisan Chocolates. The winery's Pawny Tawny Port (Placer County's only "tawny port") will also be on the bar.

- Secret Ravine Vineyards: Enjoy sweets and treats as well as sweetheart deals on the vineyard's 2008 Syrah and 2010 Rattlesnake Red.

- River Rock Ranch Lindemann Winery will be serving mixed chocolates and various cheeses, gourmet cup cakes and chocolates.

- Davis Dean Cellars will be presenting locally made dark chocolate cherry truffles and featuring a pairing of its 2010 Willow's Reserve Zinfandel



Placer County Wine Trail to Host "Valentine's Sweets, Treats and Trivia" Event at 19 Wineries in the Placer County Foothills

(90% Zin/ 10% Petite Sirah).

- PaZa Wines will offer tempting treats from Trish's Truffles, featuring chocolatier creations such as milk chocolate peanut butter truffles, and white chocolate cookie truffles.

- Dono dal Cielo will offer a Bridge Brands Chocolate tasting and will feature live music by Two Barrels Shy from 2 - 5 pm.

- Viña Castellano will feature swan flan & chocolates plus a special aphrodisiac treat with your trivia. The winery will also sample its 2008 SF Chronicle Best of Class Tempranillo for the first time.

- Mt. Vernon Winery will be serving fudge and hors d'oeuvres.

- Ciotti Cellars will be releasing its new Chocolate Porto with assorted with assorted gourmet cupcakes and chocolates.

For a complete list of participating wineries, venue details and directions please visit [www.placerwine.com](http://www.placerwine.com).

The Placer County Wine Trail

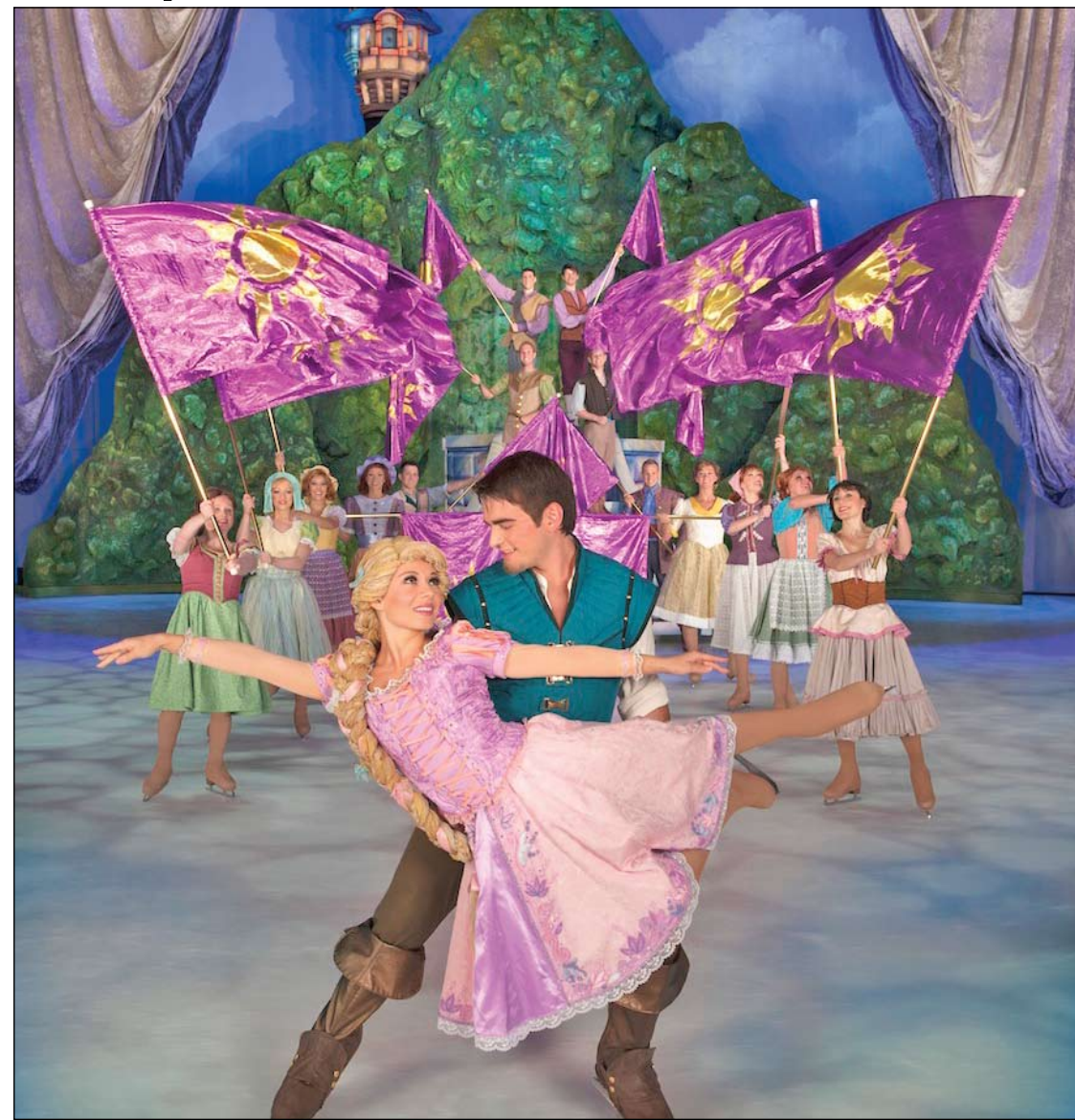
is organized by the Placer County Vintners Association, a nonprofit association created to provide a forum for wineries to collaborate on events and programs.

For more information and maps, visit [www.placerwine.com](http://www.placerwine.com) or call (916) 663-4486.

Supported by Placer County, PlacerGROWN is the information source dedicated to educating residents about the freshest agricultural products the region has to offer. Through its website, social media channels, and other outreach programs, PlacerGROWN connects community members with the farms, orchards, ranches, wineries, nurseries, farmers' markets and specialty food stores in one of the most diverse growing areas in Northern California. To discover the bounty of agricultural products produced by farmers who call Placer County home, or for more information about PlacerGROWN, visit [www.placergrown.org](http://www.placergrown.org). ★

Source: Merlot Marketing, Inc.

