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Placer Sentinel

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Serving Auburn and Placer County since 1987

Second Issue of October 2013

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Beyond the Controversy

PLACER COUNTY, CA (MPG) - Breast Cancer Awareness Month has been one of the most successful campaigns to raise public awareness in recent history. Unfortunately, in terms of successfully reducing breast-cancer mortality, the results have been mixed, which has caused fierce debate among doctors, researchers, non-profit groups and patients.

"Embedded in the message driving the campaign every October includes instruction to women to strongly consider getting screened for breast cancer, which is often asymptomatic during the early stages, in the hopes of finding cancer before it metastasizes," says cancer psychotherapist Dr. Niki Barr, author of "Emotional Wellness, The Other Half of Treating Cancer," (canceremotionalwell-being.com).

Debate over the efficacy of screenings has arisen as new studies reveal possible shortfalls: self-examinations haven't been proven effective; younger women experience false positives due to denser breast tissue, as well as missed positives, despite clinical examinations; and recently published studies such as The New England Journal of Medicine's findings on three decades of screening have been mixed, Dr. Barr says.

The latter found that screenings did reduce late-stage cancer rates, to a small extent, but mammograms also drastically increased over-diagnosis and unnecessary treatment, including surgeries, toxic drugs and an incalculable amount of stress and suffering, she says.

"I think each woman needs to consider screenings on an individual basis. Family history, age and other risk factors should be considered in their decision," Dr. Barr says. "It's equally important to remember that, should you or a loved one be diagnosed with breast cancer, you should care for your emotional well-being as much as you take measures to restore physical well-being."

While doctors, nurses and medical staff tend to your body, you can tend to your mental health with some of these exercises she recommends to her patients:



Breast Cancer Awareness Month: Beyond the Controversy of Screening. Pioneering psychotherapist Dr. Niki Barr shares 3 exercises for maintaining emotionally while coping with a diagnosis

- "Catch" anxious feelings before they become anxiety. Prevent anxious thoughts from becoming full-blown anxiety by "catching" those feelings before they intensify. If you find anxious thoughts repeating themselves in your mind, take out some index cards and a pen and write them down, one by one, one per card. When you've written them all down, try to identify which one thought started the chain reaction. Then find the thought that came next. Continue until you have each thought in order. Now, go back to the first thought and write down a new thought that does not make you feel anxious. When the first thought comes to mind, substitute it with the second thought. Continue through

the list until you have positive, empowering thoughts for each negative, anxious one.

- Release painful feelings and then let them go: Writing down painful thoughts and feelings through journaling is an excellent way of exorcising them. Some people find rereading what they've written can be helpful, but others hesitate to use this tool for fear someone will find it and read their private thoughts. For those people, Barr suggests an extra measure of release: Shred the pages while focusing on "letting go" of those feelings.
- Give your mind respite by escaping through music and meditation: Music is a tonic for many things: It can help us relax, lift our spirits, provide an

escape from anxious thoughts and the here and now. Always have favorite CDs easily accessible so you can escape with music whenever you need to. Meditation CDs are available to help you learn how to meditate and to provide guided imagery for meditation, which is scientifically proven to trigger soothing chemical changes in the brain. Try "Meditation for Beginners" by Jack Kornfield or "Guided Mindfulness Meditation" by Jon Kabat-Zin. Finally, sleep is an absolute must for both physical and emotional health. If you're having trouble sleeping, there are CDs and downloads to help! Try "Sleep Through Insomnia" by KRS Edstrom.

"Having an actual box, with three-dimensional items, gives

patients something tangible to use during a confusing time," Dr. Barr says.

Niki Barr, Ph.D. founded a pioneering psychotherapy practice dedicated to working with cancer patients in all stages of the disease, along with their family members, caregivers and friends. In her book, she describes an "emotional wellness toolbox" patients can put together with effective and simple strategies, ready to use at any time, for helping them move forward through cancer. Dr. Barr is a dynamic and popular speaker, sharing her insights with cancer patients and clinicians across the nation. ★

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Auburn Veterans Day Celebration to Be Held

PLACER COUNTY, CA (MPG) - On Monday, November 11, 2013 at 10:45AM, come rain or shine, Auburn will honor service men and women with a parade at the National Guard Armory located at the Gold Country Fairgrounds, immediately followed by a complimentary lunch and community program.

The parade's theme is "Honoring Our Veterans." The honorary Grand Marshal is SPC Nicholas Burley, US Army, who was killed in action this year while serving in Afghanistan.

The parade will begin at the Auburn Chamber of Commerce located at 601 Lincoln Way. Veterans unable to walk the parade route are encouraged to join and will be accommodated in vehicles that will be made available. Those interested must call Roberta McGuinn, Parade Director, at 530-885-3731 for further instructions and to reserve your seat. A special commemorative medal will be handed out to all Veterans in the parade.

The parade announcer will

be located at Central Square. At exactly 11:00 a. m., the parade will halt at Central Square for three rifle volleys. Following the playing of Taps white doves will be released. Weather permitting, the Flying Doctors, led by pilot Tom Brady, will conduct a fly over. The parade will continue on Lincoln Way and conclude at the National Guard Armory at the Gold Country Fairgrounds.

The after-parade lunch ceremony will feature a special tribute to the Auburn Area

Honor Guard. They have volunteered at more than 500 funerals since they were established in 2001. The community celebration lunch will feature a complementary Quipnos turkey sandwich, chips, a cold drink and chocolate chip cookies donated by the Community Cookie Guy, Steve Lease.

A thirty-minute presentation will feature Master of Ceremonies Jonn Melrose, Placer County Veterans Service Officer and Presentation of the Colors by the Sacramento Sea

Cadets. Music will be provided by the Placer High School Wind Ensemble under the direction of David Lawrenson. There will also be a tribute to Blue and Gold Star family members. Thank you notes written by children from E V Cain Elementary School will be distributed to veterans in attendance.

Those interested in sponsoring activities or who have questions can contact Cynthia Haynes, event chairperson, at 530-889-5133 or clh3@pge.com. ★

Make Mine, Mountain Mandarins



By Gold River Resident Alona Thomas

SACRAMENTO COUNTY, CA (MPG) - This was my first excursion to Penryn, California and to visit a mandarin farm. The discovery last year was that mandarins even grew in the foothills of Placer County. As I drove along English Colony Way huge palm trees lined the road. I am a native Californian, but somehow thought palm trees and citrus all belonged in the Southern part of the state. Doing some research revealed that 1000 palm trees were planted in late 1890's to set the boundaries for a very ambitious Placer development of citrus farms. They flourished for quite some time and then due to a very severe frost, much of the crop was lost.

Guy and Danielle Roland are band new to mandarin farming. They treasured their rural childhoods and moved with their two sons to Penryn three years ago. The property had been an almond orchard for 30 years with 100 trees. The previous owners planted 200 Owari Satsuma Mandarins on 1/2 acre of the farm. Guy described it as a Charlie Brown citrus orchard. The trees were stunted, had not been pruned and generally in poor shape. He and Danielle began their education



Guy and Danielle Roland are band new to mandarin farming. They treasured their rural childhoods and moved with their two sons to Penryn three years ago.

and quickly became real farmers. With help from the Placer Mandarin Association and taking classes at UC Davis they learned what had to be done. They first removed the almond trees that surrounded the mandarin orchard and then took out four long rows of trees reducing the size of the orchard to 120. The orchard is already showing positive signs as result of their sweat. In five years they expect that the orchard will be producing at full capacity with 50 to 100 pounds of fruit per tree.

The whole family is involved with Orchard Days, the first and third weekends in December. This is a low key Apple Hill excursion and one to mark on your calendar. The Rolands (no.33) along with 30 other mandarin farmers open their farms. Visitors can purchase mandarins and mandarin products along with arts and crafts. Last year, we attended the Mountain Mandarin Festival at the Gold Country Fairgrounds. This very popular festival is the weekend

before Thanksgiving. Local growers are proud to talk about their efforts and have mandarins for purchase plus lots of mandarin inspired foodie items such as olive oil and citrus segments dipped in chocolate. Information is available at www.MountainMandarins.com.

Danielle and Guy along with their sons are working very hard to have their farm become a healthy and vibrant part of not only the history, but the future of Placer County's rich farming diversity. This tree ripened, hand-picked Owari Satsuma has a bright flavor balanced with sugar acid and has become my family's favorite. Contact the Rolands at R4farms@gmail.com or call 916.674.2203. They will gladly deliver a group order at their farm price. ★

Alona's hobby is food and all the fun it brings. This includes discovering foodie gems in our area, sharing travel adventures and fun times. Contact gromunityfoodie@gmail.com

ARD Extends Youth Basketball Registration!



AUBURN, CA (MPG) - The Auburn Area Recreation and Parks District is extending the registration period through the end of October.

The ARD-YDL youth basketball program has been the premier basketball league in the area for the past 12 seasons. Boys and girls in grades 2nd - 8th will compete in recreation league games throughout the Auburn, Meadow Vista, Colfax,

Foresthill and the Loomis Basin area.

ARD youth basketball recently has integrated with the Bear River Parks and Recreation League for a handful of grades to provide divisions of play. Practices are generally once a week for about an hour and a half starting in December. Games are played on Saturday's starting in January through the month of March.

