



Placer Sentinel

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**Commentary
by Kerri Briggs**

Twelve years ago, in an act of bipartisanship that now seems impossible to imagine, the Senate and House passed historic legislation reforming American education. The No Child Left Behind (NCLB) bill was championed by President George W. Bush and supported by a nine-to-one ratio, including votes from Democrats Nancy Pelosi, Harry Reid, and the late Ted Kennedy, as well as Republicans Mitch McConnell and John Boehner. NCLB was the latest iteration of a national commitment to provide a better education for our nation's children.

NCLB was transformative for schools and life-changing for students, particularly poor and minority students, whose achievement increased. It set national goals for America's schools. It required states to test students' knowledge of reading

and math annually, and expected that all students would be at grade level in these subjects by 2014. And, when schools didn't make enough progress towards meeting that ambitious goal, there were funding changes and opportunities for students to get immediate help.

NCLB marked the beginning of a new era of accountability in American education. It was an ambitious attempt to jumpstart student achievement within a global economy, and much needed given decades of stagnant achievement.

NCLB is also not perfect - no legislation ever is. There is clear interest in updating the law. Three different proposals for new legislation are under discussion in the House and Senate. And, 39 states and DC have designed new systems by receiving waivers from the Education Department. These actions could be promising developments. Instead, the actions are

jeopardizing and potentially neutralizing the foundational principles of accountability.

These waiver-based systems exempt public schools from accountability standards that took decades to establish. Never before has such an important piece of legislation, with such broad and deep bipartisan backing, been so swiftly dismantled. If this trend isn't redirected, our public education system could suffer an unnecessary setback in the effort to improve student performance.

It's no secret that America's students lag far behind those of many other developed nations. The George W. Bush Institute recently released a "Global Report Card" providing a district-by-district account of how American students stack up against their counterparts abroad. The results show just how far we need to go.

Just take Portland, Oregon, a state that received a waiver. Portland has an international

mathematics score of 47 percent. That means that more than half the students in the international group perform better than the average Portland student. If you limit that comparison to Portland's closest international competitor, the Canadians do even better.

These poor results were corroborated in two reports released in December by the National Center for Education Statistics. According to those studies, U.S. students ranked well below countries like Singapore in science. Countries such as Russia and Hong Kong, meanwhile, bested us in eighth-grade reading.

Oddly, as our international performance stagnates with some schools failing to live up to the goals set by NCLB, the response by the federal government and some states has been to lower expectations and lessen accountability.

Continued on page 2

PCWA Appoints New Chief Information Officer

AUBURN - Placer County Water Agency General Manager David A. Breninger has announced the appointment of Roseville resident Jim Boyle as the water agency's new Chief Information Officer. He will oversee PCWA's information technology and data processing functions.



Placer County Water Agency has named Roseville resident Jim Boyle as the agency's new Chief Information Officer.

Boyle, who joined the agency July 29, leads a team of six employees in PCWA's Information Systems Services Division of the agency's Administrative Services Department. He succeeds Steve Ferguson, who has led the division on an interim basis since Neil Bartlett, the previous division manager, assumed the role of emerging technology manager last December.

Boyle comes to PCWA from the State of California where he held key management positions in data processing and information technology with the California Department of Technology and the Secretary of State.

He previously worked with the City of Sacramento as a project management officer and with Hewlett-Packard in Roseville as a program manager.

Boyle is a retired U.S. Air Force colonel, a graduate of the U.S. Air Force Academy, and a former NASA astronaut candidate finalist. He also holds a degree in computer science from Chapman University and a master's degree in aeronautics and astronautics from Purdue University.

Gold Star Peak Dedication Ceremony to be Held in South Lake Tahoe

PLACER COUNTY, CA (MPG) - With the assistance of the U.S. Forest Service Lake Tahoe Basin Management Unit and a determined committee, an unnamed peak on the North Shore of the Lake Tahoe Basin has been renamed "Gold Star Peak" in honor of soldiers from the area that paid the ultimate price in Operation Iraqi Freedom, Operation Enduring Freedom, and the War on Terrorism. A ceremony to dedicate Gold Star Peak will be held at 11 a.m. on Friday, September 6, 2013, at Lakeview Commons in South Lake Tahoe.

U.S. Rep. Tom McClintock, 4th District of California, had a vision of commemorating local soldiers who died while in combat defending the United States.

"Time does not heal the wounds borne by our Gold Star Families. For them, every day is the day that the casualty officer came to call. We owe it to those families to honor what Lincoln called 'the cherished memory of the loved and the lost.' We owe it to these fallen heroes, as Shakespeare said, to see that their 'story shall the good man teach his son.' And we owe it to ourselves, our children and our nation to remember how precious is the freedom and peace their sacrifices have purchased," Congressman McClintock said.

In January 2013, after effort by members of the City of South Lake Tahoe, El Dorado and Placer counties, local American Legion Post 795, and the U.S. Forest Service, the California

Board of Geographic Names recommended "Gold Star Peak" for approval to the U.S. Board on Geographic Names.

"The U.S. Forest Service is honored to contribute to this significant community effort," said Nancy Gibson, Lake Tahoe Basin Management Unit Forest Supervisor. "Gold Star Peak will be an enduring monument to these young soldiers who made the ultimate sacrifice for our nation."

"I can't think of a better way to honor our fallen soldiers from South Lake Tahoe, along with the support of local committee members, than to have this permanent memorial at Lakeview Commons," said City of South Lake Tahoe Mayor Tom Davis.

Gold Star Peak, located on

the North Shore of Lake Tahoe between Mt. Watson and Martis Peak, lies on National Forest System land shared by the Lake Tahoe Basin Management Unit, the Tahoe National Forest, and private land owned by Sierra Pacific Industries. The peak's name, Gold Star, comes from the Gold Star lapel pin that was established by an Act of Congress in 1947 to identify next of kin of service members killed in combat.

Gold Star Peak will honor the following soldiers killed in action from the Lake Tahoe Basin: PFC Phillip Brandon Williams, 21, was killed October 9, 2006 by a sniper's bullet in Iraq; and Sergeant Timothy M. Smith, 25, died April 7, 2008 after his vehicle was hit by an

improvised explosive device in Baghdad; and Specialist Garrett Fant, 21, died September 26, 2011 after his unit was attacked with an improvised explosive device in Helmand province of Afghanistan.