# Disney On Ice Presents Rockin' Ever After



Disney On Ice presents Rockin' Ever After will have you rockin' out to the hottest tunes and hippest Disney talent. This riveting new skating production features a superstar cast with adventurous moments from BRAVE, The Little Mermaid, Tangled and Beauty and the Beast. Get your tickets now when Disney On Ice presents Rockin' Ever After visits Sacramento's Sleep Train Arena, February 12th through 17th.

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American soldier Bowe Bergdahl, held captive by the Taliban since 2009, will be honored at a community dance 7 to 10 p.m., March 14, 2014 at the Loomis Veterans Memorial Hall. All proceeds to Gold Country Chaplaincy and Boots to Books at Sierra College.

Tickets available online at [www.goldcountrychaplaincy.com](http://www.goldcountrychaplaincy.com) or at the door of the Loomis Veterans Memorial Hall on the evening of the event



## Placer County Sheriff Special Report

### Mobile Home Fire Drug Lab Nets 6

**PLACER COUNTY, CA (MPG)** - Six adults are being criminally charged for their involvement in a drug lab that resulted in a mobile home fire last Thursday evening in Auburn.

Placer County Sheriff's detectives were called to the scene on Friday after CDF fire officials found evidence of a drug lab at the double-wide

mobile home that had burned to the ground. Detectives located the makings of a butane honey oil lab, where highly flammable butane is used to extract THC from marijuana. The resulting product is honey oil, which is then smoked.

Charges are being filed with the Placer County District Attorney's Office. Names of

those involved will not be released as they haven't yet been formally charged. The charges include manufacturing a controlled substance, felony child endangerment, maintaining a drug house, conspiracy and causing an unlawful fire. Two small children were living in the trailer when the fire occurred.

### Granite Bay CVS Robber Arrested

**PLACER COUNTY, CA (MPG)** - The man suspected of robbing the Granite Bay CVS Pharmacy on Jan. 15 was arrested by Placer County Sheriff's detectives yesterday.

Christopher Erik Sullivan, 26, of Roseville, entered the drug store, located at 8455 Auburn Folsom Road, at 7:28 p.m., approached the cashier and asked for all of the money from the register. No weapon was seen, as the suspect had both

hands in his pocket. He fled the store on foot. Through evidence from the scene, detectives were able to identify Sullivan as the suspect.

Once he was identified, detectives found he was already in custody at the Placer County Jail for felony grand theft he committed in Roseville on Jan. 22. Sheriff's detectives interviewed him yesterday, then charged him with felony robbery. His bail is set at \$115,000.



Sullivan Christopher Erik

### Colfax Stabbing Victim Airlifted to Hospital

**PLACER COUNTY, CA (MPG)** - Placer County Sheriff's detectives are investigating a stabbing that occurred last night near Colfax.

Around 10 p.m., deputies responded to a call of a fight in a house in the 26000-block

of Norton Grade Road. When they arrived, they found a man inside the house, bleeding from numerous stab wounds. The 24-year-old victim does not live at the house and wouldn't say why he was there. The owner of the home was not there, as

he's currently in custody at the Placer County Jail.

The victim was airlifted to Sutter Roseville Medical Center, where his condition is serious but stable. Detectives are actively following leads in this case.

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## LaMalfa Comments on President Obama's State of the Union Address



**WASHINGTON, DC – REP. DOUG LAMALFA (R-CA)** issued the following comment on the President's State of the Union Address:

At the beginning of the President's speech, I agreed with many of the goals and points he laid out. While I was pleased to hear him speak of streamlining regulations, his actions don't match the rhetoric. We've seen his regulatory agencies reach ever farther into Americans' lives, using creative legal interpretations to stymie economic growth and attack agricultural activities that are specifically exempted under existing law. His own actions are largely responsible for the very problems he spoke of tonight.

Under the President's economic agenda, America has

seen both the first and second annual trillion dollar deficits in our nation's history, sustained unemployment above seven percent and 90 million Americans pushed out of the workforce. Unfortunately, while the President and the Senate have failed to act on the 40 pro-growth jobs bills passed in the House, millions of Americans who are ready to work are left jobless.

The path to higher incomes isn't through mandating wages, but through a highly-skilled workforce that can command higher pay. His own health care policies are doing more to force Americans out of full-time, high paying jobs than wage mandates can ever hope to fix. We know that Americans can be the most competitive workforce on the planet, and that's why House Republicans passed the SKILLS Act, which increases job training and placements, over ten months ago. Unfortunately, the President and Democratic Senate have yet to act on the bill.

In the North State, we have directly felt the negative impact of the President's agenda. Over 900,000 in California alone have lost their coverage under the President's health care law, nearly three times the number of people who have actually gained

coverage. Just a year ago, the President told these families and individuals that if they liked their plan, they could keep it. Now they are being told they have to buy a product that is too expensive and inaccessible or face a fine. Americans are seeing their options evaporate, access limited and costs increase.

Working together is something the American public expects of Congress and the White House. The President has said the words, but as we've seen with his health care plan, the government shutdown, Iran sanctions and a host of other problems, he hasn't been willing to talk with us. That doesn't sound like working together to me.

The President has called for a year of action. Californians are facing massive transportation needs, crushing debt, increasing crime and a drought of historic size. I hope that we can work together to address these dire needs. ★

*Congressman 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.*

## Senator Gaines Responds to Governor's State Of The State Address



**SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-Roseville)** today reacted to Governor Jerry Brown's 2014 State of the State address, which he delivered to a joint session of the Legislature and the people of California on Wednesday morning.

"Everyone is worried about the drought, but I'm more worried about the jobs drought. We'll see rain again, but when will we see the end of this man-made jobs wasteland? California has to put job creation at the front of the agenda.

"We need to deliver a budget

that makes it clear that politicians have learned the lean-year lessons about reckless spending promises. Now is the time to pass a responsible budget that shows the people that government will not stand in the way of a further recovery.

"A tidal wave of Obamacare cancellations will wash over the state this year as millions of people on small group plans lose their coverage. This will be a catastrophe for families everywhere and I hope the Governor is planning to take steps to help them. Covered California is busy making infomercials with Richard Simmons, so it will apparently fall to the Governor and the Legislature to manage the fallout of this ever-worsening policy disaster.

