

Placer Sentinel

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Serving Auburn and Placer County since 1987

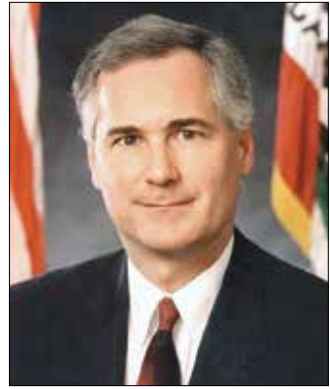
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Scan our QR Code for a
direct link to our online edition!

History in the Making



Warbirds Galore in the sky and on the ground The Airshow will be roaring across the skies of our region October 5-6, 2013! The event will offer spine-tingling performances including an international jet team, the Snowbirds, military demonstrations, world-class aerobatics, wingsuit flyers, barnstorming, wing walking, and endless entertainment and displays along the ramp. Photo courtesy of CCA

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County, today announced it will honor the 65th anniversary of the

Berlin Airlift, the largest humanitarian aid effort in history. The Airlift will be commemorated during both days of the Show, October 5-6, 2013 at Mather

Airport. The Berlin Airlift Tribute will honor the quiet heroes who played an integral role in this monumental event, bringing

together the pilots, aircraft, and German aid recipients from an important period in history "The CCA team is excited to share this historical event with Sacramento, and celebrate the contributions of these unsung heroes," said Darcy Brewer, executive director of the California Capital Airshow. "The courageous men and women you will meet at the 2013 Show are remarkable examples of those who could put the war behind them and selflessly saved a city from starvation." During 1948 and 1949, the world watched as the war-torn city of Berlin, Germany, was cut off from outside supplies of food and fuel by a Soviet Union blockade, designed to dominate the city. In a gallant and strategic



The Bremont Hosreman took off over a decade ago as the worlds only P-51 Mustang formation aerobatic team. They have flown a variety of platforms in formation, working tirelessly to escape gravity. Here they are seen flying the F-86 Sabre Jet. Photo courtesy of CCA

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PCWA Pipeline in Operation, Road Pavement Complete

AUBURN, CA (MPG) - 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 striping 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.

Source: PCWA

Got Breaking
Local News?

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Farmers Markets: The Art of Real Food

By Leona Reber

AUBURN, CA (MPG) - Auburn surely would have had a farmers market without the help of Joanne Neft, but, the farm to table movement wouldn't have had such a huge impact on Placer County without her assistance. To the local woman, healthy eating, and eating what is locally in season is almost a religion.

"I decided 25 years ago that I was going to do something having to do with agriculture and educating people around the values of eating healthy food," she said. "I wanted to start a farmers market, and I was very, very lucky, because

it so happened that almost simultaneously the board of supervisors in Placer County also decided that they wanted to have a farmers market. They actually did all of the background work. By the time I came on board they had 22 growers who were all certified and ready to be involved in the market. I had been working for the previous 20 years in marketing, so I was way over qualified, but I was passionate about it. I really wanted to do it. I got the job as the opening manager of the Foothills Farmers Market in 1989."

She has also published 2 cookbooks with partner, Laura Kenny. Their first self-published

cookbook, Placer County Real Food, which focused on menus, gained widespread acclaim. Their second offering, The Art of Real Food, is a mouth-watering journey through what's in season and available at farmers markets 52 weeks of the year. More than 250 very accessible recipes are interspersed with lovely artwork and beautiful photography.

Neft proudly admits to being in her eighth decade, and claims that she never felt better. She attributes her boundless energy and good health to her way of life. Raised on a farm, she ate as she does now - fresh foods from the land, though now her food comes from the farmers

market which she attends every Saturday morning.

"We live in paradise here in California," she commented. "We are so blessed to have all of the choices that we have. It is sad that less than 10% of the people know how to cook from scratch now. It is my goal to change that."

Both she and her partner are doing outreach, speaking to groups and teaching in collaboration with Sutter Hospital, the Natural Foods Coop, and, of course, the farmers markets.

Her cookbooks are available at many locations and can be ordered online at: Artofrealfood.com.

Auburn currently has 2

weekly farmers markets. Each Saturday the Old Town Courthouse parking lot is filled with fresh produce, meats, honey, freshly baked bread, nuts, olives and olive oil, plants and flowers from 8 AM until noon. On Wednesday, some of the same merchants set up in Dewitt Center at Bell and 1st Streets from 10 AM- 1 PM.

"I think of the growers as part of my extended family. We have to support our local farmers," she muses. "Not all of us are lucky enough to have a vegetable garden and fruit trees like everyone used to, but we can all shop at the farmers markets and keep ourselves healthy."

Placer Food Systems Detail Local Need

AUBURN, CA (MPG) - A new report released this month outlines the recent increase in food insecurity in Placer County. The report found:

- Over the past five years, applications for food assistance have increased 200%.
- Currently, 1 in 8 people in the county do not know where their next meal will come from.
- The cause of hunger is the cost and availability of food. People are now regularly relying on food banks as a primary source of groceries, rather than as an infrequently accessed supplemental source.
- There are food deserts (locations where low income families do not have access to a large grocery store within one mile of their home) in central Roseville, Lincoln and northern Auburn.
- There are over 60 feeding organizations in the county. At this time, their greatest needs are food, including fresh and healthy choices; facilities and equipment, especially refrigeration; and services for the homeless.

the food landscape in Placer County: www.placercf.org/getinvolved/pen.

"There is a real need for greater access to fresh, healthy food in our county. Our services are being utilized more and more due to the difficulties our clients face when trying to obtain the nutritious food they and their families need to survive," said Dave Martinez, Executive Director of the Placer Food Bank.

Veronica Blake, Placer Community Foundation CEO, explained why this information is so critical, "The Community Foundation sees this report as a way to educate the public about what is happening in their neighborhoods. This is an opportunity for local philanthropy to support the work being done around food access."

A task force of the Placer Collaborative Network formed to look at Placer County food systems and identify areas to strengthen it and help families have access to healthy food. Results from several focus groups and an on-line survey

culminated in the report. This information will be used as a tool to design training and network needs, to encourage collaboration, and to educate the public on the opportunities to support the systems. If you are interested in helping improve access to food in Placer County, contact Placer Community Foundation at 530-885-4920.

Placer Community Foundation grows local giving to strengthen our community by connecting donors who care with causes that matter. Known for sound financial management and knowledge of the nonprofit sector, the Foundation continuously monitors the community to better understand the nature of local needs, so that they can invest in areas such as arts and culture, education, health and human services, and the environment.

The Foundation and its donors have invested over \$4.1 million in Placer County, and currently has assets over \$10 million. To learn more about supporting our local nonprofit organizations, visit placercf.org or call 530-885-4920. ★

Free Tour of Newcastle Area Art Studios

NEWCASTLE, CA (MPG) - The 2nd Annual Newcastle Art Studios Tour is a free open studio event that takes place in the foothill community of Newcastle. The studios are located in Newcastle and the surrounding back roads. On the weekend of October 12 and 13 from 10 A.M. to 5 P.M., the work of 15 artists will be on display at 8 locations. At each stop there will be professional artists eager to show you their work, share their techniques, and answer your questions. Maps for the tour can be found at www.newcastleart.com.

Following the tour map, at the first stop is Ann Ranlett and her award-winning scratchboard art. Judy Butler shows unique fused glass works in her country studio. Next, R. David Allen shares his ceramic and raku creations.



Artwork by Caroline Alexander.

At the home of mother and son artists Cindy and Sean Bonito, you will also meet artist Brenda Dominguez and see graphite and colored pencil drawings, oil pastels, watercolor paintings, relief printmaking with chine-collé, felting, and photography. At Jennifer Lile's you'll find leather work and jewelry and the horse-inspired ceramics of Lisa Bone. You will also see Buffalo's large wooden totem poles. Enjoy western and equine pastel art at the ranch home of Pat Stoddard Aragon. Arriving at the Packing Shed Studios in the town of Newcastle, you'll find the work of four artists, Caroline Alexander, Jan Y. Miller, Bobbie Voraphongphibul and Joyce Williams. Here you'll find paintings in watercolor, oil, and pastel. The last stop is

Newcastle Produce to see Laura Thompson's woodblock and linocut prints.