The Auburn Recreation District Youth Development League (ARD-YDL) has segmented play for grades 2-6 to ensure balance and a required amount of play time for each participant. ★

For more information please contact League Director Jerry Fisher at (530) 863-4612 or jfish@auburnrec.com.

Nielsen Lauds State Water Officials for Agreeing to Inspect Marijuana Grows

A victory for local and state officials in their joint effort to ensure public safety and water quality

SACRAMENTO, CA (MPG) - Officials at the Central Valley Regional Water Quality Control Board recently reversed an earlier decision and agreed to inspect illegal marijuana growing operations in Shasta, Butte and Sacramento counties.

"This is a big deal and great news for residents of the region and all those who rely on clean ground and surface water," said State Senator Jim Nielsen (R-Gerber), who represents these regions in the Legislature. "Assemblyman Dan Logue, Butte County Supervisors Bill Connelly and Doug Teeter, and Sheriffs Jerry Smith (Butte County) and Tom Bosenko (Shasta County) should be thanked for their efforts in making this happen."

In a letter to Karl Longley,

Chair of the Central Valley Regional Water Quality Control Board, the Butte County Board of Supervisors asked the water board to enforce the Clean Water Act at marijuana growing sites. State government officials were initially fearful of the potential danger of the growers; they did not know if they were dealing with a violent criminal or someone connected with organized crime.

In August, Senator Nielsen and Assemblyman Logue held meetings with local officials and state water board staff to discuss the impact of illegal marijuana grows. A follow-up meeting was held with Governor Brown's representative. Following the meetings, all parties involved agreed that collaboration was needed to prevent and regulate environmental

damages caused near streams and lakes throughout the region.

Sheriff officials agreed to work closely to coordinate enforcement actions with state water staff to help ensure their safety.

"We will all benefit from this effort to ensure the quality of the water," concluded Nielsen.

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.

★ *Source: Office of Senator Nielsen*

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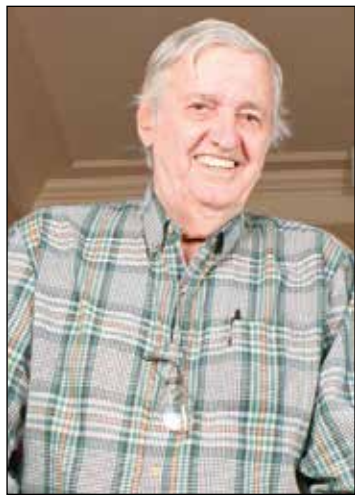
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Publisher
Paul V. Scholl

Seniors Need to Know How Can I Age at Home Safely?

By Susan Feldman

Home Sweet Home
SACRAMENTO, CA (MPG) - According to AARP, 82% of Americans wish to remain in their homes forever. It's a comfort to age in place with familiar surroundings, pets and neighbors -- even more so for those with vision impairment and dementia. For some, staying at home with the help of a caregiver is also more affordable than a retirement community or assisted living.



by Workman's Compensation Insurance. Agencies also have variety of caregiver types to suit different personalities and staff to fill in for caregiver emergencies and time off.

Do Your Homework

Before you call an agency or individual, know what your care needs are. Do you need non-medical care or might there be medical needs? Companionship or hands-on care? How about special training in Alzheimer's, Parkinson's or hospice care? Do you need a bilingual caregiver? Think about the hours you need help, if live-in or shift work is best. Determine if you need assistance with medication set-ups/dispensing or want nursing oversight. Be sure to ask if there is an assessment fee, deposit and cancellation policy. Finally, when asking about rates, see if there are extra charges for nights, weekends and holidays.

Who Pays for This?

Most custodial care is private pay although many long term care insurance policies cover in home care and Veterans may qualify for the non service connected benefit - Aid and Attendance. Bottom line, the average cost of in home care is \$20-24 an hour. In reality, hiring a bit of care might preserve a parent-child relationship and keep a senior at home where they want to be. After all, there is no place like home! ★

The views expressed here are those of Mrs. Susan Feldman and do not necessarily represent those of the Older Adult Advisory Commission or individual members. Susan Feldman is the Community Relations Representative for BrightStar Healthcare in Roseville. She has been involved in senior care, both professionally and philanthropically. She can be reached at (916) 781-6500, susanfeldman@comcast.net or www.brightstarcare.com/roseville.

and self/family managed care. In home care is custodial care and not reimbursed by Medicare.

"My kids will take care of me"

Adult children are often first in line to care for aging parents. According to the National Family Caregivers Association, more than 50 million Americans a year provide care for a chronically ill, disabled or aged family member or friend. Many of those are adult children, working and raising children of their own. Because of the challenges of being caregiver to both generations, they've been dubbed "The Sandwich Generation." No baloney! It's a difficult balancing act. Hence the growing need for professional in home care.

Private Caregiver vs. Agency

Private caregivers can be found on craigslist, bulletin boards and sometimes as a referral from a friend. Hiring privately is generally less expensive. It does mean, however, that you are the employer and responsible for screening, insurance, taxes and withholdings. On the flip side, agencies incur the expense of hiring, taxes and withholding. Many agencies also provide bonding, background checks, drug testing and liability insurance. For the protection of the client, it is critical that the caregiver is covered

What is In-Home Care?

Professional caregivers, Certified Nurse's Assistants (CNA) and Home Health Aides (HHA) can assist in your own home with a variety of non-medical Activities of Daily Living (ADLs) including personal care such as bathing, toileting and dress, ambulation, transferring as well as medication reminders, meal preparation, light housekeeping, laundry and transportation for running errands/shopping and medical appointments. A Care Plan is tailored to the needs of the client.

Each county in California administers a program called In Home Supportive Services (IHSS) for low-income elderly, blind, and disabled people who must have the assistance of care providers in order to remain safely in their own homes. Once county staff authorize IHSS services, IHSS recipients act as employers and are responsible for hiring and managing their care providers.

Is this Home Healthcare?

After time in the hospital or rehab center, home health is often prescribed. This is a Medicare benefit that is designed to be short term, often including physical, occupational and speech therapy in addition to home health aide visits. These home visits are intended to move the patient toward independence

Placer County Congressmembers Discuss Debt Ceiling Vote

SACRAMENTO REGION, CA (MPG) - California Congressman Thomas McClintock (R-4th District) and Doug Lamalfa (R-1st District) discussed their October 17th No vote on the debt ceiling.

to exceed the debt limit itself in order to protect the nation's credit.

That measure languishes in the Senate under the threat of a Presidential veto.

Protecting the sovereign credit by prioritizing payments would mean delaying paying other bills - which is untenable, unthinkable and something much to be avoided. But it would not imperil the nation's sovereign credit. Only the President can do that.

The House leadership met with the President last week and offered to extend the debt limit until November 22nd with no strings attached. The President refused. Senate Republicans offered a six month extension, but the Senate Democratic leader refused.

What the President threatens to do would be catastrophic and unprecedented. The full faith and credit of the United States is what gives markets the confidence to loan money to the federal government. Even a credible threat of default - exactly the kind the President is now making -- could have dire consequences to a nation that now owes more than its entire economy produces in a year.

So where do we go from here?

Republicans have miscalculated on two key assumptions: First, that the Democrats would negotiate the issues that divide the country; they have not. Second, that Democrats would seek to minimize the suffering caused by the impasse; they have not.

Given the ruthless and vindictive way the shutdown has been handled, I now believe that this President would willfully act to destroy the full faith and credit of the United States unless the Congress acquiesces to all of his demands, at least as long as he sees political advantage in doing so. His every statement and action is consistent with this conclusion.

If the Republicans acquiesce,

the immediate crisis will quickly vanish, credit markets will calm and public life will return to other matters.

But a fundamental element of our Constitution will have been destroyed. The power of the purse will have shifted from the representatives of the people to the executive. The executive bureaucracies will be freed to churn out ever more outlandish regulations with no effective Congressional review or check through the purse. A perilous era will have begun, in which the President sets spending levels and vetoes any bill falling short of his demands. Whenever a deadline approaches, one house can simply refuse to negotiate with the other until Congress is faced with the Hobson's choice of a shut-down or a default.

The nation's spending will again dangerously accelerate, the deficit will again rapidly widen, and the economic prosperity of the nation will continue to slowly bleed away.

This impasse may have started as a dispute over a collapsing health program but it has now taken on the dimensions of a Constitutional crisis.

Yesterday in Washington, a group of America's veterans rose up to take a stand against these constitutional usurpations. I believe the salvation of our nation now depends on the American people joining them.

Congressmember LaMalfa:

Last night, I voted against a borrowing package that increases the national debt without addressing the federal government's unsustainable borrowing, which now amounts to about 40% of each dollar spent. Our nation's fiscal situation is dire. Unfortunately, rather than setting a hard borrowing limit, the open ended legislation signed into law last night by the President will pay all debts incurred prior to February 8, 2014.

Continued on Page 8

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Round Up of PCWA News

PCWS Offers Rebates for Water Efficiency
PLACER COUNTY, CA (MPG) - Directors of the Placer County Water Agency on last month approved a new expanded program that offers rebates to water customers who replace lawns with water efficient landscapes.

Rebates of up to \$1 per square foot of lawn replaced with low water use plants up to \$1000 for residential customers and up to \$2000 for commercial customers. Converted areas may include both low-water use plants and permeable hardscape.

