



**Nicolas' Garden.**  
Local Second Grader Designs His Own App and Launches it on Apple App Store and Google Play

Page 2

**PLUS:**  
**Celebrating the Fourth with Fireworks!**

Page 10



# Placer Sentinel

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Serving Auburn and Placer County since 1987

Second Issue of June 2013

**Thrift Shopping at Too Much Stuff With Candi Hewitt**



Page 3

**Sacramento Capitals Aim for Championship**



Page 4

**'Celebrate America' at Twin Oaks Park**



Page 3



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## America's Last Birthday



"There are more instances of the abridgment of the freedom of the people by gradual and silent encroachments of those in power than by violent and sudden usurpations." — James Madison

Commentary by Bryan Golden

"All tyranny needs to gain a foothold is for people of good conscience to remain silent." — Thomas Jefferson

Will this be America's last birthday? America is the first country in history to be founded based on individual liberty. The principles of liberty are timeless. The concepts apply as much today just as they did over 200 years ago. Our founders knew firsthand

the misery and suffering caused by tyranny. They came from societies where government controlled its citizens with an iron fist. They had a solid understanding of the consequences of unchecked power. The founders also understood human nature. Throughout history, oppression and subjugation had been the norm. They recognized that power-hungry people seeking to dominate others would always exist and be a constant threat to our free society. Our Constitution was crafted specifically to limit the scope of government to prevent its

infringing on individual liberties. It has numerous checks, balances, and safeguards designed to prevent the rise of tyranny. But our Constitution is only a document. Maintaining a free society requires vigilance and participation. There will always be those seeking to subvert the Constitution in order to seize control. The power-hungry claim the Constitution is out of date. They assert it doesn't apply to them. They violate your constitutional rights while claiming to act in your best interest. An apathetic and glib

populace facilitates the rise of tyranny. Tyrants depend on people's ignorance, inaction, or apathy in order to confiscate power. Tyrants are cunningly deceptive. They claim their mission is so altruistic that it is worth giving up your liberty on the pretext of being in your best interest. Tyrants operate by suppressing liberty in small steps under false pretenses. They target one group at a time. They depend on those unaffected remaining silent because the lost liberty doesn't affect them.

Continued on Page 11

## State's Debt Not Addressed With New Budget

SACRAMENTO, CA (MPG)—The Legislature passed the 2013-14 state budget on June 14th — a budget that was negotiated among Democrats and with limited public review. The main budget measure — Assembly Bill 110 — passed with only partisan support by a vote of 28 to 10. "The biggest goal of the Legislature should be to get control of the budget," said State Senator Jim Nielsen (R-Gerber). "But that has not happened. There are built-in cost increases that have not been addressed." Negotiated behind closed doors, the total state budget spends approximately \$108 billion in general fund monies, which are spent at the discretion of the Legislature. Despite its lack of transparency, the budget did dedicate \$2 billion to partially pay down the state's debt, restored the adult dental program and child care services, and provided some funding for trial courts. This budget, unfortunately, prioritized new spending over a more fiscally prudent approach that pays off state debt and unfunded retirement liabilities. The Governor's own Department of Finance estimated that the state's unfunded liability on employee retirement pensions is at a cost of \$180 billion to taxpayers. It did not address many of the problems with the Governor's public safety realignment plan, also known as AB 109. It allowed prisoners more good time credit than they ever had nor will ever earn. "Without changes to realignment, criminals will be more emboldened by no consequences for their continued criminality and will only prey upon more of us. The time to fix AB 109 is now," said Nielsen. Assembly Bill 110 is the main budget bill that must be accompanied by 21 trailer bills — which implements the budget. Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov.

## PCF Loses Founding Chairman, Community Advocate and Dear Friend From Placer Community Foundation

From Placer Community Foundation  
AUBURN, CA - On Tuesday, June 4th, the Board of Directors and staff at Placer Community Foundation were extremely saddened to learn of the passing of our founder, Janice L. Forbes. Janice will be honored and remembered as the leading force in establishing Placer Community Foundation. A long-time board member of the private Auburn Community Foundation (ACF), she understood the impact giving could have on current and future needs throughout the county. She also believed strongly in honoring and sharing the legacy of those who have chosen to give back to their place of home. In 2004, she led the board in ratifying the decision to transform ACF into a public charity that could serve donors in directing their charitable intent to address a wide range of causes. That decision created Placer

Community Foundation. Since 2005, the Foundation's assets have grown to \$10.5 million and cumulatively, the Foundation has distributed over \$4.1 million in grants to local charities. Janice was a true leader and ardent champion of many causes. It can be said that her tireless work has contributed to the quality of life we all share in this county. "Janice's passion and commitment to improving this community were unrivaled. She had a vision for local philanthropy in Placer County that guides the work of our Community Foundation. She was a dear friend to us all," said Justice Keith F. Sparks, First Vice Chairman of the Placer Community Foundation Board. Janice Forbes was a native of Auburn, CA. A proud Placer Hillman, she attended Placer High School with some of the Foundation's current and emeritus board members. At board



Placer Community Foundation Counder and previous Publisher of The Placer Sentinel, Janice L. Forbes. Photo courtesy of Placer Community Foundation

meetings it was common for members to address her affectionately by her childhood

nickname, "Booie"—a name she bore on her license plate frequently seen in Old Town Auburn where she worked in her office above Sierra Moon Goldsmiths. After high school, she attended Mills College in Oakland, was elected to the Berkeley Chapter of Phi Beta Kappa, and received her B.A. from the University of California, Davis. She was publisher of *Sierra Heritage Magazine*, a regional magazine covering the Sierra Nevada mountain range, for 26 years and published the weekly community newspaper, *The Sentinel*, until 2010. In addition, she was active in the planning and funding of the restoration of Auburn's School Park Preserve and Cooper Amphitheater. She served several terms on the City of Auburn's Economic Development Commission and on numerous local boards including the Auburn Area Chamber of Commerce, the Auburn

Symphony and the Auburn-Placer Performing Arts Center. She was also a founding board member of the Sierra Business Council, a regional business organization. Janice's work as a conservator of open space and her leadership with Placer Community Foundation points to her longstanding dedication to preserve this region's unique assets for generations to come. She understood the importance of always keeping these resources in the forefront of Placer County's growth and development. We are honored to have known and worked alongside Janice and she will be deeply missed. It was Janice's wish to have no public service. The best tribute to her life and work is giving back to your community. Donations in Janice's memory may be made to the Community Needs Fund at Placer Community Foundation.

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# Nicolas' Garden - Local Second Grader's Mobile App Launches



Orangevale's Nicolas Come takes a break in between live segments on a local news station to promote the launch of the Nicolas' Garden mobile app in the Apple App Store and Google Play. The second grader came up with the idea for the app that promotes healthy eating for children. Courtesy Nicolas Come

**Special from Intel Free Press**  
By David Dickstein, Gold River Resident

SACRAMENTOREGION, CA (MPG) – Mobile apps are a dime a dozen -- the Apple App Store just hit the 50-billion download milestone -- but not many are the brainchild of a second grader. That didn't stop 8-year-old Nicolas Come of Orangevale from pitching his idea for a nutrition-focused mobile app to potential backers and now the result, Nicolas' Garden, has been launched for iPhone and Android smartphones.



The Nicolas' Garden mobile app on the Apple iPhone. Courtesy Nicolas Come

Armed with a hand-drawn wireframe of his concept for a social platform and mobile apps that promote healthy eating and cooking for children, Nicolas pitched his startup idea to nearly 100 technical experts last November at an Intel-sponsored hackathon at Hacker Lab near downtown Sacramento.

"It was at Cereal Hack II and I got up on a chair to present my idea," said Nicolas. "My dad

had told me that if I pitched my idea there he would help me, so I did it. It was exciting and cool."

Representatives of AppMatrix, a mobile app development company, saw Nicolas' pitch at the hacker event and now the company has brought his idea to market with the recent launch of Nicolas' Garden in the Apple App Store and Google Play.

"We're very interested in the start-up craze, and to see an 8-year-old do this was awesome," said Tim Dement, senior executive vice president of the Rocklin, Calif. firm. At 8, having a vision like that and be able to wireframe it? That's just ridiculous, it's amazing."

The launch offers a cornucopia of healthy recipes, cooking tips, shopping guides and other nutrition-minded content. Enhancement plans include gamification, multiple language support, and a calendar of local farmers' markets and other healthful events.

"I want to add a 'cooktop' game," Nicolas said. "You drag and drop ingredients from the pantry and refrigerator while following recipes on the app or others that you can make up on your own. If you make your own recipe and it's really healthy, you get lots of points, and if you deep fry it, your score goes way down."