A bronze memorial plaque commemorating Gold Star Peak will be unveiled on September 6, 2013, at Lakeview Commons near the intersection of U.S. Highway 50 and Lakeview Avenue in South Lake Tahoe, Calif. The public is invited to attend the ceremony, which will include remarks from U.S. Rep. McClintock, Forest Supervisor Nancy Gibson, and City of South Lake Tahoe Mayor Tom Davis.

Source: Office of Tom McClintock



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Polish Festival Returns Hosted by American Club of Greater Sacramento

PLACER COUNTY, CA (MPG) - Don't miss the 24th Annual Polish Festival on Saturday, September 14, 2013. The festival will be held from noon to 6 p.m. at the Polish American Club grounds, located at 327 Main Street in Roseville. Fill up on home-made Polish foods - over 5,000 pierogies (potato-cheese filled dumplings); 1,000 golabki (cabbage rolls); 700 lbs. of Polish Kielbasa (sausage), and hundreds of servings of potato pancakes, bigos and Polish pastries (paczki and kruschiki, to name a few). Enjoy the music of the Dave Chelini Trio and Chet Chwalik on the accordion; watch the beautiful Lowiczanie Dancers perform; dance the Polka; shop at our Polish marketplace. Admission is free. Food prices vary. For more information and directions, go to www.polish-club.org or call (916) 782-7171 or e-mail us at publicity@polish-club.org.



The 24th Annual Polish Festival will be held Sept. 24th at 327 Main Street in Roseville. The Lowiczanie Dancers (shown above) will perform.

White Elephants Scheduled for Dutch Flat

PLACER COUNTY, CA (MPG) - White Elephants will be the stars for two days - Labor Day weekend, Saturday and Sunday, August 31 and September 1, at the Dutch Flat Community Center, 933 Stockton Street in historic Dutch Flat, Placer County.

The Dutch Flat White Elephant Sale is known for its quality goods which include clothes, small items of furniture, linens (not pillow or mattresses), kitchenware, dishes and glassware, small appliances, books and records, tools and more. A silent auction will highlight special treasures and estate sale items.

Donations are still being accepted.

The sale is 9 am to 2 pm. Saturday, 9 am to 2 pm and Sunday, 10 am to 2 pm. During sale hours patrons can also enjoy sandwiches and home-baked goodies at the White Elephant Café.

This is 45th annual White Elephant Sale to benefit the



Dutch Flat Community Center

Dutch Flat Community Center. The 115-year-old building has been deemed structurally sound. However, it needs ongoing maintenance that will guarantee the integrity of the building against the elements and further deterioration.

Dutch Flat is a quick 15 minute drive from Colfax up I-80 to the Dutch Flat exit and then a couple more miles following the signs.

The village of Dutch Flat is listed on the National Register for Historic Places, which includes the Community Center. The Community Center building started life as the Dutch Flat Grammar School in 1898, when it was built to replace the previous school, which had been destroyed in an arson fire.

The building continued as a school until 1962. Interested citizens saved it from the wrecking ball. And, in 1964 the Community Center acquired it, and it maintains the building as a non-profit public benefit 501c(3) corporation.

To donate items for sale or for the silent auction and for more information, contact Laura, 389-8840 or Marilyn, 389-2932.

Dutch Flat Community Center
933 Stockton Street
POB 14, Dutch Flat, CA, 95714
www.DutchFlatCC.org

School Accountability: Reauthorize Don't Neutralize

Continued from page 1

Each state receiving a waiver or hoping for a more relaxed accountability system in a waiver or new law still has students - more than a few - who cannot read as well as their peers and struggle to master math.

The negative impact wrought by waivers can't be overstated. A dangerous precedent is being set: if you can't live up to agreed-

upon standards, you get a pass. And, while most congressional watchers do not expect the current proposals to make it to the President's desk, some proposals focus on the wrong issues - control instead of achievement, minutia instead of high expectations. How can meaningful education reform ever take hold if teachers and administrators don't believe meaningful

federal policies will actually be enforced?

In this current environment, there are foreboding signs. Eleven states are not meeting the most basic graduation rate reporting requirements, according to a new report from the Alliance for Excellent Education.

We have examples of states dramatically relaxing educational standards in response to the

waiver opportunity. In Wisconsin, for instance, a mere 50 percent of students will be required to read at grade level by 2017.

Lawmakers should act and move to improve NCLB. Recognizing its flaws and acting to rectify them is a far more responsible course of action than nullifying the policy's most crucial components and putting our children at greater risk.

Preserving a strong system of comprehensive accountability in American schools is a national imperative.

The global economy grows fiercer by the day. Our students need to be equipped with the high quality education they'll need to land the jobs of the future. Lowering expectations, waiving expectations, and fighting for control takes this country back

to the days before accountability. Allowing schools and educators to continue to fail to meet even basic achievement expectations is not what has made this country great and is not the pathway to a better future.

Our students deserve better.

Kerri Briggs is Director of Education Reform at the George W. Bush Institute.

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Publisher
Paul V. Scholl

Hot Jazz Jubilee Coming



Bob Draga and Sister Swing are sure to be crowd pleasers.
Photo courtesy of Hot jazz Jubilee

RANCHO CORDOVA, CA (MPG) – Hot Jazz Jubilee is almost here! Your Labor Day weekend will never be the same after you hear the great sounds that originated in the '30s and '40s. Louis Armstrong, Hoagie Carmichael, Pete Fountain, Duke Ellington, Benny Goodman, and many more will be re-created during this four-day music festival. In addition, there will be bands that play American roots Zydeco and Cajun, as well as the Big Band sound you grew up with.

The Marriott Hotel in Rancho Cordova will be home to 16 bands, six guest artists, and lots of great music. Bring your dancing shoes because three of the largest venues have dance floors. We've also invited West Coast Swing, Lindy Hop, Bebop, and several other club dancers to entertain you.

Lots of easy, free parking at the hotel will encourage more locals to attend.

Our party kicks off at 5 pm on Friday, August 30 with a pool-side welcome party. There will be hosted hors d'oeuvres for all of those in attendance, along with a paid festival badge. Two bands will entertain you as you

become re-acquainted with old friends. At 7 pm, five venues will open to the sounds of local favorites Sister Swing and the Hot Flashes.

Also being introduced to the California circuit is Meschiya Lake and the Little Big Horns, direct from New Orleans.



