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PLUS:
A vast array of needlework projects in a warm and colorful setting



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Serving Auburn and Placer County since 1987

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Freedom Under Siege

IRS Apology Not Accepted

From *TheTeaParty.net* to IRS WASHINGTON, D.C. (MPG)-- In response to IRS officials today (May 10th) admitting that its agents actively targeted Tea Party groups for increased scrutiny during the 2012 election, the nation's largest Tea Party group and a subject of IRS inquiries over the past year, issued the following statement:
"What we've long suspected to be the case is now confirmed to be true. The Obama administration has used the IRS as a political weapon. The IRS may claim that it is 'sorry.' But given the damage that has been done, their apology is not accepted," said Niger Innis, Chief Strategist for TheTeaParty.net.



"What would Democrats have done if the Nixon administration ordered the IRS to actively target the National Organization of Women or the American Civil Liberties Union? Nixon had his own enemies list and resigned. These activities are eerily similar, and yet Obama remains in office even in light of Fast and Furious, the Benghazi tragedy, and now the active targeting of his political opposition. We demand a thorough independent investigation into who did what, when, why, and how far up into the administration this scandal goes. We would expect intimidation like this from third-world, tin-pot dictators, not our own US government."

Excerpt: "I appreciate the President's sudden interest in getting to the bottom of this. But I must remind the House that more than a year ago, I and other members rose on this floor to warn of these tactics directed at Tea Party groups by the IRS. At the time, the administration responded by saying that this was just a normal backlog. Now we know that was a deliberate and premeditated lie. It now appears that nearly 500 conservative groups were subjected to invasive review and intimidation." Tom McClintock

BY CONGRESSMAN TOM MCCLINTOCK (R-CA), on May 16th, delivered the attached remarks on the House floor discussing the IRS scandal.

Mr. Speaker:

Just a week after the President extolled the benign virtues of big government and told university students to ignore those who warn of its dangers, Americans woke up to headlines that this government has been targeting groups and individuals that it doesn't like for intimidation and harassment.

I appreciate the President's sudden interest in getting to the bottom of this. But I must remind the House that more than a year ago, I and other members rose on this floor to warn of these tactics directed at Tea Party groups by the IRS.

At the time, the administration responded by saying that this was just a normal backlog. Now we know that was a deliberate and premeditated lie.

It now appears that nearly 500 conservative groups were subjected to invasive review and intimidation. The IRS demanded

the names of every participant at every meeting these groups held over a period of years, transcripts of every speech given at those meetings, what positions they had taken on issues, the names of their volunteers and donors -- and copies of privileged communications they had with elected officials. In some cases, the person filing the request was then subjected to a personal income tax audit.

There is no way to estimate the number of additional groups that were discouraged from organizing because of these tactics. Meanwhile, it appears that leftist groups had their applications routinely approved. The impact this had on the 2012 election is incalculable.

We are also learning that these tactics extended well beyond a few low-level rogue employees in Cincinnati.

Lois Lerner, the official in charge of tax exempt organizations for the IRS was awarded more than \$42,000 in bonuses while she was directing what the President NOW calls outrageous behavior.

Highly intrusive and unwarranted demands for information also originated from the Washington D.C. office and at least two satellite offices in California.

Dr. Anne Hendershott, a Catholic sociologist, professor and writer came under a personal income tax audit after she exposed a George Soros front group masquerading as a grass-roots Catholic organization. She said the questions put to her during a grueling audit were largely political. This occurred from the New Haven, Connecticut office.

It appears that evangelical groups were also targeted, as were Jewish groups supporting Israel.

Nor was this misconduct limited to groups applying under section 501.

There is now reason to believe that IRS officials leaked confidential tax information to top officials in the Obama campaign, and to liberal groups such as Pro-Publica and the Huffington Post, which may then have illegally published that information.

During the campaign, Austan Goolsbee and Harry Reid appeared

to reference confidential tax information involving Charles and David Koch and Mitt Romney, only to back off when pressed for the source.

Nor does this conduct appear to be limited to the IRS.

Shortly after businessman Frank Vandersloot was attacked by the Obama campaign for his support of Mitt Romney, he came under audits by both the IRS AND the Labor Department.

The Competitive Enterprise Institute has just released a damning survey of fee waivers granted by the Environmental Protection Agency under the Freedom of Information Act. Left-leaning groups had their fees waived 92 percent of the time. Conservative groups just the opposite -- about seven percent of the time.

And this week it also became clear that the FBI is using general warrants -- banned by the Fourth Amendment -- to rifle through the phone records of Associated Press reporters with a clear intention to intimidate whistle blowers and to obstruct the operation of a free press.

We are seeing a pattern of

conduct throughout this administration that is absolutely toxic to a free society: government using its powers to intimidate private citizens who are simply trying to take part in the public policy debate.