A preview art show for the Newcastle Art Studios Tour takes place at Lone Buffalo Vineyard on Friday, October 4th, from 4 p.m. to 7 p.m. Meet the artists, see a sampling of their work and enjoy the ambiance of a country winery. Enjoy refreshments and no-host wine tastings. Lone Buffalo Vineyard is located at 7505 Wise Road, (530) 823-1159, www.lonebuffalovineyard.com.

On an autumn weekend, enjoy the fall foothill colors and beautiful art in and around historic Newcastle. Download a free tour map at www.newcastleart.com. Maps can also be found at Newcastle Produce and the other locations on the tour route. ★



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Family Farm Makes for Family Fun



By Kelly Davenport

One family tradition I truly look forward to as summer wanes to fall is a trip to Amber Oaks farm in Auburn. A few years ago I discovered this beautiful farm, open by appointment to the public, for self harvesting thornless blackberries. These tasty but treacherous treats grow everywhere in my backyard though I fear to pick them as they tend to fight back with very sharp thorns. Although I always manage to gather a few handfuls of my own wild berries it's too risky for the kids to fully enjoy and there is something magical about the peaceful ambience, fresh air and dare I say meditative, environment of the self harvesting experience.

As parents we strive to give our kids the best summer ever full of priceless memories. Berry picking is the ideal bookend and a "must do" event prior to relinquishing summer's nonchalant ease. The entire experience is a multi sensory expedition that starts with a reasonable drive only a few miles from Interstate 80 at the 49 Highway exit. Once exiting the main highway the rolling hills and tree lined roads melt away the feel of city life instantly. We love to drive slowly with the windows rolled down,

taking in the country charm.

At the farm's entrance a long gravel driveway leads us to a picking shed where we are greeted by the friendly proprietors to check in. For blackberry picking we choose to wear old fashion wooden trays that tie around our waist which hold two to three standard berry baskets. My kids love to wear these trays. They are quite functional and give the whole experience an authentic old-time feel.

Once geared up we are directed to the cane rows of blackberries designated for self-picking. You can ask to pick the Giant Sweet blackberries, great for eating fresh, or the variety better suited for baking like the Rhonda. For myself, I pick for the pure pleasure of becoming one with nature, hardly concerned about the variety.

My favorite part of the experience is to walk down the long cane rows. Blackberry vines cross overhead like cathedral archways giving the illusion of infinity. My parental guard drops as I know my children are safe here. I lose myself in the experience, searching behind the leaves for berry clusters, filling my basket with plump fruit, tasting here and there for sweetness; I am thrust into the moment with no thoughts of yesterday or

tomorrow.

The children love it too! Good news parents, no thorns. They find pleasure in filling up their baskets. It feels like a big accomplishment. They also learn where their food comes from and how much work it is to gather it. My kids are seasoned professionals and know just which berries are ripe, dull black and easily plucked. You may even chance upon an oversized giant, black and yellow Orb Weaver Spider. They are magnificent and give you a sense of nature in action.

So gather up your family, bring a light pick-nick lunch and wear clothes you don't mind boasting a few berry stains. I promise you all a glorious adventure that saturates the senses and fills the soul. Amber Oaks farm offers U-Pick May through February of various produce and be sure to call for an appointment. www.amberoaks.wordpress.com. ★

Kelly Davenport lives in Sacramento with her husband and two children. She is a part time instructor at Sacramento State University and is the author of a children's book "Do Hotdogs Grow on Trees." Available at Amazon.com or <http://tinyurl.com/nmjnsm>.

Yosemite Rim Fire Emergency Salvage Act Introduced



Congressman Tom McClintock

WASHINGTON, DC - Congressman Tom McClintock, on September 26th, introduced HR 3188, the Yosemite Rim Fire Emergency Salvage Act. The measure provides for the expedited salvage of fire-killed timber in the Stanislaus National Forest and the Yosemite National Park by waiving environmental regulations and litigation that often delay salvage operations until the timber becomes worthless. It is estimated that up to one billion board feet of timber could be

salvaged if it can be processed in the next 18 months.

The legislation is nearly identical to an amendment McClintock successfully placed in HR 1526, (the "Restoring Healthy Forests for Healthy Communities Act)," last week, and is modeled on similar legislation by Democratic Senator Tom Daschle to expedite salvage of beetle-killed timber and reduce the risk of wildfire in the Black Hills National Forest in South Dakota. HR 1526 and McClintock's amendment passed with bi-partisan support.

"The Yosemite Rim Fire is a tragedy that has destroyed 400 square miles of our forests. If any good can come of this tragedy, it would be the timely salvage of fire-killed timber that could provide employment to local mills and desperately needed economic activity to mountain communities. Moreover, revenues from the sale of salvage rights could be used to restore our ravaged

forests and provide recovery assistance to cash-strapped local communities," McClintock said. "But this can't happen if salvage is indefinitely delayed by bureaucratic processes or the usual litigation filed by extremist environmental groups."

H.R. 3188 has been co-sponsored by House Natural Resources Chairman Doc Hastings (R-Washington); Public Lands and Environmental Regulation Subcommittee Chairman Rob Bishop (R-Utah), and Sierra Nevada-area Representatives Doug LaMalfa, Jeff Denham, Paul Cook, Devin Nunes, David Valadao and House Majority Whip Kevin McCarthy.

The bill has already been scheduled for hearing before the House Natural Resources Committee on Thursday, October 3, 2013 at 10am EDT. ★

Source: Office of Tom McClintock

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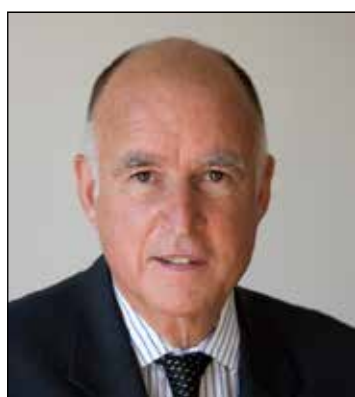
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Governor Brown Signs Bill to Increase Minimum Wage in California



Governor Jerry Brown

(D-Salinas), which will raise the minimum wage in California from \$8 per hour to \$10 per hour.

"It's a special day to stand with workers who are laboring for all of us and laboring at a very low wage. Turning that wage into a \$10 an hour wage is a wonderful thing," said Governor Brown prior to signing AB 10 in Los Angeles. "It's my goal and it's my moral responsibility to do what I can to make our society more harmonious, to make our social fabric tighter and closer and to work toward a solidarity that every day appears to become more distant."

AB 10 will raise California's minimum wage in two one-dollar increments, from \$8 per hour today to \$9 per hour, effective July 1, 2014 and from \$9 per hour to \$10 per hour, effective January 1, 2016.

Governor Brown worked diligently with the bill's author and legislative leaders over the past month to secure passage of AB 10. He was joined at today's bill signing ceremonies in Los Angeles and Oakland by Assembly Speaker John A. Pérez, Assemblymember Luis Alejo and dozens of workers. ★

Source: Office of Governor Brown

Acting to help California's working families, Governor Edmund G. Brown Jr. on September 25th signed AB 10 by Assemblymember Luis Alejo

Governor Slams Business with Huge Minimum Wage Increase

NFIB study shows job loss will follow once minimum wage goes up

SACRAMENTO, CA (MPG) - The National Federation of Independent Business/California voiced strong opposition to Governor Brown's signing of Assembly Bill 10, which would increase California's minimum wage by \$2.00 per hour. The bill is effectively one more tax increase on California's hurting small business owners.

"Small business owners' hopes have once again been dashed with a stroke of Governor Brown's pen," said John Kabateck, NFIB/CA Executive Director. "After spearheading the effort to raise our state income tax to the highest in the nation, Governor Brown vowed to be more prudent this year. Increasing the minimum wage by a staggering 25% violates that promise and will only cement California's status as the worst place to start a business."

