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Serving Auburn and Placer County since 1987

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Your Life Without Liberty



Liberty is lost voluntarily when people willingly give up freedom in exchange for government dependence. When an individual is totally reliant on the government, they become an unwitting hostage.

Commentary By Bryan Golden

Liberty is lost when it's seized by government or freely relinquished in response to false pretenses and misleading promises. Liberty isn't lost all at once; it's lost bit by bit. One freedom after another is targeted and taken. Different groups of people are intentionally pitted against each other in order to weaken society, making it easier to diminish liberty. This segmenting is done based on age, gender, economics, religion, and race. Tyrants target one group after another until

they seize total control. History is filled with examples of this evil progression. Liberty is lost by force and coercion. Onerous laws and regulations strip individual freedoms through the bogus justifications that government knows what's best for you or is looking to ensure fairness. Liberty is lost voluntarily when people willingly give up freedom in exchange for government dependence. When an individual is totally reliant on the government, they become an unwitting hostage. The government then controls virtually every aspect of

their life by forcing compliance through the threat of eliminating their benefits. A tyrannical regime intentionally puts citizens in a position where they are compelled to rely on government for their existence. Liberty is under assault when government seeks to regulate all facets of your life. The enemies of Liberty target virtually every aspect of your existence. Things as basic as the light bulbs in your home, the food you are allowed to eat, the car you drive, the products you buy, your healthcare, and your

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You Can Support the Music Program at Placer High School!

By Leslie Rogers

AUBURN, CA (MPG) - If you live in Auburn, you have no doubt enjoyed music from Placer High School's music program students -- whether in a parade, a football game, or perhaps one of the free concerts put on quarterly at the High School.

There is a lot of attention and fundraising efforts put forth for athletics, but much less well known is the reality that Placer High music program (choir, jazz band, concert band, wind ensemble & marching band) only receives \$1,000 for the entire year from the district. There are well over 100

students who participate in the program, some of whom cannot afford instruments and must rely on the program to provide instruments, music and uniforms for them to participate. As you might imagine, \$1,000 barely makes a dent in the funds necessary to run the program.

Director David Lawrenson is very appreciative of all funds received to benefit this program. He desperately needs funds to replace and repair very old instruments and equipment. Currently he is hoping to compile necessary funds to replace a marimba that dates back to 1936 World's Fair. Without community support, the music program cannot thrive.

As you may be reviewing your charitable giving as the calendar year comes to a close, please consider making a contribution to the Placer Music program. The music program is mostly funded by Placer Music Boosters, a 501(c)3 designated organization made up of parents of the band students. Please visit their website www.placermusic.org, where you can find such information as tax identification number, upcoming calendar, and hundreds of



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Senator Gaines Calls For Performance Based Contracting

SACRAMENTO REGION, CA (MPG) - The Internal Revenue Service warned consumers about a sophisticated phone scam targeting taxpayers, including recent immigrants, throughout the country. Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting.

"This scam has hit taxpayers in nearly every state in the country. We want to educate taxpayers so they can help protect themselves. Rest assured, we do not and will not ask for credit card numbers over the phone, nor request a pre-paid debit card or wire transfer," says IRS Acting Commissioner Danny Werfel. "If someone unexpectedly calls claiming to be from the IRS and threatens police arrest, deportation or license revocation if you don't pay immediately, that is a sign that it really isn't the IRS calling." Werfel noted that the first IRS contact with taxpayers on a tax issue is likely to occur via mail.

Other characteristics of this scam include:

- Scammers use fake names and IRS badge numbers. They generally use common names and surnames to identify themselves.
- Scammers may be able to recite the last four digits of a victim's Social Security Number.
- Scammers spoof the IRS toll-free number on caller ID to make it appear that it's the IRS calling.
- Scammers sometimes send bogus IRS emails to some victims to support their bogus calls.
- Victims hear background noise of other calls being conducted to mimic a call site.
- After threatening victims with jail time or driver's license revocation, scammers hang up and others soon call back pretending to be from the local police or DMV, and the caller ID supports their claim.

Taxpayers should be aware that there are other unrelated scams (such as a lottery sweepstakes) and solicitations (such as debt relief) that fraudulently claim to be from the IRS.

The IRS encourages taxpayers to be vigilant against phone and email scams that use the IRS as a lure. The IRS does not initiate contact with taxpayers by email to request personal or financial information. This includes any type of electronic communication, such as text messages and social media channels. The IRS also does not ask for PINs, passwords or similar confidential access information for credit card, bank or other financial accounts. Recipients should not open any attachments or click on any links contained in the message. Instead, forward the e-mail to tophishing@irs.gov.

More information on how to report phishing scams involving the IRS is available on the genuine IRS website, IRS.gov. You can reblog the IRS tax scam alert via Tumblr. **Source: Internal Revenue Service**

The Sierra Gold Chorus Presents "Holiday Hysteria"



This popular family show has been a sellout in past years, so get your tickets early. The best buy are presale tickets: adults \$15.00, youth (16 and under) \$7.00. Tickets at the door will be \$18.00 for adults and \$7.00 for youth. Tickets may be purchased from any member of the chorus or by calling Joan Frink at (530) 367-3532, or online at www.sierragoldchorus.org

PLACER COUNTY, CA (MPG) - If you can imagine the frenzy and hysterics of planning a big party during the holidays, just try to imagine planning a big holiday production! However, you can sit back and relax as Sierra Gold Chorus takes you through some comical steps in the production of their show. Sierra Gold Chorus, the Auburn Chapter of Sweet Adelines International, presents "Holiday Hysteria" at its 18th Annual Christmas Show on Saturday, December 14, at 2:00 pm at Combie Bible Church, 22924 West Hacienda Drive, Grass Valley, near Lake of the Pines.

The Sierra Gold Chorus is looking forward to their first Christmas Show under the direction of new director, Ron Black. Hold on to your

seats while the chorus, joined by 12 new members and the Christmas Chorus, sing traditional and modern Christmas songs. Several quartets and a double quartet will add to your musical delight. The featured act is the 2013 Regional First Place Championship Quartet, FlipSide: Sandy Cope, tenor, from Roseville; Kathy Pecsar, lead, from Santa Rosa; Margaret Leggett, baritone, and Merriann Cree, bass, who both live in Stockton, make up this foursome that formed in June of 2011. While competing in the Pacific Shores Region 12 Competition last April, FlipSide was named 1st Place Quartet in the Region and became eligible to compete with quartets from all over the world at the International Convention in

Honolulu, HI. They will be returning from Hawaii just in time for the show. Also featured is the Placer High School Chamber Choir under the direction of David Lawrenson.

This popular family show has been a sellout in past years, so get your tickets early. The best buy are presale tickets: adults \$15.00, youth (16 and under) \$7.00. Tickets at the door will be \$18.00 for adults and \$7.00 for youth. Tickets may be purchased from any member of the chorus or by calling Joan Frink at (530) 367-3532, or online at www.sierragoldchorus.org

Every September, Sierra Gold Chorus invites women of the community to join the Christmas Chorus in singing at the Annual Christmas Show. This year, there are

26 women in the Christmas Chorus. However, women are welcome to attend rehearsals throughout the year on Monday evenings at 7:00 PM at Burbank Hall, DeWitt Center, 11577 E Avenue, Auburn. For more information about the chorus or show, call Carolie at (530) 478-0130, Bev (916) 663-2105, or Barbara (530) 885-4202. To schedule a performance anytime of the year, call Jacque (530) 888-6657.

The Sierra Gold Chorus was formed in 1993 by a group of women who loved to sing and wanted to perform in the community. The chorus affiliated with Sweet Adelines International in 1995, and sings a cappella in four-part harmony, barbershop style. ★

Assistance League Partnered with Local Banks and Girl Scouts to Make A Difference



Volunteers from Umpqua Bank branches in Roseville, Lincoln, Antelope, Natomas and Cameron Park and Golden Pacific Bank, including its downtown branch and outlying branches in Yuba City and Marysville, Girl Scout Troop 1029, Academy of Dreams members, and Miss Northern California Pre-Teen, Lyndsey Tillinghast participated in this year's National Day of "Making a Difference".

PLACER COUNTY, CA (MPG) - The Assistance League of Sacramento participated in this year's National Day of "Making a Difference" in others lives with a children's book drive. A total of 1,865 books were collected.

Also involved were Umpqua Bank branches in Roseville, Lincoln, Antelope, Natomas and Cameron Park and Golden Pacific Bank, including its downtown

branch and outlying branches in Yuba City and Marysville, Girl Scout Troop 1029, Academy of Dreams members, and Miss Northern California Pre-Teen, Lyndsey Tillinghast.