Nicolas is by far the youngest client within AppMatrix's portfolio, which includes GolfChex, Intel, Patriot Memory and Rogue Running. "I think our next youngest is 18, maybe, but every entrepreneur we work with besides Nicolas is an adult," Dement said.

The ideas around content are all Nicolas', according to his father, Stephane Come,

an advisor at Hacker Lab and president and CEO of LCS Technologies, an Oracle solutions consulting company he co-founded with Gold River resident Steve Simonetto.

"Nick comes up with the ideas, and as his dad I help enable it," Stephane said. "He doesn't know you need to talk to a lawyer when starting a company, for example."

Nicolas, through a trust, is part owner of the company that was spawned by his pitch at the hackathon. The experience of starting a business has allowed the second grader to work directly with the adults doing the coding that is making his idea a reality.

"It was fun to get help from others and work as a team," said Nicolas of his collaboration with designers Devon Latzen and Jay Miller, who helped design the app, and Kathryn Lastufka, a social media coordinator for LCS Technologies, who worked on that end of Nicolas' Garden.

Nicolas' father sees it all as a valuable learning experience.

"Is it going to work? I don't know. This can fail," he said. "Today Nicolas is on TV, the next month there could be no one using the app. Either way it's a good life lesson."

And as for Nicolas' head getting bigger if Nicolas' Garden grows? Not on Dad's watch.

"I don't want this to be like a Honey Boo Boo," the father said. "That's not what this is about."

Intel Free Press ([www.intelfreepress.com](http://www.intelfreepress.com)) is a tech news site from Intel Corporation, covering news and information focused on people, technology, events and topics relevant to the computing industry.

# Eat Local Placer and Nevada Bringing the Smoothie Bike to the DeWitt Farmers' Market in June

AUBURN, CA (MPG) – Eat Local Placer and Nevada, an effort managed by the University of California Cooperative Extension (Placer County Farm Advisor), will host its first tasting event at the DeWitt Foothill Farmers' Market on Wednesday, June 19. The project, which is funded by a grant from the California Department of Food and Agriculture's Specialty Crop Block Grant program, is designed to connect local consumers with local specialty crop growers.

"This tasting will feature Peach Berry Smoothies," says Cindy

Fake, Horticulture and Small Farms Advisor for UCCE. "We'll be featuring our 'Smoothie Bike' – a stationary bike that operates a Vita-Mix blender – folks will have lots of fun with it!" In addition, the first 100 people who sample the featured recipe will receive a \$5 voucher for purchasing fresh fruits, nuts, and vegetables at any Foothill Farmers' Market. UCCE will also provide a produce card complete with the recipe for the smoothies and nutritional information for strawberries. The tasting will run from 11 a.m. until 1 p.m. "This is a fun and

refreshing recipe – and a great way to enjoy seasonal fruit," says Fake.

UCCE works in partnership with local farmers and ranchers to build and strengthen the local food system. The organization is dedicated to supporting the local agricultural community and helping it grow and thrive through a variety of educational and community building programs.

For more information, including the recipe, go to [www.facebook.com/EatLocalPlacerAndNevada](http://www.facebook.com/EatLocalPlacerAndNevada) or <http://ucanr.edu/sites/EatLocalPlacerNevada/>.

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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**

# Celebrate America

PLACER COUNTY, CA (MPG) – Celebrate America – presented by Destiny Christian Church and FOX 40 – will take place at Twin Oaks Park in Rocklin, CA June 29-30.

Over the past several years, Celebrate has become known as one of the largest family-friendly Fourth of July events in the Sacramento area. This year will see a return of *American Idol* finalist Danny Gokey.

A new and exciting addition to open this spectacular show is a four-jet flyover from the Capital Airshow, followed by a patriotic musical presentation with over 150 cast members (a tribute to our military and first responders), Navy Seals parachuting onto the venue, and concludes with spectacular aerial fireworks choreographed to music.

The pre-show is packed with fun as well. Live music will feature Nashville Duo Summerlin Road, Joel the Band, Stacey Stone, and Travis Airforce Base Band. Our Kids Zone has fun inflatables, water features, and face painting. Enjoy delicious food like Squeeze Inn burgers, shaved ice, roasted sweet corn, wood-fired pizza, J-Dogs, frozen yogurt, and much, much more! Admission and parking are free, so come on out and bring your family and friends! You don't want to miss this event.

Celebrate America started in



Over the past several years, Celebrate has become known as one of the largest family-friendly Fourth of July events in the Sacramento area.

Rocklin, CA in 2009 when the City of Rocklin made the decision to suspend the Annual Rocklin Jubilee.

The Annual Rocklin Jubilee was the premier Fourth of July event for 40 years. Destiny Christian Church decided to step in and meet the needs of the community by offering an event equivalent to the size of the Jubilee that would give Rocklin and the surrounding communities

a place to celebrate the Fourth in a family-friendly environment.

Three years after its debut in 2009, which drew a crowd of 6,000, Celebrate America saw 30,000 attendees in 2012.

For more information on Celebrate America, visit [www.celebrateamericaonline.com](http://www.celebrateamericaonline.com). Or contact Michelle Coleman at (916) 780-2273 ext. 258; [mcoleman@destinyrocklin.com](mailto:mcoleman@destinyrocklin.com).

# Around Town

with Loyce Smallwood



Summer weather challenges and also rewards with new dining delights including D'lish eatery at 13471 Bowman Road where Capt'n Jack and I breakfasted and The Capt'n enjoyed his Egg Croissant while I cooled off with the Yogurt Parfait with home-style granola. Also enjoyed was the Smoked Salmon Burrito with cheese and potatoes and a delicious Blondie from the baked goods selection which includes decadent Cinnamon Knuckles lemon and s'more bars.

With some good luck, LaBou Bakery—now located in the Victorian Center on Highway 49—should soon be open and serving our favorites. In the interim, enjoy thrift shopping at Too Much Stuff packed with a vast array of vintage items including fashion purses served up by Candi Hewitt, owner of Candi's Corner. Check out the vintage Hawaiian shirts/jewelry and cards offered up by

Heidi and Native American and Western choices by Jeanne.

Across the way Auburn Yoga owner Gwenn Jones continues to oversee her yoga workshops and around the bend in the Fiddler Green Center at the Assistance League Thrift, more resale items are offered up including clothing/shoes/jewelry and home accessories. So shop and donate gently used goods to this community favorite thrift run and stalwartly managed by dedicated volunteers who help raise monies that contribute to our community needs.

Sign up for crafting workshops at Lazy Cowgirl craft shop at 1507 GV Hwy where owner Kim Wright also provides a Sunday open workshop and loads of tempting stamping/crafting supplies in her cheerful shop in the Live Oak Center.

Head a few miles farther north and enjoy the deliciously satisfying shrimp pizza at Strings in the Rock Creek Center. Or select the

pizza and salad combo at Pizza Express across the way.

Kudos for great service sent to Reiki Master and Gerontologist Therese Johnson; Computer Guy Matt Cummins; Happy Tails Groomer Sarah Neal; and Dawn's Hallmark at Raley's Center at the Foresthill Exit where Friends of Placer County bookstore raises money from sales of used books/DVDs/CDs/magazines and housewares to care for homeless felines.

And special kudos tossed out to those dedicated/devoted Friends' volunteers who are encouraged to reward themselves with a tasty burrito from our favorite service-oriented and friendly Burrito Shop down from the bookstore. Remember to donate/volunteer/dine and shop, sending comments/requests to [loycer@suddenlink.net](mailto:loycer@suddenlink.net).



Too Much Stuff, Candi Hewitt.



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# Seniors Need to Know: Long-Term Care Insurance

Commentary by  
Dr. Ignacio Céspedes

The increasing need for in-home care is irrefutable. Elderly people and some younger individuals with disabilities or chronic illnesses require help with activities of daily living such as bathing, dressing, transferring, toileting, eating, continence, as well as assistance with transportation and meal preparation. A recent report from AARP shows that the cost of unpaid caregiving provided by family and friends was \$450 billion in 2009, rivaling the cost of the entire Medicaid/Medi-Cal program. While some caregiving is provided out of love and compassion, most of those unpaid care hours result from a lack of funds to cover the cost of hired in-home care. Unpaid caregivers in California spend, on average, over 18 hours a week helping their loved one. This takes a great toll on caregivers, who often become ill due to the physical and emotional stress of caregiving or by the lack of attention to their own health.