Small businesses are still struggling to crawl out of the economic recession and are already facing a myriad of hurdles,

including the highest income and sales tax in the country, uncertainty from the Affordable Care Act, which takes effect in January, and higher energy costs from cap-and-trade, to name just a few. Now their bottom line will be further reduced along with the accompanying payroll taxes.

"It is my understanding that the Legislature limited public employee union pay increases this year, saying that the state just could not afford more," added Kabateck. "But then they turn around and hit businesses with a 25% increase over the next two years! This is sheer hypocrisy from our elected leaders."

The minimum wage increase passed with strong union support. Their negotiated wages are usually based on the state's minimum wage.

"Small business owners will now be forced to make tough choices including reducing employee hours, cutting positions entirely, and for many,

closing their doors altogether. And make no mistake, small business owners vote and will remember those who supported this bill next November during election time."

A recent study showed 68,000 jobs lost in California if the minimum wage is increased. ★

For more than 70 years, the National Federation of Independent Business has been the Voice of Small Business, taking the message from Main Street to the halls of Congress and all 50 state legislatures. NFIB annually surveys its members on state and federal issues vital to their survival as America's economic engine and biggest creator of jobs. NFIB's educational mission is to remind policymakers that small businesses are not smaller versions of bigger businesses; they have very different challenges and priorities. To learn more visit www.NFIB.com/california.

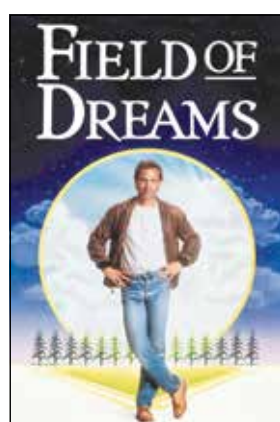
Cinema at the State Theatre Presents: "Field of Dreams"

AUBURN, CA (MPG) - Auburn Placer Performing Arts Center announces its Cinema at the State Film Series selection for Thursday, October 17, 2013 at the State Theatre is "Field of Dreams" the 1989 American fantasy-drama film directed by Phil Alden Robinson who wrote the screenplay, adapting W. P. Kinsella's novel Shoeless Joe. "Field of Dreams" was nominated for three Academy Awards including Best Original Score, Best Adapted Screenplay and Best Picture. This is event is sponsored by Barber Kenes Capital Management.

The film stars Kevin Costner, Amy Madigan, James Earl Jones, Ray Liotta (Shoeless Joe Jackson), and Burt Lancaster in his final motion picture. Iowa farmer Ray Kinsella (Kevin Costner) hears a voice in his corn

field tell him, "If you build it, he will come." He interprets this message as an instruction to build a baseball field on his farm, upon which appear the ghosts of Shoeless Joe Jackson and the other seven Chicago White Sox players banned from the game for throwing the 1919 World Series. When the voices continue, Ray seeks out a reclusive author to help him understand the meaning of the messages and the purpose for his field.

"Robinson's whimsical sports saga is nostalgically engaging...



"If you build it, he will come." Kevin Costner stars in the whimsical sports saga.

guaranteed to load the bases with sentimentality" says movie online film critic Frank Ochieng.

Movie run time: 1 hr 46 mins ★

Tickets are \$8.00 at the door, with a limited number of seats available for advance purchase online at www.livefromauburn.com. Or, call the Box Office at 530-885-0156. The box office opens 90 minutes before show time for each performance. For a full schedule of upcoming films at the State, go to: www.LiveFromAuburn

Pioneer Quilters Guild Show Coming

PLACER COUNTY, CA (MPG) - A gallery of quilts of all sizes and types, along with a boutique of high-quality hand-crafted items, is coming to west Roseville.

Do you remember playing under a quilting frame while your grandmother and her friends quilted a quilt and talked? Do you have a quilt that was handed down in your family or that was yours as a baby?

Have you wanted to get back into sewing, but don't know how? Or do you need inspiration for a project you've been wanting to start? Come to the Pioneer quilt show.

The event is scheduled for Saturday and Sunday, November 9-10, at the Roseville Sports Center at Mahany Park in west Roseville.

Quilts and quilting have a long heritage in America. At the Pioneer quilt show you can see the latest...from reproductions of quilts from the Civil War or 1930's, to those that hang on the wall as art.

Besides the quilts, the show is known for its boutique of high-quality, hand-crafted items made by members for sale. There's everything from jam to jewelry, with lots of items for babies, children, and the home in between. As a feature unique to this show, members will have quilts of all sizes and styles for sale.

At the show will be vendors selling fabric, notions, patterns, and other sewing-related items. There is also a cafe for lunch and refreshments.

Pioneer Quilters Guild is one

of several quilt guilds in the area. Based in Rocklin, it draws members from all the surrounding communities. The guild's focus is to educate members and the general public about quilts and quilting and to participate in community service activities. To that end, each year the guild donates hundreds of quilts, pillowcases, and Christmas stockings to local nonprofit organizations, and pillows for mastectomy patients.

Admission to the show is \$7; children under 12 are admitted free. If you come on Saturday, you can come back on Sunday for free. The show is open on Saturday from 10-5 and Sunday from 10-4. ★

Area Republican Women Host Luncheon

AUBURN, CA (MPG) - The Auburn Area Republican Women Federated will host their October luncheon on Friday the 11th from 11:30 a.m. to 1:30 p.m. at the Sizzler, located at 13570

Lincoln Way in Auburn. Guest speaker will be Orlean Koehle, who will speak on the ramifications of Common Core, an education program promoted by the federal government and

designed to include data mining and revisions of history.

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

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LaMalfa Calls on Senate to Reject Arms Trade Treaty



Rep. Doug LaMalfa

to be tracked to end users and for a period of ten years thereafter.

“Secretary of State John Kerry signing of the Arms Trade Treaty is a disturbing development that shows the Obama Administration will attack the Second Amendment at every opportunity. It is shocking that any President would risk infringing upon our guaranteed rights under the Constitution through an international treaty,” said LaMalfa. “Fortunately, the process of ratifying this agreement has only begun, and I will continue to make the case that this treaty is wrong for our country and urge that it be defeated.”

The Arms Trade Treaty was approved by the United Nations General Assembly and opened for signatures in June of this year. It aims to regulate the trade of conventional weapons, including small arms purchased by individuals. Many have expressed

objections that the ATT does not do enough to protect individual gun rights and unnecessarily infringes on American sovereignty and Constitutional rights.

“Members of both parties in the House and Senate have repeatedly expressed our serious concerns with this deeply flawed treaty. The Obama Administration’s failure to appreciate our objections is disappointing, however I am confident my colleagues in the Senate will stop the Arms Trade Treaty from being ratified,” LaMalfa added. ★

Doug LaMalfa is a life-long farmer representing California’s First Congressional District, including Butte, Glenn, Lassen, Modoc, Nevada, Placer, Plumas, Shasta, Sierra, Siskiyou and Tehama Counties.

WASHINGTON, DC - Rep. Doug LaMalfa (R-CA) released the following statement on September 25th after U.S. Secretary of State John Kerry signed the Arms Trade Treaty (ATT), which could lead to further restrictions being placed on the gun rights of American citizens. For example, the treaty could effectively create a gun registry by requiring firearms shipped across borders

LaMalfa Votes for Secure Rural Schools Funding

WASHINGTON, DC - Rep. Doug LaMalfa (R-CA) voted on September 25th in favor of a measure extending the Secure Rural Schools program for one year while calling for reforms that would eliminate the need for the program by increasing timber production. The measure, H.R. 527, has already passed in both houses and now simply requires Senate approval of technical amendments made by the House before being sent to the President.

“This funding is key for our schools and local governments that have seen funding decline as red tape has strangled timber production. The most direct impact of federal restrictions on timber operations has been to damage rural economies, so backfilling the revenue local governments

have lost is the right thing to do,” said LaMalfa. “However, we need to reform the broken system which made this program necessary by rolling back the regulatory overreach that transformed forests from healthy, productive areas to tinderboxes waiting for a spark. If forests were managed sensibly, this program wouldn’t be necessary.”

