

Placer Sentinel

Volume 24 • Issue 18

Serving Auburn and Placer County since 1987

Second Issue of September 2013

Linda Frederick Yaffe
Undertake...
and Over-give



Page 2

Celtic, Folk & World
Music Concert by
Four Shillings Short



Page 3

Shopping Colfax
& Beyond



Page 4

All Aboard for Railroad Days



Historic Southern Pacific SP6051 E-Unit Diesel passenger locomotive from California State Railroad Museum. Photo courtesy Jamie West

By Bill Yoder

COLFAX, CA (MPG) - The Placer Sierra Railroad Heritage Society is pleased to announce that the California State Railroad Museum (CSRM) in Old Sacramento will bring its historic Southern Pacific number 6051, an E9 diesel passenger locomotive to help celebrate Colfax Railroad Days, planned for Oct. 5 and 6 in historic Colfax. This locomotive, which began passenger service in Los Angeles in 1955, is the only surviving

Southern Pacific passenger-dedicated diesel locomotive. Colfax Railroad Days is a free, annual, community-wide celebration of its railroad history and heritage of the First Transcontinental Railroad over the Donner Pass Route through the Sierra Nevada. CSRM has chosen this 1950's era locomotive because it is typical of the type of locomotives that were seen in the heyday of passenger rail travel on this historic railroad route. Other Union Pacific Railroad

equipment will be on display, and in some cases, visitors may walk through and ask questions as railroad docents explain its use. Operation Lifesaver volunteers will provide information about railroad right of way and grade crossing safety. The Union Pacific Railroad, the Placer Sierra Railroad Heritage Society, the Colfax Chamber of Commerce, and the City of Colfax are sponsoring this year's event, which takes place from 9 a.m. to 4 p.m. each day.

The Sacramento Valley Live Steamers Railroad club members will offer free rides to all visitors on their miniature railroad. There will be hobby railroad layout displays and railroad films, photography and art among many other attractions. Local vendors will also sell food and merchandise. Information about Colfax Railroad Days is available online at www.colfaxrailroaddays.org. **★**
Source: Placer Sierra Railroad Heritage Society

Women's Empowerment Receives \$14,000 for Job Training and Financial Literacy Programs

SACRAMENTO REGION, CA (MPG) - Women's Empowerment recently received a \$10,000 grant from Bank of America for its job readiness programs and a \$4,000 grant from Umpqua Bank to fund its financial literacy programs for women who are homeless.

"If a woman is going to permanently break the cycle of homelessness for herself and her children, she needs a job and she needs to understand how to use her money wisely," said Lisa Culp, executive director, Women's Empowerment. "We are thankful to Bank of America and Umpqua for recognizing that women who are homeless face substantial barriers to employment and money management, but can be profoundly successful when they receive the right training."

Women's Empowerment's initial eight-week program for women who are homeless addresses their basic needs such as health and housing while preparing them to become work-ready. The job readiness component is mostly taught by volunteers from the community and includes computer literacy training, resume writing, communication skills, mock interviews, dressing for success and more. They also meet with an onsite employment specialist to search for jobs. Once women graduate from Women's Empowerment, they can join the advanced job readiness program that includes internships, paid job training programs, certifications and more.

Women in the program also receive basic financial literacy training and individual counseling on saving, debt management, bank services and financial negotiations. Once they graduate from Women's Empowerment, they are eligible to join the advanced financial literacy program that includes a money management curriculum, more in-depth individual counseling and a grocery store field trip to practice budgeting.

"So many women enter this program with gaps in their understanding of money management, as well as strong emotional ties to money since many have been victims of financial abuse," Culp said. "This program not only educates them, but helps them work through some of their emotional barriers to good money management so they can be successful long term."

Women's Empowerment offers the only comprehensive job readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 1,064 homeless women and their more than 2,000 children. Last year, 89 percent of graduates found homes and 78 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community.

For more information and to donate online, visit www.womens-empowerment.org. **★**

Source: Thèbaud Communications

Auburn To Be Site of Parks Forward Initiative Workshop On Future of California's State Parks

AUBURN, CA (MPG) - The Parks Forward Initiative and the California State Park and Recreation Commission will hold a workshop in Auburn to gather new ideas from Gold Country residents on how to improve efficiency, create financial sustainability, and better leverage partnerships within the California State Park System.

The workshop will be held on Thursday, October 3, from 1 to 5 p.m. at the Holiday Inn Auburn, 120 Grass Valley Highway, Auburn. It will also be webcast live on www.cal-span.org.

The workshop is part of the Parks Forward Initiative, which is undertaking a thorough evaluation to improve and sustain California's underfunded State Park System. In June, California Secretary of Natural Resources John Laird and California State Parks Director Major General Anthony L. Jackson, USMC (Ret.) unveiled the Initiative. Earlier this month, the 12 members of the Parks Forward Commission were announced.

"These public workshops are intended to engage and interact

with the public that California state parks serve," said Ken Wiseman, Executive Director of the Parks Forward Initiative. "We encourage people to participate, so that we can hear directly from every community. State parks are an important

resource for Californians, and this effort is to ensure that everyone has a seat at the table as we search for ideas to improve the way parks serve the public."

Gold Country citizens who cannot attend the meeting are

encouraged to submit comments at www.ParksForward.com or www.Facebook.com/ParksForward, and via Twitter @ParksForward. **★**

Source: Parks Forward



Photo by "Mike" Michael L. Baird

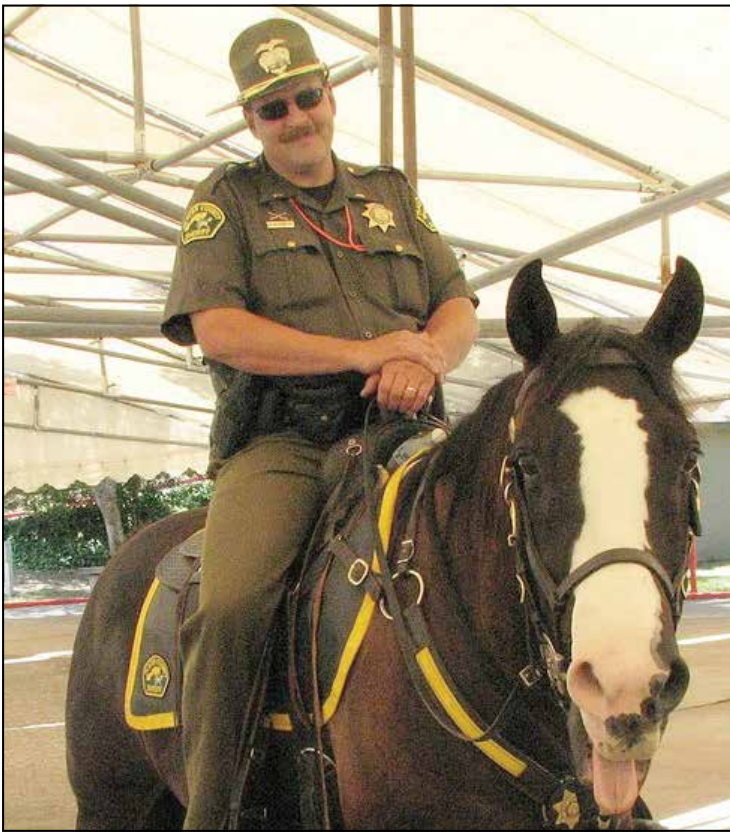
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Day With A Deputy Undertake...and Over-give



Bayside Church is located at 8191 Sierra College Blvd., near the intersection of Douglas Blvd. The church has opened up its campus to the Sheriff's Office, where most of the special teams will be set up to educate the public about what they do.