Paying for in-home care is covered either by private funds, long-term care insurance, or, if eligible, by a governmental program. The average cost of a caregiver is about \$20/hr. Few families have long term care insurance because of denial, procrastination, and the thought that premiums are too costly; however it may not as expensive as one would think. Long Term Care (LTC) insurance premiums average \$1,500 to \$3,000 per year, depending on one's age, health, marital/partner status, amount of coverage, and the insurance company. The younger you are, the lower the premium. Without LTC, out-of-pocket costs can be as much as \$40,000 to \$80,000 per year, depending on the kind of care (unskilled or skilled); the extent



of care (number of hours per day or week); and the location of care (home or facility care).

Be aware that some older policies do not cover caregiving in the home (home care), but most policies today are more comprehensive and cover home care and facility care. Many policies have a daily benefit ranging from \$100 to \$200 a day. If the costs for the home care service exceed the benefit covered by the insurance, the difference is paid out of pocket.

Long-term care beneficiaries usually have difficulty understanding (or remembering) the way the insurance policy works. Frequently, they are surprised – even upset – about having an “elimination period” or “waiting period” before benefits start. Some long-term care policies do not have a waiting period for in-home care, even when there is a waiting period for assisted living or nursing home care, or the waiting period does not apply if the client is in hospice.

The most significant element of this discussion about planning ahead for long-term care is peace of mind. Reaching the point in life when you need

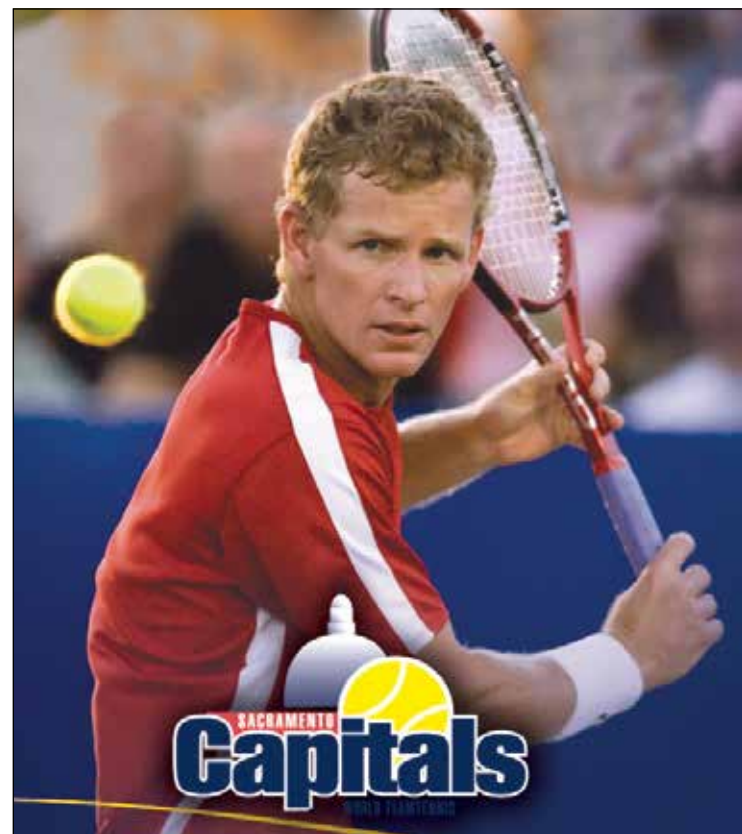
a caregiver to assist with the activities of daily living is never easy. Those individuals who had the foresight and wherewithal to have purchased long-term care insurance now enjoy peace of mind as it relates to the financial burden of long-term caregiving. There is also a sense of relief from having the services of a nurse who will advise the family on a plan of care and can assist in the coordination of that care. If you desire, consider leaving a legacy for your children so they can care about you; not for you. Both you and they will breathe easier when the time comes.

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 County Board of Supervisors and the Placer Department of Health and Human Services on issues affecting the lives of older adults. Meetings are held the 3rd Tuesday of the month at 1:00 p.m. For more information call the Public Authority at (530) 886-3680.

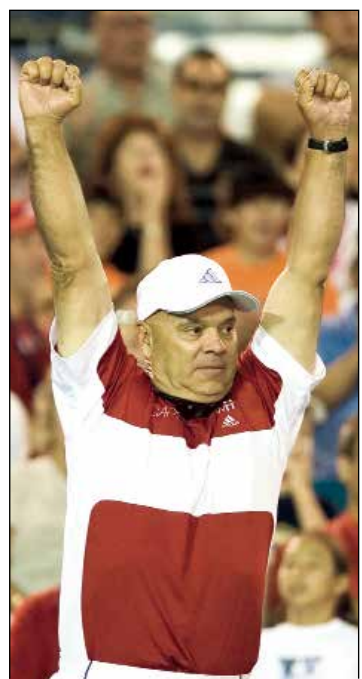
# Sacramento Capitals Announce 2013 Single Match Tickets Now On Sale

SACRAMENTO REGION, CA. (MPG) – The 2012 Western Conference Champion Sacramento Capitals announced that all individual tickets for all home matches in the 2013 season are now on sale. Tickets are available by logging on to [www.SacCaps.com](http://www.SacCaps.com), emailing [tickets@saccaps.com](mailto:tickets@saccaps.com), or by calling (916) 304-5722. The Capitals open the season with five straight home matches July 7, 8, 10, 12, 13 and concludes July 17 and 22. The July 17 match against the Texas Wild will feature the world champion doubles team, Bob and Mike Bryan.

The Capitals will have four returning players from the 2012 roster: Mardy Fish, Sam Querrey, Mark Knowles, and Ryan Sweeting. They will be joined by Taylor Townsend and Megan Moulton-Levy and will again be coached by Wayne



Caps legend, Mark Knowles. Photo Courtesy Sacramento Capitals



Sacramento Capitals coach Wayne Bryan. Photo Courtesy Sacramento Capitals

Bryan in their bid to win the Mylan World Team Tennis Title in 2013.

Ticket prices are \$25-\$70 with discounts available for kids. Season tickets and five match package tickets are still available and they run \$112-\$392.

All home matches begin at 7:35 p.m. and are played at Capitals Stadium on the corner of Sunrise and Greenback in Citrus Heights. For more information, log on to [www.saccaps.com](http://www.saccaps.com).

Mylan World Team Tennis, presented by GEICO, showcases the best in professional team tennis competition, playing an innovative coed team format. Co-founded by Billie Jean King in the 1970s and based on a

concept of gender equity, Mylan WTT offers unique access to the sport and some of its greatest champions who have played over the past 38 seasons.

Mylan WTT is well known for showcasing and introducing innovative elements to tennis including instant replay, coed format, cumulative and no-ad scoring, on-court coaching and timeouts, Overtime and Supertiebreakers, multi-colored courts and player names on the back of shirts.

The United States Tennis Association (USTA) is a minority owner and promotional partner of World Team Tennis. For more information on Mylan WTT, visit [www.WTT.com](http://www.WTT.com).

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## Here Comes the Final Wave of Cell Phone and Texting Enforcement

SACRAMENTO REGION, CA (MPG) – Drivers in the greater Sacramento region who are observed texting or talking on a hand-held cell phone will be targeted in a special enforcement operation that will last through June 30. Thirty-seven local police departments and the California Highway Patrol (CHP) will participate in the enforcement effort.

This is the third and final high-visibility enforcement period that was developed to test tactics that may be employed nationally in the future. In 2012, the National Highway Traffic Safety Administration (NHTSA) awarded the California Office of Traffic Safety (OTS) \$600,000 to fund three waves of enforcement along with the message “Phone in One Hand, Ticket in the Other,” designed to educate drivers about the dangers of distracted driving.

A total of 3,008 citations were issued during the first wave last December, increasing to 4,750 during the second wave in February. The special enforcement region stretches from Modesto to Marysville and from Vallejo to South Lake Tahoe.

“Distracted driving is a dangerous problem,” said OTS Director Christopher J. Murphy. “For everyone’s safety, drivers need to focus on the road and refrain from talking or texting on a cell phone. California has strict mobile device laws in place and this “Phone in One Hand. Ticket in the Other” campaign offers a constant reminder to drivers to



**To reduce the number of distracted drivers on Sacramento area roadways, and to test our enforcement tactics, law enforcement agencies in the Sacramento region will be conducting the final wave of three high-visibility enforcement efforts that will last through June 30.**

do the right thing and practice safe driving.”

Drivers caught talking or texting on a hand-held cell phone will receive a first-time ticket costing a minimum of \$162, with a second offense costing \$285. However, the goal of the special enforcement operation is not to issue tickets, but to raise awareness about the dangers of distracted driving.