"We should have a separate State of the State just to talk about water. Our reservoirs are puddles and the Sierra snowcaps in my district are nowhere to be seen. This is a crisis. We need a massive investment in new water

storage and we need it now, not delayed by decades of environmental lawsuits or Delta Smelt deliberations. This is a growing state and our infrastructure needs to grow along with our people.

"California has punched its way off the ropes and is on firmer footing than it has been in years. Unemployment is still far too high. Regulations are still too complex. Taxes are too far out of line with our competitor states. But I am optimistic that if we live up to the Governor's call for prudence, show common sense and practical restraint on government growth, our state will start to recapture some of the magic that has long set us apart." ★

*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.*

*Source: Office of Ted Gaines*

## House Passes Farm Bill Compromise that Ends Direct Subsidies, Reforms Food Stamps

**WASHINGTON, DC (MPG) - Rep. Doug LaMalfa (R-CA)** voted January 29th in favor of the Federal Agriculture Reform and Risk Management Act, which passed on a bipartisan vote of 251-163. The bill, HR 2642, saves \$16 billion by ending direct subsidy payments to farmers, closes food stamp loopholes to save \$8 billion and ensures that rural counties receive funding the federal government owes them under the Payments In Lieu of Taxes program. However, LaMalfa noted that while he

believes further reforms are needed, the bill represents a compromise with the Democrat-controlled Senate.

"While I would have preferred a bill that generated more savings and included larger reforms in the food stamp system, I believe that we've achieved as much as the Democrat-led Senate will allow. The stability this bill gives California agriculture will be key to helping our farmers and rancher weather the historic drought we're experiencing," said LaMalfa. "We've

modernized our crop programs by ending market-distorting payments, closed loopholes in the food stamp program to save \$8 billion and ensured that our agricultural economy remains stable." ★

*Congressman 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.*

## Senator Gaines Calls for Audit of Covered California

**SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-Roseville)** recently sent a letter to the Joint Legislative Audit Committee requesting an audit of Covered California's finances in light of some recent, troubling information.

"Covered California is reportedly facing a deficit of \$78

million in fiscal year 2015/16. It is stunning to me that an entity this new and this small could be facing a deficit this big," said Senator Gaines. "Given this significant shortfall, the Bureau of State Audits' own warning regarding the financial sustainability of Covered California, and other negligent spending decisions, a

thorough examination of their finances is in order." ★

*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.*



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Lips and Love Basket

**Lips and Love Basket**

- 1 to 2 long, oval-shaped seedless watermelons
- Cutting board
- Green dry erase marker
- Kitchen and paring knives
- Melon baller
- Assorted cookie cutters (X, O and heart shapes), if desired
- Wooden skewers
- Toothpicks
- Strawberries
- Fruits to make fruit salad filling
- Large bowl and spoon

Wash watermelon under cool running water and pat dry. On cutting board, place watermelon on its side and cut off 1/4 to 1/2 inch from stem end being careful not to cut too deep into white part of rind to provide sturdy base.

With marker, draw scalloped line around width of middle of watermelon. Use paring knife to cut along marker line, then separate the two halves. Use melon baller to scoop out watermelon for your base.

Cut top half of watermelon in half and use dry erase marker to draw large set of lips on one half. Use paring knife to cut out lips. Once you have general shape, carefully carve away rind. Use paring knife to shape lips into more finished look.

Cut remaining 1/4-inch-thick slices and cut hearts, X's, O's or other shapes, discarding rind.

Attach lips to top of base using wooden skewers and toothpicks.

Slice strawberries lengthwise into 1/4-inch slices, keeping strawberry tops on for decoration, if desired. Attach slice of strawberry with green top to center of each scallop using toothpick. Use rest of strawberry slices in fruit salad for fruit bowl.

Place fruit bowl on serving platter, fill with fruit salad and garnish with slices of fruit cut into hearts, X's and O's, if desired.



# HEALTHIER SWEETS FOR YOUR SWEETHEART

## FAMILY FEATURES

It's easy to share in the fun of Valentine's Day by serving those you love sweet treats that are a healthier alternative to ordinary, heart-shaped confections.

Forget the expensive flowers, wines and chocolates. To really show you care, be a cupid and give your sweetie healthy, delicious treats that feature juicy watermelon. Naturally dressed in the holiday's hue of vibrant red, using this fabulous fruit in recipes adds color to the spread of any Valentine's Day party, whether large or intimate.

**Mouthwatering watermelon treats**

For an elegant, upscale treat, serve Watermelon Petit Fours, which feature sweet watermelon, candied almonds and is topped with your favorite decadent frosting. Get the kids in the kitchen with Watermelon Cupcakes for a new take on the beloved classic. Served with pineapple cream cheese frosting, kids will love helping you decorate these darling delights.

If you really want to make their hearts skip a beat, carve an adorable Lips and Love Basket. Fill it with all of your sweetie's favorite fruits for a fresh, flavorful display they'll devour in a heartbeat. Remember, nothing shows your love more than edible gifts crafted by hand. For more sweet ideas, visit [www.watermelon.org](http://www.watermelon.org).

**Bonus benefits**

Your sweetie will love that they can indulge in the sweetness of the holiday without the guilt or inflated waistline caused by traditional Valentine's Day treats. A naturally low-calorie option, watermelon also boasts the following benefits:

- **Vitamin A:** Known to enhance eye health and boost immunity by enhancing the infection-fighting actions of white blood cells.
- **Vitamin B6:** Helps the immune system produce antibodies which fight diseases.
- **Vitamin C:** Boosts the immune system's defenses against infections and viruses. It also protects the body from harmful free radicals which accelerate aging.

**Hearts love watermelon**

Beyond adding color and variety to your family's diet, watermelon has other great benefits. Here are a couple of these heart-healthy reasons:

- Fresh watermelon is certified by the American Heart Association's Heart Checkmark program as being low in saturated fat and cholesterol.
- Watermelon is the primary source of an amino acid called citrulline found in fruits and vegetables. Citrulline can help maintain blood flow within the heart and cardiovascular function.