The Special Enforcement Team, honor guard, bomb squad, K-9 units, helicopter and crew, search and rescue teams, dive team and boat, 911 dispatchers, and others will be on hand, with most teams doing a demonstration during the day.

"Day With a Deputy" is put on each year by the Placer County Sheriff's Council, which is comprised of local business leaders, who raise funds for unbudgeted equipment. The Sheriff's Council has purchased PCSO's Tasers, honor guard uniforms, Pepperball gun systems, ballistic shields and more. For more information about the council, go to www.SheriffsCouncil.com.

There will also be a bounce house, fingerprinting for kids, face painting, firemen's muster, and food available for purchase.

For more information, go to www.DayWithaDeputy.com. ★



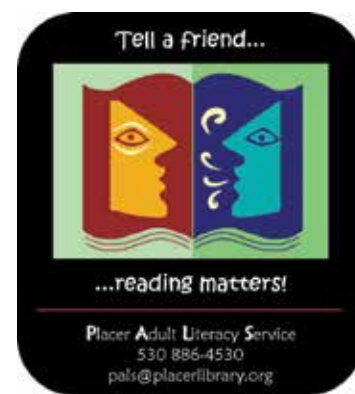
Commentary By Linda Frederick Yaffe

As novelist and essayist Joshua Foer tells us, "languages are something of a mess. They evolve over centuries through an unplanned, democratic process that leaves them teeming with irregularities, quirks, and words like 'knight'." Ethnologue, a comprehensive dictionary of the world's languages, reports that nearly seven thousand languages are spoken or signed throughout the world today. And of these many tongues, none compares with English in sheer number of words. Incredibly, the English language contains a total of three times as many words as any other language. Our big, beautiful language has twice as many words in common, everyday use as does, for example, French. Eighty-five to ninety percent of English comes from other languages... words such as pal (Romany), boss (Dutch), shampoo (Hindi), and balcony (Italian).

No wonder our huge, quirky language is a challenge for those learning to read, write, and understand English. Consider the sound of the letter "o" in

these nearly identical words: stove (oh), move (oo), and love (uh). Robert Gouvein shares the following heteronyms (same spelling, different meaning - and sometimes different pronunciation): "since there's no time like the present, he decided to present the present; the dump was so full that it had to refuse more refuse."

For adults who struggle to read and write, free help is right here in our own communities. Placer Adult Literacy Service (PALS) - a Placer County Library program since 1985 - offers free, confidential, one-on-one help throughout Placer County for English-speaking adults who want to improve their reading and writing skills. Learners can start with the basics, or improve existing skills. These skills can help them earn their G.E.D., find a better job, assist their children with homework, read to their grandchildren...and simply enjoy one of life's great pleasures: reading.



You can help. When someone repeatedly asks, "can you read this for me? I've forgotten my glasses" or insists, "just tell me about it, I'm a people person, not a paperwork person," these can be signs of low reading skills. Gently tell them about Placer

Adult Literacy Service (PALS): (530) 886-4530 or (530) 320-3267.

Trained volunteer Pals Reading Coaches are ready to offer free, private, confidential, one-on-one reading help. New learners can begin with the basics, or build on existing knowledge. They can learn basic computer skills, get help writing a resumé, and increase their job search skills. They can set — and update — their own goals and as they move forward with confidence. New learners work at their own pace at a time and place that is convenient. And...it's all free: their own trained volunteer reading coach, all materials, and unlimited encouragement. PALS volunteers are always welcome; lift up someone's life: teach them to read.

You can also help by joining the Literacy Support Council of Placer County (LSC): become a READING BOOSTER who organizes and speaks out for Literacy. LSC, a 501(c)(3) non-profit organization since 1991, is a United Way Partner. Give through United Way at your workplace, CA Capitol Region LSC ID#3061, or donate directly to the Literacy Support Council of Placer County, PO Box 5291, Auburn, CA 95604. Email us at LSCPlacer@yahoo.com.

As Swami Beyondananda (Steve Bhaerman) recommends, "make a 'bucket list' of all the undertakings you wish to undertake before being overtaken by the undertaker. And then undertake...and over-give, and you can't grow wrong." ★

Linda Frederick Yaffe, linda_frederick_yaffe@yahoo.com, PO Box 4820, Auburn CA 95604, 530-823-2387

PLACER COUNTY, CA (MPG) - The public is invited to the fourth annual "Day With a Deputy" event on Saturday, Sept. 21, at Bayside Church in Granite Bay, from 10 a.m. until 2 p.m.

This free, family event is a great place to see all that the Placer County Sheriff's Office has to enhance public safety — from the helicopter to the bomb squad.

Head Lice Surges as School Kicks Into Gear

PLACER COUNTY, CA (MPG) - The 2013-14 school year is underway in Placer County and surrounding areas, and the incidence of head lice is at an all-time peak, according to LiceDoctors Head Lice Treatment Service, the largest service of its kind in the nation. LiceDoctors Head Lice Removal Service advises parents to be on the look-out for signs of head lice including itchy heads and translucent eggs filled with brown bugs stuck to the hair shaft. September is head lice awareness month and head lice are the second biggest cause of school absenteeism after the common cold.

According to Wendy Beck, owner of LiceDoctors, there are always outbreaks of head lice in the back-to-school months. Lice are transmitted largely through head to head contact and with

togetherness in classrooms and on play dates, the incidence rises. "This year we are noticing a jump in the incidence of head lice in Placer County including Auburn, Lincoln, Roseville, Colfax, and others. Beck attributes the increase largely to a growing immunity to chemicals by head lice. These hearty strains of lice have been dubbed 'super lice'. "We receive many calls a day from parents for our in-home lice treatment service to eliminate nits and live bugs from children who have been treated unsuccessfully with the chemical shampoos. In addition, school nurses check students' heads for head lice when they return to school, often detecting cases that have been festering over the summer. Not everyone has symptoms with head lice; some children have it and do not itch at all."

The best way to screen children for head lice is to take them outside in the bright light. While bugs scoot from the light and are difficult to find, the nits (eggs) attach to the hair shaft and have a translucent shell which reflects light in the sun. According to Beck, it is important that everyone in the family be checked. "If a child has it, in over 70% of the cases, the moms have lice as well. Because the nits camouflage, it is difficult for the untrained eye to see and remove every nit. If, however, nits are left in the hair, the case is still considered active and will definitely escalate."