A measure LaMalfa cosponsored with Natural Resources Committee Chairman Doc Hastings (R-WA) to reform forestry policies was passed by the House last week. That bill, H.R. 1526, would jump-start timber operations by requiring each National Forest to harvest a portion of its sustainable yield, the amount that can be harvested each year without damaging forest health. County governments

receive a quarter of timber receipts generated within their borders, making the Secure Rural Schools program unnecessary.

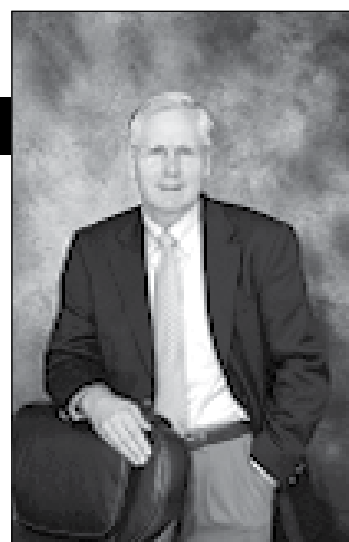
“The House has taken action to reform timber regulations and return sound management policies to our National Forests,” LaMalfa added. “The Senate needs to act on this measure in a timely fashion, or our national’s forests will continue to burn, costing lives, destroying homes and crippling rural communities.”

Doug LaMalfa is a life-long farmer representing California’s First Congressional District, including Butte, Glenn, Lassen, Modoc, Nevada, Placer, Plumas, Shasta, Sierra, Siskiyou and Tehama Counties.

Source: Office of Doug LaMalfa

Dollars and Sense

by James J. Scherer, MBA, CPA



After the Rebound: Is It Time to Review and Rebalance Your Portfolio?”

Given the remarkable turnaround in the stock market you should review and assess the potential benefits of rebalancing your portfolio.

What is re-balancing?

It is important to understand that your investment mix (known as your asset allocation) is always subject to change. That’s because investment performance could cause the value of some assets to rise (or fall) more than others. When asset allocation changes in this way, investment professionals often say it has drifted or become unbalanced. In that event, you may need to rebalance your asset allocation so that it again has the risk and return potential you desire.

One way to rebalance involves selling investments in the asset class that currently exceeds your allocation target. Another way is to buy investments in the underperforming asset class, or you may opt to use new money to increase the underweighted asset. Or you may opt for a combination of those strategies.

Many investors dislike the idea of rebalancing because it means selling winners in favor of losers. Re-balancing can also generate transaction fees, as well as taxes on gains created by selling securities. Nonetheless, most financial professionals believe the advantages of re-balancing outweighs the disadvantages.

How often should rebalanced?

The usual answer is anytime your goals change; otherwise at least once a year. However, in order to keep close tabs on your investment plan and to make sure it doesn’t drift too far from your objectives, you may prefer to set a percentage limit of the variance, say 5%, on either side of your intended target. Once your chosen percentage is passed it would trigger a review and possible rebalancing.

This article is not intended to provide specific investment 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, and CA Insurance License # 0C20370.

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. Asset allocation does not ensure a profit or protect against a loss.

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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.

(Data Source: U.S. Federal Reserve)

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.

Over 200,000 families, located throughout the U.S. have regained financial independence with CreditGUARD’s licensed, bonded and insured service. CreditGUARD of America has received high marks in consumer surveys showing high consumer satisfaction and confidence. The CreditGUARD debt management program can actually turn a person’s life around.

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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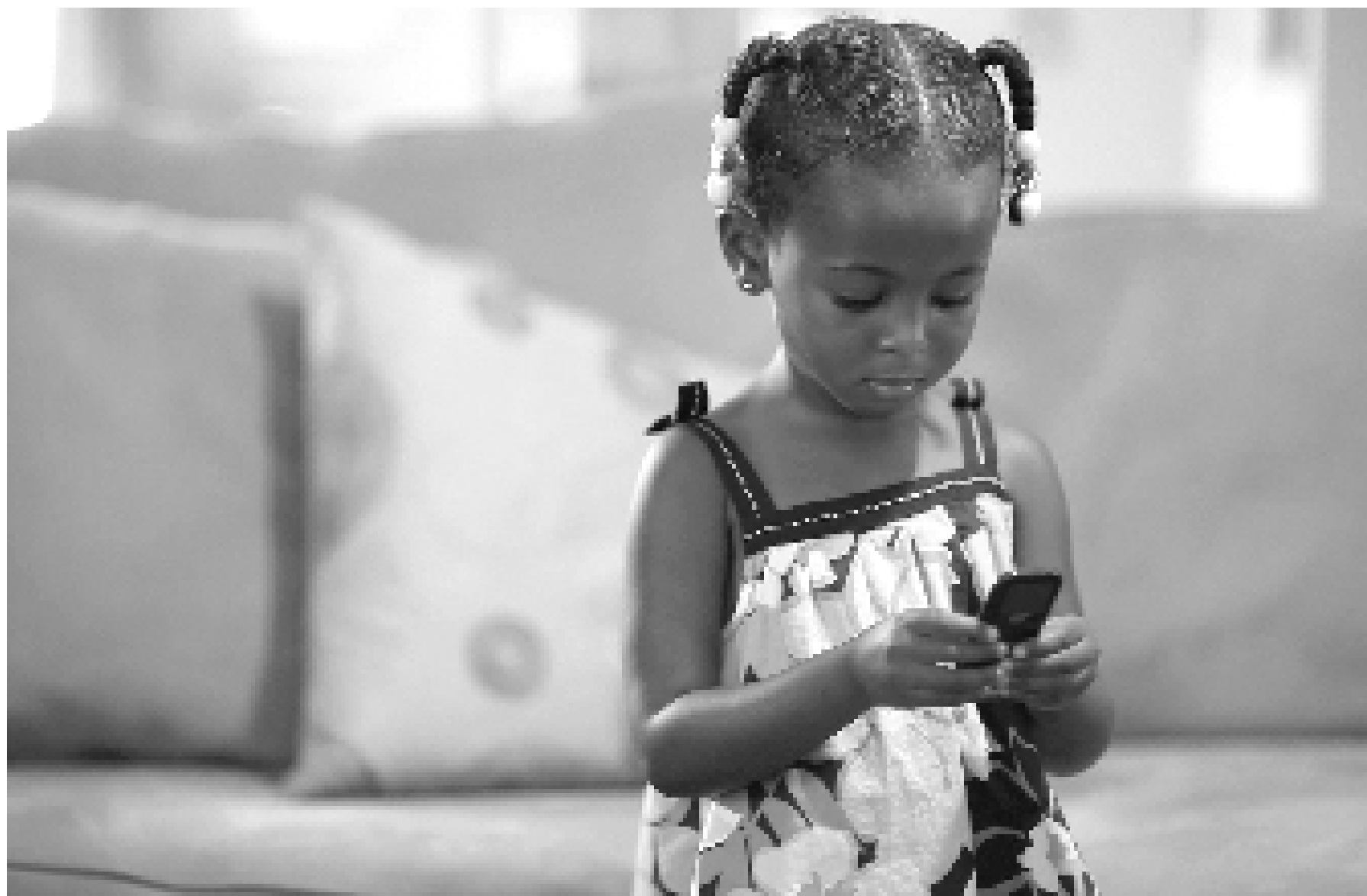
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**TIPS TO
KEEP YOUR
CHILDREN
SAFE FROM
A HIDDEN
DANGER**

**Make Your Home Safer
FOR YOUR FAMILY**

**THE 4 S'S OF COIN LITHIUM
BATTERY SAFETY**

S T O R E

STORE batteries in original form or in a battery tray out of reach of children.



S E L E C T

SELECT battery packaging that meets federal guidelines for child resistance.



S E C U R E

SECURE the battery in your appliance's device.



S H A R E

SHARE this information with your friends and family.



From toys and appliances to everyday household devices, coin lithium batteries are everywhere. It's important to take steps to ensure that the batteries are properly stored to keep your loved ones safe.

Hidden dangers in common household devices

Appliances containing coin lithium batteries include smoke detectors, doorbell chimes, VCRs, watches, calculators, and many toys. These devices often have small openings, which can allow a child to access the battery. It is important to ensure that these openings are properly secured to prevent a child from accessing the battery.