**Watermelon Cupcakes**

Yield: 8 servings

- 8 cupcake liners
- 8 cupcake shaped pieces of seedless watermelon
- 2 cups pineapple cream cheese frosting
- Sprinkles for garnish

Place liners in 8-cup cupcake tin. Cut 3-inch-thick slices of seedless watermelon. Cut round cupcake-sized pieces from slices. Put watermelon cupcake in each liner. Place dollop of frosting on each cupcake. Decorate as desired with sprinkles.

**Watermelon Petit Fours**

Yield: 12 servings

- 12 (3-inch) cubes of seedless watermelon
- 3/4 cup frosting
- 12 candied almonds
- Sugar in the Raw, for sprinkling

Arrange watermelon cubes on serving platter. Place frosting in zipper bag and trim off bit of one bottom corner. Decoratively pipe frosting onto each watermelon cube. Place almond at top of frosting on each petit four. Sprinkle with raw sugar and serve immediately.



Watermelon Cupcakes



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By Ronnie McBrayer

# Like a Rock

rock, nothin' ever got to me; like a rock, I was something to see; like a rock."

Seger captures the years of youth, perfectly. It is a time of unbridled optimism, strength, and arrogance. A young man or woman can do anything, be anything, try anything, and overcome anything. No challenge is too big, too tough, or too much – body and soul are as solid rock. Honestly, a young person needs this kind of bravado. He or she needs a kind of audacious swagger when life is just getting started. But he or she will also learn – life teaches everyone this lesson – that the do-everything, dare-anybody, defy-anything ability of youth, doesn't last.

We live a little while and experience a few disappointments. We bury loved ones, lose a job, a marriage, a house, a career, or a fortune. We are betrayed by a friend, a business partner, or a lover. We suffer, hurt, age, have our hearts broken, or muddle through a couple decades of muted frustration. Then we learn, and this learning is as absolutely necessary as youthful strength, that we really aren't "like a rock" at all – at least not anymore. The challenges of life are indeed too big, too tough, and too much. We learn that life, like erosion, has a way of reducing the hardest stone into sand.

Admittedly, this realization might cause you to hit the booze or pills and collapse into a hopeless stupor – many past the prime of youth do exactly that.

But the recognition of weakness and personal limitation – that we won't always be "standin' arrow straight, chargin' from the gate, and carryin' the weight" – is not cause for despair. It is liberation. It is deliverance from the "try-harder-and-do-more" life. It is a release from the gladiator's ethic of "I have to kill myself (or others) to overcome." It is freedom from the totalitarianism of "If it's going to be, it is up to me." In short, it is surrender, and surrender is true faith and true life.

"If you try to hang on to your life," Jesus said, "then you will lose it." This "hanging on" includes personal arrogance, strength, ambitions, and our self-reliant approach to life. We learn to let these go, not because we have hopelessly given up, but because we have given over. We have exchanged our failing abilities and life for the power of God and his life.

In the end, we won't always "stand boldly in the sun." We retreat into the darkness. We aren't always as "strong as we can be," because we face things in life that are stronger than we are. Our steady hands will grow shaky and our clear, bright eyes will grow dim. But it's all okay if we have learned to live differently, if we have learned to live a life entrusted to the Rock that is Christ. ★

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).

# At Least it's Not Snowing

Dr. James L. Snyder

If somebody gave out an award for grouchiness and downright cantankerousness, I am sure I would take top honors. Of course, according to the Gracious Mistress of the Parsonage, there is no honor in being grouchy or cantankerous nor is there room for it in our humble abode.

Most faults can be remedied if you know what to do about it. Then, there are those mistakes that no matter what you do, it still ends up being a mistake. My mistake was I exhibited my downright grouchiness and cantankerous spirit in front of my wife.

I know the marriage manual says there should be no secrets between husband and wife. Down through the years I have tried to maintain that part of the marital relationship, and I have done a good job thus far. What the manual does not say is, there are special times when a husband should not speak his mind in front of his wife. My wife constantly reminds me that God gave men, two ears and one mouth for a particular purpose, open our ears and shut our mouth.

It was so cold the little gray cells were shivering so much they were not functioning 100%. According to some people's

opinion, it is a rare occasion when they do function 100%.

As I remember it, I was looking out our back patio window, watching it drizzle and shivering in the cold. If I need any defense on my side, I did not realize that in the same room was the Gracious Mistress of the Parsonage.

Enveloped in this aroma of sheer ignorance, I said out loud something to the effect, "I hate this cold weather!" Following that pointed observation, as I now reflect, I also growled most viciously.

It was then I heard a noise explode behind me.

"Well, at least it is not snowing! You should be grateful for that."

I swung around as quickly as possible, and there standing in all her glory with both hands firmly planted on her hips was my wife staring in my direction. The tone of her voice and her demeanor revealed I was in for one of her infamous lectures.

"Don't you know how lucky you are to live in a place where it doesn't snow and the temperature doesn't get below zero? Instead of complaining, you should be grateful for what you really have. Think of members of our family up north suffering in that freezing weather! Would you like to

change places with them right now?"

Then she made a statement I am still mulling over. "Be thankful for what you don't have."

I must say she had a great point there. Sometimes it is quite hard to be thankful for what you do not have when you are so caught up in the problems right in front of you.

In many ways, it is easy to be thankful for what you have in your hand at the time. The apostle Paul pointed this out in one of his letters. "And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful" (Colossians 3:15).

For most of us, being thankful does not come natural. It is something we have to work at on a daily basis. It has to go a step further.

Be thankful for what you do not have and you will be all that more thankful for what you do have. ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). His website is [www.jamesnyderministries.com](http://www.jamesnyderministries.com).

This year Bob Seger will celebrate his tenth anniversary as an inductee into the Rock and Roll Hall of Fame. The honor is his because of his hardscrabble, up-by-the-bootstraps life story; the way he can forge lyrics that are a combination of personal autobiography and everyman's experience; and of course, there is the legendary intensity with which he delivers his melodies.

Of equal legend are his songs: "Turn the Page," "Night Moves," "We've Got Tonight," and "Still the Same" – tunes that launched Seger to worldwide fame, carried him to the top of the charts, and gave many of us a soundtrack for our coming of age years.