LiceDoctors Head Lice Treatment and Nit Removal Service can be reached in the Placer County area at 916-514-7031 or on the web at www.licedoctors.com. ★



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



Publisher Paul V. Scholl

Celtic, Folk & World Music Concert by *Four Shillings Short*



Four Shillings Short, Aodh Óg O'Tuama & Christy Martin. Photo by Linda Federico

AUBURN, CA (MPG) - The Celtic/Folk/World music duo Four Shillings Short are coming to Auburn after 3 years of touring East of the Rockies to perform a special concert celebrating the Celtic Year. "The delightfully surprising collection of songs and sounds this husband/wife act create, while stretching the limits of Celtic music by stirring in generous amounts of Indian Ragas and Middle Eastern flavorings via some of the tastiest sitar playing this side of Ravi Shankar" (Valpariso Times, IN) "bring musical diversity, captivating storytelling and humorous side notes to create an amazing show." (Labyrinth Café/ Fort Lauderdale, FL)

Four Shillings Short play Traditional & Original music from Ireland and Scotland, Indian Ragas, Folk Ballads, Old-Time songs, Medieval & Renaissance instrumentals and a cappella numbers on a fantastic array of instruments (over 30) including Hammered Dulcimer, Mandolin, Mandola, Bouzouki, Tinwhistles, Recorders, Medieval and Renaissance Woodwinds,

North Indian Sitar, Charango, Bowed Psaltery, Banjo, Bodhran, Guitar, Percussion, vocals and even a Krumhorn.

Celebrating their 18th year together, the husband/wife duo of Aodh Og O'Tuama from Cork, Ireland and Christy Martin from California, tour in the US and Ireland, are independent folk-artists with 10 recordings, perform 150 concerts a year and live as the Troubadours of old traveling from town to town performing at Music festivals, theatres & performing arts centers, coffeehouses, folk societies, libraries and schools.

Aodh Og O'Tuama grew up in a family of poets, musicians and writers. He received his degree in Music from University College Cork, Ireland and received a Fellowship from Stanford University in California in Medieval and Renaissance performance. He plays Tinwhistles, Medieval & Renaissance woodwinds, Recorders, Doumbek (from Morocco), bowed Psaltery, Spoons and sings both in English and Gaelic.

Christy Martin grew up in a

family of musicians and dancers. From the age of 15, she studied North Indian Sitar for 10 years with a student of master Sitarist Ravi Shankar. She began playing the Hammered Dulcimer in her 20's and has studied with Maggie Sansone, Dan Duggan, Cliff Moses, Robin Petrie, Tony Elman and Glen Morgan. In addition she plays Mandolin, Mandola, Bouzouki, Banjo, Guitar, Bodhran (Irish frame drum), Charango, bowed Psaltery and sings in English, Irish, Spanish and Sanskrit.

AHAA ~ Association for Holistic Arts & Artisans presents The Celtic Year - Music, Poetry and Stories from the Celtic Tradition.

SATURDAY: OCTOBER 5
7 to 9 p.m. Upstairs @
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For more info: (530) 885-9469
Cost: \$20 single/\$30 couple
Tickets can be purchased in advance online, www.associationforholisticarts.com, or at the door the evening of the performance. ★

Preventing Poor Health...Who Me?

By Karyn Engbrecht-Maynard MSNH

What's that old saying... an ounce of prevention is worth a pound of cure? This wise old adage applies to anyone who is still healthy enough to laugh or care about another. I've seen people as young as 23 give up on their health and it's a sad thing to watch. Some of you may think preventative health measures are only for the younger set. Do you think you're too old to live a healthy, preventative lifestyle?

The young person mentioned was told by her doctor that she wouldn't live long, due to her heart condition. Perhaps you've been told your health is failing and you should just accept that fact and "take it easy". Taking it too "easy" is a guaranteed prescription for poor health. Instead, let's talk about what can be done to sustain our health and prevent unnecessary trips to the doctor.

Preventing constipation: Constipation plagues the sedentary, people with poor nutrition, as well as those who use pain medications. Pain pills mask pain and slow down the peristaltic action of the bowels. Reduce the amount of pain medication, move your body vigorously every day (within your personal limits), add ground flax meal to your diet along with more fruits and vegetables, and drink way more water. If those five things don't improve your visits to the bathroom...let your doctor know!

Broken bones and pulled muscles, tendons and ligaments: People, especially older people, typically fall because of a loss of balance coupled with weak musculature. There is a natural loss of both as we age, but it can be prevented to a great extent. First of all, get rid of any clutter around the house that you might trip on. If you need to climb up on a chair to reach something, don't. Ask for help.

Start with a light and easy weight lifting regime: If you find it boring, do it while you watch TV or listen to good music. A



vital part of fall-prevention is regaining your ability to balance. Start by standing next to the wall and lifting one foot off the ground. As you regain your ability to balance, move further away from the wall. Practice this on both feet and gradually add arm movements to increase the challenge. If you're a younger person, take a Yoga class or buy a DVD. Call Seniors First and we can direct you to a Yoga class especially for seniors.

It's been proven that you can help prevent loss of mental sharpness by doing cross-word-puzzles. How about taking a challenging class at your local adult night school? A computer class would be a most excellent choice! Learn how to use a Smart Phone.

There is also an excellent book put out by the National Institute on Aging (NIA). Call them at (800) 222-2225 and ask about their Go4Life book. Better still, go to the NIA web site. www.nia.nih.gov and enter Go4Life in the search box. There you will find

a whole world of healthy living publications, DVDs, and exercise programs you can explore and follow on your own. This web site is well worth a visit.

Call Seniors First; (530) 889-9500 Ext.222. The views expressed here are those of Karyn Engbrecht-Maynard MSNH, an employee of Seniors First, a Placer OAAC partner, and do not necessarily represent those of the Commission or individual members. ★

It is the overall goal of the Placer Older Adult Advisory Commission to promote the well being and to enhance the quality of life for older adults of Placer County by advising the Placer Department of Health and Human Services and the Placer County Board of Supervisors on issues affecting the lives of older adults. Meetings are held the 3rd Tuesday of the month at 1 PM. More information may be found online at: www.placer.ca.gov or by calling the Public Authority at (530) 886-3680.

California Capital Airshow Ticket Locations

Discounted tickets at Sacramento area Raley's and Bel Air and SAFE Credit Union branches.

SACRAMENTO REGION, CA (MPG) - The California Capital Airshow (CCA), presented by Sacramento County, is now offering discounted General Admission tickets are now for purchase at 47 different Sacramento area Raley's and Bel Air Markets and all SAFE Credit Union branch locations throughout the region. The Airshow will be held at Mather Airport on October 5-6, 2013.

The CCA will be all things "shiny, fast and loud" for all ages and so much more! Tickets are

also available online (General Admission and Premium Seating options) and can be easily purchased at the Airshow web site californiacapitalairshow.com.

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.

The Airshow thanks the following sponsors for their generous contributions and partnerships: Sacramento County, City of Rancho Cordova, Aerojet Rocketdyne, Budweiser, Sacramento Jet Center, Kaiser Permanente, Pacific Gas and Electric Company, SAFE Credit Union and Fox40. ★

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By Linda Louise Haines

COLFAX, CA (MPG) - We recently celebrated a long-awaited visit from my Detroit-based son, Michael and his extended clan, including two of my Grands, at Stacy Williams' Dine N Dash, 1516 S. Canyon Way, Colfax. Without reservations the staff was so accommodating to our party of ten on the delightful patio out back at dusk on a Friday.