The average household contains about 100 coin lithium batteries. If you have a large household, you may have more. It is important to take steps to ensure that these batteries are properly stored to keep your loved ones safe.

Spread the word

It is important to spread the word about this safety issue to your family and friends. You can do this by sharing this information with your family and friends, or by posting it on social media. You can also share this information with your neighbors and community members.

The 4 S's of coin lithium battery safety

Store batteries in original form or in a battery tray in a secure location out of reach of children.

Select battery packaging that meets federal guidelines for child resistance.

Secure the battery in your appliance's device.

Share this information with your friends and family.

Share this information with your friends and family.

In case of emergency

If you suspect that a child has swallowed a coin lithium battery, call a poison control center immediately. Do not induce vomiting or try to make the child vomit. You should also call a pediatrician or your local hospital for further instructions.

**Batteries Powered
by Child-Resistant
Packaging**

Look for these symbols on battery packaging to ensure it is child-resistant.

- Child-Resistant Packaging symbol
- Battery symbol
- Child-Resistant Packaging symbol
- Child-Resistant Packaging symbol
- Child-Resistant Packaging symbol
- Child-Resistant Packaging symbol
- Child-Resistant Packaging symbol
- Child-Resistant Packaging symbol
- Child-Resistant Packaging symbol
- Child-Resistant Packaging symbol
- Child-Resistant Packaging symbol



By Ronnie McBrayer

Layer Upon Layer

himself. I now keep all these little Communists boxed in the attic. They are much too dangerous to be let loose in the world again.

The deeper you went within the dolls, the closer you got to the essence of Soviet power, its source and beginning. As layer after layer fell away, and finally you held a tiny characterization of Lenin in your hand, you could truthfully say, "Ah, now I've gotten to the bottom of it all. This is the seed, the kernel from which all the others grew."

I, and many others, have tried this same thing with Jesus. We have struggled to unravel him, to break open his shell, and then the next, and the next, and the next. Then, we think we can get to the bottom of who he is and his story. We reconstruct his historical setting. We dissect his words. We set out to determine who he "really was" and is. But there is a problem. When dealing with this Jesus, we do not find ourselves moving to something smaller and more manageable.

No, the deeper we go, and as the layers fall away, we move to something greater. He gets larger, more uncontrollable, more inconceivable, and more wonderful than our minds can imagine. We are the ones left to weebly and wobble.

Yet, there is a seed, a core to the historical Jesus as well as the exalted Christ of our faith. It is the element of sacrifice. There at the end of it all, when the onion is peeled, is a cross. Jesus, for two millennia, has been marked by this instrument

of death. More accurately, he has been marked by the cross since before the threads of time were ever spun. He was "slain before the foundations of the world," John the Revelator said.

There is a cross hanging above my desk where these words are being typed. I sometimes wear a crucifix around my neck. I even have a Celtic version of the symbol inked into my skin. And while I behold the cross every day, I cannot take hold of all its implications.

C. S. Lewis challenged us to look at the cross, not as a display of godly anger toward Jesus or the world, but as a Lover absorbing the shame and humiliation of betrayal and unfaithfulness. Lewis said, "Jesus shows on the cross that God's love is not about violence and retaliation. The cross is the only true language of forgiveness."

That stick of wood is a display of agonizing love shown to a world lost in self-centeredness and self-delusion, a world that has done nothing but be disloyal to and reject its Maker. That cross shows us how far Love will go: God, humiliated and bleeding in a suffering mess, bearing up underneath the betrayal of His own creation. If you can get to the bottom of that, please let me know. You're a smarter person than most. ★

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.

How Fast the Shades of Summer Have Faded

By Rev. James L. Snyder

Am I getting old or his time passing faster than it used to? It seems I just settle down to do something and before I know it, it is over.

Back in "the day," a minute had 60 seconds. An hour had 60 minutes. A day had 24 hours. Oh, for those good old days.

I am not exactly sure how many seconds a minute has or how many minutes an hour has because he goes by so fast I cannot keep track. Technology has taken over and I for one object.

For example, I like looking at my wristwatch and seeing the second hand slowly tick around the dial. Now, we have cell phones with a digital clock. Unlike these digital clocks, all they tell me is what time it is right now. I like to look at a wristwatch and get a whole view of time: past, present and future.

I know that a week does not have seven days anymore.

I set out on Monday with high hopes of getting something accomplished during the week and by the time I clear my throat, it is Friday afternoon. Where did all that time go?

Years ago, the Beatles had a song called "Eight Days a Week." Nowadays it is more like three days a week: yesterday, today and tomorrow!

Today is tomorrow's yesterday and I am not exactly sure how to keep up anymore. By the time I get to tomorrow, I forgot what I was supposed to do today. Then, when I get to today, I cannot remember what I did yesterday.

I used to plan a whole week of activity, now that luxury is yesterday's news, or is it tomorrow's headlines?

I like summer, which may explain why it goes so fast. Maybe I should take a chapter from Murphy's Law and say I do not like summer, then it would drag by a without end in sight.

Interestingly, the thing I like to do the most goes by so quickly, that which I hate doing drags on for centuries. Which has me thinking maybe I should not voice what I like or do not like?

One thing I like about summer, when I can catch my breath and enjoy it, is the fact that it is made up of those lazy, hazy days I enjoy so much. Not having a schedule, not having a deadline, not having anybody telling me what I should or should not do. Ah, those crazy, lazy days of summer.

The fact that I did not get much done during the summer is no big deal. If anybody asked me if I got anything accomplished, I just said, "Hey, it's summer. Relax. I will get to it eventually."

Well, eventually has caught up with me and it is called winter.

The difference between summer and winter is that during the summer, you can get away with doing nothing but in the winter, there is nothing you can get away with.

During the summer my wife will ask me if I have done such and such and I respond by saying, "It's summer, I'll get to it. I got plenty of time."

During the winter, my wife will remind me of all the things I was supposed to do during the summer and that now I have to do because winter is a coming.

Summer is hazy and lazy, while winter is "Hurry up and get it done."

More is expected from a person during the winter months that during the summer. I object very strenuously to this kind of attitude. Of course, this attitude comes from the Gracious Mistress of the Parsonage. She has the idea that winter, or at least the beginning of winter, is the time to clean up everything. By everything, she is including the garage.

Now that summer is over and the lawn does not need to be

mowed anymore, I can, according to her logic, transpose that energy into cleaning up things. Then she will confront me with a favorite saying of hers, "Cleanliness is next to godliness."

One of these days, when I get up the courage, I am going to ask her to show me where that verse is in the Bible. I kind of think a person can be too clean, like squeaky clean. You know how squeaky gets on people's nerves, especially mine.

My favorite saying is, "Laziness is next to everything." Perhaps that is why I like summer so much. There are shades of laziness that can only be exploited in the good old summertime.

Some people, like the one who shares a residence with me, things that laziness is a very negative thing. This person honestly believes that if she is not doing something all the time she is lazy. Something good can be said about being lazy. You get to savor a moment of non-activity.

The thing I like so much about summer is the activity you do do is only the activity that you want to do like sitting on the back porch, drinking a glass of lemonade, which is what summer is all about.

Solomon, the wisest man who ever lived, understood this concept very well. He says, "To everything there is a season, and a time to every purpose under the heaven," (Ecclesiastes 3:1 KJV).

Time goes by so quickly that a person hardly has enough time to really appreciate the time that they have. ★

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

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Wednesday, October 23, 2013 – 9:15 a.m.
Placer County Administrative Center,
175 Fulweiler Avenue, Auburn

UNMET TRANSIT NEEDS WORKSHOP DATES:

Wednesday, October 2

Maidu Community Center, 1550 Maidu Drive,
Meeting Room #2, Roseville – 4-5 p.m.

Tuesday, October 8

Loomis Train Depot, 5775 Horseshoe Bar Road
5:30-6:30 p.m.

Wednesday, October 9

Lincoln City Hall, 600 Sixth Street - 4-5 p.m.

Tuesday, October 15

Auburn City Hall, 1225 Lincoln Way, Room 10 – 3-4 p.m.