My personal Seger favorite is "Like a Rock." Most people today associate this iconic song with Chevrolet pickup trucks. I associate the apropos lyrics with the evening of my high school graduation: "I stood there boldly, sweatin' in the sun, felt like a million, felt like number one; the height of summer, I'd never felt that strong, like a rock."

And then the refrain that Seger screams into the microphone, a refrain about himself as a younger man: "Like a rock, I was strong as I could be; like a

# Fishing for Trophy Brown Trout with Pro Guide Doug Neal



WON Associate Editor Pat Young with a big brown trout caught jigging at Lake Almanor with guide Dick Mason.

brown trout. Well respected in the field of sportfishing, he has appeared on the cover of California Sportsman magazine and is a regular contributor on Sep Hendrickson's California Sportsman radio show.

Doug will show a PowerPoint presentation on several of his angling tips including jigging. Browns being the boldest predators in most lakes, smaller fish move out of the way when the big boys move in. Most times of the year they hit jigs when just feeding unlike during their spawning season when they exhibit territorial aggression and try to crush jigs with a vengeance!

The 30 year old, 150+-member Rooster Tails Fishing Club of Northern California, Inc. is a non-profit organization that meets the third Friday of each month to educate, entertain, and enhance a fishing experience.

Unlike many bass and fly fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing Club provides a balanced mix of fishing techniques presented by fishing experts targeting a variety of fish species on multiple types of waters. Further information can be found at [www.roostertails-fishingclub.org](http://www.roostertails-fishingclub.org).

For more information on Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim, Club Chairman, at (530) 887-0479 or [info@roostertailsfishingclub.org](mailto:info@roostertailsfishingclub.org). ★

AUBURN, CA (MPG) - The Rooster Tails Fishing Club breakfast meeting will be held on Friday, February 21 at the Auburn Elks Lodge, 195 Pine St. at Lincoln Way, Auburn, CA 95603.

The doors to the Lodge open at 7 AM with a fantastic \$12 wide-selection buffet breakfast served at 8:00 AM. The presentation begins at 9:00 AM sharp featuring Pro Guide Doug Neal with his strategy for catching

the illusive brown trout. The breakfast meeting is open to the Public. Interested men and women anglers are encouraged to arrive early to secure a good seat.

Owner of Almanor Fishing Adventures, Doug is highly sought-after for teaching his clients fishing secrets on Lake Almanor with his legendary knowledge of tackle and techniques fishing for trophy

# STATEPOINT CROSSWORD • VALENTINE'S DAY

## CLUES

- ACROSS**  
 1. "Love Me Tender" performer  
 6. "And She \_\_\_\_" by Talking Heads  
 9. "For Whom the \_\_\_\_ Tolls"  
 13. Wall coat  
 14. B&B, e.g.  
 15. "He fell in love with a face" that launched a thousand ships  
 16. February "People," e.g.  
 17. Parental involvement org.  
 18. Trojan War story  
 19. "He fell in love with Little Red-Haired Girl"  
 21. \_\_\_\_'s fee  
 23. Old age, archaic  
 24. Display displeasure  
 25. "Bride and groom say their 'I \_\_\_\_'"  
 28. Choir voice  
 30. Part of Yugoslavia  
 35. Iris holder  
 37. Paleozoic and Mesozoic  
 39. The fourth prime number  
 40. Rigid necklace  
 41. Of the kidneys  
 43. Baseball points  
 44. Was attached  
 46. Jittery  
 47. It should be opened when starting a fire  
 48. Winslow \_\_\_\_ and \_\_\_\_ Simpson  
 50. Back talk  
 52. "C \_\_\_\_ la vie!"  
 53. EU currency  
 55. "Just an \_\_\_\_-fashioned love song"  
 57. "Cyrano de Bergerac's love interest"  
 60. \*Popular Valentine's

**CROSSWORD**

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25. \*Even-Steven kind of date  
 26. Convex molding  
 27. Red Cross supply  
 29. Arborist's concern  
 31. Lord's worker  
 32. Egg cell  
 33. \*Aphrodite's Roman counterpart  
 34. Early stage of sickness, e.g.  
 36. High school breakout  
 38. "The Twilight \_\_\_\_," romantic film series  
 42. Popular disinfectant  
 45. Like Danny Zuko's hair  
 49. "Your Love is Like the Morning \_\_\_\_"  
 51. Skiers' turfs  
 54. "His character fell in love with Lois Lane"  
 56. Be situated within  
 57. Tug-of-War equipment  
 58. Emanation  
 59. \*Kisses and hugs  
 60. Hand grenade  
 61. "All for one, one for all" sword  
 62. Beef cut  
 63. Rotisserie skewer  
 64. "Dudley Moore/Bo Derek romantic comedy"  
 66. 18-wheeler

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

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!

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# City of Auburn Offers Unique Online Dance Classes

**AUBURN, CA (MPG)** - Judy Gamet, Owner of Motion Dynamics has teamed up with the City of Auburn Rec Department to bring you new online dance classes starting in March. The Direct to You classes were created by Miss Gamet in an attempt to include busy families, shift workers, citizens without transportation, and shut ins, the ability to learn and grow while enjoying the Motion Dynamics dance classes.

**Classes offered:**  
*Dogs Really Can Dance!* Train obedience and handling skills set to music. Perfect for dogs who need to get in shape as well as dogs who need "something to do". 10 thru Seniors.  
*Tap in Motion:* 101 the Basics! Learn to tap dance at home. Go from beginning to intermediate level in just 6 lessons. Ages 10 through senior citizens.  
 Each Tuesday for six weeks, a

new video lesson arrives in your email inbox along with written lesson notes. An internet connection is required to view the lessons. Study the lesson on your own time and schedule without leaving home!  
 Price for the six week session: \$40 - \$45 Classes begin Feb 25. Contact the Auburn Rec District or view the activity guide at [www.auburnrec.com/winter-2013-14/family-activities/](http://www.auburnrec.com/winter-2013-14/family-activities/) ★



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# POPPOFF!

with Mary Jane Popp

## SEXUAL ENLIGHTENMENT

Valentine's Day is just around the corner, so how would you like to revolutionize your love life? With ten simple steps Dr. Elsbeth Meuth and Freddy Weaver claim they can light up the passion for this special day and beyond.