Our meals and drinks were top notch and the atmosphere was light and bubbly (see photo)—thanks to the professional and friendly staff. 346-1000. www.facebook.com/DineNDashCafe.

By the way, I don't recommend taking a large party to any restaurant without reservations. However, since our plans that day were loose and uncertain, we took our chances with our dinner plans, and Dine N Dash rose to the occasion. Bravo!

Two new businesses with two new Colfax residents: Simply Windows (Sheila Nagyiski) and

Shopping Colfax & Beyond

Salishan Wellness Center (Sheila and Beth Richmond). Both gals were wooed to Colfax from Delaware just two months ago. When you see them, ask about that courtship!

Nagyiski has fifteen years experience in professional residential and commercial window washing, plus 30 years' experience in house painting. (302) 632-9370.

Together the gals are Salishan Massage Therapy and are currently working in the cozy massage room at Mane Tamer Salon & Calico Palace, 219 Railroad St. at E. Oak, Colfax; 346-2041. Both of them are licensed and certified in California in massage therapy.

Plus, they specialize in Swedish Massage, Reflexology, Therapeutic Massage, Reiki energy healing. They also have many years of teaching massage therapy and working in pain management with chiropractors. Salishan offerings are also available on-site and at events.

Together Sheila and Beth have over 40 years' experience. Contact them at 302-387-3324; <http://www.swc.massagetherapy.com>; <https://www.facebook.com/manetamercalicoalice/>.

A heads up for the upcoming

Colfax Chamber of Commerce mixers: Check with the Chamber office for details on September's plans, 346-8888; www.colfax-area.com.

However, October's mixer is set at Crispin Cider Company (AKA Fox Barrel), 1213 S. Auburn St. on Wed., Oct. 23, 5:30 p.m. That mixer will get us all in the mood for their major event on Saturday, Oct. 26, St. Crispin's Day Fall Festival of "giving back." 346-9699. www.crispincider.com; www.facebook.com/CrispinCider.

Bobby and Christina McKnight are the new owners of the Kitchen Garden, 38 N. Main St. (previously Dottie's and before that Madonna's). I was thrilled with my lovely catfish dinner there recently with my friend Gloria, who enjoyed an enormous burger. More about Kitchen Garden later.

By the way, the reopening of Gary Tomsic's Colfax Theater is still in the wings. He and his crew of heavy-weights from their production days in Hollywood are working hard to get the Theater up and running soon. www.colfaxmovietheater.com.

Send me your positive business news, lindalouise@exwire.com. Thanks. ★

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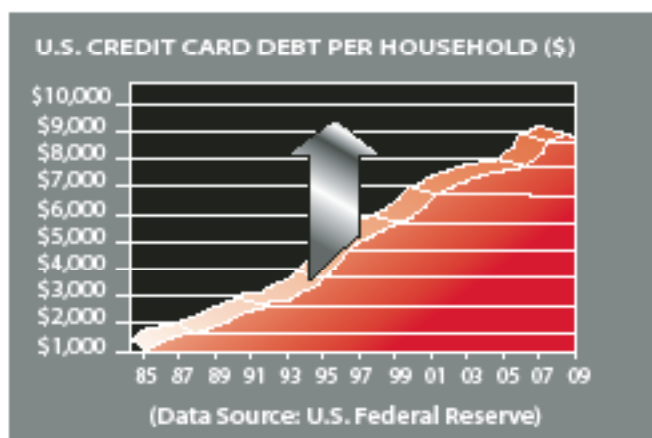
The Haines-Repetto clan enjoying a reunion at Dine N Dash, Colfax.

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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Meadow Vista Friendly Neighbors Begins Season With Speaker From Sheriff's Department

MEADOW VISTA, CA (MPG) - The Meadow Vista Friendly Neighbors Club will begin its 2013 - 2014 monthly luncheon and meeting on Wednesday, September 25, 2013 at the Meadow Vista Grange Hall, 1220 Placer Hills Road,

starting at 11:30am. Lunch will be served at 12:00 noon.

Guest speaker will be Ms. Amanda Rogers with the Placer County Sheriff's Department. Ms. Rogers will discuss the Placer County Community Awareness Academy and safety

issues that seniors encounter.

For further information and to RSVP, please call Joy Hanni at 878-1436 or e-mail at jgiacomazzihanni@foothill.net. There is no charge for the luncheon. New members and guests are always welcome. ★

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Emeritus Looking to Donate Artwork to Senior or Charitable Organizations

AUBURN, CA (MPG) - Throughout the Greater Auburn area, homeless shelters, senior centers, and other nonprofit organizations working to improve people's lives often forgo some of the niceties of life just to make ends meet.

Emeritus at Emerald Hills, a senior living community, is helping nonprofit and senior organizations throughout the area bring beauty to their clients by donating art to their cause. Emeritus at Emerald Hills has 80 pieces of matted and framed poster-style artwork that it is looking to donate to local nonprofits or senior centers. This donation is part of Emeritus Senior Living's nationwide Art Donation Program, which will give more than 10,000 pieces of artwork a year to nonprofits across the country. The company is requesting applications from nonprofit organizations, senior centers and charities that could

benefit from these donations. Applications can be completed at www.emeritus.com/Art-Donation-Program.

The pieces become available when Emeritus renovates one of its senior living communities and orders different artwork as part of the renovations, which is currently happening at Emerald Hills in Auburn.

"Emeritus is continually renovating its communities to make them even better places for our residents to live and thrive," says Mary Ann Peterson, Executive Director at Emerald Hills. "After a renovation, the artwork often no longer fits the décor of the community, so it is replaced. The old artwork is still in excellent condition and we know there are organizations that might benefit from adding these pieces to their living or community environments."

Emeritus has a tradition of providing outreach to local

organizations where it operates senior living communities. "At Emeritus at Emerald Hills, we make it a priority to become part of the fabric of the greater community, such as the sponsoring of 45 monthly meals which are delivered by Meals on Wheels to families in need, and the more recent Shade Brigade program, which furnished coolers and beverages to seniors living at home, which was critical during the latest summer heat spell," says Peterson. "The Emeritus Art Donation Program is part of this tradition."

To submit a request for art at Emeritus at Emerald Hills or any Emeritus locations, visit www.emeritus.com/Art-Donation-Program. Donations will be approved by the Emeritus Art Donation Committee, based on need and location. ★

Source: Emeritus at Emerald Hills

LaMalfa Urges Common Sense and Cutting of Red Tape in Forest Management

WASHINGTON, DC - Rep. Doug LaMalfa (R-CA) spoke on the House floor in support of a bill he cosponsored to return common-sense management practices to the National Forest system to create jobs, improve forest health and prevent wildfires. Natural Resources Committee Chairman Doc Hastings's (R-WA) Restoring Healthy Forests for Healthy Communities Act (H.R. 1526) will remove red tape from timber and fire prevention work in National Forests while extending the Secure Rural School program to support local governments while forestry work ramps up.