Volunteers helped sort, clean and stamp books and received a Certificate of Appreciation for Community Service. ★

Source: *Sacramento Assistance League*

Preparing for the Holidays with Harmonica Music

AUBURN, CA (MPG)-Friends of the Auburn Library "Noon" program on December 6 presents "Seasonal Music with Harmonica" in which Bud Gardner who organized the 60-member band, The Harmonicoots, in Lincoln will teach non-musical people to play harmonica. ★

The hope is that each participant will leave knowing "Santa Claus is Coming to Town" to impress family and friends at seasonal holiday gatherings.

For the location and time of the class or other additional information, contact Chery Anderson at 530-613-1153. ★

Shopping Colfax & Beyond

Shop "Small Business Saturday" Any Day

folks to do some (or all!) of our holiday shopping in the small businesses in our communities. The big box stores may have the glitz, but the small businesses have the personal touch and the specialty items.

So, let's support our local SMALL BUSINESS owner and her store, which may be family owned & operated. These folks may be your neighbors, and your kids may go to school with their kids.

Plus, research shows that the dollars spent in our community and especially in those locally-owned businesses get recirculated in our community at least six times, while they support local athletic teams and other community activities. For example, here in Colfax, those local dollars help the Lions Club sponsor their annual Thanksgiving Eve community dinner!

As this movement is gaining momentum, more and more business communities in cities, like Sacramento, and towns across the country are participating with specials and discounts on Small Business Saturday. They need our support, & their customer service can't be beat!!

By the way: You can shop Small Businesses throughout the year, not just on a special

Saturday!! I will be.

Down on Main Street in Colfax, things are always changing! Recent fires in two businesses on Main Street have forced them to close. One temporarily Kitchen Garden, 38 N.Main St., while repairs are being done, and the other permanently, Brooklyn's West Deli, 7 Main St.

Also, another Main St. business, Colfax Greek Bistro, 30 N. Main, is closed for the month of November while the Vitkoffs, Elan and Sophie, take a much-needed "Recovery & Healing" break. They will reopen on Thursday, December 5. Regular days are Thursday to Saturday, noon to 8:00 p.m. and Sunday, 2:00 to 8:00 p.m.

Sunday, December 8, 3:00 to 6:00 p.m., they will celebrate their reopening with an encore performance by Gold Country Blues Brothers and Sisters. This lively group headed by Cynthia Gustafson with James DeRose and friends "from all over" are known for their "eclectic jam of blues and more." Sounds like fun!

When you find treasures as you are shopping locally on Small Business day—ANYDAY, please share them with me, so I can spread the word: lindalouise@exwire.com. ★



By Linda Louise Haines

COLFAX, CA (MPG) - The annual SHOP-SMALL-BUSINESS-SATURDAY is scheduled for the Saturday after Thanksgiving again this year. That's November 30. Check out the details at <http://www.SmallBusinessSaturday.com/> and <https://www.facebook.com/SmallBusinessSaturday>

Shop Small Business Saturday follows Black Friday, when the big box chains and other retail enterprises with huge advertising budgets fall all over themselves trying to entice shoppers into their stores. Some as early as Thanksgiving night.

What happened to dedicating one day of the year to focus on Giving Thanks and spending time with loved ones? (I know the TV may be playing non-stop football games during dinner, but maybe everybody is together during the saying of Grace... or maybe not. It could be a first step.)

Even though this movement was started by a big box credit card company American Express, in 2010, it is a very worthwhile effort to encourage

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Publisher Paul V. Scholl

Your Life Without Liberty

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ability to protect yourself are all targeted.

No one cares more about your wellbeing than you do. No one else is in a better position to determine what is best for you than you. Anyone claiming otherwise is lying.

The surest way to lose Liberty is by allowing other people to take it. Nefarious individuals and governments deceive you by promising happiness in exchange for giving up control of your life. History has repeatedly proven that when Liberty is lost, it is replaced by widespread suffering and misery.

Those who have escaped tyranny recognize the warning signs of losing Liberty. They are astounded that so many Americans not only don't treasure their freedom but are apathetic or even complicit in its decline. Anyone who is complacent while others lose liberty will ultimately lose theirs as well.

Have you ever thought about what your life would be like without Liberty? Most people have not because they take Liberty for granted. A free society is all they have known. Yet those who have lived under totalitarian regimes know all too well the irreplaceable value of liberty and the utter despair that exists without it.

Confiscating from those willing to work and giving to those who are not, weakens the very foundation of Liberty. This strategy destroys productivity. As the number of productive

people diminishes, free society collapses. There is a point at which there are not enough people working to support everyone else. The result is a shortage of everything except misery.

Liberty is a ship floating in a sea of tyranny. It remains afloat only as long as there are no leaks or cracks in the hull. Once the integrity of the ship is breached, the entire vessel sinks. It doesn't matter where in the hull a leak occurs.

Just one leak will destroy Liberty. Any leak, regardless of how small, dooms the entire ship and all those on it. There is no place for apathy. The fate of each person is tied to the fate of all.

We are all in the same boat. If Liberty sinks, everyone goes down. Once sunk, it's virtually impossible to salvage.

Constant care, vigilance, and maintenance are required to keep liberty seaworthy. Tyranny, greed, and the quest for power are constantly searching for any weakness, no matter how small, in order to sink liberty.

Liberty requires good, decent, and benevolent people to care for it. If you want to keep your Liberty, the time to act is now. Pay attention to the many warning signs occurring today. Tyranny is hard at work destroying your Liberty. You can and do make a difference. Speak up and be heard now before it is too late.

Bryan is the author of "Dare to Live Without Limits." Contact Bryan at Bryan@colum-nist.com or visit www.DareToLiveWithoutLimits.com copyright 2013 Bryan Golden

Seniors Need to Know

Debunking the Myths of Older Adult Falls

By Older Adult Advisory Commission

AUBURN, CA (MPG)—In recognition of preventing falls among older adults, we will feature articles providing fall prevention suggestions for older adults and steps families can take to help encourage safety within the senior's home.

Many people think falls are a normal part of aging. The truth is, they're not.

Most falls can be prevented—and you have the power to reduce your risk.

Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. To promote greater awareness and understanding here are 10 common myths—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me," but the truth is that 1 in 3 older adults—about 12 million—fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of

motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second hand-rail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a 'couch potato' your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane



Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue.

will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to family members or my health care provider if I'm concerned about my risk of falling. I don't want to alarm them, and I want to keep my independence.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you maintain your mobility and reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned

about their risk of falling. It will hurt their feelings, and it's none of my business.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.

Learn more about falls prevention at www.ncoa.org/FallsPrevention.

The views expressed here are those of the National Council on Aging (NCOA), and do not necessarily represent those of the Older Adult Advisory Commission or individual members. This article reprinted with permission from the NCOA.

You Can Support the Music Program at Placer High School!

Continued from page 1

current photos. The next concert is Wednesday, December 11th at 7:30 p.m. at the Placer High

School Auditorium. The concert is free, but donations are welcome! Come and appreciate the talented students! ★

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Sheriff Bonner Announces Recent Promotions

PLACER COUNTY, CA (MPG) - Sheriff Ed Bonner recently announced four promotions. Lieutenant Mark Reed was promoted to the rank of captain. Capt. Reed was most recently assigned to lead the Investigations Division. He will be taking over as the commander of the Support Services Division.

Detective Sergeant Jeff Swearingen was promoted to the rank of lieutenant. Lt. Swearingen was most recently assigned to lead the Crimes Against Persons Unit in the



Investigations Division. He will be re-assigned to the Corrections Division.

Detective Ben Machado was promoted to the rank of sergeant. Sgt. Machado was most

recently assigned to the Special Investigations Unit (SIU) as an investigator.

Detective Stacy Renegar was promoted to the rank of sergeant. Sgt. Renegar was most recently assigned to the Crimes Against Persons Unit as an investigator.

Also, Lt. John Poretti took over command of the Investigations Division from Capt. Reed. He is also Public Information Officer. His most recent assignment was in the Corrections Division. ★

Source: *Placer County Sheriff*

Volunteers Needed For Free Tax Program

PLACER COUNTY, CA (MPG) - Celebrate the centennial of income tax returns by volunteering for Placer County's largest free tax assistance and preparation program. To join the Tax-Aide team contact Phil House at phousetax@gmail.com or (530) 889-2970.

Free tax training leading to IRS

certification begins soon. Some computer skills are a must and previous tax preparation experience would be helpful. An early start makes it easier to learn the program. Placer County has one of the best e-filing and performance rates in the country. It is a good way to keep current with federal and state tax changes.