They authored "Sexual Enlightenment: How to Create Lasting Fulfillment in life, love, and intimacy. So let's

- 1) Master your breathing and calm the unending chatter in your mind. Relax and breathe deeply into your belly to the count of four, and discover how mindful awareness of your breathing can silence the unending chatter in your mind.
- 2) Touch each other's heart through hand-on-heart connection. By touching your partner's heart with your hand and synchronizing your breathing, you feel a sense of soothing and a state of calm.
- 3) Kiss often to awake the endorphins. Tantra nova practices that involve kissing, especially the upper lip, make

the body release chemicals that heighten your sense of well-being and pleasure.

- 4) Gain control of your "love muscle" and let go. Learning how to gain flexibility and strength in your love muscle (the internal pelvic muscles) allows you to let go of tension and tightness. Practicing the squeeze and release exercise will ground you in your body, heighten your sense of aliveness, and expand your lovemaking to new levels of ecstasy.
- 5) Eye-gaze into heaven. Looking into each other's left eye (corresponding to the right brain hemisphere) will give you access to being fully present with your partner and deeply connected to each other's soul.
- 6) Spoon to rejuvenate and reconnect after a hard day. In Tantra Nova, you will use spooning practices to nurture each other and as a form of communication. Spooning allows you to let go of interfering tension and harmonizes your moods.
- 7) Create fun and laughter. Laughter and orgasm originate from the same physical center in your body. Both initiate the release of endorphins. Make practices, such as expressive dancing or poetics improvisation part of your daily routine to set free your creative energies and experience joy.
- 8) Do the "Yab Yum": Run

love energy through each other's body. The human body runs on electricity.

Sit facing each other with your chests and bellies touching. Breathe together and align your partner's energy center which will deepen your connectedness and increase your sense of love and intimacy.

- 9) Be "hip" and get energized through hip rocking. Open physical and emotional blocks by lying on your back and practicing the hip rocking pelvic exercise. Push your lower back into the floor on the exhalation and arching the back on the inhalation which makes the hips rock and sets the energy free.
- 10) Practice "sex magic" to create what you want. Step 1: Focus on what you want in your life. Step 2. Raise your energy to a heightened state in your lovemaking session. 3. In that heightened state you will amplify your intention of what you want and open unexpected possibilities that you will translate into action.

The details are explained in Sexual Enlightenment" and you can also check out their website at [www.tantranova.com](http://www.tantranova.com). They have assisted more than ten thousand couples and singles in rekindling and expanding their love and relationships over the past decade. **HAPPY VALENTINE'S DAY !!!** ★

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6 - 9am: The KAH1 Morning News with Barry Stigers and the KAH1 News Team

9am - Noon: The Dave Ramsey Show

Noon - 1pm: The KAH1 Noon News with Mary Jane Popp and the KAH1 News Team

1 - 4pm: The Savage Nation

4 - 6pm: The KAH1 Afternoon News with Scott Costa and the KAH1 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 KAH1 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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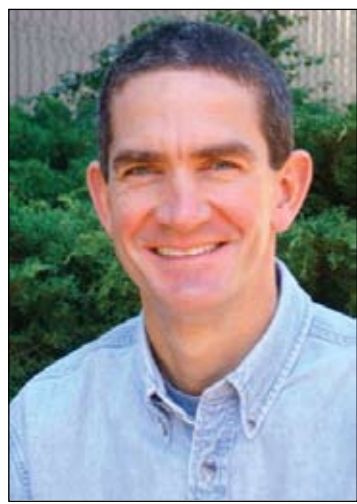



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## 'Spiritual Pregnancy' Author Shawn Tassone Rides Wave of Mind-Body Medicine



By Eric Nelson

At least a hundred years before health care reform became all the rage, religious reformer and medical pioneer Mary Baker Eddy spoke of a growing interest in "a higher mode of medicine."

Little did she know it would take so long for many of the changes she envisioned to find the broad support and practical application we're seeing today, particularly within the field of mind-body medicine.

Just one bit of evidence can be found in the publication earlier this month of "Spiritual Pregnancy," a book that superimposes Joseph Campbell's mythical "hero's journey" over the three trimesters of pregnancy, drawing special attention to the spiritual awakening that takes place throughout this process. During an interview last year, Shawn Tassone, one of the book's two authors, spoke about the unexpected and often dramatic nature of progress in all aspects of life, including medicine.

His inspiration came from an advanced math class he took where an exploration of S-curves taught him that the nearer ocean waves approach land, the closer they become, the larger they grow and the faster they move until, at last, they come crashing onto shore. Years later, he noticed these patterns appearing again, this time in his practice as an OB/GYN.

In 2002, Tassone and his wife began running a busy

women's health clinic in Arizona, a veritable proving ground for the latest advances in medicine. But in 2009, it was the advances being made in a different although related arena that led him to enroll as a graduate student in the College of Mind-Body Medicine at San Francisco-based Saybrook University.

It was at Saybrook that Tassone began working on a "narrative biopic" about Dr. Larry Dossey, best-selling author of a number of books on health and healing and the man widely credited with infusing the term "nonlocal mind" into the modern-day vernacular. Broadly defined, "nonlocal mind" refers to the presumed source of a variety of interactions that are beyond the comprehension of the physical senses, including intuition, synchronicity (simultaneous occurrences) and spontaneous healing. According to Dossey, it's this ability to affect physical cure for yourself and others by means of a singular nonlocal mind – or Mind for those who consider this a divine consciousness – that represents what he describes as the most advanced era of medicine.

"It makes sense to me that at some point that wave is going to break, or hit a break-point where nonlocal healing has to happen," said Tassone, relating this concept to his earlier research. "I don't think it's something that you can avoid."

"The question that I have is, has it been there the whole time and we just discovered it? Or is it something we invented? I would venture to say it's probably been there the whole time. We just weren't able to incorporate it."

As surprising and as futile as it may seem to people like Tassone, there are still quite a number of people doing all they can to keep this wave from reaching shore.

Last year he wrote a column for Psychology Today detailing a case of his involving a woman suffering from severe pelvic pain. Long story short, rather than operating on her, which was Tassone's first inclination, he chose an approach that dealt directly – and successfully – with

the patient's troubled thought.