"Every year, rural America and areas like mine in California are in the news – not for good reasons, but because of the destructive wildfires we see each summer and fall," said LaMalfa. "Our communities suffer economically because of Forest Service policies that have shifted activity elsewhere and fires are so massive that we're actually seeing health impacts from all of the smoke in the air. The shutdown of timber work has even impacted our rural schools, which rely on revenues from timber work that no longer occurs."

Wildfires burned over 9.3 million acres in 2012, while the U.S.

Forest Service conducted timber harvest and fuel reduction work on just 200,000 acres of timber. The cost of proactive forest management is far less than the cost of wildfire suppression and cleaning up the aftermath, yet the Forest Service, federal government and State of California all maintain policies that prevent reasonable forest management. ★

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

LaMalfa Votes to Protect Taxpayers from Obamacare

WASHINGTON, DC - Rep. Doug LaMalfa (R-CA) voted September 12th in favor of H.R. 2775, a measure that prohibits any federal payments for Obamacare's health insurance exchanges from being provided until there is a system in place that verifies eligibility as outlined by current law. H.R. 2775 follows the Department of Health and Human Services (HHS) July 5th announcement stating that the government will no longer verify whether or not applicants for Obamacare's insurance exchange payments are actually qualified to receive them. Instead, until at least 2015, the government

will accept applicants' self-verification of income and need for health care payments, opening the door to massive amounts of waste, fraud, and abuse.

"The White House's failure to establish a responsible verification system before handing out taxpayer-funded Obamacare payments, as required by law, is irresponsible and unacceptable," said LaMalfa. "Today, I joined my colleagues in the House to demand accurate and sensible verification measures be put in place to prevent fraudulent payments, a promise that was made when the law was passed. Considering the recent

onslaught of missed deadlines, delays, broken promises and now the encouragement of fraud and abuse, it is clear that this fatally flawed law is not the answer to health reform in this country. Americans expect and deserve better."

H.R. 2775 passed by a vote of 227-196. ★

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

Abuse of Drug Discount Program: Corrosive Crony Capitalism

Commentary By Sally C. Pipes

Federal lawmakers are constantly tinkering with the healthcare market. Often, these invasions have perverse consequences.

Indeed, one federal initiative designed to provide poor Americans with discounted drugs has morphed into an ungainly operation fattening the bottom lines of pharmacies and hospitals.

Enacted in 1992, the "340B" program requires drug companies to provide steep discounts on drugs to qualifying hospitals and clinics. The program was meant to help institutions that serve large numbers of low-income or uninsured Americans.

From the outset, however, 340B has been plagued with problems. And now, it often fails to actually help vulnerable patients.

The first major flaw is the program's eligibility requirements for healthcare providers. The existing eligibility formula does not measure obviously relevant metrics such as the percentage of uninsured patients a hospital serves or the amount of uncompensated care it provides.

A Government Accountability Office report confirmed that even some hospitals that just "provide a small amount of care to low-income individuals... could claim 340B discounts." And a study by Avalere Health found that states with fewer uninsured residents actually had higher shares of hospitals taking advantage of 340B.

Second, the program doesn't require that discounted

medications be dispensed only to people who actually need them.

As a result, many hospitals are selling drugs they purchased on discount at full price to patients with private insurance coverage.

Finally, the hospitals and pharmacies dispensing these drugs aren't required to pass the savings onto patients.

As a result of these gaping flaws, a drug program meant to help the uninsured has turned into an arbitrage operation that lets hospitals and retail pharmacies buy billions of dollars' worth of steeply discounted drugs, bill insurance companies and patients the full retail price, and then pocket the difference.

When Sen. Charles Grassley (R-Iowa) looked into the program, he found that the Duke University Hospital — where only 5 percent of patients were uninsured — was able to leverage the discount program to boost its net income by almost \$50 million last year.

"Hospitals are reaping sizable 340B discounts on drugs and then turning around and up-selling them to fully insured patients," Grassley wrote in a letter to the agency overseeing the 340B program.

340B now represents an unholy alliance between moneyed interests and public regulators. The free market has been undermined. Many low-income patients genuinely in need of help are being left out in the cold. Drug companies are being forced to sell a growing volume of products at severe discount -- leaving many with little choice but to make up for those lost revenues by raising

prices on other consumers.

Congress and regulators have compounded the problem over the years by repeatedly expanding 340B. Almost one-third of hospitals nationally now participate.

The largest and most troubling expansion came in 2010, when regulators authorized hospitals to contract with an unlimited number of outside pharmacies anywhere in the country to dispense 340B discounted drugs. Previously, hospitals could only use in-house pharmacies or contract with a single pharmacy.

This particular change has led to a dramatic increase in the number of contract pharmacies benefiting from 340B. In 2010, there were just under 4,000. Today, that number has jumped to 30,000 — a 700 percent increase.

Accordingly, the total value of 340B discounts has also exploded and is projected to grow significantly in the coming years.

These expansions are making a bad problem even worse. 340B is too often being abused to bolster hospital profits. Healthcare providers should be competing in a free and open market — not exploiting a well-intentioned program meant to help low-income Americans.

The abuse of 340B represents corrosive crony capitalism at its worst. Lawmakers need to fix this program. ★

Sally C. Pipes is President, CEO, and Taube Fellow in Health Care Studies at the Pacific Research Institute. Her latest book is The Cure for Obamacare (Encounter 2013).

Gas Prices Rising Fast

SACRAMENTO REGION, CA - Average retail gasoline prices in Sacramento have risen 12.6 cents per gallon in the past week, averaging \$3.93/g yesterday, according to GasBuddy's daily survey of 720 gas outlets in Sacramento. This compares with the national average that has fallen 4.5 cents per gallon in the last week to \$3.54/g, according to gasoline price website GasBuddy.com.

Including the change in gas prices in Sacramento during the

past week are 23.8 cents per gallon higher than a month ago. The national average has decreased 2.7 cents per gallon during the last month and stands 31.6 cents per gallon lower than this day one year ago.

"The national average has seen some downward direction in the last week, but the best is likely yet to come," said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan. "While there certainly are a few issues that could impact

gasoline prices on our plate, the switch over back to winter gasoline has begun, and I do expect that gas prices may continue to move downward this week for most of the United States. California, however, does have some recent refining kinks that may mean it joins the lower price party a bit later, but by Halloween, my expectation is the national average will stand five to fifteen cents per gallon lower than where it is today," DeHaan said. ★



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Double Puzzle on Page 6

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

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Crossword Puzzle on Page 6

REAPS	ABC	TICK						
NAVAL	LEU	WANLY						
AROSE	ELF	EXCEL						
	SWEEPS	FOLIAGE						
	OVA	USED						
GEM	ENDS	REMARK						
ODES	IOTA	REVUE						
UGLI	CRISP	MESA						
RABAT	KNEE	ERST						
DRAMAS	OAKS	SOS						
	KIEV	OCT						
PICKING	REHASH							
ASHEN	GSA	OUTER						
SLING	OAK	OPERA						
SECT	NEE	LEMON						



By Ronnie McBrayer

When I first met Father Thad I was a Baptist minister and he was the priest at the neighborhood Catholic parish. A complete stranger to me, he popped into my office and stated that he must use our church baptistry. A brief reminder about baptism: Baptists practice baptism by immersion. They dunk converts completely under the water.