New-High Sierra will draw a crowd. HJJ Photo

Meschiya was named Female Singer of the Year in the Traditional Jazz category for the third year in a row. Her sound is true New Orleans from the '30s.

Big Mama Sue with Eddie Erickson and High Sierra round out the start. Music until midnight will be in abundance, with the night closing out with Bob Draga and Friends in the Formaggio Bar.

The music picks up again on Saturday and Sunday at 9:30 am

and closes at midnight. Be sure to catch the Doris Day tribute set for Saturday morning at 11 am. Rumor has it that Doris will be calling in by telephone to welcome the festival goers in attendance.

Several other special attractions will also be provided. Check out HotJazzJubilee.com for details, or call 916-822-2210.

Four-day badges are available at \$95. Rooms are available at the Marriott Hotel, but are going fast. The Hyatt House across the street has rooms starting at \$79 each, and so does the Holiday Inn next door.

Make plans now. Don't miss out on this Inaugural Festival! REAL JAZZ ... REAL FUN.



Tom Rigney will also perform at the Jubilee. HJJ Photo

Around Town

with Loyce Smallwood



More congrats tossed out to Auburn businesses including the long-standing Auburn Racquet Fitness Club atop Luther Road. Membership/Sales Director Luke Bush shared his enthusiasm about the popular club and future expansion plans in the very near future. Am currently loving the stress-busting work-out room and the delicious swimming pool experience-- divine.

And congrats to Too Much Stuff entrepreneur Candi Hewitt who has expanded her floor space which currently includes a colorful selection of women's handbags in a multitude of designers/colors/sizes. Hewitt's inventory will soon offer up vintage/collectible items for the home and yard. And gratitude/appreciation sent to computer techy Matt Cummins for helping Yours Truly with a seamless transition/upgrade to a new laptop. And stars sent to Clarkent's Carpet/Window Care for carpet cleaning and dazzling windows, great work done in a timely manner.

Pop by for your yoga workout with the lively Auburn Yoga owner Gwenn Jones across the way down from Walker's Office Center in the Victorian Village on Highway 49. For tasty ginger/

choco chip cookies and refreshing smoothies, you'll enjoy the warm atmosphere next door at LaBou Bakery where you can regularly find the industrious owners Tong/Arlene and friendly son Andrew meeting their customers' needs. Around the bend at the Assistance League Thrift in the Fiddler Green Plaza, dedicated volunteers offer up a bounty of housewares/clothing/jewelry and books with sales going towards community needs.

A gigantic welcome tossed out to the talented artist Sandra Main--new to the community--whose vibrant art is being offered at Marketplace of Auburn on Canal Street off Luther. Marketplace Owner Cynthia Lane continues to oversee a wide variety of artisans which offer up a bounty of temptations including Native American décor; ceramics; garden art and hand-carved accessories and furniture. Check future Sentinel columns for Marketplace workshops from various local artists.

Continued rounds of hearty applause to those stalwart and dedicated volunteers whose tireless contributions and sales of gently used books/CDs/DVDs and magazines help with management/care of homeless felines at Friends

of Placer County book store in Raley's Center at the Foresthill Exit. Volunteers are encouraged to donate time displaying and selling the donated books and small home décor and gently used books and other media along with home accessories are also needed.

Currently making the volunteer scene? Reward thyself with a tasty burrito next door at The Burrito Shop or grab some tangy spaghetti from Strings eatery on Bell Road where you can check the treasures at the Cancer Discovery Thrift shop in the Belair Center staffed by long-time volunteers in a light and bright environment.

Further culinary rewarding can be enjoyed at Pizza Express in the Rock Creek Center on Bell Road where this long-time eatery continues to serve up crispy salads and delicious pizza, promptly. A satisfying dining experience recently enjoyed with long-time entrepreneur/volunteer Maria Scoggins so follow suit and do shop/volunteer/donate/dine and continue to thrive, indeed.

Comments toloycer@suddenlink.net



Sandra Main (left) will be offering her art at Marketplace of Auburn located on Canal Street off Luther. She is shown here with Marketplace owner Cynthia Lane.

The 31th Annual Elly Award Ceremony Announced

Youth Division will be held on Sunday, September 8th at Roseville Theatre Arts Academy Theatre

PLACER COUNTY, CA (MPG) - The Youth Elly Award ceremony will be held on Sunday, September 8 at 7pm at Roseville Theatre Arts Academy located at the Roseville Theatre located at 241 Vernon Street in downtown Roseville. Awards will be given out in the Education and Young People's division.

This exciting and formal event will honor the best and brightest youth (and a few adults) in local and regional community theatre within a seven county area. Aspiring young actors and actresses will announce the 48 winners who will receive engraved Elly award plaques! Musical numbers will be performed by Elly-nominated theatres in the Young People's

Musical categories. The Historic Roseville Theatre was built in 1926 and was designed for vaudeville shows and silent movies. Early in its history it was the primary movie theatre of Roseville and eventually underwent two major remodels; one in the 1940's and the second in 2000 when it was given reconditioned seats, a ramp into the auditorium, replacement of the marquee, a new front entrance with box office, new upgraded ladies room, concession area and administrative offices. Now home to the Roseville Theatre Arts Academy, the Roseville Theatre proudly houses over a dozen productions for the community each year serving tens of thousands of the communities'

youth and adults. Tickets for this unique event are on sale now at brownpapertickets.com. This event will feature reserved seating so purchase tickets early for best selection. Pre-purchased ticket prices are \$20-General Admission; \$15-SARTA members; \$15 Groups of 10 or more and; \$8 - Elly Nominees! Ticket prices are \$5 higher on event day. Visit www.brownpapertickets.com/event/443843. Please call the SARTA office for additional information at 916-443-8229 or visit www.sarta.com. The Elly Awards are sponsored by the Sacramento Area Regional Theatre Alliance (SARTA). SARTA is a 501© 3 non-profit organization. Source: SARTA

NEW Trad Jazz Festival!

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PCWA Water Forum Transfer Partnership

AUBURN -- The Placer County Water Agency (PCWA) Board of Directors on Thursday (Aug. 15) approved a memorandum of understanding (MOU) with the East Bay Municipal Utility District (EBMUD) to move forward on development of a potential long-term water transfer that meets their mutual water supply reliability interests and improves the ecosystem of the lower American River.