"What I discovered that day was the mind holds so much power over pleasure and pain," he wrote.

Unfortunately, the response he received from mostly women readers was so vitriolic, a number of comments had to be removed from the website.

"I got so distraught about all these threats because these women were saying to me, 'You are so wrong for saying that pelvic pain is all in your head,' said Tassone. "I wasn't saying that at all. In a way, it was almost worse than [the] response I get from doctors when I tell them about mind-body medicine."

"So, what I took away from that [experience] was that, even though there is definitely a physical and mental component to pain, we as a society are more geared to fix the physical and unconsciously ignore the mental, maybe because that's easier to deal with."

Despite this resistance, however, the wave that Mary Baker Eddy envisioned so many years ago keeps coming. Whether it's being propelled by people like Shawn Tassone, or the thousands if not millions of others who for years have recognized this connection between our thoughts and our physical well-being, it appears to be getting closer, higher, faster.

"The Bible says, 'Doctor heal thyself,'" said Tassone, "but I think that what it [should be] is, 'Patient heal thyself.'"

"If patients would make the transition themselves and push this issue, that's when I think that wave is going to crash." ★

*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.*

## DWR Drops State Water Project Allocation to Zero, Seeks to Preserve Remaining Supplies

Continued from page 1

one of the two previous driest water years on record. Yesterday's Sierra snow survey found the snowpack's statewide water content at only 12 percent of average for this time of year.

Lake Oroville in Butte County, the principal SWP reservoir, is at 36 percent of its 3.5 million acre-foot capacity (55 percent of its historical average for the date). Shasta Lake north of Redding, California's and the federal Central Valley Project's (CVP) largest reservoir, is at 36 percent of its 4.5 million acre-foot capacity (54 percent of average for the date). San Luis Reservoir, a critical south-of-Delta reservoir for both the SWP and CVP, is at a mere 30 percent of its 2 million acre-foot capacity (39 percent of average for the date).

Key facts on water deliveries and impacts:

- Never before in the 54-year history of the State Water Project has DWR announced a zero allocation to all 29 public water agencies that buy from the SWP. These deliveries help supply water to 25 million Californians and roughly 750,000 acres of irrigated farmland.

- Deliveries to senior water rights holders in the Sacramento Valley -- all agricultural irrigation districts -- were last cut in 1992.

- The only previous State Water Project zero percent allocation was in 1991 for agriculture, but cities that year received 30 percent of requested allocations.

- "Carryover" water stored by local agencies and water transferred from willing sellers to buyers in critically short areas still will be delivered, as will emergency supplies for drinking, sanitation, and fire protection.

### Regulatory Actions Sought

In a formal petition delivered earlier this week, DWR and the U.S. Bureau of Reclamation (Reclamation) asked the SWRCB to adjust requirements for freshwater outflow in the Sacramento-San Joaquin Delta in order to preserve stored water that may be needed later in the year for health and safety needs and to provide cold water upstream for protection of salmon and other species. The existing Delta water quality standards, contained in Water Rights Decision 1641, were not written with these extraordinarily dry conditions in mind. The DWR and Reclamation petition seeks adjustment to the water quality and flow requirements for February, along with a request to establish a framework to make further requests and adjustments as the drought evolves.

The petition also seeks flexibility in management of a water quality regulation that requires closure of the Cross-Channel Gates along the Sacramento River near Walnut Grove from February 1 through May 20. Under the current extremely low flow conditions, open gates can help ameliorate salty conditions in the Delta. DWR and Reclamation propose to close the gates should storm runoff boost flows or if fish monitoring indicates closure is needed to protect threatened species.

Water rights permits require the SWP, operated by DWR, and the CVP, operated by Reclamation, to ensure that outflow from the Delta meets an average of 7,100 cubic feet per second (cfs) beginning February 1. Outflow is composed of flows from all tributaries to the Delta, some of

which are directly controlled by DWR and Reclamation.

Under the petition, DWR and Reclamation project that outflows will be able to meet an average of 4,500 cfs during February, which is the level currently being achieved in January. To help meet this level of outflow, DWR and Reclamation will export from the Delta a maximum of 1,500 cfs, which will be used to serve health and safety needs.

The petitioners note that they do not believe there is an adequate water supply to meet all obligations under the SWRCB's Water Rights Decision 1641. Without adjustment, "there exists a substantial risk that by late spring 2014 and into 2015 the Projects' major reservoirs will be drafted to dead pool or near dead pool levels at which point reservoir release capacities will be substantially diminished." Dead pool level refers to the condition when water can no longer be released from a reservoir using gravity.

The petition seeks to minimize adverse impacts to the cold water stored in reservoirs for downstream fisheries and to allow for some level of salinity control later in the season. Otherwise, water project operators risk losing entirely the ability to control salinity in the Delta.

"As Governor Brown has directed, we will work closely with our state, federal and local partners to meet health and safety needs and deliver what

water is available to critically dry areas," said Director Cowin. "Even though it's dry everywhere, California agencies have traditionally been willing to transfer any water they can spare to more needy areas. Today is a stark reminder that we all have to save every drop we can in our homes and places of work. Conservation is always important, but today it's an absolute necessity."

In addition to the actions announced today, Reclamation yesterday decided to preserve rescheduled water supplies that CVP farmers had banked as a hedge against dry conditions. Director Cowin praised the decision, saying: "In an increasingly complex situation, affirming the ability of water districts to preserve water supplies as a hedge against drought is good water management."

### Authority for Changes

California law authorizes the SWRCB to grant temporary changes in permits when it finds an urgent need for the change and the change can be made without injury to other lawful users of water or without unreasonably affecting fish, wildlife, or other instream beneficial uses. The law requires consultation with representatives of the California Department of Fish and Wildlife. The change must also be found to be in the public interest.

### Water Allocation History

In December, DWR estimated it would be able to deliver 5 percent of the slightly more than 4 million acre-feet of State Water Project water requested this year by the 29 public water agencies that purchase water from the project. They are located in Northern California, the Bay Area, San Joaquin Valley, Central Coast, and Southern California.

The 5 percent projected allocation – now reduced to zero – tied with calendar year 2010 for the lowest initial allocation ever.

The initial 2010 delivery estimate, made on the heels of the 2007-2009 drought, was eventually increased to 50 percent as winter storms developed.