Volunteers of all ages and backgrounds are welcome. Extra volunteers are needed because of an enhanced effort to reach low income tax payers. The AARP Foundation-sponsored program is offered in conjunction with the IRS with help from the state Franchise Tax Board and those who provide free sites. ★

Fish and Wildlife Officers File Charges Against Suspected Bear Poachers in Nevada County

PLACER REGION, CA (MPG) - Following a five-month investigation, California Department of Fish and Wildlife (CDFW) officers have formally asked the Nevada County District Attorney's Office to file felony and misdemeanor charges against suspected bear poachers Jason Scott Wilkison, 43, of Grass Valley, and Chris Art Nunley, 54, of North San Juan for crimes related to alleged bear poaching in April 2013.

Both men have been charged with the unlawful possession of bear. Additional charges of

unlawfully killing a bear were filed against Wilkison. Both individuals also face felony charges involving the unlawful possession of firearms and ammunition.

Lead investigator, Warden Jerry Karnow, launched the investigation when he received reports of a bear that had been unlawfully shot after being lured with bait to a residence located near Grizzly Flats in Nevada County. Wildlife officers, assisted by Nevada County Sheriff's deputies, served a series of search warrants where bear remains were found in a shallow

grave near Wilkison's residence. Additional bear remains were located at Nunley's residence.

The CDFW Forensic Laboratory was involved in an analysis of the blood and bear remains, which CDFW believes will support the case. The recovery of firearms, ammunition and evidence throughout the investigation indicate Wilkison and Nunley, who are convicted felons, unlawfully possessed firearms and ammunition. ★

Source: *California Department of Fish and Wildlife*

Hydraulic Fracturing Rules Fall Short

SACRAMENTO, CA (MPG) - Gov. Jerry Brown's oil and gas officials today released draft state hydraulic fracturing regulations that, according to The Center for Biological Diversity, fall far short of protecting California's air, water, communities and climate from fracking, a dangerously polluting practice that involves blasting chemical-laden water into the earth to fracture rock formations.

"Gov. Brown's fracking regulations would leave California's environment and public health horribly exposed to fracking pollution," said Kassie Siegel. "These rules mostly take the narrowest, most oil industry-friendly approach possible under state law to govern fracking. They will permit fracking to spread across the state, endangering our air, water, communities and climate. The only safe way forward for California is a halt to this inherently dangerous process."

The draft regulations go no further to protect Californians than the bare minimum requirements in S.B. 4 — and in some instances fall short even of those minimal mandates. S.B. 4, for example, requires notice of fracking to all tenants living within a 1,500-foot radius of the wellhead of any fracked well, or within 500

feet of the horizontal projection of the subsurface portion of the well bore. Remarkably, the draft regulations attempt to restrict notification to people with a written lease by defining "tenant" as "a person or entity possessing the right to occupy a legally recognized parcel, or portion thereof, by way of a valid written agreement." (See 1783.2(b)).

"Under California law, you don't need a written agreement to receive legal protections as a tenant," Siegel said. "It's outrageous for the governor's oil and gas officials to attempt to restrict the right to be warned that fracking may endanger your drinking water to people with a written lease."

Among the failings, today's regulations do not address the large increase in deadly air pollutants like particulate matter, ozone, and air toxics that will accompany a fracking boom. The Central Valley and the Los Angeles Basin, where industry is poised for a massive expansion of drilling, already suffer from the worst air quality in the nation.

Oil companies engaged in fracking and other extreme oil production methods used 12 dangerous "air toxic" chemicals more than 300 times in the Los Angeles Basin over the summer, according

to a recent Center report. The regulations will do nothing to reduce such air toxics.

And today's regulations will do nothing to reduce the climate impacts of extracting and burning up to 15 billion barrels of dirty oil. Earlier this week, 20 of the country's leading climate experts called on Gov. Jerry Brown to impose a moratorium on fracking in California, noting that fracking and other extreme oil and gas extraction techniques disrupt the climate and harm California's efforts to be a leader in reducing greenhouse gas emissions.

"Gov. Brown knows that in order to avoid the worst impacts of climate change, we need to leave a substantial portion of the world's fossil fuel reserves in the ground," Siegel said. "The only sufficient regulation would be a prohibition on fracking and other extreme fossil-fuel extraction techniques."

The Center for Biological Diversity is a national, nonprofit conservation organization with more than 625,000 members and online activists dedicated to the protection of endangered species and wild places. ★

Source: *Center for Biological Diversity*



Placer County Sheriff Special Report

Man Arrested for Leaving Son in Car



PLACER COUNTY, CA (MPG) - Placer County Sheriff's deputies arrested a man early Tuesday morning for leaving his 5-year-old son in his car for more than three hours while he gambled at the Thunder Valley Casino.

Don V. Vo, 42, of Oxnard, was booked at the Placer County Jail on a felony count of child endangerment. The barefoot boy was found by a woman and her husband who were returning to their car at 4:30 a.m. The

which a deputy called a "major thoroughfare."

Video from the casino showed that Vo exited his car at 1:50 a.m., leaving the child behind. He gambled until security officers located him in the casino at 4:45 a.m. He was taken to the security office, where he was interviewed by deputies. The child was released to Child Protective Services. ★

Source: *Placer County Sheriff's Office*

woman said the boy was crying and scared, yelling for his father. The child crossed a driveway,

Newcastle Man Arrested for Arson

PLACER COUNTY, CA (MPG) - A Newcastle man was arrested this morning for lighting his home on fire while his mother slept upstairs.

Sean James Petty, 20, was arrested by Placer County Sheriff's detectives after they investigated the fire at the Rock Springs Road home of his mother. South Placer Fire personnel had requested arson investigators come to the scene. There, detectives found

a gasoline can and other items used to light the side of the residence.

The mother was alerted to the fire by smoke detectors. She was not injured, but her house sustained significant damage.

Petty was arrested on charges of arson to an inhabited dwelling and booked at the Placer County Jail in Auburn. His bail is set at \$50,000. ★

Source: *Placer County Sheriff's Office*



Placer County Sheriffs Seek Help Identifying Robbery Suspect

PLACER COUNTY, CA (MPG) - Placer County Sheriff's are looking for a man who robbed a Granite Bay pharmacy of prescription medications Friday night.

At 8:53 p.m., a white male, believed to be in his 20s, entered the CVS store at 8455 Auburn Folsom Road, wearing a dark beanie hat, sunglasses, a dark heavy coat and dark baggy pants. According to the Sheriff's report he handed the pharmacist a note stating he had a gun. The suspect did not brandish a weapon, but demanded specific prescription



medications. The pharmacist gave the suspect some medications, which he took and left the area on foot.

Despite a search by deputies, the CHP helicopter, a Roseville police K-9 team, and a Placer Sheriff K-9 team, the suspect was not found. Anyone who has information about this suspect is urged to contact the Sheriff's Office at (530) 889-7800. ★

Source: *Placer County Sheriff's Office*

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Dollars and Sense Is Healthcare Affordable through Covered California?

Commentary By James J. Scherer, MBA, CPA

The Federal Patient Protection and Affordable Care Act AKA "ObamaCare" is now operating. The government of California is now in the business of providing health care to its residents. Let's take a look at what health insurance looks like if bought through Covered California, an insurance marketplace created by the state. Please see www.coveredca.com for more information.

Who is eligible for coverage? All legal California residents with some exceptions are eligible to buy insurance through Covered California.

When does open enrollment begin? Open enrollment began October 1st and runs through March 31, 2014. Insurance coverage is effective January 1, 2014. However, life changing events such as job loss, marriage or divorce, or birth of a child may qualify you for special enrollment throughout the year.

What kind of health insurance will be offered? According to Covered California their plans offer the same quality available in the private health insurance plans. Covered California, also, offers those who are eligible, a minimum coverage

plan which is much like major medical insurance.

What do Covered California plans cover? All plans must offer a comprehensive set of health benefits. They include ambulatory patients services, emergency services, hospitalization, maturity and newborn care, mental health care, prescription drugs, rehabilitative services and devices, lab services, pediatric service, including oral and vision care.

What do the plans cost? Insurance premiums are based on age, where you live in California, household size and income, and the benefit plan level you choose. Cover California's web site allows you to shop and compare their plans.

Is there financial assistance? Starting next year there is help available through premium assistance, cost-sharing subsidies, and Medi-Cal assistance.

Are their penalties for going barefoot? There are penalties for people who choose to remain uncovered by any health insurance. These penalties will be collected by the Internal Revenue Service. ★

This article is not intended to provide specific insurance or tax advice for any individual. If you



have specific questions consult your financial advisor, tax advisor, or give me a call.

James J. Scherer of Towne Scherer Private Wealth Management is a Registered Principal and Financial Advisor with, and securities offered through, LPL Financial, Member FINRA/SIPC., CA Insurance License # 0C20370. Covered California, Towne Scherer Private Wealth Management and LPL Financial are all separate entities.