PCWA Deputy Director of Customer Services Linda Yager said the rebates must be approved in advance and encourages interested customers to call for a program application. Rebates are limited and will be awarded on a first-come, first-served basis, she said.

The board's approval followed a presentation on local and regional Integrated Regional Water Management Plan (IRWMP) projects by Yager and Rob Swartz, senior project manager for the Sacramento Regional Water Authority (RWA).

PCWA's IRWMP projects are funded through grants from the state Department of Water Resources and the RWA.

For information on available rebates, visit www.pcwa.net or call the PCWA Customer Services Center at (530) 823-4850.

PCWA Plans Transfer of Martis Valley Water Service to Northstar CSD

Water utility service in Martis Valley near Truckee would be transferred to the Northstar Community Services District under a plan discussed Thursday (Oct. 3) by the Placer County Water Agency Board of Directors.

The proposed transfer was reviewed as part of the PCWA board's annual eastern Placer County meeting, which was held at the Squaw Valley Public Service District office. PCWA is a countywide water resource agency that is headquartered and normally meets in Auburn.

PCWA operates groundwater wells to serve about 1000 water customers in the Lahontan, Martis Camp and Schaffer's Mill communities in Martis Valley. The area is known as Zone 4 and is one of five service zones operated by PCWA. The other four are in western Placer County.

Brian Martin, PCWA Director of Technical Services, said that



Brent Smith has served as the water agency's Deputy Director of Technical Services for the past 10 years and has worked with the agency since 1988.

Northstar CSD, which already provides daily operation of the Zone 4 system under contract with PCWA, is better positioned to own and operate the system.

Northstar CSD General Manager Mike Staudenmayer said his district, located next to the service area, could provide efficient water service and benefit through increased numbers of customers.

Martin said the transfer has been under discussion over the past two years and could become effective by mid-2014. He said the transfer must first be approved by the Placer County Local Agency Formation Commission.

"PCWA has no debt on the Zone 4 water system, as the facilities were paid for and installed by developers of the properties," Martin said. "We'll continue to work with Northstar and support them during the transition."

PCWA Pipeline in Operation, Road Pavement Complete

Pavement work along Lincoln Way in Auburn was completed Thursday (Sept. 19) following connection of a major Placer County Water Agency pipeline to a new water storage tank near Electric Street.

"As we complete this important addition to the agency's infrastructure for Auburn, we thank the community for living with the circumstances and inconveniences of noise and traffic control involved with completing the project," said PCWA project engineer Tony Firenzi.

The \$7.8 million project includes a new 5-million-gallon treated water storage tank at PCWA's Electric Street reservoir site and 4,130 feet of connecting pipeline in the Lincoln Way area.

The Lincoln Way pipeline phase took longer than planned when the contractor encountered very hard rock under the roadway.

Firenzi said the project will provide new and increased water system and fire flow reliability for Auburn.

Connection of the new pipeline in Lincoln Way was completed Tuesday night and Wednesday morning (Sept. 17-18). Following Thursday's road restoration, final lane stripping and valve box adjustments are planned within the week.

The water system improvement is being funded through a low interest loan obtained by PCWA from the state Safe Drinking Water State Revolving Fund.

PCWA Promotes Brent Smith to Director of Technical Services

Placer County Water Agency General Manager David A. Breninger announced the promotion of Brent Smith to the position of Director of Technical Services.

Smith has served as the water agency's Deputy Director of Technical Services for the past 10 years and has worked with the agency since 1988. In his new position, he succeeds outgoing director Brian Martin, who retires Oct. 18.

Breninger said Smith's appointment followed an extensive open recruitment process. "We are fortunate to have someone with Brent's qualifications, organizational knowledge and leadership skills to fill this key position," the general manager said.

PCWA Board Chairman Gray Allen said Smith's appointment will ensure a smooth transition in department management. "I welcome Brent as the new Director of Technical Services," Allen said. "He is extremely capable and will fill that role admirably."

The PCWA Technical Services Department includes 53 employees and is made up of the Engineering and Water Quality divisions.

Smith is a civil engineering graduate of the University of Utah and a registered professional engineer in California. He worked with the U.S. Bureau of Reclamation before joining PCWA.

Smith and his wife, Natalie, reside in Loomis and are the parents of four daughters. ★

Healthy Aging: Would You Like to Live Forever?



Commentary by Eric Nelson
High-Tech Health

Given the choice between living 80, 120 and 150 years – or even "forever" – the majority of those polled last month during a talk by popular science journalist, David Ewing Duncan, opted for 80.

"These percentages have held up as I've spoken to people from many walks of life in libraries and bookstores; teenagers in high schools; physicians in medical centers; and investors and entrepreneurs at business conferences," wrote Duncan in a 2012 New York Times column. "Rarely, however, does anyone want to live forever."

Even after being presented with an astonishing array of devices and drugs that could radically extend the average life span, few in the audience changed their votes. When asked why, those who spoke up said it was because they'd rather not prolong the aging process simply for the sake of postponing the inevitable.

Given this aversion to lengthy living, could it be that Mr. Spock was just kidding when he said, "live long and prosper?" Or is it that we have yet to accept the idea that the two concepts can coexist? Even if we haven't been paying attention to it, there's plenty of evidence to suggest they can.

Scientific studies aside, it's likely that everyone reading this article knows at least one person who is living a long and healthy life, without the associated baggage of old age. Whether it's because of what they eat, the amount of exercise they get, or how much time they spend with family and friends, these people just seem to have a knack for thriving, both mentally and physically.

Take, for instance, Vivian.

You would be hard-pressed to bring up any topic that this near-nonagenarian isn't at least somewhat familiar with. Politics, sports, the economy, international relations, the Bible – you name it and chances are she has given it some serious thought and likely has an opinion or two to share.

"Mental decline is not inevitable," said Dr. Jonathan Canick from the California Pacific Medical Center during a talk before the Commonwealth Club of San Francisco last year. "Even though the brain goes through physical changes, cognitive ability does not have to decrease."

Then there's Barbara.

A nonagenarian herself, up until recently she was driving herself

to work three times a week, 40 miles roundtrip, and continues to be involved in a variety of social and church activities.

Although both Vivian and Barbara probably eat well enough and get a fair amount of exercise, it's likely that their spiritual pursuits have as much to do with their being able to live long and prosper as anything else. In fact, according to a 2007 study conducted by researchers at the University of Chicago, 56 percent of all U.S. doctors believe that spirituality and religion have a positive and continuing influence on an individual's health. Only a very small percentage of these doctors – 7 percent – believe that religion and spirituality can have a negative impact.

No doubt there are plenty more advances in store in terms of sustaining a life that is increasingly long and prosperous. But if all these doctors are to be believed, one that deserves just as much attention as any other is our familiarity with and connection to the sacred and the divine.

"Your life will be as bright as the noontday sun," it was revealed to the biblical character, Job, who lived a rather long life himself, "and darkness will seem like morning." ★

Eric Nelson's columns on the link between consciousness and health appear regularly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California.

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The Progressive Income Tax Turns 100

Commentary by
Dr. Paul Kengor

Maybe it's a measure of progressives' refusal to look back, to always move "forward." Otherwise, they should be celebrating right now. In fact, President Obama and fellow modern progressives/liberals should have been ecstatic all this year, rejoicing over the centenary of something so fundamental to their ideology, to their core goals of government, to their sense of economic and social justice—to what Obama once called "redistributive change."

And what is this celebratory thing to the progressive mind?

It is the progressive income tax. This year it turned 100. Its permanent establishment was set forth in two historic moments: 1) an amendment to the Constitution (the 16th Amendment), ratified February 3, 1913; and 2) its signing into law by the progressive's progressive, President Woodrow Wilson, October 3, 1913. It was a major political victory for Wilson and fellow progressives then and still today. By my math, that ought to mean a long, sustained party by today's progressives, a period of extended thanksgiving.

President Obama once charged

that "tax cuts for the wealthy" are the Republicans' "Holy Grail." Tax cuts form "their central economic doctrine." Well, the federal income tax is the Democrats' Holy Grail. For progressives/liberals, it forms their central economic doctrine.

As merely one illustration among many I could give, former DNC head Howard Dean and MSNBC host Lawrence O'Donnell were recently inveighing against Republican tax cuts. Dean extolled "what an increase in the top tax rate actually does." He insisted: "that's what governments do—is redistribute. The argument is not whether they should redistribute or not, the question is *how much* we should redistribute ... The purpose of government is to make sure that capitalism works for everybody ... It's government's job to redistribute."

What Dean said is, in a few lines, a cornerstone of the modern progressive manifesto. For Dean and President Obama and allies, a federal income tax based on graduated or progressive rates embodies and enables government's primary "job" and "purpose." They embrace a progressive tax for the chief intention of wealth redistribution,

which, in turn, allows for income leveling, income "equality," and for government to do the myriad things that progressives ever-increasingly want government to do.

And so, in 1913, progressives struck gold. The notion of taxing income wasn't entirely new. Such taxes existed before, albeit temporarily, at very small levels, and for national emergencies like war. The idea of a permanent tax for permanent income redistribution broke new ground. The only debate was the exact percentage of the tax. In no time, progressives learned they could never get enough.