The potential transfer of water from PCWA's Middle Fork American River Project would further affirm PCWA's Water Forum stewardship commitments to the lower American River and likewise assist EBMUD in strengthening its water supply reliability needs.

Under the PCWA board action, staff will develop details of the transfer, including duration and financial terms, for future board consideration.

PCWA, as one of many local

water purveyors in the American River basin, is a signatory of the Water Forum agreement. The agreement outlines a multi-part plan to increase diversions from the American River to meet increasing future demands locally while at the same time implementing dry year actions to protect the lower American River's aquatic resources, including Chinook salmon and the federally-threatened Central Valley steelhead.

PCWA Director of Resource Development Andy Fecko said that successful stewardship of the lower American River is important to the agency's ability to affirm its American River water rights for use by future generations within Placer County.

Fecko said the transfer does not diminish the ability of PCWA to store over 340,000 acre-feet of water in its reservoirs or its ability beneficially to use 120,000 acre-feet of water for the people

of Placer County.

As part of the Water Forum commitment, the water agency would make additional releases of Middle Fork Project water in dry years. As envisioned in the MOU, this water released from the PCWA's French Meadows and Hell Hole reservoirs, would move through the Bureau of Reclamation's Folsom Reservoir to continue downstream through the lower American River and into the Sacramento River where it would then be purchased by, and flow into EBMUD's new Freeport diversion facility for use by their customers.

EBMUD officials said the transfer would help the utility bolster its supply to offset dry year shortages affecting its other sources of water supply. The utility supplies 1.2 million customers in Oakland, Berkeley and other east bay communities.

Seniors Need to Know: "Got Milk?"

Commentary by
Dr. Irwin A. Herman, MD

Who doesn't remember one of the most significant (and humorous) commercials in recent memory?

And being told to drink milk because its calcium (Ca) makes strong bones and the protein also helps growth and maintenance of body structures and function?

Both are definitely true in children, however, recent studies of the role of Ca in adults has led to some questioning of the benefit versus risk model as being more deleterious than once believed. In a recent medical research review of five studies involving groups of adults in this country, Great Britain and Sweden, varying in number from 9,000 to 388,000 some significant unexpected findings have been discovered. And, in publications from such prestigious organizations as the NIH, British Medical Society and the like, some red flags are being waved concerning supplemental Ca use by older adults, 54 years and up.

Calcium is an essential mineral found throughout the body in various organ systems and when in balance functions effectively. However, like many other substances, more is not necessarily better. For instance, some people having too much Ca in their system will develop nephrolithiasis, better known as kidney stones. While they in themselves are not toxic, a lot depends on size and location and whether they are causing obstruction to the passage of urine out of the body. The pain associated with the passing of these smaller stones can cause severe pain that has been described as exceeded only by the pain of labor at the end of pregnancy. Occasionally, ultrasound fragmentation or surgical excision is necessary to remove them if there is persistent blockage of the kidney.

Of more serious concern and of importance to the research mentioned above, is the higher incidence of myocardial infarction (MI) and cardiovascular disease (CVD) associated with usage of high doses of supplemental calcium. These problems relate to



the finding of calcification in the coronary arteries resulting in impaired blood flow to the heart. Mortality hazard in this situation is 1.5 times greater than expected.

Nutritional guidelines suggest a dietary intake of 1000 to 1200 mgm of Ca daily, which can normally be provided by a healthy diet of calcium rich foods such as milk, cheese and green leafy vegetables along with those processed foods that are commonly enriched with Ca in their manufacture.

However, statistics indicate that 48% of Americans take vitamin supplements including Ca, most of which are not really needed if a healthy diet plan is followed. The most common reason for using the Ca is by post-menopausal women who have been advised to take it to prevent osteoporosis. It has since been determined that not only is this of no benefit because it has been shown to be ineffective in treating this disorder, but it can be potentially harmful since supplemental calcium usage increases the risk of hip fracture when compared to placebo. According to one of the studies, a better way to reduce hip fractures is to take supplemental Vitamin D without the calcium.

Of further interest is that the studies show that men are more susceptible to MI and CVD than women, with increased mortality especially if they are also smokers. The overall greatest risk is in those individuals using 1400 or more mgm per day on top of their dietary calcium intake. The suggestion made is that supplemental Ca intake should be no more than 600 mgm/day. At this dosage, women are almost risk free, and

men have a significantly lower risk than at the higher dosages.

Much more research and analysis still needs to be done, since there are some conflicting data points in the studies, but the prudent course at this time would be to limit supplemental calcium intake to the suggested 600 mgm dose, avoid smoking, increase your exercise program and re-evaluate your dietary plan so that additional risk factors can be avoided. And, as usual, check with your doctor to help you determine the best course of action for your particular needs.

As a footnote to those of us living in West Roseville, I think it would be important for our elected officials be made aware of the data concerning supplemental calcium as it might pertain to the potential use of high calcium containing ground water as is being considered. More research and data needs to be made available before it may become too late.

The views expressed here are those of Dr. Irwin Herman, and do not necessarily represent those of the Commission or individual members.

The Older Adult Advisory Commission is responsible for advising the Department of Health and Human Services and the Board of Supervisors on the needs of Placer County's older adults. Meetings are held the 3rd Tuesday at 1:00 PM. More information may be found online at:

http://www.placer.ca.gov/Departments/hhs/adult/OlderAdultAdvisoryCommission.aspx or by calling the Public Authority at (530) 886-3680.

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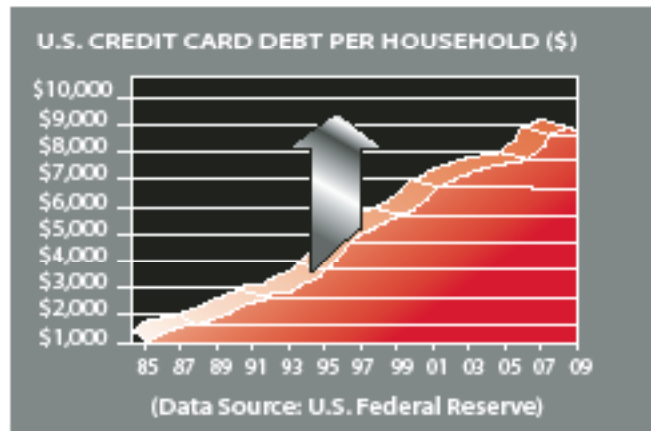
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Credit Card Debt?