He can be reached at 916-797-1188 or by email at james.scherer@townescherer.com. You can visit his web site at www.townescherer.com. The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual. Information is based on sources believed to be reliable; however, their accuracy or completeness cannot be guaranteed. Please note that we are not responsible for the information contained on the Covered CA website. The site is provided for information purposes only.

Senator Nielsen Issues Statement on Dismal Enrollment in Covered California

PLACER COUNTY, CA (MPG) - State Senator Jim Nielsen (R-4th Dist.), a member of the Senate Health Committee, issued the following statement today regarding the release of the number of Californians who enrolled in health insurance using Covered California, the State's "ObamaCare" exchange.



Senator Jim Nielsen

The paltry participation numbers for the California exchange, like the Federal Healthcare exchange, healthcare.gov, are clearly insufficient to build a sustainable government-run healthcare system.

According to Insurance Commissioner Dave Jones, over a million Californians have lost

Covered California.

This is shameful. "ObamaCare" has resulted in more people losing their healthcare insurance than gained. This is true in California, and across America.

The California Legislature added restrictions on insurers that contributed to this extraordinary number of cancellation notices (Assembly Bill 1602, Perez).

Among many other things, we need to change the law so that those who want to keep their health insurance plans will be able to do so. ★

Source: Senator Jim Nielsen's Office

their health insurance policies, due to no fault of their own. In contrast, only about 30,000 people have managed to enroll using

LaMalfa Comments on President's Effort to Conceal Obamacare's Broken Promises

WASHINGTON, DC (MPG) - Rep. Doug LaMalfa (R-CA) today released the following statement after the President announced that his administration would only selectively enforce provisions of Obamacare.



Representative Doug LaMalfa

Today, the President announced his decision to unilaterally change provisions of his health care takeover as a political fix to the promise he broke with the American people. This decision is just another example of the President's history of wand-waving to pick and choose which parts of the law to enforce without Congress' approval, despite lacking any legal authority to do so. Furthermore, even with the multiple delays, repeals, and adjustments we have seen over the past few months from the administration, Obamacare remains a train wreck. Less

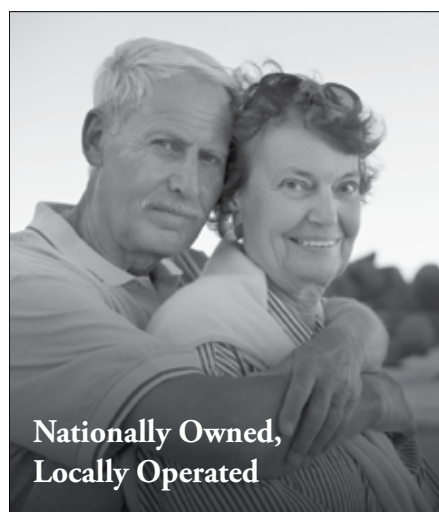
the devastating affects this law is having on individuals, families, and small businesses across the country. We need long term, patient-centered solutions. Americans deserve affordable, quality health care that addresses their needs, not a law full of broken promises."

Tomorrow, the House will vote tomorrow on H.R. 3350, the Keep Your Plan Act, a bill that would allow insurance companies to continue offering plans that were cancelled under Obamacare. ★

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.

access, fewer choices, and skyrocketing premiums is exactly the opposite of what the President promised.

While the President's unlawful decision to temporarily allow Americans to keep their plan further recognizes that his law is not working, it does nothing to solve



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HOLIDAY BUFFETS

Taste and Look More Festive with Grapes

CAlifornia's colorful grapes are traditional additions to many holiday tables. Whether they are used for a centerpiece, a garnish for the main course (think turkey, crown roast of pork, baked ham) or a "fresh" addition to a fruit and cheese plate, grapes offer beauty, flavor and freshness to the season.

But there are many other ways to add grapes to special meals and party fare. The recipes included here are easy-to-make, beautiful and tasty examples of unique ways to prepare and serve grapes. Luckily, many varieties of fresh grapes from California are available throughout the holiday season and into January. For more recipes and serving suggestions, visit www.grapefromcalifornia.com.

Grape Tiramisu Bites, 3 Ways

Sometimes, the amount of cookies and other sweets served during the holidays can be overwhelming. Grape Tiramisu Bites 3 Ways are the exception. These three recipes, featuring white and dark chocolate, caramel, toffee bits, almonds and pecans, are delightfully rich, but because the center of each is a refreshing, juicy grape, they avoid being overly sweet.

Chocolate Toffee Grapes
Makes 25

- 25 green or red seedless California grapes
- 1/2 cup sweetened chocolate chips or chopped unsweetened chocolate
- 1 teaspoon vegetable oil
- 1/2 cup finely chopped toffee bits

Put toothpicks into grapes, set aside. Line baking sheet with wax paper or parchment.

In small double boiler, melt chocolate and oil together over medium-low heat, stirring until melted, about 5 minutes (or in microwave on high power 30 seconds, stirring once). Dip grapes in chocolate and then in toffee. Place on baking sheet lined with wax paper or parchment. Repeat until all grapes are used. Chill until set.

Nutritional analysis per dipped grape: Calories 47; Protein 1 g; Carbohydrate 6 g; Fat 1 g; 40% Calories from Fat; Cholesterol 2 mg; Sodium 26 mg; Potassium 22 mg; Fiber 2 g

White Chocolate Almond Grapes
Makes 25

- 25 green or red seedless California grapes
- 1/2 cup white chocolate chips or chopped white chocolate
- 1 teaspoon vegetable oil
- 1/2 cup finely chopped salted almonds

Put toothpicks into grapes, set aside. Line baking sheet with wax paper or parchment.

In small double boiler, melt chocolate and oil together over medium-low heat, stirring until melted, about 5 minutes (or in microwave on high power 30 seconds, stirring once). Dip grapes in chocolate and then in almonds. Place on baking sheet lined with wax paper or parchment. Repeat until all grapes are used. Chill until set.

Nutritional analysis per dipped grape: Calories 48; Protein 1 g; Carbohydrate 4 g; Fat 2.5 g; 81% Calories from Fat; Cholesterol .77 mg; Sodium 17 mg; Potassium 49 mg; Fiber 1 g

Caramel Pecan Grapes
Makes 25

- 25 green seedless California grapes
- 1/2 cup finely chopped salted pecans
- 1/2 cup caramel bits or 1/4 unwrapped caramels
- 1 tablespoon heavy cream

Put toothpicks into grapes, set aside. Line baking sheet with parchment. Place pecans in small bowl and set aside. In small saucepan, melt caramel and cream together over medium-low heat, stirring until melted, about 3 minutes. Keep warm. Dip grapes in caramel and then in nuts. Place on baking sheet lined with wax paper or parchment. Repeat until all grapes are used. Chill until set.

Note: You can also melt caramel in microwave. Put caramels in microwave-safe bowl or glass measure and zap on high 30 seconds. Stir until smooth and zap an additional 20 seconds if necessary.

Nutritional analysis per dipped grape: Calories 48; Protein 1 g; Carbohydrate 4.5 g; Fat 2 g; 40% Calories from Fat; Cholesterol 1 mg; Sodium 25 mg; Potassium 5 mg; Fiber 1 g



Grape Relish

For a small holiday party, a festive assortment of cheeses, meats, breads and crackers is an easy solution. This pretty Grape Relish provides the perfect foil to the rich accompaniment, combining sweet, tart and aromatic elements. The relish is also a wonderful accompaniment to poultry dishes, too.

Servings: 8

- 2 cups finely chopped red and green seedless California grapes
- 2 tablespoons minced shallot
- 2 teaspoons chopped fresh thyme
- 2 tablespoons cherry vinegar
- 1/2 teaspoon sugar
- 1 teaspoon salt or less or vegetable oil
- 1/4 teaspoon each salt and freshly ground pepper
- 8 baguette, sliced thinly

In medium bowl, combine chopped grapes, shallot, thyme, vinegar, sugar, oil, salt and pepper. Transfer to small serving bowl and set aside. Makes 8 cups.

Note: To make cranial, peehat even to 200% Speed baguette slices on baking sheet and toast until crisp, about 10 minutes. Let cool.

Nutritional analysis per 1/4 cup grape relish: Calories 27; Protein 1 g; Carbohydrate 4 g; Fat 4.1 g; 19% Calories from Fat; Cholesterol 0 mg; Sodium 24 mg; Potassium 17 mg; Fiber 1 g

Suggested buffet platter selections to accompany relish: Cheddar, ham, sliced duck breast, pâté, additional grape clusters, assorted crackers in small containers, herbs or citrus oils and cheeses, such as St. André, Manchego, aged cheddar or goat cheese.