In 1913, when the progressive income tax began, the top rate was a mere 7 percent, applied only to the fabulously wealthy (incomes above \$500,000). By the time Woodrow Wilson left office in 1921, the great progressive had hiked the upper rate to 73 percent. World War I (for America, 1917-18) had given Wilson a short-term justification, but so did Wilson's passion for a robust "administrative state."

Disagreeing with Wilson were the Republican administrations of Warren Harding and Calvin Coolidge, his immediate successors. Along with

their Treasury secretary, Andrew Mellon, they reduced the upper rate, eventually bringing it down to 25 percent by 1925. In response, the total revenue to the federal Treasury increased significantly, from \$700 million to \$1 billion, and the budget was repeatedly in surplus.

Unfortunately, the rate began increasing under Herbert Hoover, who jacked the top rate to 63 percent. It soon skyrocketed to 94 percent under another legendary progressive, FDR, who, amazingly, once considered a top rate of 99.5 percent on income above \$100,000 (yes, you read that right).

Appalled by this was an actor named Ronald Reagan, himself a progressive Democrat—though not much longer. Reagan often noted that Karl Marx, in his "Communist Manifesto" (1848), demanded a permanent "heavy progressive or graduated income tax." Indeed, it's point two in Marx's 10-point program, second only to his call for "abolition of property."

The upper tax rate wasn't reduced substantially until 1965, when it came down to 70 percent. Alas, President Ronald Reagan took it down to 28 percent. And despite claims to the contrary, federal revenues under Reagan increased (as they

did in the 1920s), rising from \$600 billion to nearly \$1 trillion. (The Reagan deficits were caused by excessive spending and decreased revenue from the 1981-3 recession.)

The upper rate increased again (to 31 percent) under George H. W. Bush and under Bill Clinton (39.6 percent). George W. Bush cut it to 35 percent. Barack Obama has returned it to the Clinton level of 39.6 percent.

Here in 2013, 100 years henceforth, the wealthiest Americans—the top 10 percent of which already pay over 70 percent of federal tax revenue—will be paying more in taxes this year than any time in the last 30 years. For progressives, this is justice. But it is also bittersweet: As progressives know deep inside, it still isn't enough. For them, it's never enough.

To that end, my enduring question for progressives is one they typically avoid answering, especially those holding elected office: In your perfect world, where, exactly, would you position the top rate? I routinely hear numbers in the 50-70 percent range.

Democrats like President Obama complain about Republican intransigence in raising tax rates but, truth be told—and as any liberal

really knows—if it wasn't for Republican resistance, progressives would rarely, if ever, cut taxes. America would remain on a one-way upward trajectory in tax rates, just like under Woodrow Wilson and FDR, and just as it has been in its unrestrained spending for nearly 50 years. Like their refusal to cut spending (other than on defense), progressives are dragged kicking and screaming into tax cuts. They need high income taxes for the government planning and redistributing they want to do; for Obama's sense of redistributive justice.

This year, the progressive income tax turns 100. For progressives, getting it implemented was a huge triumph. Their success in making it a permanent part of the American landscape is a more stunning achievement still.

— Dr. Paul Kengor is professor of political science at Grove City College, executive director of The Center for Vision & Values, and New York Times best-selling author of the book, "The Communist: Frank Marshall Davis, The Untold Story of Barack Obama's Mentor." Editor's note: This article first appeared at Investor's Business Daily.

Community Events in Auburn

AUBURN, CA (MPG) - On-going ballroom dance classes and practice are offered in Auburn.

Group Ballroom Dance Lessons
Every Tuesday 6:30 - 8:30 pm
Auburn Social Dancers offer dance lessons every Tuesday evening from 6:30 - 8:30 pm by World Council Certified Dance Instructor, Hye Archer. Each month she teaches a new dance.

Afternoon Ballroom Dance Parties
2nd and 4th Sunday of each month 3:00 - 5:30 pm

Half-hour lessons are provided by Hye Archer on the 4th Sunday only.

Where: Auburn Senior Center Tuesday Lessons: 11576 D Ave Bldg 313A

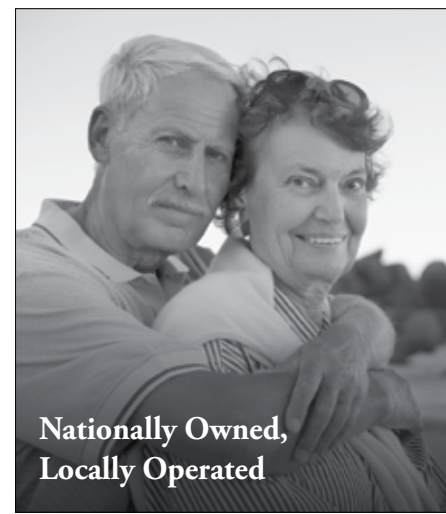
Semi Monthly Dance Party: 11577 E Ave - Burbank Hall Auburn, CA

Ask about our new Social Dance Club called "Grange Sliders".

Dancing can give you a great mind-body workout. Researchers are learning that regular physical

activity in general can help keep your body, including your brain, healthy as you age. Exercise increases the level of brain chemicals that encourage nerve cells to grow. And dancing that requires you to remember dance steps and sequences boosts brain power by improving memory skills. The New England Journal Medicine found that ballroom dancing at least twice a week made people less likely to develop dementia.

For more information, contact: Barry Connick, 530-268-3176 or visit our website at www.AuburnSocialDancers.org ★



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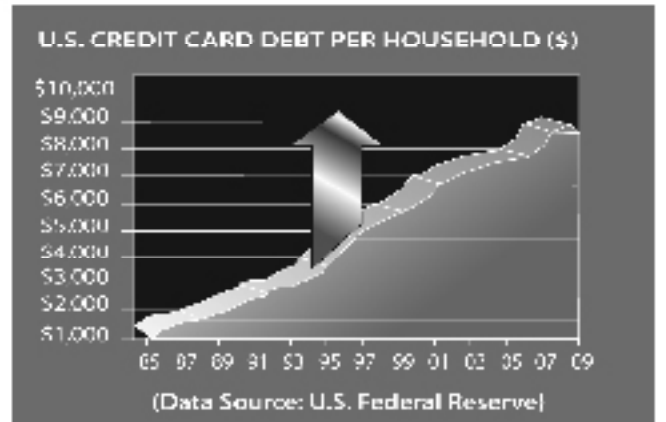


Credit Card Debt?

Solutions that can help you get out of debt.

Tom Hill
CGA STAFF WRITER

Every three minutes another person falls behind on credit card debt. It's no wonder, since every major credit card company has nearly doubled the minimum monthly payment on consumers' bills. Federal Regulators forced the change because of their concern about the growing mountain of consumer debt, which stands at \$2.17 trillion. Many consumers can only pay the minimum payment, which can take up to 30 years to pay off. Now, relief is in sight for millions of Americans.



CreditGUARD of America, a non-profit licensed debt management service provider, is making a new program available to lower debt payments and become free of all credit card debt in only three to five years. Consumers need only \$2,000 or more in total credit card debt and behind on any account, to cut their payment by 35% to 50%, and reduce or eliminate interest charges altogether.

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One such case is Sandra L. who proclaimed "CreditGUARD cut my monthly payment by \$656 and saved me over \$29,206.53 in interest. They saved my way of life and gave me back my piece of mind! Now I can see myself on my way to becoming debt free." or Jeffery C. who said "CreditGUARD of America helped me consolidate 3 of my credit cards into one affordable payment. They are now saving me nearly \$200 a month. Now I will be debt free in 2 years or less!"

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Deliciously Scary Treats

FOR GOBLINS AND GHOULS OF ALL AGES

FAMILY FEATURES

This Halloween, throw a wickedly wonderful fete for family and friends. With help from the Wilton entertaining experts, you'll have all the tricks to treat your guests to a spooky celebration that will leave them howling with delight. Halloween's not just for the kids anymore, so before you put on your costume, grab your baking and decorating supplies and get ready to let the creepy crawlers loose.

"Halloween is the one time of the year that you can take your decorating skills to the dark side," said Nancy Siler, vice president of consumer affairs at Wilton. "From finishing pumpkin cookies with ghoulish grins to creating creepy cakes decorated like graveyard skulls, it's the perfect holiday to have some fun in the kitchen."

Try these tips from the Wilton test kitchen for tasty and terrifying treats:

■ **Creepy Cupcakes:** Transform traditional cupcakes into otherworldly creations by decorating with eyeballs, spider webs or candy corn. Set up a decorating table during your Halloween party and let kids make their own creepy creations.

■ **Trick the Treat:** Swap out the standard packaged treats for homemade sweets. Wrap cookies, pumpkin cake pops and lollipops in decorative party bags for a fearfully fun take-home treat.

■ **Mummy Wrap:** Dress up your Halloween treats with themed baking cups. Pumpkins, mummies and ghosts are an instant way to give your party extra personality.

■ **Stack the Skulls:** Turn the crouque-en-bouche, a popular French dessert, on its head by replacing cream puffs with mini-skeleton skulls. To increase the scare factor, mix in bone-shaped cookies and antique the treats with Candy Melts candy and Color Mist food color spray.

Try these recipes for Pumpkin Cake Pops and Graveyard Crouque-en-Bouche for a spook-tacular Halloween party. For more unique decorating ideas and recipes visit www.wilton.com.