Solutions that can help
you get out of debt.

Tom Hill
CGA STAFF WRITER

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



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

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

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What You Need to Know About Congress Right Now



Commentary By
Lee Hamilton

Deeply unpopular and flagrantly unproductive, Congress is on its August recess right now. It won't return until Sept. 9, after a five-week recess, leaving itself just a few days to settle issues like raising the debt ceiling and passing a federal budget. Here are some things you should know about where it stands at this stage of the game:

— Few, if any, Congresses can match this one for futility. It managed to help out some communities in the wake of Hurricane Sandy and to reach a deal on presidential nominations, but mostly it can't get things done — whatever your politics. The repeal of Obamacare, action on climate change, a “grand bargain” on our fiscal problems, education and tax reform, creating jobs, strengthening gun laws... the list of dropped balls is long, although there is still hope for immigration reform, if just barely. A few weeks ago Speaker John Boehner told Americans not to judge Congress by how many laws it passes, but by how many it repeals. It hasn't succeeded on either count.

— The budget process is a mess. It's been years since Congress put together a budget according to its regular order, but

even by its recent low standards this year has been chaotic. None of the appropriations bills needed for the government to continue running after Sept. 30 has been enacted. “It is common for Congress to leave big budget fights until the last minute,” the Wall Street Journal's Janet Hook wrote as Congress left town, “but the budgeting process now seems so adrift that even congressional veterans find it hard to see a resolution.” Passing a budget is the most basic function of government, and Congress can't manage it.

— Members of Congress do not like to compromise. The parties are more divided ideologically than they've been for many decades, with one side fiercely hostile to government and the other convinced that government can accomplish good things. Neither side can get things done on its own. That's pretty much the definition of when responsible lawmakers step forward to build a consensus. Yet in this Congress, either they don't know how or they're not interested. A glimmer of hope does exist, as more members respond to polls showing Americans believe it's more important for the parties to compromise than to stick to their positions. They may not be able to come to agreement, but some of them are talking about how willing they are to reach across the aisle.

— Even so, it's worth noticing that one of the congressional parties is extraordinarily difficult to lead at the moment. The Republicans are fractured and squabbling over their future direction. This makes me sympathize with the formidable task the Republican leadership confronts.

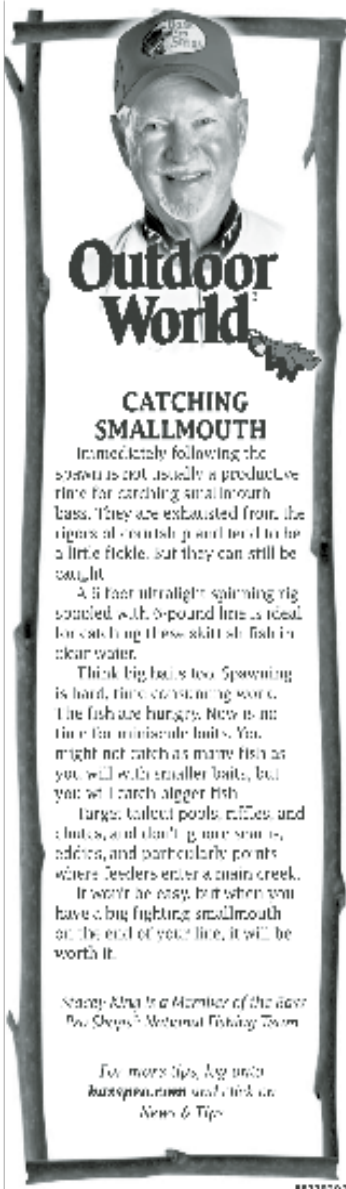
— Hardly anyone out there

thinks Congress is doing a good job — it's consistently below 20 percent approval ratings — and most people think it's too partisan. Yet members aren't very concerned. They've become quite skilled at running against Washington, even though they are Washington. And they count on the fact that few voters hold their own member of Congress responsible for its shortcomings, however unpopular Congress as a whole has become.

— As lobbyists descend in swarms on Capitol Hill, they hold more power than ever. They rain cash, twist arms, and even draft bills — all the things that powerful congressional leaders used to do. The NRA's defeat of legislation strengthening background checks for gun purchases, in the face of overwhelming public sentiment after Newtown, was nothing less than an impressive display of political clout and an example of how influential lobbyists and special interests have become. Perhaps this is why a good number of my former colleagues have made a tidy living for themselves by becoming lobbyists.

— Finally, all of this contributes to the emerging themes for the 2014 congressional campaign. Candidates will clearly run against the mess in Washington, and a good number of them, though not all, will talk regularly about the need to be bipartisan. The big question for 2015 will be whether the successful ones can translate their talk into legislation to help move the country forward.

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.



“safeTALK” Suicide Alertness for Everyone

Suicide. Not an easy topic to talk about. Do you know what to say to a friend who indicates that suicide is on his/her mind? Do you know the local resources?

In Colfax the Sierra Vista Community Center, 55 School St., is hosting a FREE basic workshop on four occasions to build Suicide-Safer Communities through suicide awareness: Saturday, September 7 and Saturday, September 21, each day first workshop, 9:00 a.m. to 12:30 p.m. Then, each day second workshop, 1:30 to 5:00 p.m. That's four opportunities to take the same free workshop.

Workshop presenter, Art Madrigal of Madrigal Training Services in Colfax, explains, “This is an educational workshop that will help community members learn to recognize signs that someone is thinking about suicide; how to keep the person safe, and how to connect them with people who can help.”

Even though the focus of the presentation is educational, a

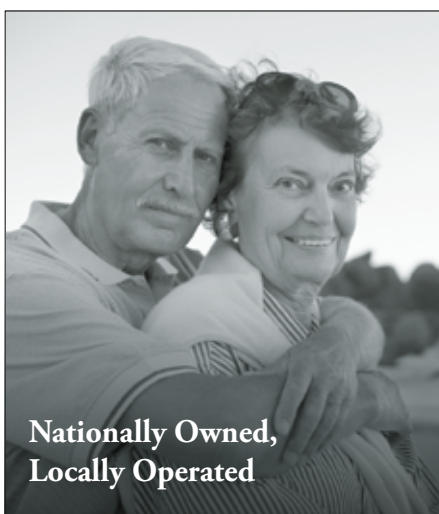
former participant shared that Madrigal creates a sense of safety in the room so that if feelings come up, folks can feel comfortable to be with them. There is also the opportunity for role plays to practice techniques.