Grape Roquefort Canapés

The welcome combination of grapes, cheese and nuts on holiday buffet platters is fairly common, but these fancy Grape Roquefort Canapés roll all three ingredients in one simple bite-sized serving. Creamy cheeses, with the distinctive bite of Roquefort, the juicy sweetness of grapes, the crunch of nuts and the subtle hint from the baguette are just the kind of easy-to-eat appetizer that quickly vanishes without being longed for. They're very elegant.

Makes 28

- 1/4 cup cream cheese, softened
- 1/4 cup crumbled Roquefort or other blue cheese, at room temperature
- 1/4 cup heavy cream
- 1 tablespoon chopped tarragon
- 20 red seedless California grapes
- 1/2 cup finely chopped mixed pistachios or toasted walnuts

Line small baking sheet with waxed or parchment paper. Set aside.

In small food processor (or mix by hand), combine cream cheese, Roquefort, heavy cream and tarragon until well mixed. Transfer to medium bowl and stir in grapes. Put nuts in small bowl. With tablespoons, scoop up grape and gently coat in cheese mixture. Roll in nuts and place on prepared baking sheet. Refrigerate 2 to 3 hours and serve.

Guest Cheese Variation: Substitute 1/4 cup soft goat cheese for Roquefort; 1/2 cup finely cut slices for tarragon; and 1/4 cup toasted chopped pecans for pistachios.

Nutritional analysis per canapé: Calories 42; Protein .9 g; Carbohydrate 1.4 g; Fat 4 g; 79% Calories from Fat; Cholesterol .6 mg; Sodium 14 mg; Potassium 10 mg; Fiber 1 g

Set a sparkling table with frosted grapes

Set aside a selection of other treats, frosted grapes make quite an impression. Delicate, but easy to enjoy, these easy-to-make beauties are also a lovely garnish atop cakes and centerpieces.

Frosted Grapes

- 2 pounds seedless California grapes, cut into 2- to 4-inch clusters
- 2 large egg whites, beaten or 1/4 cup pasteurized liquid egg whites
- 1 cup superfine granulated sugar

Hold one grape cluster by the stem and brush lightly with egg whites. Transfer to rack set over wax paper, then sprinkle with sugar. Using fingers, run cluster to lightly coat. Gently shake off excess sugar. Repeat with remaining clusters. Let grapes dry, uncovered, at room temperature, about 2 hours.





By Ronnie McBrayer

One of my sons has a motto by which he attempts to live his life. It is: "Never submit." I can attest that he practices this maxim rigorously...

Nevertheless, my boy is at least speaking the truth, as only youngsters can. And the truth reaches well beyond himself. This is precisely how many of us live.

Prayer, if you haven't detected it for yourself, can be very self-centered. We approach God, not with a view of letting go of ourselves...

Never Submit

laced ransom letters, demanding the Almighty to do things our way; to meet us where we are; to comply with our plans.

Sure, prayer is a way of bringing our needs and requests to God, but sometimes, being human as we are, we can't tell the difference between what we want and what we need.

Such an attitude is not unlike the act of checking into a luxurious penthouse. We want something to eat, so room service is called and the kitchen goes into full operational mode...

Do you need a cab? Ring the bell; the concierge lives to serve you. Not enough clean towels? Want your bed made twice a day?

Does prayer really work this way? I don't think so. Prayer is not a method for getting everything we want. Rather, it is the means by which we surrender to what God wants.

Really, what good is prayer if it isn't changing the one who prays? Because if prayer only feeds our narcissism and the human tendency to self-aggrandize our egos...

I love the image painted by the great Methodist missionary E. Stanley Jones. He said, "Suppose you go fishing early one morning, and launch your little boat into the water. After a while, you are finished, and you wish to return home. What do you do?"

Prayer is not pulling God to ourselves, to our will, or to our way of seeing and doing things. It is compliance to the will of God, as he pulls our lives in his direction.

Ronnie McBrayer is a syndicated columnist, pastor, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.me.

If You Like Your Apple Fritter, You Can Eat Your Apple Fritter

By Rev. James L. Snyder

Not mentioning any names, but some person living in my house can be a little tricky when it comes to the usage of language.

A while back, we were having a little discussion centering on one of my favorite topics, Apple Fritters. My motto: An Apple fritter a day makes it all worth living and two turns it into heaven.

In our discussion, I was reminding the Gracious Mistress of the Parsonage that she made a promise that if I liked an Apple Fritter I could eat an Apple Fritter.

She then disrupted the whole discussion by insisting on evidence.

"When," she said with a very suspicious look on her face, "did I ever say if you liked your Apple Fritter you could eat your Apple Fritter?"

"Don't you remember," I said as confidently as I could possibly muster at the time, "we were at a restaurant and our discussion centered on dessert."

"I don't remember such an occasion."

I started to wiggle a little bit but I knew if I could win this argument at this point it would be a great win.

It is at times like this I wish I was a little more like a politician who can say something and it mean different things to different people at different times.

Let me point out very quickly that this is in no way lying. In fact, I am not sure what the definition of lying is anymore.

"Don't you remember we were talking about dessert," I said as calculatedly as possible, "and you said a person should be able to like what they eat and eat what they like?"

She thought for a moment and then responded, "I seem to recall a conversation along that line but I do not recollect that we were talking about Apple Fritters. The words 'Apple Fritters' never

came up in the conversation as I remember it."

"When I said that," she said, looking at me straight in the eye, "I did not have Apple fritters on my mind. In fact, if the truth were known, I had broccoli on my mind at that moment."

Many times what I hear is not really what is being said and at times, what is being said is not exactly what I hear, especially if my wife is doing the speaking.

Only God says what He means and means what He says. I like the encouragement he gives to Joshua. "There shall not any man be able to stand before thee all the days of thy life: as I was with Moses, so I will be with thee: I will not fail thee, nor forsake thee" (Joshua 1:5 KJV).

Whatever God says He means and it never changes its meaning from one generation to the next. That is something I can really rely upon.

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.

Forever In His Arms



By Karen Anderson

A while back grief came up, hit me square in the face and left me with the most excruciating heart pain I have ever known. The following are excerpts from my book, Nikki's Tail-Waggin' Lessons and my recent bout with grief.

As we continue to enjoy this wonderful life together, Nikki, God was preparing you for your most important assignment. This was a lesson I did not want you to teach me. At the beginning of October, 2011, you were diagnosed with lymphoma that was not curable...

there had to be something we could do. My thoughts were, "How can this be? You are only five years old." The doctor indicated that you really didn't know you were sick and that you were feeling no pain.

During this whole time I was asking God why you had to be taken from me at such a young age. My heart cried out to God, "Where are you Lord!"

What gave some peace to my heart was that you were pretty much yourself through the whole ordeal. We had been praying that the Lord would take you home peacefully without us making the decision to put you down.

I had to leave you for a short while and you wouldn't come with me. When I came back out a short time later, you had completed your assignment and had slipped peacefully into the loving arms of God.

watch you leave, so you snuck out when I wasn't looking. You always looked out for me, even at the end.

God's Word says, "The Lord Himself watches over you! The Lord stands beside you as your protective shade. The sun will not harm you by day, nor the moon at night. The Lord keeps you from all harm and watches over your life."

To the reader, when your heart is broken remember His Word. God is your ultimate comforter and He will hold you in His arms until you are ready to move forward once again.

PASSAGE: Psalm 121:5-8 (NLT)

Karen Anderson is an accomplished speaker, author, and chaplain. Her latest books, Nikki's Tail-Waggin' Lessons and The Little Book of BIG Thoughts series can be found on Amazon.com. Leave a message for Karen at www.soaringtohope.com/contact or connect with her on Facebook at www.facebook.com/SoaringToHope.

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CLUES

- ACROSS 1. "The look" _____ love E. Argonand 2. Like a jury unable to agree 3. Area, e.g. 4. "Photographs in last message" 5. Actor 6. British who has visited Britain 7. Australian runner 8. Sign of life 9. "Wade" hotel 10. "The popular TV genre" 11. Hot springs resort 12. Hill 13. British subject to taxes 14. Solid ramp 15. Mountain 16. "____ Fine" (1988) 17. "What a judge does on 'Big Cat'" 18. Midnight session 19. Confidential currency 20. Iron Age print 21. China 22. Make more attractive 23. Major European star 24. "Faint as _____, whom we year" 25. Robot and name of soldier gear maker 26. Fanged space race 27. Airplane 28. Knife's string with steel 29. Mozart's "____" did "Elzo" 30. "The Illusionist, e.g." 31. "Wichers" boat 32. Architectural projection 33. July 28th still 34. "____" to the "Driver" target 35. Colby food 36. Emergency responder 37. Bird, _____ of Rome 38. "American Idol" Ryan Seacrest 39. British/Red John 40. City in Belgium

- DOWN 1. Go to and to 2. Through, in a pool 3. Feed feeder location 4. Scrapper's snipe 5. Arrangements 6. IT/Software's weapons of choice 7. "Koolhaas and Koolhaas's sister 8. Beyond suburbs 9. Drug 10. "Sergio and Grandpa's hybrid" 11. Egg holder 12. "Silly" -shaded Christmas 13. Mrs. Puff's son 14. "Bill" like a show-up 15. "The Biggest Loser" isn't supposed to do it 16. Like a noble dignitary 17. At eight angles in ship or plane

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Marriage Expert Says Most People Missed the Vital Lessons to Make a Marriage Last - From High School

PLACER REGION, CA (MPG) - Matchmaker extraordinaire Hellen Chen travels the world talking to singles and married couples about how to find the right match and how to keep the relationship fresh as the very first day. She was given the title of "The Matchmaker of the Century" by the couples she has helped because, unlike conventional matchmakers, she specially approaches skeptical men and women who have resisted the idea of marriage or have given up on marriage.