Tower of Horror Treats

Skull Cakes:

Makes 8 skulls

- 4 cups all-purpose flour
- 2 2/3 cups granulated sugar
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cloves
- Pinch ground nutmeg
- 1-1/3 cups vegetable oil
- 4 eggs
- 2 cups applesauce
- Buttercream icing

Preheat oven to 325°F. Prepare Dimensions Mini Skull Pan with vegetable pan spray.

In large bowl, combine flour, sugar, cinnamon, baking powder, baking soda, salt, cloves and nutmeg. In small bowl, whisk together oil, eggs and applesauce. Add to dry ingredients, stirring until well combined. Fill each cavity about 2/3 full with 1/3 cup batter. Reserve remaining batter.

Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove to cooling grid and cool completely. Bake remaining batter as above.

To assemble, cut the domes off of fronts and backs of skulls and sandwich with buttercream icing.

Jolly Jack-o-Lantern Cookies

Makes about 2 dozen cookies

- 1 cup (2 sticks) butter, softened
- 1-1/2 cups granulated sugar
- 1 egg
- 1-1/2 teaspoons vanilla extract
- 1/2 teaspoon almond extract (optional)
- 2-3/4 cups all-purpose flour
- 1 teaspoon salt
- Light Green, Black, Red and Orange Sparkle Gel

Preheat oven to 350°F. Lightly spray Easy Decorate Pumpkin Cookie Pan with vegetable pan spray.

In large bowl, beat butter and sugar with electric mixer at medium speed until well blended. Beat in egg and extracts; mix well. Combine flour and salt; add to butter mixture. Beat until well blended. Press dough into cavities, filling 2/3 full.

Bake 10 to 12 minutes or until light brown around edges. Cool in pan 10 minutes. Turn pan over; lightly tap pan to remove cookies. Cool completely on cooling grid.

Decorate cooled cookies with Sparkle Gel, using light green for stem; black for eyes, mouths and mustaches; red for tongue; and orange for remaining pumpkin areas. Let set, about 1/2 hour.

Cookie Bones:

Makes about 3 dozen cookies

- 1 cup (2 sticks) butter, softened
- 1-1/2 cups granulated sugar
- 1 egg
- 1-1/2 teaspoons vanilla extract
- 1/2 teaspoon almond extract (optional)
- 3 cups all-purpose flour
- 1 teaspoon salt

Preheat oven to 350°F. Lightly spray Bones Cookie Pan cavities with vegetable pan spray.

In large bowl, beat butter and sugar with electric mixer at medium speed until well blended. Beat in egg and extracts; mix well. Combine flour and salt; add to butter mixture. Beat until well blended. Press dough into prepared pan cavities, filling 2/3 full.

Bake 9 to 10 minutes or until light brown around edges. Cool in pan 10 minutes. Turn pan over; lightly tap pan to remove cookies. Cool completely on cooling grid.

Happily Haunted Lollipops

Each lollipop serves 1

- White, Light and Dark Cocoa, Yellow, Black and Limited Edition Pumpkin Spice or Orange Candy Melts Candy
- 11.75 inch lollipop sticks

Melt Candy Melts candy as needed following package instructions. Pipe or brush details of Candy Corn/Pumpkin Lollipop Mold with melted candy; chill in refrigerator 5 to 10 minutes or until set.

Fill candy mold cavities with contrasting melted candy. Place lollipop stick into mold, rotating the stick so it is completely covered with melted candy. Chill in refrigerator 10 to 15 minutes or until set. Remove from candy mold.

NOTE: For simpler preparation, lollipops can be molded using a single candy variety.

To decorate and assemble:

- Yellow candy color from Primary Candy Color Set, optional
- 3 (12-ounce) bags White Candy Melts Candy, melted
- 1 (12-ounce) bag Black Candy Melts Candy, melted
- Large Candy Eyeballs
- Brown Color Dust, optional

Place assembled cakes and cookies on cooling grid positioned over cookie sheet. If desired, add yellow candy color to melted white candy; pour over cakes and cookies until well coated. Chill 10 to 15 minutes or until set. Repeat if needed.

Using disposable decorating bag, pipe melted black candy face details on skull cakes; chill 5 to 10 minutes or until set. Attach candy eyeballs to skulls with dots of melted candy. If desired, brush Color Dust highlights on candy-covered bones and skulls.

Using melted white candy, secure four decorated skull cakes to cake base or serving platter, hold until set; insert decorated bone cookies between cakes. Add second row of skulls, positioning between the skulls below and securing with melted candy; hold until set. Add bone cookies between skulls. Secure final skull to top of tower with melted candy; hold until set. Arrange remaining bone cookies around base of cake tower.

Spirited Pumpkin Cake Pops

Each pop serves 1

- 1 package (15.5 to 18.25 ounces) yellow cake mix
- Water, eggs and oil to prepare mix
- Orange, Black and White Candy Melts Candy
- Black/White Colored Lollipop Sticks
- Candy Eyeballs

Preheat oven to 350°F. Prepare 12-cavity Silicone Petite Pumpkin Mold with vegetable pan spray.

Prepare cake mix following package instructions; fill silicone mold cavities 2/3 full with cake batter. Bake 8 to 12 minutes or until toothpick inserted in center comes out clean. Remove from mold and cool completely.

Melt orange Candy Melts candy following package instructions. Dip lollipop sticks in melted candy; insert into bottom of cakes. Using spatula or butter knife, spread melted candy onto backs of cakes; chill in refrigerator 5 to 10 minutes or until set. Place cooled cakes on cooling grid positioned over cookie sheet, candy side down; spoon or pipe melted candy over cakes until well coated. Chill in refrigerator 10 to 15 minutes or until set. Repeat if desired.

Melt black Candy Melts candy in disposable decorating bag; cut small hole in tip of bag and pipe mouth, nose and eyebrows on pumpkins. If desired, pipe melted white candy teeth. Attach candy eyeballs with dots of melted candy.

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Crossword Puzzle on Page 8

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By Ronnie McBrayer

Replacement, not Revolution

all his or her better angels, and sense of responsibility. That is the nature of addiction, if not its very definition: Addiction uses up a person's identity. And, of course, the condition is not limited to alcohol and cocaine. Sex, food, video games, smoking, religion, gambling, shopping, pain killers, the Internet, relationships, your iPhone, or work: The list is exhaustive. Anything that initially empowers us, in the end, can enslave us.

So what do we do? In those moments of clarity, when we realize that life is a mess and we can't keep doing unhealthy things or living in these destructive cycles, we decide that we want something better. We want transformation; to turn over a new leaf; to get on the straight and narrow; we want change. But our attempts to revolutionize our lives almost always fail. Yes, we improve for a while, but we can't seem to stay that way.

A person gets sober and we all cheer. Then, he falls off the wagon, and when he falls, his condition is worse than ever. A friend finally came to her senses and ditches that loser she's been living with, recognizing that he is a controlling son of a gun who was robbing her of herself. Life is grand until tragically and inexplicably, she gets into a new relationship with a chump who is even worse than the first one!

On and on the endless examples could be catalogued. So many legitimate attempts at life-changing revolution wind up being exchanges of one tyranny for another; a swapping

of one set of chains for another; trading one evil task master for another one. The recognition that life must change is simply not enough. Transformation is not accomplished by giving up what is bad for you. No, the bad has to be replaced with what is good and healthy.

I think this is what Blaise Pascal meant when he said, "There is a God-shaped vacuum in the heart of every man and woman which cannot be filled by any created thing, but only by God." I think this is the highest expression of the Apostle Paul's mysticism when he wrote, "I have been crucified with Christ and I no longer live, but it is Christ who now lives in me."

And I think that this is exactly what Bill Wilson, co-founder of Alcoholics Anonymous, was talking about when he articulated those necessary steps toward sobriety, where one must acknowledge his or her powerlessness and turn life over to a Higher Power who is the only source of health and sanity.

This isn't mere self-help. This is Spirituality 101. This is the essence of the Christian life: Our desires, impulses, and very lives have to be crucified, as it were, so that the life God has for us can be born and lived in its place. It is replacement, not simply revolution. ★

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.

Is It a Fragrance or a Stench?

By Rev. James L. Snyder

This past week I had to go to the mall. I know, I should know better but I thought I could sneak in, get what I needed and sneak out again. So much for my thoughts.

I wanted to purchase several tie chains for my neckties and searched every jewelry store and nobody had them. Finally, I ordered three online, which would be shipped free, (which always gets my attention) to the nearest store, which happened to be in the mall.

I do not like the mall and choose not to go there if I can help it. When in the mall I am usually very nervous and get confused and do not know which way I am going. Once I get in, I am not quite sure how to get out again. Everything seems to be contrived to confuse a person like myself.

Looking down at the ground while walking I became rather confused and I happen to turn into an open door.

My mall savvy is not sophisticated in the least. The door I turned into happened to be for the store Victoria's Secret. I do not know who Victoria is, I did not know what the store was all about but when I got in the store I discovered Victoria's Secret much to my great embarrassment.

That is exactly the reason I do not like going into the malls. They have places like this that a gentleman, such as Yours Truly, should never enter.

I am not sure how I got out of that store; all I can remember was a great deal of hilarious laughter thrown in my direction from inside. I just hope they did not recognize me. They probably did not, because I had all my clothes on.