The workshop doesn't try to turn participants into professional counselors. It does empower us as friends and family members with tools to be helpful when a situation arises. You never know when a situation may come up. Colfax was touched by a suicide in recent months.

For more information and to register, contact Madrigal, (530) 346-7042, www.madrigaltraining.com.

The safeTALK workshops are presented free by Madrigal Training Services as a community resource. They are co-sponsored by Sierra Vista Community Center, GE Training Solutions and LivingWorks.

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Rep. LaMalfa to Host Additional Public Forum on Proposed Critical Habitat Designation in Placer County

Washington, DC — Rep. Doug LaMalfa (R-CA) will host a Congressional Public Forum to discuss the impacts of the U.S. Fish and Wildlife Service's proposed designation of millions of acres as critical habitat for the Mountain Yellow-Legged Frog and Yosemite Toad. The meeting will be held Wednesday, September 4, 2013, in Auburn, California. Rep. LaMalfa will hold a similar public forum in Nevada County earlier in the day. These public meetings are a result of requests from Nevada and Placer Counties that the Fish and Wildlife Service hold hearings on the proposals.

“I am very concerned that these listings will place drastic

and unnecessary limits on over 2 million acres of private and public land. This critical habitat designation will restrict access to public land, negatively impact timber and fire reduction work, agriculture, and property rights,” commented Rep. LaMalfa.

Earlier this month, Rep. LaMalfa questioned Fish and Wildlife Service Director Dan Ashe over the proposed designation during a House Committee on Natural Resources hearing. The critical habitat designation would encompass over 2.2 million acres of the Sierras, including over 9,000 acres in Placer County and over 138,000 acres in Nevada County.

What: Congressional Public Forum on Proposed Critical Habitat Designation

When: Wednesday, September 4, 2-4 pm

Where: Hearing Room, Dewitt Center, 3091 County Center Drive, Auburn, CA 95603

For more information or to RSVP, contact Representative LaMalfa's Oroville District Office at (530)-534-7100.

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.

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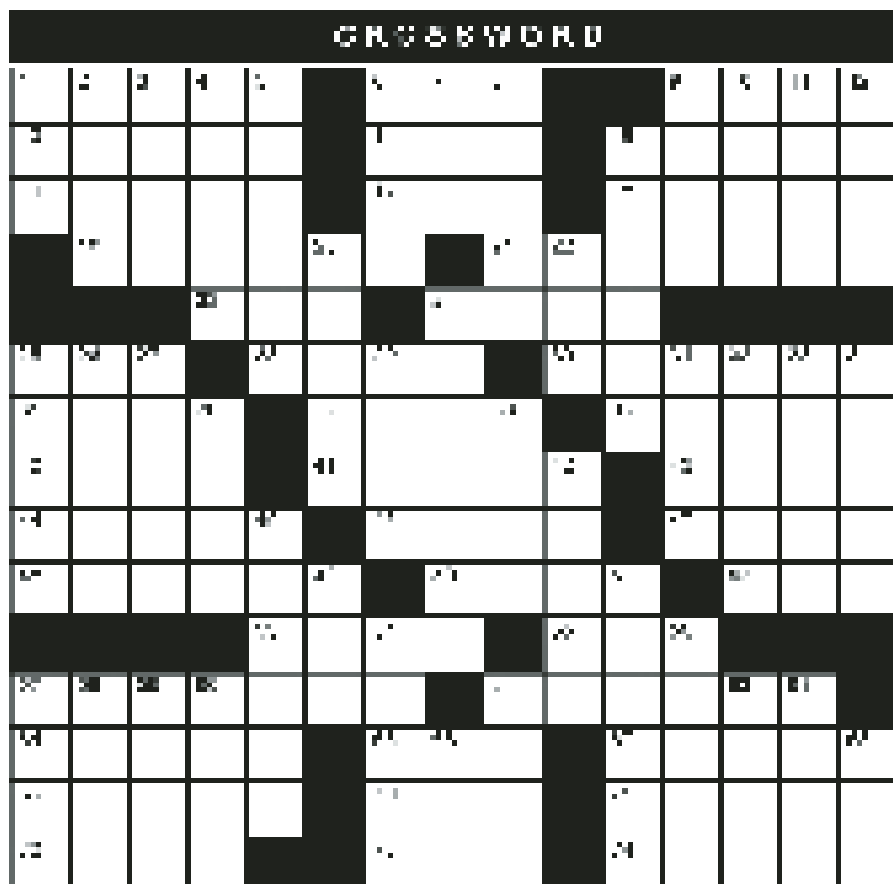
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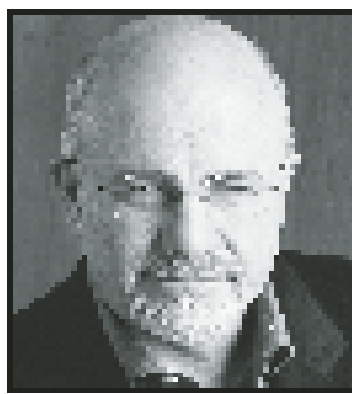
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Dave Says

Ready For School?

There's a story about what the year-old daughter is going to do when she starts school. The story is that she will be a star. She will be a star because she will be the first to read. She will be the first to read because she will be the first to read. She will be the first to read because she will be the first to read. She will be the first to read because she will be the first to read.

When you go off to your first day of school, you are starting a new chapter in your life. You are starting a new chapter in your life because you are starting a new chapter in your life. You are starting a new chapter in your life because you are starting a new chapter in your life. You are starting a new chapter in your life because you are starting a new chapter in your life.

Not Enough Sleep?

This is the day to get a good night's sleep. You need to get a good night's sleep because you need to get a good night's sleep. You need to get a good night's sleep because you need to get a good night's sleep. You need to get a good night's sleep because you need to get a good night's sleep.

Overhead

It's not just about the sky. It's about the people who are looking up at the sky. It's about the people who are looking up at the sky because they are looking up at the sky. It's about the people who are looking up at the sky because they are looking up at the sky. It's about the people who are looking up at the sky because they are looking up at the sky.

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Not Enough Money?

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Participation
See Page 7.