The California Office of Traffic Safety offers these simple tips to keep you or someone you know from being a victim of distracted driving:

- While talking on a cell phone, up to 37 percent of the brain

function needed for driving is used toward that conversation, rather than driving.

- Turn off your phone, and/or put it out of reach while driving.

- Include in your outgoing message that you can’t answer while you’re driving.

- Don’t call or text anyone at a time when you think they may be driving.

- Remember: Phone in One Hand. Ticket in the Other.

For more information on distracted driving, please visit [www.distraction.gov/sacramento](http://www.distraction.gov/sacramento).

Source: [katzandassociates.com](http://katzandassociates.com)

## Soroptimist International of South Placer Selected to Receive \$10,000 Grant

PLACER COUNTY, CA (MPG) – Soroptimist International of South Placer was just selected to receive a 2013-2014 Soroptimist Club Grant for Women and Girls in the amount of \$10,000 to support the Women Who Work project through Working Women International. Latanya Johnson, Founder and Executive Director of Working Women International, is currently scouting locations for what will become a thrift boutique featuring gently used business suits and professional work clothes for women.

Johnson shares “Right now we want the community to know about the vision and the plan. We also want them to contribute by donating. We are currently accepting new or gently used business suits for women. If any companies or businesses are interested in being a sponsor by way of being a donation drop off site, we encourage them to get in touch with our organization.”

Soroptimist International received 67 proposals

requesting nearly \$507,000 in funding. A task force made up of Soroptimist International of the America’s Program Council members reviewed proposals and recommended funding levels. SI South Placer was one of 32 projects selected to receive an award. “Our Club is so proud of receiving this grant that will support working women in our community” reports Debby Bedwell, SI South Placer President. “Our goal in Soroptimist is to help women and girls improve their lives, and this grant will be put to good use in accomplishing this goal. It’s all about turning dreams into reality, not just believing that we can make a difference but actually making a difference.”

Soroptimist International of South Placer is a volunteer organization for business and professional women dedicated to improving the lives of women and girls, in local communities and throughout the world. Founded in 2011, the South Placer club is part of

Soroptimist International of the Americas where almost 100,000 Soroptimists in about 120 countries and territories contribute time and financial support to community-based projects that benefit women. Soroptimist International of South Placer has supported middle-school girls through the Girls on The Run Program at Spring View Middle School, foster youth at Sierra College, Women’s Opportunity Awards for women in the community and now their newest project, Women Who Work in conjunction with Working Women International.

For additional information on Working Women International, please visit [www.workingwomen-international.org](http://www.workingwomen-international.org) or email [info@workingwomeninternational.org](mailto:info@workingwomeninternational.org)

For information on Soroptimist International of South Placer please visit [www.facebook.com/sisouthplacer](http://www.facebook.com/sisouthplacer) or email [southplacer@soroptimist.net](mailto:southplacer@soroptimist.net)

Media Contact: Trina Laird, 916-251-7052, [trinalaird@gmail.com](mailto:trinalaird@gmail.com).

## Congressional Hearing Reveals that Children in the Womb Feel Pain

From [LCAction.org](http://LCAction.org)

WASHINGTON, D.C. – Liberty Counsel Action pledged its full support to HR 1797, the Pain-Capable Unborn Child Protection Act, a bill to provide protection for unborn children 20-weeks or older, who have the capacity to experience pain while being aborted.

In compelling testimony, health professionals disclosed the horrors of second trimester abortions and the pain those preborn babies experience. In his testimony, Dr. Anthony Levatino, a former abortionist, described the process of inserting a thirteen-inch Sopher clamp with 2 1/2 inch jaws at the end with rows of sharp teeth. “Once you have grasped something inside, squeeze on the clamp to set the jaws and pull hard—really hard. You feel something let go and out pops a fully formed leg about six inches long. . . . Reach in again and again with the clamp and tear out the spine, intestines, heart and lungs.”

“This is the reality of so-called ‘reproductive health care,’” said Mat Staver, Chairman of Liberty

Counsel Action. ‘Cloaked in compassionate words, pro-abortionists do not care about women’s health or fetal pain. In fact, Planned Parenthood and its minions fight against laws to bring abortion facilities up to basic medical clinic standards, require abortionists to have admitting rights at hospitals, or allow women to see a sonogram image of their unborn child before an abortion,’ Staver pointed out.

Dr. Levatino further revealed that after the first trimester, “any attempt to perform an abortion ‘to save the mother’s life’ would entail undue and dangerous delay.” Instead, OB-GYNs perform a Cesarean section if the mother’s life is at risk, often saving both the mother and the preborn child.”

The pro-abortion business does not want Americans to know what neurobiologist Dr. Maureen Condie revealed yesterday: a fetus responds to pain just like you and me, by withdrawing from the painful stimulus,” Staver said. The Director of Human Embryology instruction for the University of Utah

School of Medicine told the subcommittee, “The neural circuitry responsible for the most primitive response to pain, the spinal reflex, is in place by eight weeks of development.”

“In facilities hiding behind signs that advertise ‘Women’s Health,’ nurses like Jill L. Stanek experience appalling stories of babies who survive abortion only to be zipped alive a biohazard bag,” Staver noted.”

At yesterday’s hearing, (May 2, 2013) Rep. Trent Franks (R-AZ), the author of HR 1797, quoted Dr. Martin Luther King, Jr. who said, ‘Our lives begin to end the day we become silent about things that matter.’ Liberty Counsel Action will not be silent until every American has the right to life—from conception to natural death,” Staver concluded.

*Liberty Counsel Action is a 501(c)(4), non-profit grassroots lobbying organization advancing religious and civil liberties, the sanctity of human life, the family, limited and responsible government, national security, and support for Israel.*



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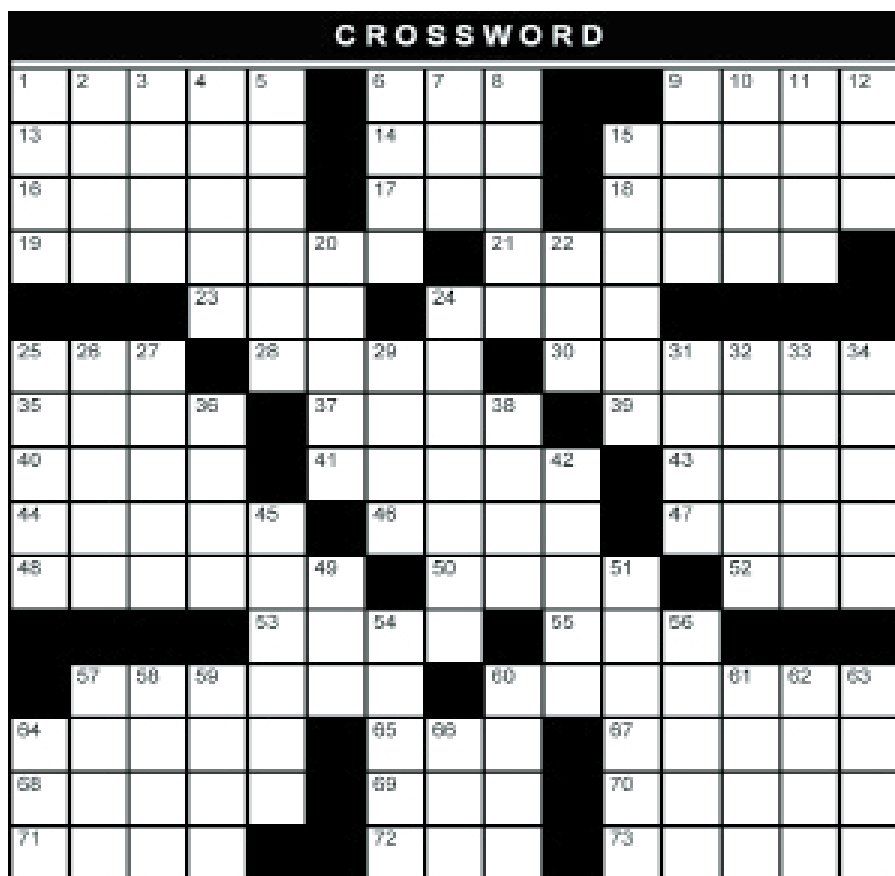
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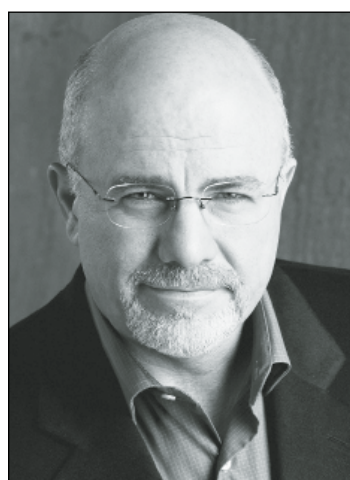
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### CLUES