This year, the marriage rate in America is continuing its downward slide, with an all-time low on the number of American women getting married. According to the Census Bureau, for every two to three U.S. marriages, there is a divorce. "Most people think about 'what went wrong' only after they have hit a brick wall in their marriages. But the problem starts way earlier," said Chen.

Indeed, Chen talks about the trend of parents spoiling their children when they were young -- giving in to them. And as the children grew up, when their future spouse or partner refused to 'spoil' them the way their parents had, they give up the relationship easily.

Chen also talks about the missing love lessons which many young people have not learned as early as high school. Academic achievements and career achievements have been the focus of most education curriculum. The subtle art of interacting with the opposite sex becomes something a child has to figure out by himself.

When he steps into the working world, he usually has "no time" to learn lessons beyond his job requirements. When one becomes older, those "love



This year, the marriage rate in America is continuing its downward slide, with an all-time low on the number of American women getting married. According to the Census Bureau, for every two to three U.S. marriages, there is a divorce.

lessons" unfortunately do not automatically get learned. "Usually, people learn negative lessons about relationships. They might have a couple of dating failures but the more they date, the more negative they would become. They know what is 'bad' about relationships but they never learn how to make it good," said Chen.

Chen encourages parents to help their children learn about relationships in healthy ways when they are young, and not delay such education until a later time -- which usually never comes about as career pressure forces men and women to place more emphasis on other types of skills.

A father of three came to one of Chen's seminars with two of his teenage sons. After the seminar, the father said, "My sons enjoyed the seminar. I am happy they came to learn these lessons at their age. For me, married close to 20 years, I learn how to make my marriage deeper and better."

Chen likens the learning of

marriage principles as practicing for any sports or practicing of any skills. "We do not expect to know how to drive a car well without having taken some driving lessons and have practiced driving. It does not matter how great of a car or how easy the road is. We still need to practice. Why would someone expect to have a perfect lasting relationship without knowing how to be a good wife or husband?" Chen asked.

"We have not planned to fail in relationships, Chen said. "But most of us have failed to plan how to make the relationship last day after day, year after year."

Chen's latest new book, Chen's Love Seminar, which highlights basic love lessons, will be released in October.

Bestselling author and relationship master Hellen Chen has had her work featured in over 200 media publications in 18 countries. More details about her marriage principles are found on <http://MatchmakerOfTheCentury.com> ★

Source: *The Invincible Group*



POPPOFF!

with Mary Jane Popp

Pilgrims called them "Strangers." In my own words...what a trip that must have been!!!

Now to the turkey thing. There was turkey, but not the one we know and love. It was wild turkey (the animal not the beverage). The menu for this major feast was a colonial surf-and-turf which included ducks, geese, cod, salmon, lobster, mussels, eels, and clams, along with wild onions to make salad and vegetables, including pumpkins (but no pie) and "crane berries" (no cranberry jelly). Dessert would have been commel bread and puddings.

So who all was there? In addition to about fifty Pilgrims, unexpected company arrived. About ninety Wampanoag Indians showed up with their Chief Massasoit. As there was not yet any Hamburger Helper, so the Indians went out like good guests and brought back plenty of venison which added to the menu. The harvest lasted three days. The peace and good will of that celebration lasted about a generation. First, the English settlers fought a brutal war against nearby Pequot, wiping them out in 1637. Then in 1676, Massasoit's son Metacom... known as King Philip...led the Wampanoag in a war of survival against the English. This bloody war nearly wiped out the colonists who ultimately prevailed. Metacom's head was placed on a pole; his wife and son...grandson of the Chief who came to dinner in 1621...were sold into slavery.

By the way, to the Pilgrims, a true day of thanksgiving simply meant a day of prayer and fasting... not what most of us have in mind when turkey day comes around. What we call "Thanksgiving" today was in fact a harvest festival for the Pilgrims who celebrated in October...not November...1621. Those Pilgrims were mostly grateful to be alive...half of their company had died during the bleak first winter in Massachusetts, after they landed at Plymouth in December 1620. Oh, and there was no mention of Plymouth Rock at the time. That's clearly a notion cooked up more than a hundred years later. They had Public Relations folk even back then.

So when did the modern day Thanksgiving begin? It was first celebrated as an official holiday in 1777, to mark the patriot victory at Saratoga in the Revolutionary War. When Washington later tried to proclaim a Thanksgiving Day, some in Congress complained that he had no right to make such a proclamation. Gradually, Presidents routinely proclaimed days of "thanksgiving, but the custom died out in the 19th century. In 1837, a writer and magazine editor named Sarah Joseph Hale began a campaign to reinstate the holiday. Hale was also the author of the poem "Mary Had a Little Lamb." At Hale's urging, Abraham Lincoln finally proclaimed a national holiday of Thanksgiving on November 1863. During the Great Depression, Franklin D. Roosevelt moved the date to the third Thursday in November at the request of retailers who wanted to extend the holiday shopping season. In 1941, with individual state governors declaring separate thanksgiving days, Congress declared a national holiday and it was fixed on the fourth Thursday in November where it remains to this day. If you want more of the super reality info that Ken Davis has to tell, go to www.dontknowmuch.com. All his books are there with a bunch more information!

There!!! Now we have some truths about all the fuss and muss of Thanksgiving Day and what it really was all about. Nevertheless, I hope your day is filled with the love and camaraderie that should be experienced on this day. Reach out to someone who will be alone and share. It does not have to be a feast, just a taste of caring! And don't forget to look back and cherish just being. Put aside the things that are wrong in your life and be grateful for those that are right! I have much to be grateful for...a wonderful husband of 42 years, a beautiful brother and his wife who care about us, and a job of sharing all aspects of life with you on both on radio at KAH1-AM 950 and here in my POPPOFF Column. HAPPY THANKSGIVING...no matter how you celebrate it...to you and yours!!! ★

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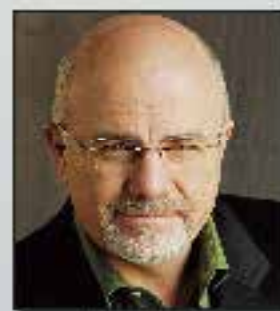
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Space Exploration in One Lifetime

Commentary By
Dr. E. Kirsten Peters

In 1957, several years before I was born, the Soviet Union launched Sputnik – the first man-made object to leave the Earth’s atmosphere. That simple little satellite captured people’s imagination around the world. We Americans were alarmed that the Soviets had “beat us” to space. Sputnik therefore helped spur both the U.S. space effort and such things as better education for our kids in math and science.

It didn’t take long for us to catch up to the accomplishments of the Soviets. When I was a baby in the early 1960s, President John F. Kennedy famously said we should put a man on the moon within the decade. I was in grade school when we met that deadline, landing men on the moon in the summer of 1969. I remember the event, which was televised live.



The first man-made object to leave Earth’s atmosphere was Sputnik. NASA Photo

My family gathered around the TV to listen to Walter Cronkite announce the events of the lunar landing. My father took pictures of the television screen with his 35 mm camera – he deemed the event that important. For the first time in the history of the world, we had put spacecraft and people on the moon, exploring places which had been seen from Earth but never before been visited.