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Sudoku Puzzle on Page 8

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3	9	6	5	2	1	8	4	7
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4	8	5	3	7	6	9	2	1
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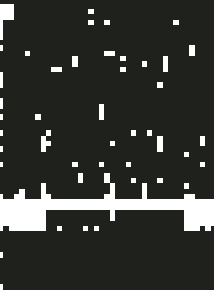
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Crossword Puzzle on Page 8

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TAX HELP

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Dean Alexander Sr.

Citizens Tax Problems Stem From Fanaticism

Fanaticism is a child of dogma and creed. Fanaticism has written more than half of world history. Dogma sits at the top of killing and distortions. Have a belief, a strong belief but let me run. It flips to the good and the bad. And I am not sure where it is going. Belief is in charge of many a good, just as it is in charge of historical ills. Taxes are no exception. They were born for the good of the society. Now they are a burden on the freedom and sanity of unsuspecting citizens.

After an evolution of no taxes to a lot of taxes, then less taxes to more taxes again, there is a debate about raising taxes along the ideological lines or economic and social creeds. The Democrats generally believe that "the rich should pay more". The Republicans believe that the poor or those who get should "get less".

The whole debate was caused by the need for money, the national debt. When you personally lack money before you look for a job or assuming that ability to get a second job is not flexible, you tend to look at your expenses. If you drive a Mercedes maybe you buy a cheaper car. If you go on vacations frequently you may reduce that number. This in

essence means you treat yourself as less affluent.

If you apply this to the nation, regardless of economic theories and social dogmas, one must in earnest think that we are acting as though we were richer than our reality. So perhaps if we spend so much on social programs maybe we need to say we cannot afford it. This should be after all citizens pay an honest and honorable share to help others.

What is the honorable share is possibly the crux of the debate. The Islamic empire in its heyday relied for its expansion on two and a half per cent tax rate or what they call they Zakat. So why do we need forty per cent and we still face economic problems of distribution and allocation? There is an identity problem. We must look in the mirror and see what we are doing. If it is a case of irrational and reckless endeavors and expenses we say that needs to stop. And I do believe it is a case of reckless behavior and my evidence is the high tax rate that does not quench the appetite of those who do not see the big picture.

And what is the big picture? The big picture is that we are all citizens governed by a machine called the government.

We must restrain this machine from intruding on our liberty. Including in the definition of liberty is aborting the ability of an authority that to levy coercive fines (taxes) because of the transgression of power. Now they are tinkering with reducing corporate taxes on big companies and increasing the tax rate on people with lesser income.

You are talking about a warped logic and intellectual bankruptcy. If your loyalty diverts from the truth, to that extent you draw a picture of buffoonery and disbelief. Those who have no goals can as they say be taken anywhere. Now again back to the belief, the good one, if we don't think of the honest role of government in our life we will be dominated by the large government apparatuses such as the IRS, the immigration and homeland security to name a few.

Maybe we are not calling for anarchy because in the end it is impractical, but we call for a government role that does not diminish the liberty of citizens and does not sacrifice the needy in the process. Liberty and justice are our guidance to a balanced society and governed government.

Dean Alexander is president of NEA Tax Help and has been helping taxpayers with their tax problems for over 30 years. His company website is www.resolvemytaxes.com



POPPOFF!

with Mary Jane Popp

control of his life. But he never lost the will to fight back, and he eventually found a way to handle what was happening to him.

Now, 14 years later, he is back and wants to help others. He spends most of his time in New York, but still visits his native New Zealand, and is the founder of a U.S. non-profit organization dedicated to helping others stay mentally healthy. His story is incredible, but I wanted to share an abbreviated version of his 9-step plan with you.

Paul emphasizes that change will not happen overnight, but once you make the commitment to change, you'll begin to see results in 30 days. So here are the steps:

1) TAKE CHARGE – Accept the need for change and recognize the "old you" causes stress. Know that you deserve well-being and balance. Take responsibility for making changes by making time to put those changes in practice. Renew your commitment every time you slip and fall.

2) KICK YOUR BAD HABITS – Acknowledge which habits are unhealthy, addictive, and harmful. Gradually decrease your dependence on these habits and resolve to overcome with coping mechanisms, beginning with one habit at a time.

3) LEARN TO SAY NO – Learn to say "no" to demands and requests that are not in line with your true desires. Don't commit to obligations that you don't have the necessary time and energy for.

4) AFFIRMATION – Spend time daily to focus on your affirmations (positive statements about who you are), saying them to yourself and feeling them working in your mind and on your body.

5) EXERCISE – Exercise regularly – ideally with a 60- to 80-minute walk outdoors each morning, free of all distractions, allowing yourself time and space to reflect. Where possible, spend 15 minutes a day "earthing," that is connecting to the earth's natural surface with your skin (by standing or walking barefoot).

6) NUTRITION – Change your eating habits by eliminating toxins from your diet, including foods containing refined sugar, artificial colors or flavors, junk food, caffeine, and alcohol. Avoid processed foods,

and minimize dairy intake and red meat or pork products. Avoid seafood that contains high levels of mercury. Choose organic foods wherever possible, and drink plenty of purified room-temperature water. Start your day with exercise and a vegetable juice cocktail.

7) SLEEP – You need to follow certain healthy patterns with regard to sleep, including getting seven-and-a-half to nine hours of sleep each night. This ensures maximum recuperation and healing of the body and mind. Avoid sleeping pills.

8) THE POWER OF AWARENESS – Be mindful of your thoughts and desires, and their likely consequences. Become more aware of what you're holding on to, and see if you can begin to forgive yourself and love yourself. Allow yourself to embrace the present moment, enjoying fully what life has to offer here and now.

9) DON'T GIVE UP – You have the power to move forward in your life. Allow yourself time to break bad habits and form new ones that are positive. Nurture your flame of hope, and maintain your commitment, regardless of the challenges you encounter.

Well, there you have the short version. Some of these may seem like common sense, and others, perhaps a stretch. But why not give them a try?

According to Huljich, "The nine steps are your armor and tools for dealing with the stress pandemic," and "Each one of us is a powerful warrior in the coliseum of life. These steps equip us well for our challenges."

Stress Pandemic is based on his real-life experiences, exhaustive research, and consultation with medical professionals. Stress can manifest in many ways and can have serious physical and psychological consequences. Although stress is a natural part of life, Paul says the number of people experiencing increased levels of it is alarming, approaching a pandemic.