- ACROSS**
- 1. Inscribed pillar
  - 6. Make a choice
  - 9. "He claimed that a little learning is a dangerous thing"
  - 13. Admit
  - 14. Hawaiian dish
  - 15. Intro
  - 16. Round openings in architecture
  - 17. Reef dweller
  - 18. What #23 Across does out of tree
  - 19. "He hears America singing"
  - 21. What Beauty's Beast couldn't control
  - 23. Found on pines
  - 24. Do it till you drop?
  - 25. Disreputable vagrant
  - 28. Bulb site
  - 30. Fall asleep
  - 35. Eurasian mountain range
  - 37. Jockey's leash
  - 39. New York's Bloomberg, e.g.
  - 40. Customary practice
  - 41. Basic belief
  - 43. Goose egg
  - 44. Former NBA players
  - 48. Israeli money
  - 46. Ripped or separated
  - 47. Units of work
  - 48. Israeli money
  - 50. Century Gothic, e.g.
  - 52. Band performance
  - 53. Snorkeling site
  - 55. Black gold
  - 57. "He urged to not go gentle into that good night"
  - 60. "She knows why the caged bird sings"
  - 64. Fertilizer made by birds
  - 65. "Casablanca" player
  - 67. Warms
  - 68. Undo a bustle
  - 69. Before now
  - 70. Old-hat
  - 71. Makeup, e.g.
  - 72. Noisy talk
  - 73. Church assembly
- DOWN**
- 1. "Like time in Keats' "Ode on a Grecian Urn"
  - 2. Georgia
  - 3. Small ornamental case
  - 4. Jaunty rhythms
  - 5. "Subject of Blake's "The Tyger" or Bishop's "The Moose"
  - 6. Golf's U.S. \_\_\_\_
  - 7. "He loved a maiden named Annabel Lee"
  - 8. State of soil for supporting plant growth
  - 9. On some planes
  - 10. Thick liquid
  - 11. \_\_\_\_ pressure
  - 12. Emergency Medical Services
  - 15. Cheerleader's prop
  - 20. Separated
  - 22. Long, long time
  - 24. "The Bachelorette" to "The Bachelor," e.g.
  - 25. "His Love is like a red, red rose"
  - 26. Husband of Bathsheba in Old Testament
  - 27. Not glossy
  - 29. "Kipling: "Never the twain shall \_\_\_\_"
  - 31. Stupefy
  - 32. Hearings or inspections, as of deeds or bonds
  - 33. Do like a blacksmith
  - 34. "He claimed that nothing gold can stay"
  - 36. Potato's soup mate
  - 38. Infamous Roman emperor
  - 42. Shaped to fit into a mortise
  - 45. Preacher's address
  - 49. Grazing spot
  - 51. Skintight hose
  - 54. Literary composition
  - 56. Apprehensive
  - 57. Ad jingle, e.g.
  - 58. Chance occurrences
  - 59. "Put a lid \_\_\_\_"
  - 60. Crazy
  - 61. Past participle of "lie"
  - 62. \_\_\_\_ von Bismarck
  - 63. Like a hand-me-down
  - 64. Instinctive
  - 66. American Gas Association

**For Solution See Page 7**



*Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.*

### Resenting the Family Loan

Dear Dave,  
 I borrowed \$30,000 from my aunt to buy a condo eight years ago. We had a deal that she would get her money back, plus a piece of the profits, when it sold. If there were no profits, she would get back her original \$30,000. Recently the condo sold and I lost the money I put into it, plus my aunt's money as well. I make good money and don't have any other debt, but I'm a little resentful now that she wants me to pay her back. Do you have any suggestions?  
 - Christine

Dear Christine,  
 I don't want to be mean, but you have no right to be resentful toward your aunt. This is the deal you signed up for, and she did nothing wrong. Wanting her money back now isn't greedy or malicious on her part, and it's definitely not worth putting a family relationship at risk.

I know what you're thinking, because it's just human nature. You just went through a lot, and the situation didn't work out as planned. Plus, it doesn't sound like your aunt is hurting financially if she put \$30,000 toward helping you in the deal. Part of

# Dave Says

you is thinking she has plenty of money, so why doesn't she just forgive the debt and forget about everything?

If you were barely scraping by, I might suggest that you sit down and talk with her over a cup of coffee, explain the situation and ask her to forgive the debt. Right now, the little girl part of you is whining, "Oh, come on. Just let me go!" But the grown-up Christine knows better. That part of you is whispering, "You know what to do..."

Pay her back as quickly as possible, and get this bad deal behind you for good. You said you make good money, so just take care of your responsibility. It'll hurt some, but it's better than taking a chance on ruining the relationship with a very generous and loving aunt.

### Watch What You Give Them!

Dear Dave,  
 I'm working on my debt snowball, and I'm trying to settle with a pushy collector. I don't have the \$9,000 I owe, but I have \$3,000 I'd like to offer as a settlement. Recently the collector has started asking for a lot

of information I don't feel comfortable providing. What should I do?

- Daniel

Dear Daniel,

Lots of times in these kinds of situations collectors are trying to gather up as much information as possible in order to sue you. Even if that's not the case here, there's no reason for you to be supplying them with a bunch of extra info. Just offer them the \$3,000, and make it clear that your financial coach—which is me—told you not to answer any more of their nosy questions.

Make sure they understand that your offer of \$3,000 stands as a settlement of the debt today. If they're willing to accept the offer, get a statement in writing saying that the \$3,000 represents payment in full before you cut the check. If they choose not to accept your offer, and they keep asking questions that are none of their business, just tell them to discuss terms. Then, hang up!

- Dave

*\*For more financial help, please visit daveramsey.com.*

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

**Come back every week for Sudoku!**

For Solution See Page 7.

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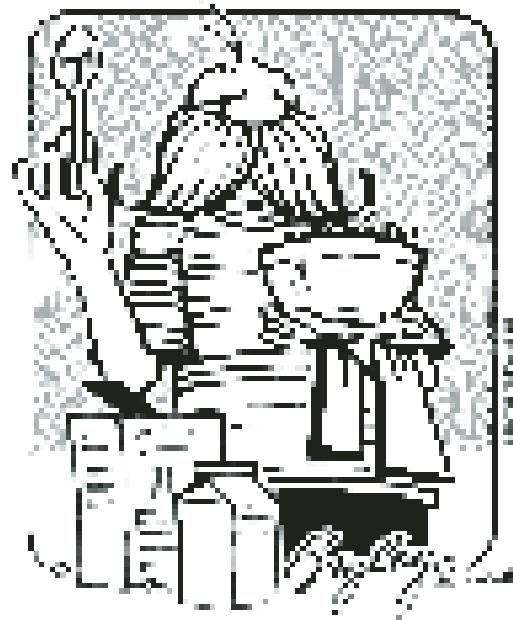
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 ...

**Sudoku Puzzle on Page 6**

1	2	4	5	7	8	9		
9	5	7	8	2	6	4	5	1
9	5	4	9	1	6	8	2	7
9	6	7	8	5	2	1	4	
4	7	1	2	3	6	9	8	5
5	3	2	1	4	6	1	5	
7	4	2	0	3	1	6	0	5
0	1	5	6	7	3	7	0	5
0	0	0	0	7	8			7



ANYONE WHO SAYS ELMO'S CAN'T COOK OBVIOUSLY NEVER TASTED HIS COOKING.

**Crossword Puzzle on Page 6**

S	I	E	A		C	P	I		P	O	P	E
I	I	N			P	O	I		P	I	C	I
O	C	J	L		E	E	L		O	O	Z	E
W	I			N	A	N	I		N	I	E	R
			G	A	P		S		C	P		
B	L	M		L	A	M	P		N	O	D	O
U	A				H	E			N		Y	U
R	I	T			T	E	N	T			P	R
N	A	T	E	S		T	O	R	E		E	R
S			R	L	L	I	O	N	I		S	L
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			T	H	O	M	A	S		A	N	G
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U	N		N			A	S	O		T	R	I
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By Ronnie McBrayer

I'm writing this article while sitting in my father's chair. You know the chair of which I speak. It is that ratty old recliner that occupies the living room, den, or man-cave that no guest or other family member is ever allowed access. It belongs exclusively to my father.

So, how did I plant my butt in such an honored chair? Simple: It's the best seat in the house, and my father isn't here right now. While the master is away, I will occupy the throne; it is good to be king, if only for a few hours.