Tuesday, October 22

Rocklin City Council Chambers, 3970 Rocklin Road
1:30-2:30 p.m.

Colfax City Council Chambers, 33 South Main Street
6-7 p.m.

For more information, contact 530-823-4030
or visit www.pctpa.net

Jesus Loves You



By Marlys Johnsen Norris, Christian Author

Most everyone on the face of the earth has heard the song "Jesus Loves Me". Our lives can rest on this truth and it gives us our theology in just a few simple words. The music was written by composer William Bradbury who read the words to cadet John Linden's little song he had sang to a boy who was dying. He took him in his arms and comforted him rocking him and making up the song. "Jesus Loves Me". Born as a children's hymn, it is one of the first songs mothers

who know Jesus sing to their children to comfort them.

*Jesus loves Me, This I know.
For the Bible tells me so.*

Little ones to Him belong.

They are weak but He is strong.

Yes, Jesus love me, Yes Jesus loves me.

Yes Jesus loves me.

The Bible tells me so.

For we know this: "Whosoever shall confess that Jesus is the Son of God, God dwells in him and he is in God". (I John 4:14) Jesus prays – ("that we who have accepted Jesus would be ONE, just as the Father, art in me, and I in He, that they also maybe one in us: that the world may believe that thou hast sent me. And the glory which thou gave me, I have given them; that they may be one even as we are one; I in them and thou in me that they may be made perfect in one; and that the world may know that thou has sent me and has loved them

as thou has loved me. Father, I will that they also, whom thou has given me, be with me where I am; that they may behold my glory which thou hast given me: for thou loved me before the foundation of the world." (John 17:21-24)

Verses "And every spirit that confesses not that Jesus Christ is come in the flesh is not of God; and this is that spirit of antichrist, whereof you have heard that it should come; and even now already is it in the world". I John 4:3)

I write this to show that it is the authority of God's word that is important to understand how much God loves you and how He provides truth for you to live by, not my words. ★

*In His Magnificent Love Always,
Marlys Johnsen Norris –
Christian Author of 7 Books
including Award Winning
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What Congress Needs to Do About the NSA



Commentary By
Lee H. Hamilton

Washington is beginning to debate the proper extent of government eavesdropping powers in the wake of Edward Snowden's revelations about the NSA. It's hardly as robust a discussion as it should be, but it's a desperately needed start.

The colossal effort to monitor Americans' communications has been going on for at least seven years, under two presidents. It constitutes an expansion of government power without precedent in the modern era. Yet while some members of Congress were informed about it — and all had the opportunity to learn — none saw an urgent need for public discussion. This is astounding. It took the actions of a leaker to spur any real airing of the matter on Capitol Hill.

Even now, it seems unlikely that Congress will make significant policy changes. That's because all the nation's key actors and institutions appear to approve of the surveillance programs. By its silence, Congress clearly supported them. Presidents Bush and Obama backed them. The intelligence community, a powerful voice on national security issues, has resolutely defended them. The courts that are supposed to keep them in line with the Constitution have been

deferential to national security authorities, raising a few questions from time to time, but in the end approving all but a handful of tens of thousands of data-gathering requests.

And the American people, by their lack of widespread outrage, have signaled that in this one case, at least, they believe the government can be trusted to keep us safe.

In short, Congress — the forum where issues of such national importance should be hashed out — missed its chance to lead a reasoned national debate over how extensive we want surveillance over Americans' communications to be. It's unlikely that genie can ever again be forced back into its bottle.

Yet even the director of national intelligence, James Clapper — who once denied point-blank to Congress that the government collects data on millions of Americans — now sees the need for some sort of change. "We can do with more oversight and give people more confidence in what we do," he said in a mid-September speech.

Yes, indeed. Here's the problem: once given power, the government rarely yields it. So you have to think not only about its present use, but how it will be used a decade or even more from now. Even if you concede that the current administration and its intelligence leadership have been responsible stewards of the powers they've been given — and I don't — that is no guarantee that the people who follow them, or the people who come after that, will be equally trustworthy.

This means that Congress has some challenging work ahead. It needs to restore the proper balance between effective intelligence-gathering and intrusion into Americans' privacy. It needs to demand more thoroughgoing

accountability from the intelligence community. It needs to exercise greater oversight and insist on more transparency, more information, and more constraint on surveillance programs — defining what is truly relevant to an investigation, creating more stringent definitions of which communications are fair game, and finding ways to assure Americans that protecting their privacy and civil liberties need not mean the wholesale vacuuming-up of every domestic phone and email record in existence.

There is no place for the timidity Congress has shown so far on these issues.

Our system depends on a vigorous Congress. The administration argues that it can provide rigorous intelligence-gathering oversight, but it has yet to prove it can do so — and in our system of checks and balances, it's not enough to have one branch of government overseeing itself. Congress, the courts, and the presidentially appointed Privacy and Civil Liberties Board all have to step up to their responsibilities.

Americans should demand action to strike a better balance between privacy and security. In the past, the congressional overseers of the intelligence community have been captivated, if not captured, by the people they're supposed to be supervising. Same with the courts. And the administration has hardly been forthcoming. That means it's up to the American people to insist that our leaders do their jobs. It's no less true today than it was at our founding: the price of liberty is eternal vigilance. ★

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.



NIGHTY NIGHT

Does your nighty night turn into a nasty morning? Can stress and sleep loss, be intertwined? And if they are, how can you overcome that stress to get a solid night's sleep? Stress can come from every direction from holiday horrors to kidlet crises to work worries. How many times, after your head hits the pillow, you can't turn off that brain to slow down. Been there, done that myself! According to Dr. Shawn Talbott, nutritional biochemist, stress and sleep loss is an exhaustive and dangerous combination. The long-term effects of not getting enough sleep go well beyond simply being tired the next day. Some research suggests a strong link between sleeplessness and weight gain. That should get your attention if being pooped out by the afternoon doesn't! Dr. Talbott told me that people who are sleep deprived tend to have higher levels of the stress hormone cortisol, which can lead to more belly fat. Say it isn't so. Wishful thinking! Not enough yet? Okay, the sleep deprived may also have a more powerful junk food craving and experience more bad moods. Ah ha, I think I have your attention now. Dr. Talbott got my attention too on my radio show POPPOFF recently. He is one of America's leading lifestyle experts and author of "The Secret of Vigor" How to overcome burnout, restore metabolic balance, and reclaim your natural energy. But we are not alone. According to the National Sleep Foundation, 62% of American adults experience a sleep problem a few nights a week, and just 31% of

POPPOFF!

with Mary Jane Popp

high school students reported getting an average of at least eight hours of sleep. One last fact. Dr. Talbott explained that you can be in bed for 10 hours and still not get enough rest. The problem may be that you are unable to recuperate from the stress that builds up during the day.

But never fear, I wouldn't bring up the problem without some solutions. If you wake up most mornings still feeling exhausted, you might want to try some of Dr. Talbott's favorite tips.

COUNTERACT MENTAL FATIGUE AND PHYSICAL STRESS THAT MAY BE KEEPING YOU AWAKE. Turn off the TV and open a book when it's close to bedtime. Teas made from chamomile, lemon balm, or fennel are particularly soothing.

INCORPORATE CALMING INGREDIENTS INTO YOUR DIET. These are some that are familiar and others you may not have heard of before.

DAIRY: Warm milk's calming quality is not just an old wives tale. Calcium and

Magnesium are relaxing. Plus milk has peptides (small protein chains) which, when digested, have direct relaxation effects in the brain.

MAGNOLIA BARK: If you are feeling depleted and exhausted, this is an ingredient superstar. It helps to lower cortisol levels, which in turn helps to get rid of belly fat. It also helps restore vigor.

PINE BARK: This has some brain restorative powers, which is helpful when you are mentally fatigued.

ORANGES: On the psychological side of stress, the scent of oranges and other citrus fruits has been shown to directly stimulate areas of the brain associated with stress resilience. So take a good whiff of that orange to shield yourself from stress

before you eat it.
W H O L E G R A I N C A R B O H Y D R A T E S: When you choose whole grains instead of refined grains, you are not getting the blood sugar fluctuations so your brain and body function better. Plus, the lignan compounds in whole grains are associated with lower cortisol.