The final SWP allocation for calendar year 2013 was 35 percent of requested water amounts. In 2012, the final allocation was 65 percent. It was 80 percent in 2011, up dramatically from an initial allocation of 25 percent. The final allocation was 50 percent in 2010, 40 percent in 2009, 35 percent in 2008, and 60 percent in 2007. The last 100 percent allocation – difficult to achieve even in wet years because of Delta pumping restrictions to protect threatened and endangered fish – was in 2006.

The federal CVP, which supplies much of the state's agricultural water, is expected to announce its initial allocation next month. It also will be dismal, especially for irrigation-dependent farms on the west side of the San Joaquin Valley.

Water-short Valley farmers are expected to fallow thousands of acres, sending negative economic ripples through communities dependent on the agricultural economy.

Farmers also will pump increasing amounts of groundwater, further depleting over-tapped aquifers. Governor Brown directed DWR to monitor groundwater levels, land subsidence and land following as the drought persists.

### Conservation Key

"We need everyone in every part of the state to conserve water," said Governor Brown in his January 22 State of the State address.

When Governor Brown declared a drought State of Emergency earlier this month, he directed state officials to take all necessary actions to prepare for water shortages. This week, CAL FIRE announced it hired 125 additional firefighters to help address the increased fire threat due to drought conditions, the California Department of Public Health identified and offered assistance to communities at risk of severe drinking water shortages and the California Department of Fish and Wildlife restricted fishing on some waterways due to low water flows worsened by the drought. Also this week, the California Natural Resources Agency, the California Environmental Protection Agency and the California Department of Food and Agriculture also released the California Water Action Plan, which will guide state efforts to enhance water supply reliability, restore damaged and destroyed ecosystems and improve the resilience of our infrastructure.

Governor Brown has called on all Californians to voluntarily reduce their water usage by 20 percent and the Save Our Water campaign has announced four new public service announcements that encourage residents to conserve. Last December, the Governor formed a Drought Task Force to review expected water allocations and California's preparedness for water scarcity. In May 2013, Governor Brown issued an Executive Order to direct state water officials to expedite the review and processing of voluntary transfers of water. ★

Source: DWR

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**JACK RYAN: SHADOW RECRUIT (Rated PG-13)**  
 A Film Review by Tim Riley

The brutal realities of war in the rugged terrain of Afghanistan, as told in "Lone Survivor," hits the audience right in the gut in this unvarnished tale of heroism and courage under the harsh light of Peter Berg's direction.

The director brilliantly captures the unforgiving essence of a Navy SEAL operation that went horribly wrong when a reconnaissance team of four brave soldiers became trapped under fire in the mountains of the remote Hindu Kush region of Kunar province.

Based upon the first-person account of Marcus Luttrell, "Lone Survivor," at least as a title, downgrades the element of suspense, but not enough that the ill-fated mission is relieved of all sense of shock and trepidation.

The opening scene is a fitting prologue that explores in excruciating detail the rigors of the intensely grueling training process, where only those with the greatest mental and physical toughness emerge as full-fledged SEALs.

The point of this exercise is to set the stage for what follows in 2005 when Marcus Luttrell (Mark Wahlberg) and three of his battle-ready fellow soldiers are dispatched on a mission to capture or kill a top Taliban leader responsible for slaying U.S. Marines.

The other elite soldiers include

# Riley Reviews

**EXCITING SPY THRILLS IN "JACK RYAN" REVIVE THE COLD WAR**

commanding officer Lt. Michael Murphy (Taylor Kitsch), gunner Danny Dietz (Emile Hirsch), and sonar technician Matthew "Axe" Axelson (Ben Foster), all of whom report to Lt. Commander Erik Kristensen (Eric Bana).

Character development is somewhat limited by the circumstances of the wartime setting. We get a glimpse of the camaraderie between the men at the base camp, mostly the usual male bonding and joking around, but not a lot of perceptive insight.

On June 28, 2005, the four-man surveillance team of Operation Red Wings boarded a helicopter so that they could be dropped into a remote mountainous area with the mission to identify Ahmad Shah, a high-level Taliban operative that the American military was most anxious to neutralize.

The four SEALs arrive safely on the ground, but soon discover that their radio equipment and satellite phone are not functioning regularly, leaving them isolated when having to make key decisions or relay vital information back to headquarters.

Another immediate problem is that three goat herders grazing their flock stumble upon the men's hiding place, plunging the mission into immediate jeopardy. The SEALs are forced to make an urgent life-and-death decision – how to treat the intruders under the rules of engagement.

In one of the film's most compelling scenes, the soldiers debate the choices facing them. Instantly, they know that protocol dictates they must release civilian noncombatants, but these

guys look more sinister and suspicious than simple farmers.

Still, killing the unarmed prisoners so that they could not alert the Taliban was morally objectionable, to say nothing of how the soldiers could be crucified by public opinion and the official rules if they killed innocent civilians.

Ultimately, the goat herders are cut loose, and the SEALs began an arduous climb to what they hoped would be safety. Soon, hellfire rained down on them.

The Taliban, bolstered by more than a hundred fighters, launch an assault that results in an intense firefight from machine guns, mortars and rocket-propelled grenades. The Americans are seriously outnumbered and outmatched in firepower.

But the hardy band of Navy SEALs hold off the enemy hordes for quite some time, a blood-splattered affair that puts the Americans in a courageous last stand that offers no way out since help is not imminently on the horizon.

Even when the cavalry arrives, in the form of an assault helicopter, the Taliban have already gained the upper hand and blast the rescue team out of the sky, killing another 16 Marines.

Even after falling down mountainous hillsides, pummeled by rocks and falling debris, Luttrell, badly wounded, miraculously escapes to small village where he's hidden by a tribe willing to stand up to the Taliban thugs.

For a war movie that seeks to put the audience in the thick of the action, "Lone Survivor" has adroitly accomplished the mission. Director Berg delivers an unflinching look at the brutality of warfare.

"Lone Survivor" is a significant war movie, and much like "Saving Private Ryan," it highlights the heroism of our soldiers. But it is also much like "Black Hawk Down" insofar as recalling very tragic circumstances of grueling combat. ★

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