When I was a kid I really thought my father was a king, and not just because of his chair. I looked up to him as if he were a superhero who could leap tall buildings with a single bound, bend steel bars with his bare hands, catch bullets in his teeth, and defeat all of his arch enemies.

With hands the size of pot roasts and the strength of an ox, I was amazed at how he could lift me above his head, how fast he could run, and how there was nothing he could not do. "My daddy can beat up your daddy," was a routine phrase on my lips.

And smart? Lord, yes, he was smart. He seemed to understand or know everything! He could do

## Thanks Dad for Wising Up

pre-algebra in his head and long division without picking up a pencil; he could read the hardest words, fix anything broken, and solve any problem. He might as well have been a king.

But as I got older, as a teenager, I discovered my father was growing remarkably stupid. In just a few short years, somehow, he became a backward, bumbling simpleton with not a clue as to how the world really worked.

He offered inane advice on everything from money and education to automobiles and the opposite sex. He set ridiculous boundaries in regard to my time, work, school, and friends. A few times he even dared to critique or forbid my well-made decisions. What an idiot.

Then, in my twenties, my father must have returned to school or started taking smart pills. His counsel improved dramatically — almost overnight. His words were far sounder than I could ever remember. It was obvious an old dog could learn new tricks. I was so proud of him.

And now, with growing children of my own, my father practically has a PhD. No, he's not as big and strong as he once was, but he is absolutely brilliant, even smarter than before. His intellectual turnaround has been miraculous.

But what bothers me is the fact that I am my father's son. See, I get more like him every day: The cadence of my voice, my mannerisms, the gray in my

beard, my dietary habits, my elevated cholesterol. So I fear I too will have a mid-life plunge into idiocy.

I don't have a "chair" at home, but today my children look upon me with something akin to worship, as I looked upon my father. Tomorrow they will despise my advice, my words, and the limitations I place upon them because my IQ will have shrunk down to nothing as their own rises to near Einstein levels.

I know it is coming. I can feel it. Sometimes, just by the way my children look at me, or how they question my judgment, or when they angrily resist me, I can tell I'm getting dumber. I "just don't understand." I don't "get it." I'm standing in the way of their good time. It is all sure to get worse before it gets better.

But hopefully, after a decade or so on the dark side, my mental capacities will improve as my own father's did. Maybe then I won't be such a bonehead, and my children will find me worth listening to again.

It's really too bad that we fathers take these short trips into stupidity when our children are at such vulnerable junctions in their lives. They sure could use a little help.

*Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at [www.ronniemcbrayer.net](http://www.ronniemcbrayer.net).*

## Can You Hear Me Now, Uncle Sam?

By Rev. James L. Snyder, D. Litt

You can imagine my feelings when I recently found out that good old Uncle Sam was checking up on my phone calls, email messages and the rest of the social networking. Finally, somebody is really watching out for me.

It is more than that. Somebody is so interested in my affairs they are getting involved in my telephone conversations. I must admit that at first I was a little suspicious about all of this.

For example: What does Uncle Sam know about me and my phone calls that I do not know?

I get an awful lot of telephone calls during the course of a week. Some are friends, some are family, some are trying to sell me the Brooklyn Bridge. Even if I lived in New York City, I would not want to own the Brooklyn Bridge. Can you imagine how much it costs to keep that thing up and running?

As I said, at first I was a little suspicious about somebody listening into my phone calls. Then I remembered that back in "the day," everybody did that. We had what was called the "party line" telephone system. That meant that everybody was connected to everybody else.

My grandmother for example, lived in a valley up in the mountains. She was on the party line, of course, and everybody had a special ring. Grandma's ring was two long and one short rings. Whenever the telephone rang, dear old grandmother knew who was being called and, being a nosy person, she usually listened into the conversations. I am not picking on my grandmother, for everybody did it. Everybody knew everybody was doing it.

It was gossip's heaven. I think there is something to be said for everybody knowing everybody's business. That way everybody is up and up on the things they are talking about.

Of course, there is a dark

side to it. I am semi-ashamed to reveal that I was part of that dark side.

Whenever anybody wanted to send out a rumor there was always the party line telephone system. My cousin and I got together and cooked up some juicy rumor about old Henry up the valley. Henry had never been married and was probably in his 70s at the time.

We started the rumor that Henry had a girlfriend.

It did not take long for everybody in the valley to know that Henry, who had been a bachelor for over seventy years, now had a special love interest. The big question coming through the party line was, who is this lucky woman?

Before long, this got a little out of control. Everybody believed that Henry had a special love interest and it got to the point that Henry himself believed he had a love interest.

I remember going with my grandmother to the grocery store and we happened to run into good old Henry. My grandmother, who was the queen of the gossipers, took this opportunity to speak to Henry.

"Oh Henry," she said as we approached him. "I heard the news that you have a girlfriend. I'm so happy for you. You'll have to bring her over to my house for coffee and cake some time."

"Thank you, Mary," Henry said with the biggest smile I have ever seen him wear. "I've never been happier."

At this point, I did not know what to do. Everybody was so happy with this rumor, especially old Henry, that the truth would have destroyed the entire valley. I did think of starting a rumor that Henry and his new girlfriend had a fight and broke up. However, on second thought, Henry was so happy these days, I just hated to spoil his life.

I never knew how that turned out. The last time I saw Henry he

was smiling and thanking people for congratulating him on having a girlfriend. Some people need to feel happy, I suppose.

I guess it is my time to be fooled by my uncle, and I deserve it.

I really do not mind if good old Uncle Sam is going to listen in on my social networking "party line," but I do have a few rules that I would like to establish.

Rule number one. Uncle Sam, do not repeat anything you hear said on my "party line." Let's keep some of that stuff between us. Okay? Some of what you're going to hear may not be altogether, what should I say, truthful. Especially, if you only hear a portion of the conversation.

Rule number two. If while listening in on the conversation of mine and the other party happens to be some salesman trying to sell me something, please feel free to butt into the conversation. After all, the salesman is trying to take a dollar out of my pocket and you know how much you want that dollar!

Rule number three. If the conversation you overhear is concerning you, keep in mind we're talking about the "other" Uncle Sam.

It is hard to keep anything secret these days. In fact, there is not much to keep secret anymore.

The only secret I'm really interested in is what God has. His promise to me is, "Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not" (Jeremiah 33:3 KJV).

God hears me all the time and knows everything about me.

*Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 1-866-552-2543 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). His web site is [www.jamesnyderministries.com](http://www.jamesnyderministries.com).*



By Karen Anderson

There is a word we all use to create ourselves an "out" of something we don't want to do or are afraid of. It can be viewed as a harsh word, so we use other words to get around it like, "I can't right now," or "I just don't know." But there is no way you can avoid what it means. The word is procrastination. Your response may be, "I really don't procrastinate that much." Oh really, how many times do you think to yourself "I know I should do this but I'd rather do that." Then you decide that the situation can wait so again you procrastinate. Does that sound like an excuse to you? I too, have used excuses on situations that

## But I Don't Want To!

need to be addressed to avoid the possible hurt. How silly is that? JUST DO IT! Just get it done and you will feel the freedom of taking charge and completing it.

Have you had a hard decision to make about someone? I had such a situation but I didn't want to face it. I didn't want to be the cause of someone being hurt, let someone else take the heat and not me. This is a feeling that none of us want to deal with, it is so *uncomfortable* that we will put it off, and put it off! In other words, we procrastinate, which is caused by fear. I kept thinking if I could just soften the blow maybe it won't hurt her so much and especially wouldn't put the guilt on my shoulders. Talked to everyone except the one person I needed to go to first...God. While I was writing the original letter, He had given me some options to still have her involved but with less responsibilities. The enemy attacked me again, convincing me that to have her step away from the project voluntarily was really best for her...Really? Again, not

the right decision, so I procrastinated again. If it was so great, why couldn't I send the letter? God was blocking my decision because He knew it wasn't right.

I finally decided I needed to follow God's direction and just open my heart to Him and then through Him to her. I needed to not make the decision out of fear but with the attitude of love. His Word says, "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."

So the next time you have something you have to, or need to do, don't procrastinate, ask God for His direction, after all He knows what is best, not you. Don't forget to include Him in all your decisions.