Typically, Catholics practice sprinkling or pouring. And that is just the beginning of the differences between these two faith traditions on the issue. The theological meaning reinforcing the practice of baptism puts the camps even farther apart.

So when a Catholic priest showed up wanting to dunk a convert in the Baptist church, I knew I was dealing with someone shattering my type-cast. Refreshingly, this watery encounter led to a series of interdenominational gatherings (potluck dinners, actually) between his parish and my congregation. In the process, we learned a lot about each other, and I learned a great deal about Thad.

In addition to the priesthood Thad had been a military chaplain; and shockingly, Thad was married and had adult children. Thad had been an Anglican priest, but through an extraordinary dispensation from the Vatican,

Take It with You

converted to Catholicism. This man was a depository of mind-warping experiences, not the least of which was a personal story I loved to hear.

A parish he once led desperately needed to expand its ministry. But one man in the parish absolutely resisted, always squelching prospective change by saying something like, "My grandfather gave the land for this church; my daddy cleared the trees for the building; and we're not going to change a thing" (Catholics don't have a monopoly on this sentiment).

Thad finally had enough. In his remarkable way, he secured a diocese blessing and obtained a piece of land on the other side of town. He called the local house builders, and had the church relocated! I have this charming picture in my mind of the church, steeple atop, rolling down the road on stilts led by a vestment-clad Father Thad, reading the gospel and splashing holy water along the way.

When I first heard that story I told Thad, "If you were a Protestant, you could have just started another church (And with a wink, I'd add, "A church with a real baptistry"). His response was priceless: "Why start another church, when you can take it with you?"

Truth told, that is pretty good ecclesiology. Ecclesiology is what seminarians call the "doctrine of the church." It answers the question: "What is the nature of the church?" And after several hundred years of modernity and religious institutionalism, more and more people are recognizing that the church is not a building. Sure, we say, "I go to church at

such-and-such place," but the real church is a people, not a place. It is a body, not a building. It is a living movement, not a fixed mailing address.

When the last homilies, sermons, songs, testimonies, and prayers are offered at your congregation or parish on Sunday morning, you don't leave the church. You will leave a specific gathering of the church, certainly, but you take the church with you — because the church is you. You take it on the road, across town, into your workplace or university, into your living room, classroom, and board room: You embody the presence of Christ in the world.

Yes, I learned a lot from Father Thad. I learned that holding to fixed stereotypes prevents us from embracing the extraordinary individuals we meet along the way. I learned that communication between faith groups is the best possible means of reducing misunderstanding and conflict. I learned that overcoming problems sometimes requires boldness and creativity.

And I was reminded that whether we are sprinkled, dipped, poured, dunked, barely damp or soaking wet, we will not be defined so much by "where we go to church," but by whether or not we will be the church once we leave the building. As Father Thad put it so accurately: "Why start another church, when you can take it with you?" ★

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.

Fifty Shades of Grey Suits

By Rev. James L. Snyder

I guess I am one of those old-fashioned guys still wearing a suit. Only one thing I do not like about my suits. I feel most comfortable in the suit and so I have several suits that I wear on a rotating basis.

The only negative side of wearing suits is occasionally you have to replace them.

All sorts of reasons why a suit needs to be replaced and one is that you grow out of it or it grows out of you. Either way the suit has to be replaced.

Another reason is that something happened to the suit and there is some tear necessitating the whole suit being replaced. The key here is not to let my wife know that there is a small tear in my suit. The moment she discovers the slightest tear in one of my suits she begins her plan of having that suit replaced.

A slightly worn spot on my suit coat begins my wife thinking of replacing it. Trust me; I try to hide it as much as possible to keep it from the ever-piercing eyes of my wife who sees through everything, even things that are not there.

Despite my attempts to

conceal the issue, my wife spotted a small tear on my suit coat. It happened to be my favorite suit coat. I can recall exactly when and how the split occurred. I kept that information away from my wife as long as I possibly could; now I had to pay the piper.

Early Monday morning we were off to the men's store to purchase another suit. As soon as we walked in, we were greeted by a young man to which my wife said, "We're here to buy a suit."

I figured I better step in before the conversation got out of control. "We're looking for a grey suit."

"I understand," said the young man as he thoughtfully pulled at his chin looking down the long row of suits. "And what color grey are you looking for?"

"Say what," I said.

"What color grey are you looking for?"

As far as I was concerned, grey was grey and that was the color I was looking for.

"We have a variety of grey suits. There is a charcoal grey. Light grey. Dark grey." He went on and on about the variety of grey colors in his shop.

According to him, there were at least 50 shades of grey.

Believe me, there was not anything romantic about that!

All I wanted was a grey suit. To me, grey is grey. I do not want my suit to be a fashion statement. I want my suit to say nothing at all.

We walked out of the men's store with a new suit and my wife had a wonderful smile on her face. I on the other hand, had a sick feeling in the pit of my stomach realizing just how much this grey suit cost me.

I have a new appreciation for what the apostle Paul said. "That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man" (Ephesians 3:16 KJV).

It is not the outside that really matters, but the inside of a man ★

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.

Payment In Full



By Marlys Johnsen Norris,
Christian Author

Right living often is determined by right believing. There seems to be some misunderstanding and question about what determines a person's trip to hell.

It is not the act or acts of sin! In itself, sin does not determine that anyone will go there.

The issue that determines this is what they are doing with Jesus! Are they rejecting His blood death as payment for their sin(s)? Jesus came to earth to become the pure sacrificial Lamb of God and to die as payment to

purchase souls from hell. He alone is the only payment to reconcile mankind back into the grace of the Heavenly Father. God had to come to earth and die himself to purchase our souls. Under the instructions of His Father Jesus came to fulfill His wishes and design the plan of salvation for us. Jesus came and said, "I am the Way, the Truth and the Life. No one comes to the Father except through me". (John 14:6)

God sends no one to hell but His Holy Word (The Bible) shows us the way to Eternal life with Him. Christ died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again. Therefore, IF anyone is in Christ, he is a new creation, old things have passed away; behold all things become new. Now all things are of God, who has reconciled us to Himself through Jesus Christ and has given us the ministry of reconciliation, that is, that God was in Christ

reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation. (II Cor. 15-18) It is when a person completely rejects God's plan of redemption through the death and resurrection of His beloved Son, that person chooses his own eternal home in hell.

He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things. If God is for us who can be against us? (Romans 8:31-32) Choose Jesus to pay your bill and purchase redemption for you. Kneel and pray and accept Him today and receive a brand new life and one day the gift of eternal life ★

*In His Magnificent Love Always,
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Placer County Administrative Center,
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UNMET TRANSIT NEEDS WORKSHOP DATES:

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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.