AMLA: Also known as the Indian gooseberry, amla is rich in rejuvenating antioxidants which help balance the whole body.

TONGKAT ALI: This is traditionally used in Malaysia to restore energy and vitality. It increases your chances of waking up with more vigor.

RAW ALMONDS: These are an excellent source of several anti-stress nutrients including muscle-sparing protein, heart healthy monounsaturated fats, stress-fighting B-vitamins, and relaxing magnesium. They can also help you crunch away some of your stress because several studies show that chewing action can be associated with lower stress and better moods.

INCLUDE SLEEP IN YOUR WELLNESS PROGRAM: Plan your sleep just as you plan your healthy diet and fitness regimen. You can be eating the perfect diet and following an ideal exercise schedule, but if you are skipping sleep you may be sabotaging your efforts.

Talbott concludes that reducing your stress so you can get a better night's sleep will increase your vigor the next day. So, bottom line, get your exercise done early, get your work done in time to relax at night, and if you don't have time to get eight hours of sleep, take steps to get a better six hours. Make it as restful and restorative as possible. If you want more info just check out www.shawntalbott.com and SWEET DREAMS! ★

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- 9am - Noon: The Andrea Tantaros Show
- Noon - 1pm: The KAHl Noon News with Mary Jane Popp and the KAHl News Team
- 1 - 4pm: The Dave Ramsey Show
- 4 - 6pm: The KAHl Afternoon News with Dave Rosenthal and the KAHl News Team
- 6 - 7pm: TMZ Live
- 7 - 10pm: Sports Byline USA with Ron Barr
- 10pm - 12am: Poppoff with Mary Jane Popp

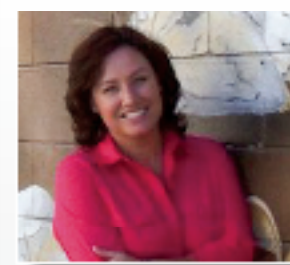
Saturdays

- 6 - 7am: A Time for Seniors
- 7 - 8am: The Swap Shop
- 8 - 9am: The KAHl Corral
- 9 - 10am: The Garden Goddesses
- 10am - 7pm: Sinatra & Friends Music
- 7 - 8pm: A Way With Words
- 8 - 9pm: Rewind with Jimmy Jay

Sundays

- 7:30 - 9am: Cruisin' Garage & Swap Meet
- 9 - 9:30am: The Crossroads Radio Show
- 10 - 11am: The Dew Sweepers Golf Show
- 11am - 12pm: The Get Excited Radio Show
- 12 - 7pm: Sinatra & Friends Music
- 7 - 8pm: A Way With Words
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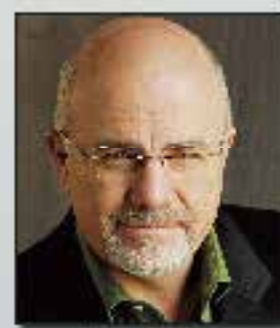
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Andrea Tantaros



Dave Ramsey



Mary Jane Popp

The Progressive Crusade Against Tax Cuts

Commentary By
Dr. Paul G. Kengor

There's an ongoing effort by President Obama and fellow "progressives" not only to continue to blame George W. Bush for every economic woe facing America — even as every economic indicator is far worse under Obama — but to permanently discredit the value of tax cuts. Tax cuts are an unmitigated evil that progressive crusaders must forever exorcise.

For President Obama and his allies, this is a project they're taking back to the Reagan years, starting with an assault on President Reagan's enormously successful 1981 tax cuts. Their campaign, however, can't end with Reagan. They need to venture way back to Andrew Mellon in the 1920s.

Mellon was Treasury secretary throughout the Republican administrations that followed Woodrow Wilson's exit from the White House in 1921. He was a superb Treasury secretary, with few peers before or since.

Unemployment under Wilson's "progressive" presidency had hit almost 12 percent. In 1921, the newly inaugurated president was Republican Warren Harding. As Harding's Treasury secretary, Mellon argued against spending increases as "stimulus" for economic growth and, instead, pushed for tax rate cuts. It was a Reagan-like move, with Reagan-like results. By 1923, unemployment dropped to under 3 percent, where it (roughly) remained throughout the 1920s under Harding and his Republican successor, Calvin Coolidge.

The economy did not begin its crash and sustained slide until the presidencies of Herbert Hoover, a Republican, and FDR,

a Democrat. Both Hoover and FDR jacked tax rates through the roof. The federal tax rate on income reached a breathtaking 94 percent under FDR. As historian Burt Folsom shows, FDR actually considered raising the upper rate to 99.5 percent on income above \$100,000. (Yes, you read that right.)

FDR, for the record, despised Andrew Mellon. He subjected Mellon to an intense, intrusive investigation of his income-tax returns, pursuing him to his deathbed. FDR had a vendetta against Mellon's entire philosophy on taxation. It became personal as well as political.

Here's a Mellon insight that FDR no doubt detested: "It seems difficult for some to understand that high rates of taxation do not necessarily mean large revenue to the government, and that more revenue may often be obtained by lower rates."

FDR certainly didn't understand, though his Treasury secretary, Henry Morgenthau, eventually came to that conclusion. "We have tried spending money," said Morgenthau. "We are spending more than we have ever spent before and it does not work. ... I say after eight years of this administration we have just as much unemployment as when we started. ... And an enormous debt to boot!"

Morgenthau figured out what Andrew Mellon already knew. Said Mellon: "The problem of government is to fix rates which will bring in a maximum amount of revenue to the Treasury and at the same time bear not too heavily on the taxpayer or on business enterprises."

And so, during the Harding and Coolidge administrations, Mellon succeeded in promoting tax-rate

cuts rates across the board, with upper-income rates reduced from 73 to 24 percent. The cuts were very similar to Reagan's in the 1980s. And like under Reagan — and contrary to liberal mythology — total tax revenue to the Treasury actually increased.

Under Reagan, federal revenue rose from \$599 billion to almost \$1 trillion. Under Mellon's stewardship in the 1920s, revenue went from \$700 million to above \$1 billion. And unlike under Reagan, Mellon's policies eliminated the budget deficit. (Coolidge was able and willing to cut spending where Reagan did not.)

For President Obama and his fellow liberals, these are inconvenient, unwelcome facts. They believe they need higher taxes to feed and sustain their government class. Democrats are banking on that government class — which they want to expand and unionize — to keep them in power not another four years but another 40 years.

Tax cuts are anathema to our president and progressives. And so is the wisdom of Andrew Mellon. ★

Dr. Paul G. 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."

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See www.VisionandValues.org

The Kenyan Massacres Roots in America's Somalia Policy

Commentary by
Sheldon Richman

Last weekend's hostage-taking — and the murder of at least 62 people — at the Westgate Shopping Mall in Nairobi, Kenya, has its roots in the U.S. government's intervention in Somalia, which began in the 1990s. Although there is no justification for killing innocents, it is fair to point out that al-Shabaab, the Islamist group that committed the attack on the mall and that controls parts of Somalia, would probably not be in power if not for the United States.

As Scott Horton, host of a nationwide radio program focusing on foreign policy, points out in the September issue of *Future of Freedom* (which I edit), the U.S. government has intervened directly in Somalia and backed repeated invasions by neighboring African states, including Kenya. In the process, a relatively moderate government was overthrown, resistance to invaders was radicalized, and the al-Qaeda-linked al-Shabaab gained partial control, which would have been unlikely without that intervention.

Horton, drawing on firsthand reporting by journalist Jeremy Seahill, notes that after the attacks of Sept. 11, 2001, the Bush administration compiled a list of countries "ripe for 'regime change,'" including Somalia, "none of which had any involvement whatsoever in the attacks or any real ties to those who did.... Luckily for the Pentagon and CIA, it was not very difficult to find cutthroat warlords willing to accept their cash to carry out targeted assassinations and kidnappings against those they accused of being Islamists — or anyone else they felt like

targeting."