It has been a long time since that incident and now I had to go and pick up my order. I put together a plan to sneak in very quietly, pick up my order and tip-toe out as quietly as I came in.

You know what they say about well-laid plans! Whether mine was well laid or not, it blew up in my face.

I did slip into the mall and found the store where my order was. I picked them up and quietly turned around and started for the door. How I got turned around is any man's guess. Actually, I think it turned around too many times. For the next 15 minutes, I tried to find the way I came in so I could go out.

The trouble started when I hesitated. I stopped to try to get my bearings and in stopping a young woman approached me.

"How do you do today, sir," she said most cheerfully.

I nodded and tried to get away as graciously as possible.

She would have none of it. "And how do you smell today, sir?"

Had I been in my right sense of mind I would have told her I smelled with my nose. Being in a confused state of affairs, I had no quick comeback for her. It was then that she introduced me to her product.

I must confess I am not up-to-date with all of the body lotions and perfumes that are available today. I shave in the morning, splash some aftershave on my face, rub some deodorant under my armpits and that is as far as I go.

This young woman took me for a potential customer of her body lotions and ointments and perfumes. I suppose many people are concerned with how they smell. I am not one of them.

My basic philosophy along this line is simply, if I cannot stand my own smell, I take a shower. I know when it is time to take a shower when I can smell myself.

She wanted to introduce me to some body lotions and ointments and perfumes that would make me smell alluring to anybody I met during the day.

Personally, I do not have a "Bucket List" but if I did this

would not be one of the items on it.

Trying to be polite, I informed the young woman I was late for an appointment and needed to get on right away.

"Oh," she said very cheerfully, "this will not take long at all."

With that said, and before I could process what she said, she began rubbing my face with body ointment or lotion of some sort. I froze and for a few moments, I could not even move. Even the little grey cells upstairs were shocked into a rare state of stillness.

"Now, you smell wonderful."

It was at that time I retired with honor my gentlemanly manners and started running as fast as I could run without drawing too much attention to myself.

I smelled that "fragrance" for three days in spite of the fact that I took 17 showers in the meantime.

Sometimes our focus is always on the outside. I like what Jesus said, "Woe unto you, scribes and Pharisees, hypocrites! for ye make clean the outside of the cup and of the platter, but within they are full of extortion and excess" (Matthew 23:25).

It does not matter how good I smell on the outside if there is stench on the inside. I want to focus on my inside and make it as fresh as possible. That is the fragrance God smells.

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 1-866-552-2543 or e-mail jamesnsnyder2@att.net. His web site is www.jamesnsnyderministries.com. ★

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Last year Paramount Pictures brought to the big screen the remarkable movie Flight, starring Denzel Washington. Denzel played the role of Captain Whip Whitaker, a pilot with the fictional South Jet Airlines.

When we first meet Captain Whitaker he is in an Orlando hotel room with a flight attendant, suffering from a terrible hangover, a hangover he remedies by snorting a line of cocaine, just before climbing aboard to guide Flight 227 to Atlanta. The flight never arrives. It crashed, not because Whitaker is drunk or jacked up on coke – though he is. The aircraft crashed because of mechanical failure, and the Captain's efforts are regarded as nothing less than heroic, as there are but a few casualties in the crash. The incident, however, pulls back the veil on Whitaker's addiction, forming the plotline for the movie.

While it could be said that the producers of the film took creative license with the flight and crash scenes of the movie (check it out for yourself), what the producers perfectly nailed is the nature of addiction. It devours. It gobbles up a person's physical, spiritual, and emotional well-being.

Addiction consumes a person's capacities and rationality,

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By Karen Anderson

"You Can't Do That" is an awful phrase to hear your whole life. It can devastate your self-esteem and can mark you as a loser, forever. That was my life! I know that my parents didn't mean for it come out that way. It almost ruined me, because I truly began to believe it. I found myself believing the lie, that I was so weak because of the anemia. I talked in my previous article, "Garbage Out-New Life In" about my anemia, and how weak I was. It was believed that I wouldn't be able to handle the strain or that others would not understand what was happening to me. I know my parents were only trying to protect me but it did cause me to look at everything through clouded glasses. I could see the opportunities and experiences I was missing. I was sad at first, but as the years rolled by, I was filled with regret, disappointment, and anger.

Remember God's Word says: "So, my very dear friends, don't get thrown off course. Every desirable and beneficial gift comes out of heaven. The gifts

Don't Tell Me I Can't!

are rivers of light cascading down from the Father of Light. There is nothing deceitful in God, nothing two-faced, nothing fickle. He brought us to life using the true Word, showing us off as the crown of all his creatures. Post this at all the intersections, dear friends: Lead with your ears, follow up with your tongue, and let anger straggle along in the rear. God's righteousness doesn't grow from human anger. So throw all spoiled virtue and cancerous evil in the garbage. In simple humility, let our gardener, God, landscape you with the Word, making a salvation-garden of your life."

Understand that this anemia was serious enough that for my first year of life, I was isolated from others and had to receive iron shots every week. They didn't even think I would survive my first year. What I realized in my later years was the fear my parents dealt with, but it didn't help with my regrets. As I grew up, it seemed that something was changing but we couldn't trust that I really was getting better. I kept being told I was border-line, but what did that really mean? I don't think anyone really knew so my parents concern and fear continued.

I missed out on being a foreign exchange student, which I thought would have been a great experience. They were afraid that others would not understand what was happening to me, if the weakness raised its ugly head once again in some kind of flare up. Also, I had a

chance to attend the Julliard School of Music with a scholarship, but again they were afraid that it would be too much for me. These constant NO's created great fear in me. I found myself afraid of everything. This was no way to live! But I did survive my parents over-protectiveness. I knew God was with me.

During all those years, in that weakened body, God was slowly working a miracle. He was healing the weakness. He was helping me to bloom and grow from a wimpy lifeless rose to a beautiful rose bush. Praise God, this problem no longer exists. God has completely healed me from anemia. No matter what the weakness may be in your life, God can heal you too. The miracle for me was that I didn't even have to ask. But God knew, and He had a plan for me and still does. I will always be His loving and grateful daughter. He saved me from a life of wretchedness. You need to praise God for your weaknesses, and then watch Him work.

PASSAGE: James 1:16-21 (The Message) ★

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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It's Time for an Intervention



Commentary By
Lee H. Hamilton

The American public has lost patience with Washington. The question is, now what?

Congress is unable to do its job. It displays neither competence nor responsibility. It lurches — reeling from crisis to crisis, each one self-manufactured in an effort to postpone the reckoning from some earlier crisis. It shut the government down over a temporary budget. Now it's threatening the financial credibility of the U.S. government and the security and safety of the American people. Three years of last-minute spending decisions have culminated in a television standoff with no actual negotiations.

Too many members of Congress reject the notion that accommodation and time-honored procedures allow them to fulfill their responsibilities to the American people. They use their legislative skill to engage in brinkmanship rather than address the country's fundamental problems. Growing the economy? Creating jobs? Putting the federal budget on a sustainable path? Don't look to Congress. They're too busy coming up with the next short-term tactic to confront the other side. Every day they dither, they keep the government from addressing the nation's real problems.

Even worse, they've managed to raise real questions in this country and abroad about whether our system of government can work. Are we saddled with a national legislature paralyzed by unending conflict? Are we capable of tackling our major problems? We are on the road to a government that cannot plan, a country shackled by perpetual uncertainty, and a loss of faith in our institutions both at home and abroad.

We do not have to continue down that road, but we do have to confront a core problem. The political center in Congress has weakened to the point of ineffectiveness, if not near-irrelevance.

That's fine with some people in Washington, who are comfortable with gridlock and don't think its consequences will be dire. Our government's inability to deal with problems, they argue, is good — a government that's able to act, they believe, creates more problems than it solves.

Likewise, some people acknowledge polarization as a problem, but blame it on an electorate that prefers a divided government, split between the parties. All I can say is that divided government in the past — think Ronald Reagan and Tip O'Neill — didn't keep Congress from creatively addressing national challenges. Divided government is not easy, but it is not unusual and it can work.

Politicians don't deserve all the blame. Voters share responsibility: more people have to turn out to vote. The more people who vote, the better the chances to strengthen the political center — that is, moderates and pragmatists. That's because low turnout brings out the most ideologically intense voters, who in turn reward the most polarizing candidates. A Congress more representative

of the American people rests on expanding efforts to convince people to vote, and beating back the barriers to voting.

The second solution lies with members of Congress. Contemplating a government shutdown, a Kentucky congressman recently explained his stance by saying, "All that really matters is what my district wants." This is not an uncommon view, but it's a distressingly limited one. Our system depends on members who believe it's also their responsibility to lead and inform voters, who are willing to weigh the national interest as well as parochial concerns and who have confidence in our system to resolve political differences.

In other words, we need members of Congress devoted to making the system work. We need men and women in office who understand that when the voters give us a divided government, they have no choice but to accept the distribution of power and work with it, regardless of what they wish were the case. We need legislators who realize that those on the other side feel just as passionately and deserve their respect, and who are committed to finding a solution to our problems.

We change laws in our democracy and solve our most difficult issues in this country not by bringing government to a halt, but by fighting out the issues before the voters in an election. At the end of the day, we have to move the country forward — and we need to elect members of Congress who are willing and able to do that. ★

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.