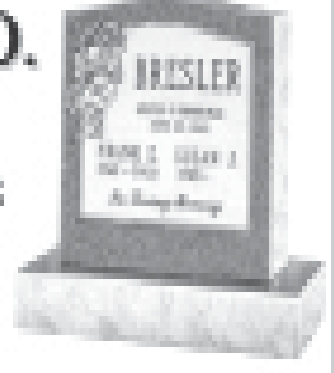
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CCC Opens Exam For Managers

SACRAMENTO REGION, CA (MPG) - Those interested in management positions with the innovative California Conservation Corps should consider applying for the CCC's upcoming Conservation Administrator II exam.

The Conservation Administrator II most frequently serves as a center director at one of the CCC's residential or non-residential centers, overseeing corpsmembers and managing operations and civil service staff. Members of the Corps are young men and women between the ages of 18 and 25 who sign up for a year of natural resource work and emergency response.

Deadline for submitting applications is Friday, September 27, 2013. A state application (Form 678), available online, must be postmarked by that date.

Openings for center directors are expected at CCC locations in Pomona, South Lake Tahoe and Ukiah in the coming months.

The salary range is \$5738 to \$6518 per month; benefits include health, dental and vision insurance, vacation and sick leave. Applicants must have an education equivalent to completion of 12th grade.

Three different types of experience may qualify candidates for the exam. For those not currently working for the State of California, the minimum qualifications required are five years of progressively responsible experience in program operations and management, including budget preparation and administration; public and media relations; community resource development; program planning, management and evaluation; and personnel management.

Details for the position are available in the exam bulletin on the CCC's website: www.ccc.ca.gov. Click on "Staff Jobs" at the top of the page. Questions on the exam may be directed to the

CCC's Donna Pyevach at (916) 341-3140 or emailed to donna.pyevach@ccc.ca.gov.

Applicant interviews will be scheduled in October or November, in both Northern and Southern California. Successful applicants will be placed on a civil service list, from which hiring will be done over the next year or more.

The California Conservation Corps is a state agency created by Governor Edmund G. Brown Jr. in 1976. Over the years, corpsmembers have provided more than 67 million hours of natural resource work as well as more than nine million hours of firefighting, floodfighting and other emergency response efforts throughout the state. The CCC's motto is "Hard work, low pay, miserable conditions...and more!" ★

Source: California Conservation Corps



POPPOFF!

with Mary Jane Popp

several times, and I love hearing all his stories from those days gone by. But I think of all the projects Stanley has done since "My Three sons," one of his proudest achievements is "The Actor's Journey Project."

Tens of thousands of talented, trained, and eager actors have their resume, headshots, and a reel of their work ready. And they figure they are good to go to conquer the entertainment industry. But Stanley begs to differ. Statistics show that more than 99% of all new talent will fail in their quest to break into the industry and establish a viable career. Why? They have a lack of knowledge about the specific "industry related" non-performance skills needed to open the door to the industry. New actors know a lot about acting, but their business skills are lacking. Stanley founded The Actor's Journey Project to bring a solution to this gap. It is a revolutionary DVD set covering the x-files of breaking into show business. One set is for adults 18 and over, and one is for parents of child and teen actors thru 17. Both programs teach highly specialized skills needed by new talent. And it comes from distinguished industry pros who have more than 25 years of experience under their working belts

from actors to directors and producers etc. Do these names sound familiar...Henry Winkler, Michael York, Melissa Gilbert, Paul Peterson, Dick Van Patten, Margaret O'Brien...some 100 on screen consultants for the project. They are all stars honored with many accolades. They have all traveled the journey for you.

As Stanley put it to me, you now have the choice...spend 5 to 10 years in the industry trenches learning the business skills needed, or choose "The Actor's Journey Project"...a ten hour comprehensive program you can watch and learn from those who have been there, done that, so you don't have to get hit with the hard knocks. If you are aiming for that spotlight, then you need all the pro info you can muster. The competition is keen, but if you have the added skills, you're chances of success can steer you to the head of the pack! Want more information? Go to www.theactorsjourney.com.

I loved it when Stanley said "the name on my tombstone is probably going to be Chip Douglas. That's neither good nor bad. It's just a fact of life." I disagree. I think it will be "Stanley made "The Actor's Journey" an amazing leap forward to success." ★

Your Safe, Moral Boy Scouts Alternative Is...

**Commentary By
Matt Barber,
Liberty Counsel Action**

It was Nashville, Tenn., Sept. 6, 2013. The huge hall was overflowing, the convention sold out. Over 1,200 attendees, with many spilling out into the foyer, eagerly awaited the announcement. What would this safe, moral and non-sexualized alternative to the Boy Scouts of America (BSA) look like? With a stirring introductory video came the answer: "Trail Life USA" would now endeavor to "be the premier national character development organization for young men, which produces godly and responsible husbands, fathers and citizens."

The reveal, eagerly anticipated by hundreds of thousands – if not millions – of Americans was met with rousing cheers. "Our mission is simple and clear," came the official mission statement, "to guide generations of courageous young men to honor God, lead with integrity, serve others and experience outdoor adventure."

A brief summary from the new scouting-like organization's website (TrailLifeUSA.com) reads as follows:

"Most guys want exciting outdoor adventure with their friends. We've got that! Trips and travel? That, too. Camping. Check. Physical and mental challenge? Yep. And awards? Of course!"

"Trail Life USA is a Christian adventure, character and leadership movement for young men. The K-12 program centers on outdoor experiences that build a young man's skills and allow him to grow on a personal level and as a role model and leader for his peers. Living the Trail Life is a journey established on timeless values derived from the Bible."

Countless men and boys who once called themselves "Boy Scouts" will now proudly bear the title of "Trailman."

Back in May, millions of Americans were shocked and saddened when the BSA inexplicably bowed to left-wing political pressure and became something it had never before been: a hyper-politicized, aberrantly sexualized petri dish for social and sexual experimentation.

Created in 1910 to "prepare young people to make ethical and moral choices over their lifetimes," the BSA, on May 23,

2013, tragically voted to welcome into its ranks "open and avowed" homosexuality (boy-on-boy sexual attraction and behavior), thereby disavowing the "morally straight" Scout Oath its members have been sworn to uphold for over a century.

Even worse, and in so doing, the BSA effectively waived the only legal defense it once had to preclude openly homosexual Scout leaders and gender-confused girls from its ranks: religious and moral conviction. It's only a matter of time until the BSA is forced to capitulate to sexual extremists' political demands and allow homosexual adults – men who define their identity based upon carnal appetites for other males – to take your boys on overnight camping trips.

Once that happens, Trail Life USA will be the life raft for the multitudes. Those who abandon the fast-sinking BSA ship will have a safe place to land.

The group has released a must-see video explaining both the history of Trail Life USA and the BSA's tragic and financially driven cave-in to extremist political groups, hard-left corporate donors and the mainstream media.

Oh, but what a faithful Lord we serve! We are reminded in Romans 8:28, "that in all things God works for the good of those who love him, who have been called according to his purpose."

Trail Life USA is indeed good. It has indeed been called according to His purpose.

And it will never waver.

In a recent interview on "WallBuilders Live" radio, John Stemberger, an Eagle Scout, lawyer, pro-family advocate and Trail Life USA's acting board chairman, addressed the BSA tragedy and the resulting birth of this exciting new principled alternative: "Sometimes things have to die before there's a new birth and it comes back better than before. And, not to extend the analogy too far, but even our Lord went through that process," he said.