PASSAGE: 2 Corinthians 3:17

*Karen Anderson is an accomplished speaker, author, and chaplain. Her books are "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series." Contact her through her website [www.doablesteps.com/contact](http://www.doablesteps.com/contact) or follow her on Facebook, LinkedIn, and Twitter.*



By Marlys Norris, Christian Author

There are not many roads to God, the Father and Creator of all that is. ONLY One road takes one into the presence of God and that involves believing and accepting His Only Son, Jesus Christ as Savior of your soul. He is either who He claimed to be or an imposter. *The evidence is in* all events of two thousand years ago when Jesus went to the Cross and died as the Lamb of God shedding every ounce of His blood, in accordance with His Father's instructions. when He sent His Son to earth to be born in a baby in human form. Then, in three-days Jesus miraculously rose again. He was seen by hundreds of people and His

## Come Now!!

disciples in the Upper Room when He walked through a wall in His resurrected new body. The one disciple (Thomas) questioned and putting his fingers in the punctures in his hands and he believed.

An amazing child. Jesus went into a Temple and worshipped with the Rabbi's of his day.

A child who regularly heard the voice of His Father and followed in obedience doing every act He was to do to reconcile man back into the grace of His loving Father. A gifted child with all the qualities of God, yet born to be like a man. One to understand our human natures of temptation, our fleshly desires and needs, man created in the image of God, yet missing the magnificence only dwells in God alone. God who came to earth to show us the power of faith and to destroy the works of His enemy who tries to steal our souls. The wonders and miracles of God's Son Jesus Christ proved over and over to show us He is the great I AM.

Only Jesus is the doorway to eternal life and freedom from our

guilt and shame. He is the only Way, the only Truth and the only Life... He knocks on the heart of everyone to invite Him into their life. Then, He promises to never leave or forsake those who come and invite Him into their heart. So often too many people ignore the tender tap on their shoulder or the whisper of God that invites them to "just Come!" He has a peace that passes all understanding awaiting those who seek Him. The Word (Bible) tells us that when we "seek Him with our whole heart" He will bless our lives as we walk and learn of Him. The promise of God is: "Delight thyself in the Lord and He will give thee the desires of your heart." Psalm 37:4 The Bible is filled with promises He desires to grant to those who read, study and follow in obedience. COME NOW, COME !!

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# POPOFF!

with Mary Jane Popp

offset calories and boost your metabolism. Lisa has one she swears by. Drinking a shake for breakfast brings fast results, and is THE MOST important step in the process!

2) Perform metabolic boosting workouts three times a week to radically change your body fast! You'll get stronger and look better in two weeks or less! Don't know what to do? Check out Lisa's leaner lifestyle DVD series. You can exercise at home for 30 minutes saving you time and money from the gym membership you never use. All you need is a set of dumbbells! Be sure you're lifting heavy enough. This is the biggest "results-stopping" mistake most people make. Simply grab the next heaviest weight. You'll see changes fast if you are eating enough protein.

3) Walk 30 minutes daily. Your weight loss depends on it. We all sit too much! Walk at a moderate pace like you're doing more that strolling and leave Fido home if he stops and sniffs too much. Treadmill walking gets better results because the speed is more consistent.

4) Eat 10 servings of green veggies (especially leafy greens) daily to keep you feeling full and healthy! Leafy greens accelerate your weight loss. This is the ONLY food we undereat on as Americans. All greens rock, BUT make no mistake, avocados are not a green veggies. Fresh, frozen, are all good but canned should be your last resort.

5) Eat more fish for dinner. When it comes to losing weight, fish is better than chicken! The lighter and whiter the fish the better for your metabolism. We need to eat 1 gram of protein per pound of lean body weight to fuel our metabolism and keep our bodies

strong and healthy, not to mention tight and firm. The problem is that protein can also be high in fat. Lisa suggests choosing the following protein sources if you need to lose weight, body fat especially if you have a slow metabolism. The top five sources are:

- A. Complete protein shake 100% whey or Lean Bar. Both are lean and clean for faster weight loss.
- B. Egg whites
- C. Fish. All white fish is best and salmon and fatty fish should be limited to two times a week.
- D. Turkey breast
- E. Chicken breast

6) Keep your carbohydrates (yes, even healthy ones) to 75 grams for women and 100 grams for men or less. People just eat way too much oatmeal, bread, cereal, cereal bars, crackers, rice, pasta (even gluten free) potatoes, granola, juices, and snack foods. These foods raise blood sugar very quickly STOPPING fat loss immediately after eating. No amount of exercise can erase a bad diet, so start tracking your carbs and reading labels to see which foods have carbs, and you'll be shocked at how fast you can trim your waistline eating from the earth instead of a box!

Now you've got six of the top ten ways to boost your metabolism and get in great shape. I'll have the final five in my next column. Don't forget to hold on to this column so you can put them all together! If you want to check out Lisa Lynn's website, she has lots of info on it. It's www.lynnfit.com. More to come! Lookin' and feelin' good with POPPOFF!!!

Join Mary Jane for the KAH1 Noon News Monday-Friday and then again for POPOFF 10 PM - Midnight.

## SHAPING UP !!! Part I

Are you an excuse maker? Want to get over it? Lisa Lynn has the answer to getting over those excuses for not getting in shape. And she shared her experiences with Dr. Oz, and me on my radio show POPPOFF. By the way, she has a personal approach. It's a been there, done that attitude. As a teen, she persevered to lose some forty pounds and keep it off despite her under-active thyroid. Lisa Lynn specializes in metabolic disorders and personal training. She's best known for her thirteen years as personal trainer to Martha Stewart who has said, "She's the only trainer that made a difference." So what are the top excuses we've heard over and over again for not exercising? How about "I don't know how to get started" or "I don't know what to do" or "I'm too exhausted" and finally "I hurt too much." Well, get over it with these ten things you need to do to get in shape fast. I could only get five of the ten in this column, so hold on to this column so you can coordinate with the next one. According to Lisa, you CAN get fit very quickly if you attack your goals with a sense of urgency the way celebrities do when they are getting in shape for a role. Think of it as a "Two Week-Ten pound" challenge. You have nothing to lose but weight.

1) Replace your current breakfast with a complete protein shake made from a high-grade whey to



# TAX HELP

from a Tax Pro

Dean Alexander Sr.

## Income That May Cause Tax Problems

Here are selected income issues that are commonly misunderstood and may cause taxpayers future tax problems or possible IRS audits.

### Clergy

Offering and fees such as marriage, funerals and baptism you receive as a clergy must be included in your income. If you donate your outside earnings to your own organization, you may still have to include those in your income and claim them, on the other hand, as charitable deduction.

You may ask why declare such money as income if I am going to turn around and claim them as a deduction? The law is tricky. You may claim them as income, but there may be a limit on your charitable deduction if they exceed certain percentage of your adjusted gross income.

Housing payments to clergy, generally speaking, are not taxable if they are reasonable. Also included in the deductions is the cost of utilities. Utility amount should not be questioned as to the reasonableness as long as it matches the bill you receive from the utility company.

### Foreign Income

If you are a U.S. citizen or a resident alien, you must report all your worldwide income. This includes earned income such as income from W-2 or 1099's and non-earned income such as interest and dividends. You must include the income whether you receive the W-2 or not. Also subject to the tax is worldwide income from capital gains. If you reside outside the U.S., you may be able to benefit from an exclusion of some of the earned income. See publication 54 Tax Guide for U.S. Citizens and Resident Aliens Abroad

### Advance Payments

If you receive advance payments or commission you must include these payments in your income. This is because we usually report our income as cash basis taxpayers. This means income is recognized when collected and expenses when paid. So if you are a doctor and you send the bill out to your patient, you don't have to include this bill unless you collect on it. Similarly if your patient pays you for a surgery in advance, you must include this amount in

your income even if you did not perform the surgery.

### Sickness and Disability Income

If you have insurance for sickness pay that is paid by you, your payments received from the insurance company will be tax exempt. If your employer pays for this insurance then the amount you collect will be taxable. If the employer pays part, then you are taxable to the extent that the employer pays.

### Disability Income

If you receive income from disability or disability pension you should include the amount you receive in your income. They are treated as taxable wages.

### Workers' Compensation

Any amounts you receive as workers' compensation will not be taxable. The exemption continues to the survivors. The retirement plan benefits triggered because of your injury, however, are not tax exempt. If for some reason you go back to work and you are reassigned different duties to cope with your injury and you receive wages, then these wages are taxable. They are no longer workers' compensation.