POPPOFF!

with Mary Jane Popp

SPOOOOOOOKY DAY

Those little ghosts and goblins will be at your door before you know it to celebrate the time of Halloween. Believe it or not, the preferred costume this year by kids is the "Duck Dynasty" theme complete with flack vest and beard. Weird I know. Whatever happened to princesses and Casper, the friendly ghost? Anyway, we all know what they are there for. It's all about the candy and treats! I am right there with you with bags and bags of candy so we don't get egged or toilet papered or....well, you never know. But all these traditions go back a lot longer than you can imagine.

Halloween straddles fall and winter...plenty and paucity... life and death. It is a time of celebration and superstition. It's thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires fires and wear costumes to ward off roaming ghosts. Like, they were so stupid they wouldn't recognize you all decked out in some crazy getup? Wouldn't you stand out even more? Oh well, I digress! The Celts, who lived some 2,000 years ago in the area that is now Ireland, the United Kingdom, and Northern France, celebrated the New Year on November 1. This day marked the end of summer and the harvest, and the beginning of the dark, cold winter, a time of year that was often associated with human death.

Celts believed that on the night before the New Year, the boundary between the worlds of the living and the dead became blurred. That's why on October 31, they celebrated Samhain. They thought these roaming ghosts would cause trouble and damage crops. They also thought the presence of the other worldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. Since this was a culture entirely dependent upon the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter. Many cultures, including the Roman Empire that conquered the majority of the Celtic territory in 43 A.D. combined festivals with the Celts.

Then Halloween came to America, but it was extremely limited in colonial England because of the rigid Protestants. It was much more common in Maryland and the southern colonies. Merging different ethnic groups and the Native American Indians gave America a distinct version of Halloween. The first celebrations included "play parties," public events held to celebrate the harvest, where neighbors would share stories of the dead, tell each other's fortunes, dance, and sing. Colonial Halloween festivities also included the telling of ghost stories and mischief making of all kinds. In the second half of the 19th century, America was flooded with new immigrants and especially the millions of Irish fleeing Ireland's potato famine of 1846. That helped to popularize the celebration of Halloween nationally. Taking from Irish and English traditions, Americans

began to dress up in costumes and go house to house asking for food money. That's when the "trick or treat" tradition came to be. Young women believed that, on Halloween, they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings or mirrors. By the late 1800s, there was a move to mold Halloween into a holiday more about community and neighborly get togethers than about ghosts, pranks, and witchcraft.

Today's Halloween tradition probably dates back to the early All Soul's Day parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called "soul cakes" in return for their promise to pray for the family's dead relatives. The soul cake was encouraged by the church as a way to replace the ancient practice of leaving wine and food for roaming spirits.

That's the historical story I gathered from history.com, but then comes the retail world. In my opinion, it's just a little early to put out all the Halloween gear in July. It happens, and we all enjoy all the little ghost and goblin toys that attempt to scare us along with the spooky movies that hit about Halloween time... and in 3-D of course. Don't want to miss a single spatter of blood gushing gashes! But never fear, they will all come-a-calling on that special night with their smiling faces and the call of "trick or treat." Save a few pieces of that precious stuff for yourself too. Chocolate please!!! HAPPY HALLOWEEN !!! ★

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7 - 10pm:	Sports Byline USA with Ron Barr
10pm - 12am:	Poppoff with Mary Jane Popp
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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 - 12pm:	The Get Excited Radio Show
12 - 7pm:	Sinatra & Friends Music
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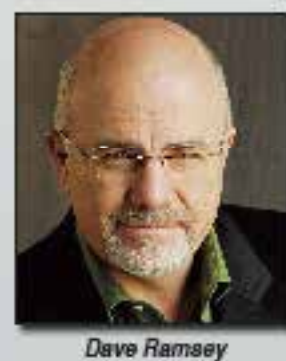
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Fun if by Land, Do if by Sea



By Gold River Resident, David Dickstein

One day a playful monkey is climbing down your shirt in Honduras, the next you're surrounded by flying bats while tubing along an underground river in Belize, and 24 hours later you're driving an ATV on a dirt road that hugs Mexico's Yucatan coast.

Guided by an itinerary with three ports and as many cruising days, a seven-day "Exotic Caribbean Cruise" aboard the Carnival Conquest offers an optimal combination of land and sea out of the Port of New Orleans. From a strictly water perspective, it's actually a 3-in-1 cruise as you're taken from the Mississippi River to the Gulf of Mexico to the Caribbean Sea.

While it's a bummer that most of the 8-hour journey down Big Muddy is in the dark, the inability to look for swamp denizens like alligators and odd-looking boys playing banjo allows one ample time to explore the 13-deck, 953-foot-long floating resort.

Decked out in decor and location names that bow to great French painters, the Conquest is the most artistic ship in its 24-strong fleet. The vast central atrium, standard on most Carnival ships, goes through nine decks and a hand-painted mural offers a visual reminiscent of a stroll through Paris' artsy Montmartre district. The beauty of the two-deck-high Monet and Renoir dining rooms is matched only by what comes out of Executive Chef Sanjay Chowdhury's kitchens. Like the culinary arts served 24/7, Impressionist art is everywhere on what was Carnival's largest ship when it entered service in 2002. Even the Polynesian decor of the Tahiti Casino is inspired by post-Impressionist Paul Gauguin, right down to the bamboo columns. Don't need to be reminded of the waft of cigarette smoke

omnipresent in Parisian cafes, however. Unfortunately, casinos and nicotine addiction go poker hand in poker hand.

What is a breath of fresh air are some of the Funship 2.0 upgrades the Conquest received after being dry-docked for two weeks late last year. Separate bars specializing in rum and tequila drinks are now within splash distance of the main pool on the Lido Deck, and on the Promenade Deck concoctions are being made at a "cocktail pharmacy" called the Alchemy Bar. Closer to midship is the EA Sports Bar, where fans can get the latest scores much cheaper than logging in at the Internet Cafe. Bar none, the most popular upgrade is not a bar, but Guy's Burger Joint, created in partnership with Food Network personality and restaurateur Guy Fieri. Had three of his five signature burgers during the cruise, each to die for and I probably will. But what a yummy way to go.

As for Funship 2.0 upgrades that don't contribute to a gastric bypass, Hasbro, The Game Show is a clever addition to three of the daily activity schedules. Hosted by genuinely affable cruise director Cory Rogers, one of the fleet's best, giant versions of Yahtzee, Connect 4 and other popular family games are played on the Toulouse-Lautrec stage by passengers plucked from the audience. Modeled after real TV games shows, the experience is a blast, and as a veteran of five of them, including "Name That Tune" and "Scrabble," I can honestly say that being up there to play the memory game Simon stirred up some special memories of my own.

Jury is still out on the new generation of production shows meant to cut costs for the cruise line and offer something fresh for passengers. While Carnival should be applauded for retiring the hokey and dated song and dance revues, those tired shows at least had a live band and didn't rely on LED panels to wow audiences. Of the week's three Playlist Productions shows, "Latin Nights" was the best, featuring music of Shakira, Gloria Estefan, Enrique Iglesias and Jennifer Lopez. Whether J-Lo's "On the Floor" was sung live or



The hairy chest contest is good, (almost) clean fun aboard the Carnival Conquest. Photo by David Dickstein

not, I was just thrilled to finally hear a song in a cruise production show from the same decade. The new crop pushes the envelope on family entertainment, offering up provocative dancing, actual lip-on-lip kissing and a lot more flesh. I like it. More of that and less LED razzle-dazzle would go a long way in turning around disgruntled showgoers, and based on the dozens surveyed, it was nearly unanimous toward the negative.

Boo hoo, right? Complaining about mediocre stage shows on a cruise is like whining over a small rip on your cabana in Cozumel. Speaking of which, this island jewel off the Yucatan Peninsula is where snorkeling and other water-based activities abound, not to mention a happening bar scene, but hands down our all-time favorite shore excursion in any Mexican port was here and on this cruise: The Extreme Cozumel Offroad 4x4 Adventure (<http://cozumelcruiseexcursions.com/OffRoad4X4>) offers the unique combo of driving, exploring, eating and swimming. Polaris RZR buggies are easy and fun to drive through coastal vegetation with stops to pick up shells washed up by Hurricane Wilma and check out a Mayan ruin. After jettisoning the 4x4s and taking the same bus that took you there, it's off to a tequila tasting to say "no gracias" to the overpriced product line and then on to the El Cid resort for a terrific waiter-served lunch, hellra strong pina colada (or other beverage) and an hour or so of leisure at the hotel's pool and adjoining beach. Facilities are first-rate. Less than \$90 per person for a 3 1/2-hour adventure with all that included is quite the deal.

In Belize, one of the ports where I suggest booking tours through the cruise line for peace of mind and safety, Chukka is a safe bet for a range of tours. The more exhilarating are built around cave tubing and ziplining at its Jaguar Paw complex in a rainforest a comfortable 75-minute motor coach ride away from port. Closer to the ship are airboat rides and a guided tour

of Belize City, where shopping is easy in the one foreign stop on this cruise where English is the official language. The popular cave tubing excursion has guests floating under bat-inhabited limestone archways, some as low as an arm's reach, that would be pitch black if not for the required lighted hardhats. So peaceful, except when the bats flutter about (the first tour of the morning is the most batty). The guide keeps everyone tethered for most of the journey, all the while educating visitors on cave formations and telling stories about ancient Mayan life, pointing out such evidence as broken pottery. Cave tubing packages start at \$85.