Regrettably, the usual left-wing suspects have attempted to smear Trail Life USA by labeling it "anti-gay." Nothing could be further from the truth. Trail Life is simply pro-purity. As Christians, the group's leadership has adopted the tried-and-true "love the sinner, hate the sin" model.

They've simply chosen to obey and follow Christ's "I do not condemn you ... From now on sin no more" example on sexual immorality – all sexual immorality – be it adultery, fornication, homosexual behavior or any other sexual sin explicitly identified in Scripture.

Trail Life's Membership Standards state, without equivocation, "The basis for the program's ethical and moral standards are found in the Bible. In terms of sexual identification and behavior, we affirm that any sexual activity outside the context of the covenant of marriage between one man and one woman is sinful before God and therefore inconsistent with the values and principles of the program.

"Within these limits, we grant membership to adults and youth who do not engage in or promote sexual immorality of any kind, or engage in behavior that would become a distraction to the mission of the program."

Under the heading "Purity," the group's Statement of Faith & Values states: "Members are called to live a life of holiness, being pure of heart, mind, word and deed, reserving sexual activity for the sanctity of marriage; marriage being a lifelong commitment before God between a man and a woman."

We condemn you not. Now go and sin no more.

"Real men value truth over tradition," Stemberger told the cheering convention crowd. "Real men value principle over program, and they value integrity over institutions."

The BSA has lost its integrity. It has chosen the almighty dollar over the best interests of the boys it once served so well.

Now you have a choice. An oak has died, but a new seed buds.

I pray you'll water that new seed. I pray you'll choose Trail Life USA. ★

Matt Barber (@jmattbarber on Twitter) is an attorney concentrating in constitutional law. He serves as Vice President of Liberty Counsel Action. (This information is provided for identification purposes only.)

Attached is a column submission for your consideration. Re-print permission granted. Best - Matt Barber

THE ACTOR'S JOURNEY

Do you remember the Douglas family that we grew up with? It's been a while, but the classic TV show "My Three Sons" debuted way back in 1960 and ran through 1972. The series is TV's second longest running situation-comedy, and has been broadcast continuously for 53 years. It's run on Nickelodeon and TV Land, and now you can see it on MeTV. It has become a smash hit with a whole new generation from Japan to Australia and many European countries in between. Just ask Stanley Livingston who played Chip Douglas for the full 12 year run. How popular is this iconic TV series? The city of Los Angeles declared "My three Sons Day" in May of 2012. But Chip, I mean Stanley didn't let the grass grow under his feet with the "oh gee whiz, I'm not a kid star anymore." He has gone on to be not only an actor, but Director and Producer, and is still going strong today. I've had Stanley on my POPPOFF Radio Show

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4 - 6pm:	The KAHI Afternoon News with Dave Rosenthal and the KAHI News Team
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12 - 7pm:	Sinatra & Friends Music
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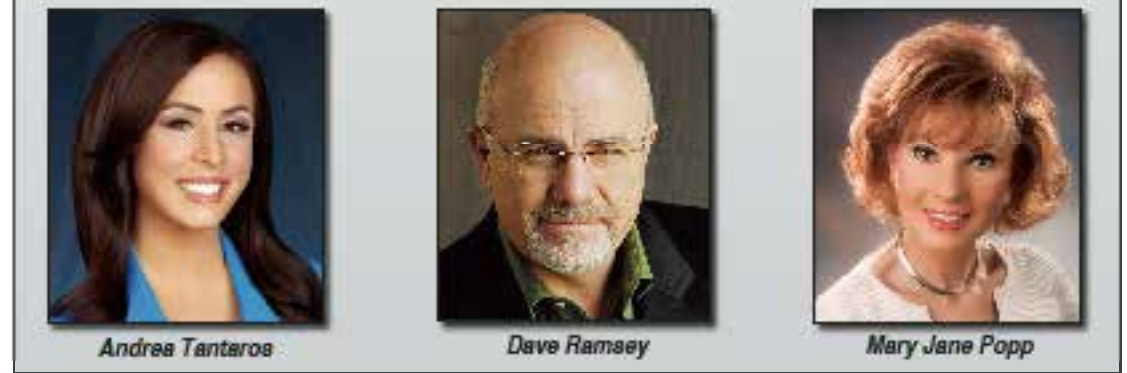
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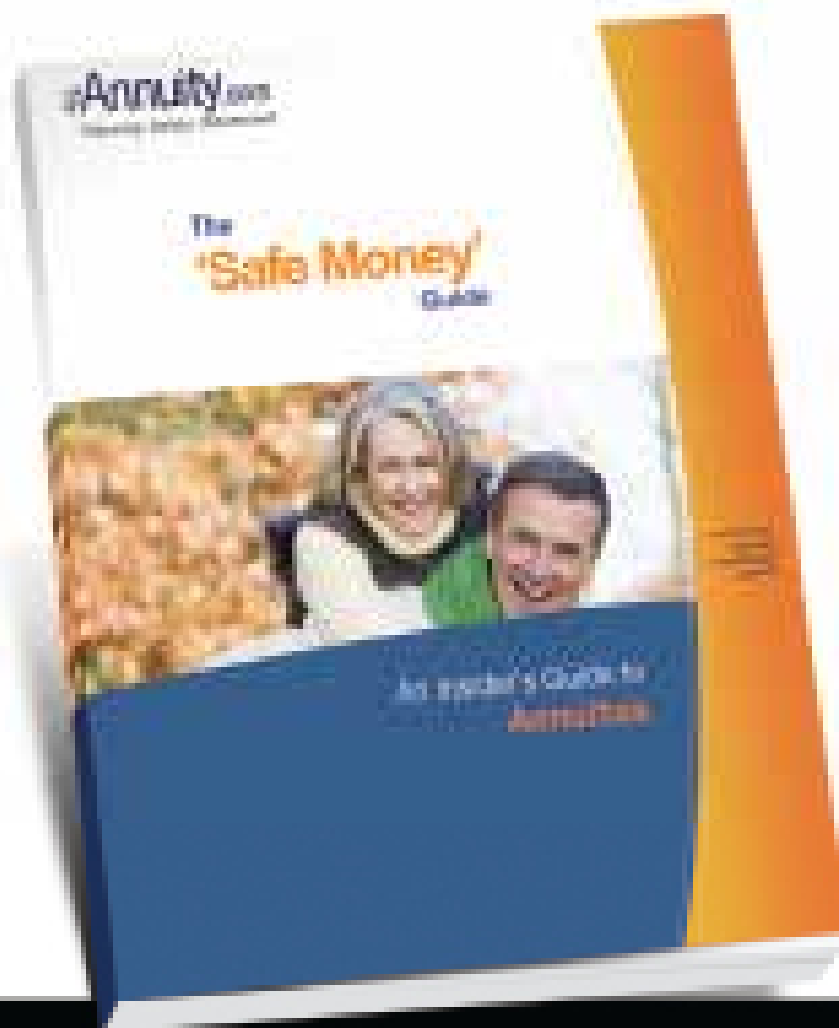
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