When I was in high school in 1977, a much longer term exploratory effort was launched. Two unmanned space probes,



The International Space Station (now renamed as Zarya). NASA Photo

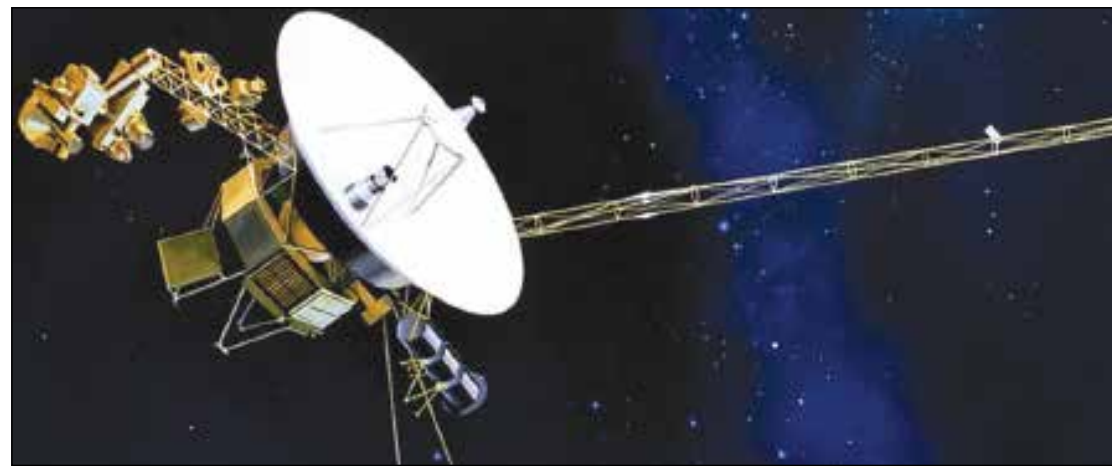
Voyager 1 and Voyager 2, lifted off from Earth in quick succession. The idea behind the Voyager probes was to fly past planets in the middle and outer solar system and keep going into interstellar space.

In case the Voyager probes were ever intercepted by intelligent life outside our solar system, they carried images and recordings which tried to convey the essence of human civilization – at least as we thought of it in the 1970s. It was our effort to communicate with E.T., potentially even millennia after the probes left us.

When I was in college, Voyager 1 did a fly-by of Jupiter and then Saturn. In addition to images of these large, gaseous planets, the probe sent back pictures of their moons. The transmissions fired people’s imagination like Sputnik had done a generation before.

When I was finishing up my doctorate in geology, Voyager 1 responded to orders transmitted

to it by NASA and turned to look back at Earth. The image the probe made was transmitted to us and we saw our planet as a “pale blue dot” hanging in the darkness of space. On that one little speck we all live – a sobering reminder that our Earth may be large compared to the dimensions of familiar objects like streets and houses, but it is tiny compared to the vastness of the solar system.



Voyager 1. NASA Photo

For quite some time after that image was made in 1990, Voyager 1 continued zooming away from us and from the sun, traveling at about 38,000 miles per hour. Zipping along at that rate it traveled farther and farther toward the edge of our solar system. Eventually it moved beyond the orbit of Uranus, Neptune and finally Pluto. During that time I went from being a woman in her prime to one with arthritis in both

her knees. Now, 36 years after it was launched, Voyager 1 has traveled almost 12 billion miles and reached another milestone of space exploration, leaving behind our solar system and moving into interstellar space.

“Voyager has gone a long way,” Michael Allen said to me. Allen is a faculty member in Physics and Astronomy at Washington State University. “Light travels enormously

quickly, but it takes more than 17 hours for light from where we are on Earth to travel out to where Voyager 1 is now.”

Using a special telescope, we have recently detected the faint radio signal coming from Voyager 1. That amazes me because Voyager’s transmitter is a tiny 22 watts. From what I’ve read, that’s about the strength of a radio transmitter in a cop car.

It’s taken most of a lifetime for human space efforts to go from launching a satellite that was the first object to leave Earth’s atmosphere to getting a probe into interstellar space. But we’ve now done what few could imagine before I was born. ★

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. This column is a service of the College of Agricultural, Human and Natural Resource Sciences at Washington State University.

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MTC Stages Annie Jr. (The Musical)



Front Row, L to R: Karina Martin, Delaney Osborne, Sofia Paez, Heather Hunerlach, Shelby Gordon, Maya Seagraves; 2nd Row, L to R: Gaby Neves, Georgia Phillips, Elaina Hanson, Hadley Granger, Kendra Seagraves, Sophie Kite, Gwen Holloway, Hailey Hunerlach; 3rd Row, L to R: Kenzie Moore, Clairise Tapken, Janessa Taggart, Laurel Bane, Janine Tapken, Jillian Gerbaud, Alicia Paez; Top Row, L to R: Georgia Seagraves, Emily Gisler, Adam Warren, Bronson Vanderjack, Karley Broadbent, Katherine Hanson, Alexa Lanterman, Ali Snider. (Not pictured: Ally Faria, Jovi Faria, Katie Klein, Audrey Gordon, Abby Bloomberg)

PLACER COUNTY, CA (MPG) - Leapin' Lizards! The popular comic strip heroine, Annie, takes center stage at McLaughlin Theatre Company in one of the world's best-loved musicals.

The lovable orphan Annie and her friends take the stage this month with a cast that ranges in age from 5 to 17.

Performances are scheduled for November 21, 22, 23, and 24. Friday and Saturday performances start at 7:00 p.m.; while curtains

open Sunday at 3:00 p.m.

The Theatre is located at 3470 Swetzer Road, Suite C in Loomis. Tickets are \$12 general, \$8 student, and on Family Night - Thursday, November 21, children under the age of 12 are \$2 with a general ticket purchase! Tickets may be purchased online at www.mtctheatre.org.

The McLaughlin Theatre Company is the newest project of the Not for Profit Sierra Performing Arts Association.

Started in March of 2009 by Greg and Nancie McLaughlin at the insistence of Gemma McKenney, MTC's current director, MTC provides opportunities for talented students in Placer and Sacramento counties and teaches the importance of team work, instills confidence, and provides skills that each student can utilize for the rest of his/her life. In addition, musical theatre fosters a love for music in all who are involved.

Source: McLaughlin Studios



A Film Review by Tim Riley

Chris Hemsworth's Thor is a likeable, relatable character, appearing more down-to-earth than his supreme being as the hammer-wielding Norse god would suggest to us mere mortals stranded on Planet Earth.

Inspired by Marvel Comics, "Thor: The Dark World" is the sequel to 2011's "Thor" in which Hemsworth's Thor, the Mighty Avenger, was somewhat arrogant and impulsive at first before gaining humility from time spent on Earth battling evil forces.

Unlike its titular character, "Thor: The Dark World" doesn't seem very relatable, from the perspective of a superhero picture. At least for me, it has to do with a lack of true knowledge, and perhaps even interest, in Norse mythology.

Right from the start, there's talk of the Nine Realms central to Norse cosmology and the fact that all realms will soon align offering the evil Malekith (Christopher Eccleston) an opportunity to annihilate all civilizations, whether human or alien.

Even the most casual observer is likely aware that Asgard is the home of the Norse gods, where Thor's father Odin (Anthony Hopkins), sporting a nifty gold eye patch and carrying a royal scepter, rules with an iron hand.

Where it gets confusing is the talk of other realms like Vanaheim, Alfheim and Svartalfheim, the latter being the home of the Dark Elves which is under the ruthless thumb of the malevolent Malekith.

Riley Reviews

THOR: THE DARK WORLD (Rated PG-13)

I know Anaheim as the home of Disneyland, the happiest place on Earth. One thing I could figure out was that any realm with a name ending in "heim" seemed to be far removed from the happy wonders of Walt Disney's amusement park.

Even having the scorecard of the Nine Realms proved not so helpful to determine which one of the depressingly dark and gloomy places was the setting of a particularly violent skirmish.

However, it is not so difficult to appreciate the universal conflicts that have driven human drama since the beginning of time. One conflict, of course, is a son impatient to prove his worth to his father, explaining the tension between Thor and Odin.

The far more troubling tension is that of lethally resentful brother, in this case Loki (Tom Hiddleston) carrying a grudge against Thor, which was initiated as a polarizing relationship between siblings vying for the throne of Asgard.

Now there is pure hatred involved between the brothers, as Loki finds himself imprisoned, like Hannibal Lecter, behind an impenetrable acrylic plastic window in an all-white room that looks like the setting for a Vanity Fair photo shoot.

Meanwhile, setting up shop in London, the lovelorn Jane Foster (Natalie Portman), the astrophysicist who met Thor when he was exiled to Earth by his father in the first film, is pulled back into Thor's world when Malekith causes some gooey substance to take control of her body.

In any case, this gives Thor the excuse to bring Jane to Asgard for her own protection

and eventually reignites some of the old passion after Jane overcomes resentment for Thor disappearing for a few years as if he were a deadbeat father (which he's not).

Also returning to earthbound duty are Kat Dennings' quirky Darcy, Foster's intern who now has her own intern, and Stellan Skarsgard's Dr. Erik Selvig, who sits around in his underwear because his mind was previously possessed by Loki. Now he's trying to figure out where he left his pants.

At this point in the story, I am trying to determine how many Dark Elves does it take to pilot the massive spacecraft that looks oddly shaped like a floating corkscrew or a jellyfish when the cloaking device is not turned on.