Roatan, the largest and most developed of Honduras' three Bay Islands, rounds out the ports that make up Carnival's "Exotic Caribbean." One of the beauties of this port is that where Carnival docks is adjacent to Mahogany Beach. A quarter-mile walk or a

nominal-cost chair lift -- excuse me, "Magic Flying Beach Chair" -- gets you there. If you feel like monkeying around, Victor Bodden Tours (www.bodden-tours.com) will pick you up near the ship and take you to a mini-zoo where white-faced capuchin monkeys climbing down the inside of your shirt or stealing your cap could be the most fun you have on the entire trip. Cost of being abused by primates is just \$5 if combined with another Victor Bodden excursion. We booked the "Best of Roatan" private tour that provided us with a local guide and driver the entire day for \$25 per person.

As for the port city itself, the uninitiated will likely find New Orleans equally exciting with its local flavor dashed with jazz, nightlife, restaurants and unique attractions, and repulsive with filth, public urination, cockroaches and that lovely aroma

of musty garbage that permeates throughout the French Quarter. But that makes Nawlins Nawlins and God bless it. As for lodging, a smart pick on the high end is The Roosevelt, one of Hilton's ritzy Waldorf Astoria Hotels that's just a block from the streetcars and two from the French Quarter. What a property, opulent and full of history that staff are more than happy to share. A less-storied, economical alternative that still maintains convenience and quiet is the downtown Courtyard.

The Conquest will serve out of the Big Easy until November, when she will reposition to Miami to continue a schedule of alternating week-long sails to the Western and Eastern Caribbean. The recently refitted Carnival Sunshine (the former Carnival Destiny) becomes the fleet's belle of New Orleans starting with a Thanksgiving cruise. ★



French-inspired art is omnipresent on the Carnival Conquest. Photo courtesy Carnival Cruises

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Governor Brown Signs Immigration Legislation

SACRAMENTO, CA (MPG) - As advocates rallied across the nation early in October to urge Congress to adopt comprehensive immigration reform, Governor Edmund G. Brown Jr. signed legislation to enhance school, workplace and civil protections for California's hard-working immigrants.

"While Washington waffles on immigration, California's forging ahead," said Governor Brown. "I'm not waiting."

Immigration reform advocates rallied in cities across the United States to call on the U.S. House of Representatives to give legal status to undocumented U.S. residents.

While gridlock continues in Washington, California continues to move forward on immigration reform. On Thursday, October 3rd, Governor Brown signed AB 60, extending the legal right to drive on the state's roadways to millions of Californians and in October 2011, Governor Brown signed AB 131, the California Dream Act.

The Governor signed the following immigration-related bills on October 5th:

- AB 4 by Assemblymember Tom Ammiano (D-San Francisco) - Prohibits a law enforcement official from detaining

an individual on the basis of a United States Immigration and Customs Enforcement (ICE) hold after that individual becomes eligible for release from custody, unless specified conditions are met.

- AB 35 by Assemblymember Roger Hernández (D-West Covina) - Provides that immigration consultants, attorneys, notaries public, and organizations accredited by the United States Board of Immigration Appeals are the only individuals authorized to charge a fee for providing services associated with filing an application under the U.S. Department of Homeland Security's deferred action program.

- AB 524 by Assemblymember Kevin Mullin (D-South San Francisco) - Provides that a threat to report the immigration status or suspected immigration status of an individual or the individual's family may induce fear sufficient to constitute extortion.

- AB 1024 by Assemblymember Lorena Gonzalez (D-San Diego) - Allows applicants, who are not lawfully present in the United States, to be admitted as an attorney at law.

- AB 1159 by Assemblymember Lorena Gonzalez (D-San Diego) - Imposes various restrictions and obligations on persons who

offer services related to comprehensive immigration reform.

- SB 141 by Senator Lou Correa (D-Santa Ana) - Requires that the California Community Colleges and the California State University, and requests that the University of California, exempt a United States citizen who resides in a foreign country, and is in their first year as a matriculated student, from non-resident tuition if the student demonstrates financial need, has a parent or guardian who was deported or voluntarily departed from the U. S., lived in California immediately before moving abroad, and attended a secondary school in California for at least three years.

- SB 150 by Senator Ricardo Lara (D-Bell Gardens) - Authorizes a community college district to exempt pupils attending community colleges as a special part-time student from paying nonresident tuition.

- SB 666 by Senator Steinberg (D-Sacramento) - Provides for a suspension or revocation of an employer's business license for retaliation against employees and others on the basis of citizenship and immigration status, and establishes a civil penalty up to \$10,000 per violation.

Source: The Office of Governor Edmund G. Brown, Jr.



A Special Article by Tim Riley

As film director and writer, Robert Rodriguez has a definite style, one that for the most part fits nicely into the exploitation genre that once dominated "grindhouse" theaters.

The Rodriguez approach to filmmaking has had so much similarity to Quentin Tarantino's that the two of them collaborated on the 2007 double feature "Grindhouse," consisting of Rodriguez's Planet Terror and Tarantino's Death Proof.

For the uninitiated, Machete Kills is the sequel to Machete, both of which starred the tough, menacing Danny Trejo in the titular role as a former Mexican Federal agent Sartana Rivera.

Like parachuting into the second half of a serial franchise, there's little point to joining the exploits of the machete-wielding hero (yes, Trejo is the good guy) without having seen the first film, though the real reason is to appreciate the quirky experience to the fullest.

Machete Kills is the contemporary version of the exploitation experience that was brought vividly to the screen with African-American actors like Richard Roundtree ("Shaft"), James Brown, Pam Grier, Fred Williamson and a host of others during the 1970s.

Back then, it was called "blaxploitation," focusing on the urban landscape with a wide variety of criminal enterprises involved, from drug trafficking to prostitution. The genre stirred controversy and even opprobrium from civil rights organizations.

Today, the Machete franchise

Riley Reviews

GRINDHOUSE VIOLENCE GONE INSANELY WILD IN MACHETE KILLS

generates little heat, other than critical derision from some film critics who may be operating under the misguided impression that this kind of B-movie should offer more than gratuitous absurdity.

Rodriguez has performed impressively in films like El mariachi and Desperado, but one must understand that having Sofia Vergara as a brothel madam equipped with a machine-gun bra is a sign that Machete Kills is not to be taken seriously.

Machete fans will be thrilled with the film's opening, as a garish trailer heralds the next splatterfest with Machete Kills Again . . . in Space, which might even be inspired by the late Ed Wood's Plan Nine from Outer Space or the detritus of other sci-fi junk.

Trejo's Machete is a man of few words, sort of like the Man with No Name in spaghetti Westerns, which is fitting since he spends much of his time on the dusty, untamed desert of the Arizona-Mexico border, dealing with vicious thugs from Mexican drug cartels.

With a fixed facial expression, Machete, never smiling or winking at the illogical proceedings, growls his trademark one-liners before slicing various body parts from assorted bad guys.

A renegade enforcer, Machete is enlisted by off-kilter U.S. President Rathcock (Charlie Sheen who's credited under his birth name, Carlos Estevez) to assassinate Mexican madman Mendez (Demian Bichir).

Adding to the mystery, Mendez has a split personality. He's either a zealous revolutionary or a drug cartel leader surrounded by vicious henchmen. In any case, he's got the trigger for a nuke aimed at Washington, D.C. surgically implanted on his

chest.

Machete's handler in the field is Miss San Antonio, a blond bombshell (Amber Heard), who is also a deadly assassin in her own right and a schizophrenic that is very much at home in the lunacy of this exploitative B-movie world.

To everyone's delight, tough gal Michelle Rodriguez returns, though late in the story, as Luz, leader of an underground network that joins forces with Machete just at the right time.

As loco as he is, Mendez turns out to be fronting for a more sinister villain, arms dealer and space visionary Luther Voz (Mel Gibson), who is putting together a space mission to escape an inevitable nuclear destruction of Earth that he is trying to engineer.

Meanwhile, as Machete makes his way across the treacherous terrain of Mexico back to the United States with Mendez in tow, he is pursued by a chameleon-like assassin who constantly changes his identity.

Reminiscent of Martin Landau and Leonard Nimoy in the Mission Impossible TV series, the chameleon pulls off masks to reveal a new disguise. The fun is seeing the parts played by Lady Gaga, Antonio Banderas and Cuba Gooding, Jr.

The best thing about Machete Kills and the franchise so far is that it is campy good fun, a spoof as well as parody of the exploitation genre. Nonetheless, Robert Rodriguez delights in old tropes of the "grindhouse" era.

In less capable hands, Machete Kills wouldn't be as much gory, ridiculous fun, and would lack the stellar cast. In other words, without Rodriguez at the helm, this would be the type of cheesy film relegated to 2:00 a.m. showings on a cable channel.

Machete often tells us what he won't do. In the first film, it was "Machete don't text." Here it is "Machete don't tweet." What he won't do in outer space, we can only guess. For fans of this cult franchise, here's hoping Robert Rodriguez delivers on his intergalactic promise.

[Rated R]

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