A backlash followed. Somalia's Islamic Courts Union, a coalition of a dozen groups, put down the warlords and the U.S.-sponsored Transitional Federal Government. "The ICU then declared the reign of Islamic law," Horton writes. "That, of course, was none of America's business, and even if it had been, the Somali regime lacked the power to create an authoritarian religious state like, say, U.S. ally Saudi Arabia.... And Somalia's traditional Muslim beliefs were much more laid-back and tolerant than those in Arabia."

This was unacceptable to the Bush administration, so in late 2006 it had Ethiopia, its Christian client state and an old Somalia antagonist, invade and overthrow the ICU, "with CIA and special-operations officers leading the attack." In 2008, however, Somalis kicked the Ethiopians out. Helping in the effort was, in Horton's words, "the youngest and least influential group in the ICU, al-Shabaab ('the youth')." On its way out of power the Bush administration, seeking to save face, got the "old men of the ICU" to agree to "accept the form of the Transitional Federal Government." This only inflamed al-Shabaab, which accused them of being American agents.

"It was only then — years after the whole mess began — that it declared loyalty to Osama bin Laden's al-Qaeda. It started acting like al-Qaeda too, implementing Arabian-style laws and punishments in the areas they dominated, such as cutting off the hands of those accused of stealing," Horton writes.

Unfortunately, the Obama team has continued along the

same disastrous path:

After the Ethiopians withdrew, [the administration] sent in the armies of Uganda and Burundi under the auspices of the African Union to hunt down and destroy al-Shabaab. Then came the Kenyans, who apparently panicked after luxury resorts near their border had come under attack. In 2011 the Ethiopians reinvaded. Kenyan forces took the port city of Kismayo from al-Shabaab in 2012 and loudly declared victory when the rebels melted away. But the stubborn insurgency continues the fight.

The Americans, for their part, continue to back the invading forces, as well as what passes for the "government" in Mogadishu, with hundreds of tons of weapons and tens of millions of dollars.

The CIA and the U.S. military still take a direct hand, not only by helping the nominal government, but also by attacking Somalis with helicopters, cruise missiles, and drones — and, Horton writes, "by overseeing at least two different torture dungeons."

The horrendous attack in Nairobi has the news media abuzz over possible terrorist threats to "soft targets" such as shopping malls, not only in Africa but also in the United States itself. As we think about this, we should realize that this is a threat made in Washington, DC.

How many times do we have to experience what the CIA calls "blowback" before the American people cry, "Enough!" ★

Sheldon Richman is vice president and editor at The Future of Freedom Foundation in Fairfax, Va. (www.fff.org).

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History in the Making

Continued from Page 1

manner, a flight took off every six minutes, 24 hours a day for over a year; often in fog, clouds, rain and ice to ensure the survival of over 2 million people in the city of Berlin. In a span of 15 months, with over 277,000 flights, the United States delivered 2.3 million tons of food, clothing, water, medicine and fuel. Although the life-saving supplies were welcomed by more than 2 million residents, what younger survivors remember most is that the "sky rained Hershey bars."

US Air Force pilots pioneered the idea of dropping candy bars and chewing gum with handmade handkerchief parachutes while 'wiggling' their wings, which alerted the children they were about to receive treats. When news reached the United States that pilots were dropping candy to the young people of Germany, children all over America sent in their own candy to help with the mission. Soon major manufacturers joined in, and by the end, over three tons of candy was dropped on Berlin and 'Operation Little Vittles' became a major success.

The C-54E Skymaster, an actual aircraft used during the Airlift will be on display and fly the Tribute performance each day, narrated by Lt. Col. Jon Huggins, USAF. As the grand finale, parachutists from the Red Bull Air Force will jump from the C-54E with



The Berlin Airlift Tribute will honor the greatest humanitarian aviation event in the history of the world. Photo courtesy California Capital Airshow

candy "goodies" for the crowd. Numerous participants from the Airlift will take part in the Tribute along with individuals who were children in Berlin at the time. The CCA will

be all things "shiny, fast and loud" for all ages and so much more! Tickets are now available online and can be easily purchased at the Airshow web site, www.californiacapitalairshow.com/buytickets.php.

The Airshow web site will be updated regularly with news, attraction information and more. Fans can follow the Airshow on Facebook and Twitter (#calcapairshow), and now on Instagram (@capitalairshow). High-resolution images are available on the website photo gallery.

About California Capital Airshow

Established in 2004, the California Capital Airshow has become one of the largest and highly-respected shows in the nation. As part of its community relations, the non-profit organization has awarded over 80 scholarships to deserving students from our region with an interest in aviation, aerospace, aeronautics and related fields.

For more information about the California Capital Airshow, presented by Sacramento County, please visit www.californiacapitalairshow.com. ★

DWR Announces Award of \$91.8 Million in Stormwater Flood Management Grants

SACRAMENTO REGION, CA (MPG) - Reducing and preventing damage from California's future floods are the goals of 10 new grants to local public agencies by the Department of Water Resources (DWR). Director Mark Cowin approved \$91.8 million in Proposition 1E Stormwater Flood Management (SWFM) Grant Program funding awards on September 20, 2013.

The largest grant of \$30 million was awarded to the Santa Clara Valley Water District to provide 100-year flood protection to the 22-square-mile watershed that includes the City of Milpitas and portions of San Jose. The grant will help fund projects that aim to improve water quality through sedimentation and erosion reduction, protect and restore habitat, improve maintenance of Berryessa Creek and tributaries, and expand recreation opportunities.

The Los Angeles County Flood Control District is receiving the second largest grant, nearly \$28.4 million, to improve three existing District facilities and construct a new interconnecting pipeline. Sediment removal will increase the capacity of Devil's Gate Dam and Reservoir. The Eaton Wash Dam's seismic performance and operational capabilities will be improved, and the Eaton Wash Spreading Grounds will be enlarged and enhanced.

Details on the districts' use of their grants are found by clicking on the Proposition 1E Round 2 Stormwater Flood Management

Proposal Evaluations and Recommendations drop-down menu at www.water.ca.gov/irwm/grants/stormwaterflood.cfm.

Funding for the SWFM grant program is part of DWR's Integrated Regional Water Management (IRWM) Program and is available through the Disaster Preparedness and Flood Prevention Bond Act of 2006 (Proposition 1E; Public Resources Code Section 5096.827), which California voters approved in November 2006. Proposition 1E authorized the Legislature to appropriate \$300 million for stormwater flood management projects.

These grants are awarded to local public agencies for projects that are not part of the State Plan of Flood Control and are consistent with an adopted Integrated Regional Water Management Plan and the Regional Water Quality Control Plan. The grant funding will support projects costing in excess of \$238 million.

In 2011, DWR awarded an additional \$177.7 million in grants to 21 local public agencies for projects totaling \$417 million.

DWR operates and maintains the State Water Project, provides dam safety and flood control and inspection services, assists local water districts in water management and water conservation planning and plans for future statewide water needs. ★

Source: DWR newsroom



Michael Goulian is a true aerobatic champion, demonstrating to spectators across the globe his crisp, athletic flying style. Michael will mesmerize you with his extreme maneuvers and bigger than life personality! Photo courtesy CCA

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Immunologists and pediatric allergists shouldn't be the only faces on your child's back-to-school health checklist. According to the American College of Allergy, Asthma and Immunology allergists and asthma account for more than 14 million school days absent annually. With like germs and cold viruses, there are many allergies lurking in the classroom.

With the back-to-school season right around the corner, parents should help their children understand how to avoid common allergens, both inside the classroom and on the playground.

In our community, we are fortunate to have Dr. Michael McCormick, helping your child understand what triggers their symptoms so that they can be focused on their studies and not their allergies. His office can also help inform your child's teachers of their symptoms and education.

Dr. Michael can help your child feel their best and understand the things in the classroom that can make them sneeze and itch. Chalk dust from the chalkboard and playground can trigger allergy and asthma symptoms. Peanuts, milk, egg, wheat and soy might seem more than a slight sniffle and sneeze if your child has food allergies. Common school activities, physical education exercises and playground games can trigger exercise-induced bronchoconstriction (EIB).

Children with allergies and asthma should be able to feel good, be active and not miss any classes or activities that school year due to their condition.



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