Malekith, King of the Dark Elves, is a nasty villain but his character is one-dimensional. Sure, he looks threatening but evidence of his motivations to commit horrific acts upon his foes is entirely missing.

The most convincing confrontations are between Loki and Thor, but even that is somewhat limited, given that the brothers so infrequently share the screen, until Thor decides to risk using Loki's help when their mutual demise appears so imminent.

The scenery in London is visually interesting, even though Malekith's invasion of the city results in the type of CGI-generated destruction that has become so commonplace in alien invasion movies.

Dressed in a flowing red cape, the long-haired Chris Hemsworth's Thor cuts a dashing figure as a Norse god, demonstrating an engaging charisma befitting his status as an attractive superhero.

"Thor: The Dark World" delivers the swaggering explosive exploits that its audience wants. It's the kind of action adventure from the Marvel Comics universe that may be formulaic but advances the franchise along a pleasurable path for its loyal fan base. ★



Commentary by Eric Nelson
Reprinted by permission

SACRAMENTO, CA (MPG) - For renowned Stanford psychiatrist David Burns, the process of lifting a patient's thought above the fog of mental disease does not start with the patient but with the doctor himself.

In his profile of Burns published in a recent issue of Stanford's alumni magazine, journalist Robert Strauss shares this anecdote to explain why: "The patient looks around frantically. She is sobbing, panicking, overwhelmed by anxiety," the story begins. "She says she can't breathe; her lungs are about to collapse; her heart is about to stop. She feels like she is going to die."

"Listening to this... Burns calmly asks, 'Do you think you could exercise strenuously right now?' [The woman] doesn't know; she just feels so bad. 'Why don't we find out?' Burns suggests. 'What's the most strenuous exercise you could do? Jumping jacks? Running in place?'"

The woman tries running in place, then a few jumping jacks.

"'Could you do this if you were dying?' he asks [the woman]. 'Can you see yourself in an emergency room doing jumping jacks?' Hesitantly, she begins to laugh. Soon she's belly laughing. [Prior to this, the woman] had been experiencing five paralyzing panic attacks a week. She's had only one since [her visit with Burns] - and that was 20 years ago."

Even though psychiatrists generally agree that the best way to handle these kinds of situations is by getting the patient to face their fears - although perhaps not in such an unorthodox manner - as a teacher Burns finds that too often too many of them fail to stick to their guns.

Defeating the Dream of Mental Disease

The result, as Strauss describes it, is that "week in, week out, many are failing to help their patients in a profound and lasting way."

"They let patients hypnotize them into believing that their depression is unique, that they are the complete failures they believe themselves to be, or that their anxiety will kill them," he says in referring to Burns' work. "When therapists buy into a patient's negative thoughts they validate them," Burns says, "and eliminate any chance of successful therapy."

So what does the good doctor recommend to his students? In short, don't let yourself get sucked into the dream, regardless of the apparent consequences. In this way you're better equipped to keep your patient out of the dream as well.

Except in certain cases involving conditions like schizophrenia, bipolar disease and severe depression, Burns' is a mostly non drug-based approach, explained in his book *Feeling Good: The New Mood Therapy*. His premise is that depression, for instance, has little if anything to do with a chemical imbalance in the brain, as many assume, and a lot more with confronting self-defeating thoughts and beliefs.

This is not a new idea. As Strauss points out in his article, the philosophical underpinnings of this approach, based largely on the work of psychiatrist Aaron Beck, "can be traced back to the Buddha or to Epictetus." From the patient's perspective, however, one of the most well-known champions of facing your fears was a young shepherd named David living in the Middle East some 3000 years ago. Even those who have never read his account in the Bible probably know David was the one who defeated the mighty Goliath and eventually became King of Israel.

Beyond the obvious encouragement this story affords those who may be faced with an equally daunting mental opponent - an equally intimidating dream - there is a lesson to be learned in how David prepared himself for battle.

Usually the story picks up around the time he enters combat with nothing more than a sling and a few rocks for his defense. What some may not realize, however, is that prior to this David had been offered - and refused - a much more robust set of weaponry. "I cannot go with these," he said, "for I have not proved them." What David had proven was that no matter how large or how frightening the foe, he could depend on the Divine to keep him safe.

Even if the story is little more than legend, modern-day science confirms the underlying message that our beliefs about God factor in to our ability to keep our mental ship on an even keel and ensure victory over whatever Goliaths we may be facing.

In one study published earlier this year in the *Journal of Religion and Health*, researchers found a correlation between an individual's beliefs about God and the development of certain psychiatric symptoms. Basically the more you see God as punitive, the more likely you are to suffer from these symptoms. Belief in a benevolent God has the reverse effect.

Although psychiatrists may be more inclined to ask a patient to do jumping jacks than to rethink their view of the Divine, there's no reason the conversation should be off-limits. Considering that more than nine in 10 Americans believe in God, it would make sense instead, at least from a statistical standpoint, to keep the subject on the table.

Perhaps then the dream won't seem quite so real and recovery quite so elusive. ★

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.

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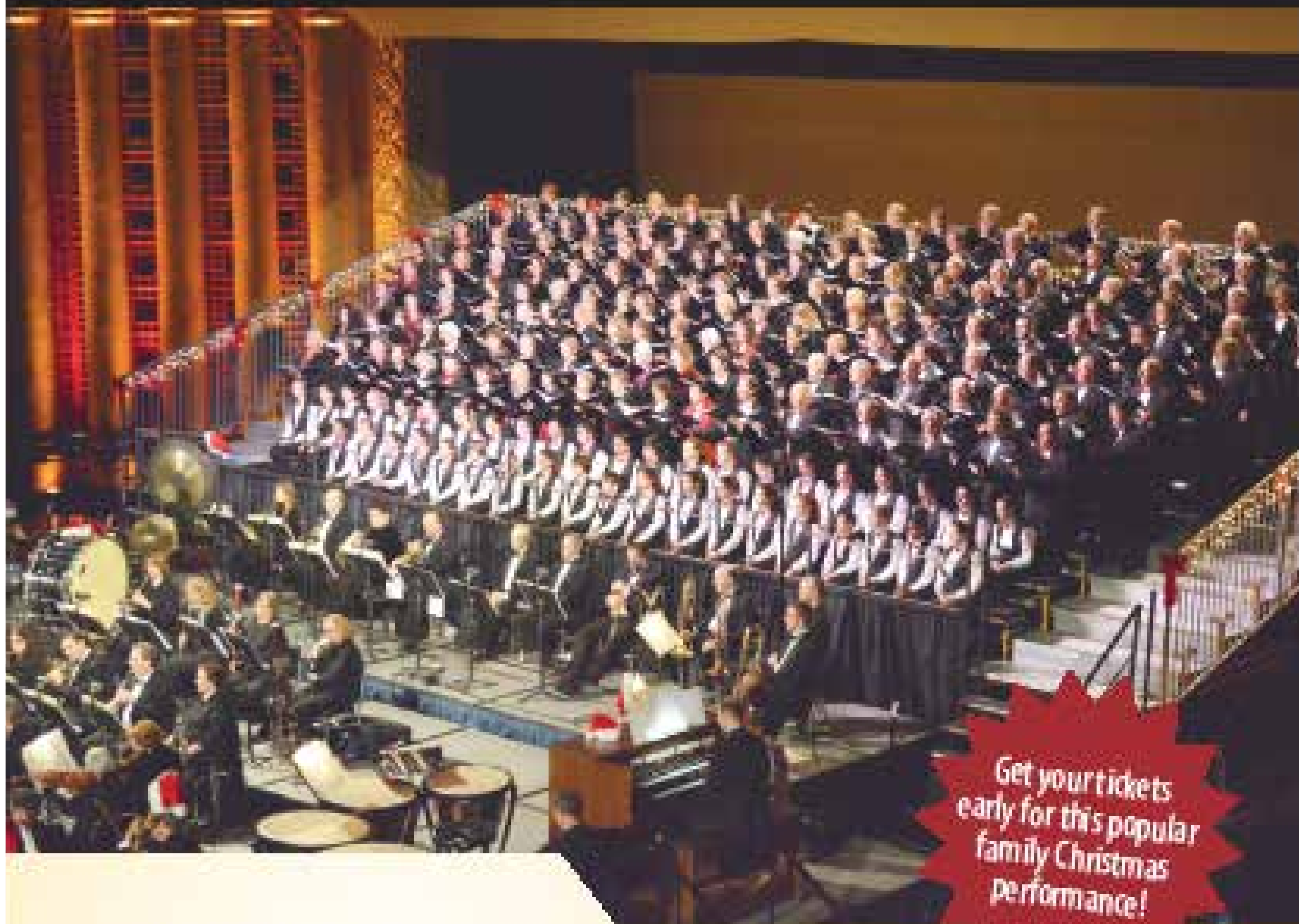
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