Check out Huljich's website at www.stresspandemic.com. Changing your life with ideas is what we try to do on POPPOFF all the time. Stay well and don't stress! Live life for today!

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- 9am - Noon: The Andrea Tantaros Show
- Noon - 1pm: The KAHI Noon News with Mary Jane Popp and the KAHI News Team
- 1 - 4pm: The Dave Ramsey Show
- 4 - 6pm: The KAHI Afternoon News with Dave Rosenthal and the KAHI 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 KAHI Corral
- 9 - 10am: The Garden Goddesses
- 10am - 7pm: Sinatra & Friends Music
- 7 - 8pm: A Way With Words
- 8 - 9pm: Rewind with Jimmy Jay

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- 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
- 8 - 9pm: Hearts of Space

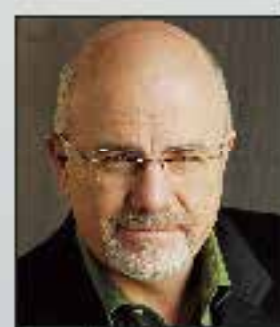
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Dare to Live Without Limits

BRICK WALLS

by Bryan Golden

You have objectives you want to accomplish. Some of them are easily achieved. Others are more challenging. Then there are times when you feel as if you're up against a brick wall when trying to achieve some goals. When this happens, it seems as if it's impossible to make any progress.

What should you do when you are facing a brick wall? Some people will give up, resigning themselves to accepting their goals as unattainable. They may also justify quitting by thinking it must not be meant to be. Failure only occurs when one quits. Therefore, quitting is not a suitable strategy.

Brick walls test your resolve. The only people who get past them are those who want to reach their objective badly enough. The reason there are fewer successful people than unsuccessful ones is because of the deterrent effect of brick walls.

In order to get past a brick wall, you must be more than motivated. You need a burning desire. You have to be willing to devote whatever time and effort is necessary. Moving beyond a brick wall in your path is not an easy task. However, there are limitless rewards on the other side.

As you progress through life, you will encounter multiple brick walls. With each one you break through, you become stronger. You gain confidence as you go. Some walls are thicker than

others, but none can stop you when you decide your progress will not be halted.

Here are the traits you need to get through a brick wall: determination, persistence, perseverance, drive, endurance, desire, flexibility, and consistency. These are the same characteristics all successful people share.

Determination gives you a laser-like focus. It enables you to concentrate all your efforts in one direction. This gives you incredible power which leads to awesome accomplishments. Persistence is what carved the Grand Canyon from solid rock with nothing more than rainwater. Imagine what persistence will do for you.

Perseverance keeps you going when others stop and turn back. How long it takes to break through your wall doesn't matter. The time goes by anyway. You never want to look back on today and wish you had kept going.

Drive keeps you in gear and moving forward. Just revving your engine may make lots of noise, but it gets you nowhere. Endurance gives you the ability to keep going when you're exhausted. It's when you feel you have nothing left that you must keep at it.

Desire is the fuel that keeps your engine of accomplishment running. You know you have a burning desire when you want something so bad you can taste

it. Desire allows you to keep you laser-focused.

Flexibility enables you to be resourceful and creative when formulating strategies to break through your walls. Not everything you attempt will work as expected. Flexibility empowers you to adjust your approach as necessary to produce the results you want.

Consistency is the opposite of being a flash in the pan. You don't just put in some effort for a predetermined, limited period of time. Consistency keeps you hammering at your wall day in and day out.

Not only can you break through your brick walls, but you will only encounter them when you're on the right track. Anything worthwhile takes effort. The loftier your goals, the bigger the walls you'll encounter.

The next time you encounter a wall, focus not on the wall but on the path that lies beyond. To become discouraged and turn back is a shame. The only direction is forward. Let nothing stand in your way.

NOW AVAILABLE: Dare to Live Without Limits, the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. Email Bryan at bryan@columnist.com, or write him c/o this paper. 2008 Bryan Golden

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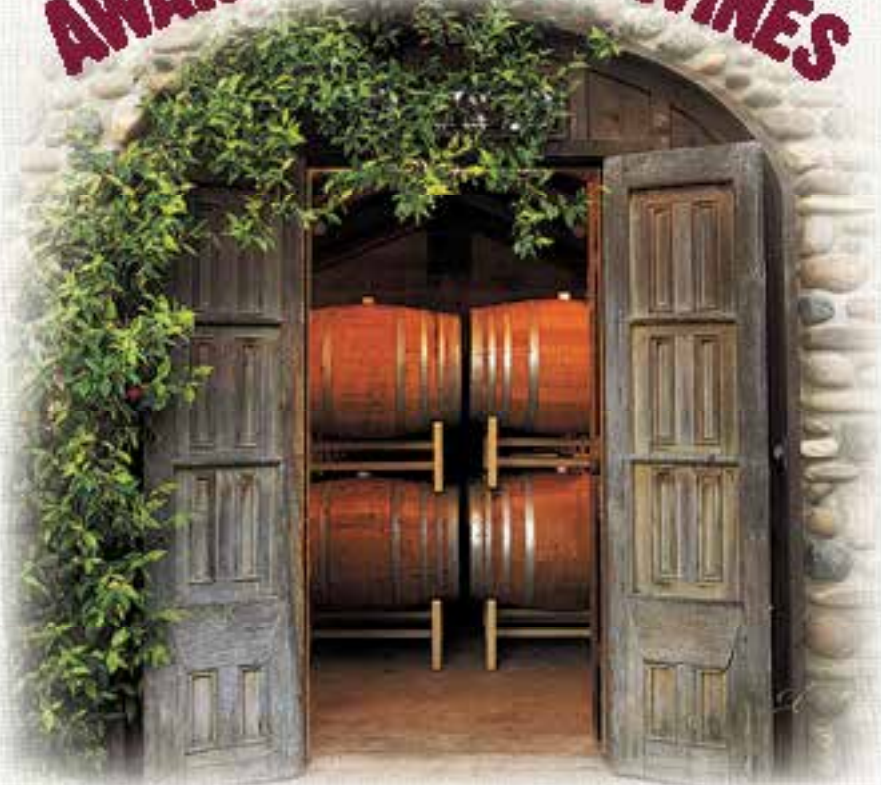
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