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



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**Weekdays**

6 - 9am: The KAH1 Morning News with Barry Stigers and the KAH1 News Team

9am - Noon: The Andrea Tantaros Show

Noon - 1pm: The KAH1 Noon News with Mary Jane Popp and the KAH1 News Team

1 - 4pm: The Dave Ramsey Show

4 - 6pm: The KAH1 Afternoon News with Dave Rosenthal and the KAH1 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 KAH1 Corral

9 - 10am: The Garden Goddesses

10am - 7pm: Sinatra & Friends Music

7 - 8pm: A Way With Words

8 - 9pm: Rewind with Jimmy Jay

**Sundays**

7:30 - 9am: Cruisin' Garage & Swap Meet

9 - 9:30am: The Crossroads Radio Show

10 - 11am: The Dew Sweepers Golf Show

11am - 12pm: The Get Excited Radio Show

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7 - 8pm: A Way With Words

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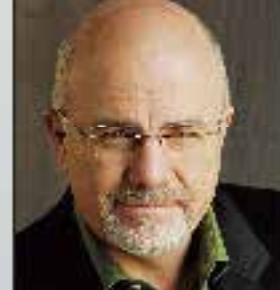
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Andrea Tantaros



Dave Ramsey



Mary Jane Popp



# America's Last Birthday

Continued from Page 1

But as liberty incrementally disappears, every group will ultimately be targeted. In short order, freedom is lost by all.

Tyrants exert the power of their position to silence opposition. Liberty thrives on the open flow of ideas in a free society. Totalitarian regimes require the suppression of opposing viewpoints.

It's difficult for good and decent people to comprehend the nefarious intent of the power-hungry whose sole objective is the subversion of their liberty. These tyrants lie about their objectives. They publicly proclaim to have only benevolent intentions while working

persistently behind the scenes on their malevolent goals. This insidious strategy conceals their real purpose under the guise of fairness, safety, health, and national security.

America has more liberty than anywhere else in the world. However, those who have grown up with abundant liberty often take it for granted. When freedom is all they have known, they don't truly appreciate its irreplaceable nature. They have so much freedom that they are not alarmed when their freedom is gradually smothered. By the time they realize their freedom has vanished, it's too late. Once liberty is lost, and those seizing it firmly entrenched, it is extremely difficult to recover.

Our freedoms are unalienable rights, not privileges granted by government. Every item in the bill of rights is a precious jewel designed to ensure the immortality of our liberty. Don't allow anyone to subvert your liberty.

Stand up for and speak out in defense of your rights and the rights of others. You must say NO to those who would take your freedom or your neighbor's freedom. Freedom lost by anyone impacts everyone. When freedom isn't insisted on for all, freedom will exist for none. All freedoms are essential, not just the ones you benefit from or believe in.

Once one freedom starts to fall, a chain reaction begins that consumes all liberty. Your

freedom is hard to get and easy to lose. Although it takes vigilance to protect it, it takes so much more effort to get it back once it's gone.

Only you can ensure that this Independence Day is not America's last birthday.

"There are more instances of the abridgment of the freedom of the people by gradual and silent encroachments of those in power than by violent and sudden usurpations." – James Madison

Bryan is the author of "Dare to Live Without Limits."

Contact Bryan at [Bryan@columnist.com](mailto:Bryan@columnist.com) or visit [www.DareToLiveWithoutLimits.com](http://www.DareToLiveWithoutLimits.com)

## Grief Support Group: Volunteer Meeting and Picnic

### Volunteer Meeting

AUBURN, CA (MPG) - Grief Support for widowed people will hold a meeting of volunteers on Thursday, June 27, 2013 at 1:00pm in Auburn.

This organization has trained volunteers who help widowed people understand their feelings and find re-direction in their lives.

Anyone interested in working in this program or anyone in need of one-to-one grief support, may also call. A new training program will be starting up in the near future.

There are no fees or charges connected with this program. Call 878-7506 for location or information.

### Picnic Also announced

"Widowed Person's Assoc. of Calif, Chapter#8, will be holding their Annual Picnic, Friday, June 21st at Recreation Park in Auburn.

There will be a catered lunch, and a visit from a K-9 unit with the Placer County Sheriff's Team, which our group helps support. Paid reservations are required. The purpose of WPAC is to provide a support group for widowed men and women of all ages and promote a wide range of social activities through which, widowed person's have the opportunity to make new friends and find re-direction in their lives.

For more information and reservations please call Marilyn, 823-5895.



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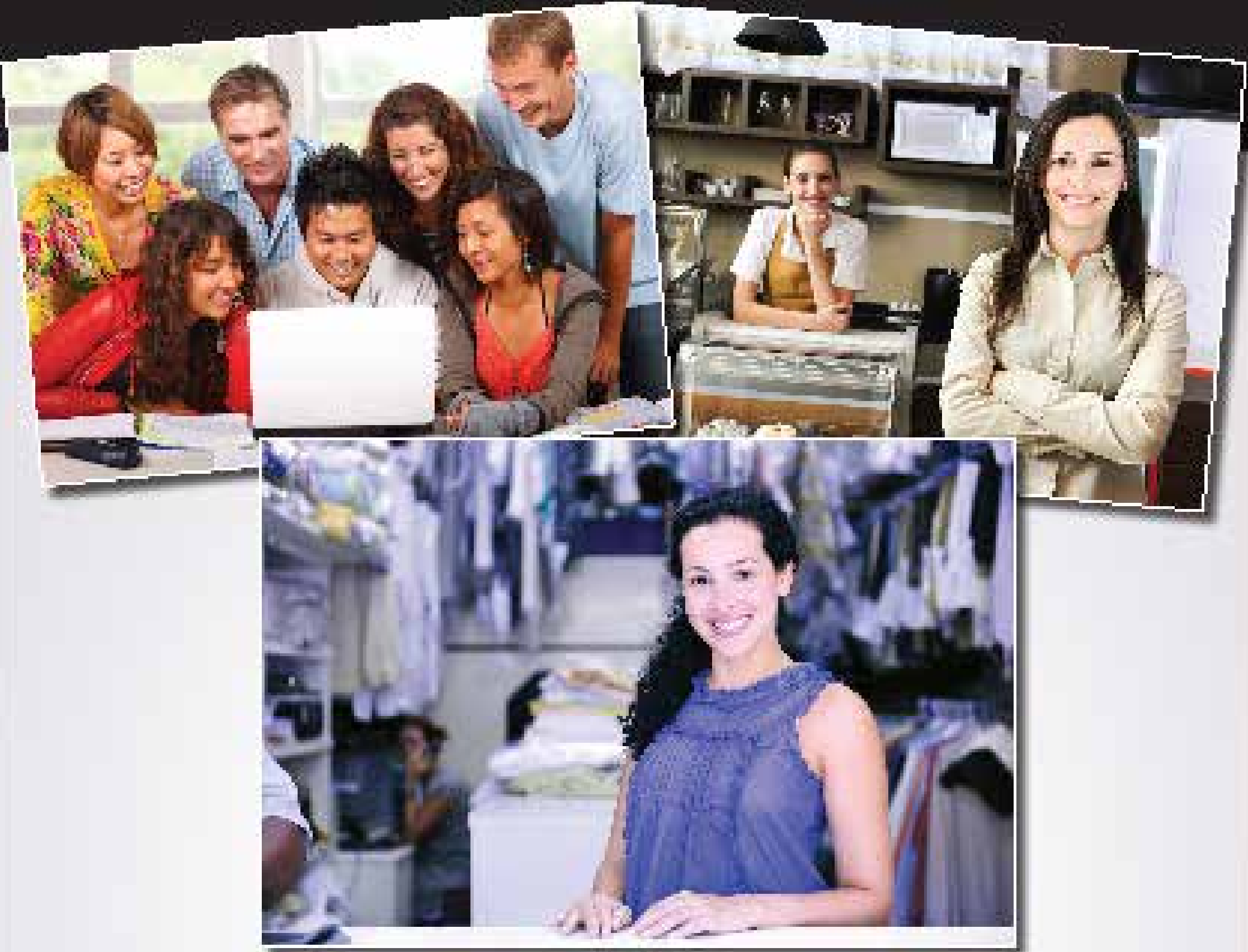
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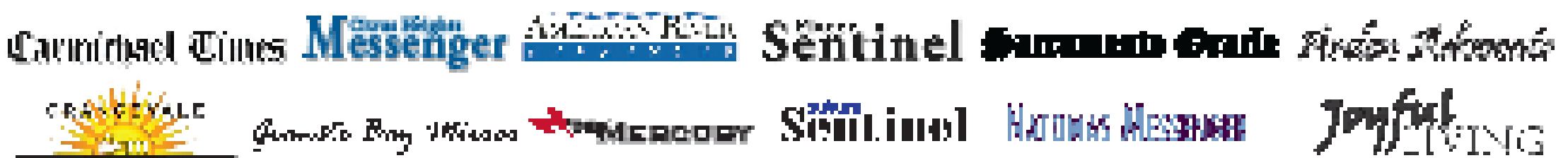
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