Mr. Speaker, this cries out for a full investigation by the Congress, and I utterly reject the notion that the ritual naming and firing of a few hapless scapegoats is sufficient. Every government employee who abused their power must be identified, exposed, disgraced, dismissed and debarred from ever again holding a position of authority or trust within this government.

When the Constitution was ratified by the New York Convention, Alexander Hamilton said, "Here, sir, the people govern; here they act by their immediate representatives."

Mr. Speaker, the most cherished liberties of the American people are under attack, and we, their immediate representatives, have a solemn obligation to act in the defense of their freedom, their Country and their Constitution.

Local Memorial Day Ceremonies

AUBURN, CA – (MPG) Auburn area veterans will observe Memorial Day on Monday, May 27th beginning at 9 AM at the New Auburn Cemetery. Members of the Auburn Area Honor Guard, American Legion Post No. 84, American Legion Auxiliary Unit 169, American Legion Riders Chapter 84, Veterans of Foreign Wars Placer Foothills Post 904, Fleet Reserve Association Mother Lode #296 and the Ladies Auxiliary of the FRA, Marine Corps League Placer Bulldog Detachment 1247,

Disabled American Veterans Post 80, Knights of Columbus Mother Lode Assembly 2778 and the Placer County Council of the Navy League of the United States are combining to commemorate Memorial Day.

Memorial Day is sacred to American veterans who take the opportunity to honor members of our Armed Forces who have given their lives in defense of our freedoms, and to recognize the contributions and sacrifices made by their family members.

The American Legion Post 84, assisted by area Cub Scouts and Boy Scouts and other volunteers, will place flags at veterans graves in the Auburn cemeteries on Thursday, May 24th starting at 3:30 PM (New Auburn Cemetery) and on Friday, May 25th at 9:00 AM (Old Auburn Cemetery). VFW Post 904 will place an Aisle of Flags. Ceremonies will be conducted at the War Memorial at the New Auburn Cemetery (1040 Collins Dr) beginning at 9:00 AM on Monday, May 27th, and will

include remarks by Congressman Tom McClintock, Placer County Supervisors Jim Holmes and Jennifer Montgomery, Auburn Mayor Kevin Hanley, and City Councilman Mike Holmes. Flowers will be presented to Gold Star family members.

There will be a fly-over of local aircraft, a wreath-laying, and a release of white doves followed by the rendering of honors (a rifle salute and the playing of taps) for our departed comrades. Brief ceremonies with a wreath laying and

the rendering of honors will follow at the Old Auburn Cemetery (170 Fulweiler) at 10:00 AM, the Newcastle Cemetery (850 Taylor Rd) at 11:00 and the Maidu Indian Cemetery (corner of Maidu Rd and Wildwood Dr in Auburn) at 12:00. Please note that the Blocker Drive entrance to the New Auburn Cemetery is closed; please enter through the gate on Collins St.

For additional information, please contact Bonnie Potter at 530-823-2820.

Peak Farmers' Market Season Coming Soon

AUBURN, CA – (MPG) Foothill Farmers' Markets will be bursting with flavor starting May 23rd through the summer and into the fall. This time of year, the region offers 11 seasonal, certified farmers' markets including the two year-round farmers' markets—in Old Town Auburn and at the Fountains in Roseville.

"There is nothing like biting into a berry or enjoying a summer salad with heirloom tomatoes from the farmers' market," says Carol Arnold, executive director of the Foothill Farmers' Market Association and PlacerGROWN. "The flavors of the fruits, vegetables, eggs and meats at our markets are incredible because they are grown and raised by local farmers and sourced directly at the height of ripeness."

Foothill Farmers' Markets are open almost every day of the week during this peak season.

The Foothill Farmers' Market 2013 schedule is as follows:

SATURDAY
Auburn: Old Town Courthouse Parking Lot, Auburn-Folsom Road at Lincoln Way, OPEN YEAR ROUND, 8:00 a.m. - Noon

Rocklin: Blue Oaks, RC Willey at Blue Oaks Center, 6636 Lonetree Boulevard, June 1st - Dec. 14th, 8:30 a.m. - 12:30 p.m.

SUNDAY
Granite Bay: Quarry Ponds Town Center, 5550 Douglas Boulevard, June 2nd - Sept. 29th, 8:30 a.m. - 1:00 p.m.

TUESDAY
Roseville: Whole Foods Market at the Fountains, Galleria



The flavors of the fruits, vegetables, eggs and meats at our markets are incredible because they are grown locally and sourced directly at the height of ripeness.

Boulevard & East Roseville Parkway, OPEN YEAR ROUND, 8:30 a.m. - 1:00 p.m.

Truckee: Truckee River Regional Park, 10500 Brockway Road off Highway 267, June 11th - Oct. 8th, 8:00 a.m. - 1:00 p.m.

Kings Beach: Kings Beach SRA, Highway 28 at Bear Street, June 25th - Aug. 27th, 9:00 a.m. - 1:00 p.m.

WEDNESDAY
Auburn: DeWitt Center, Bell Road & First Street, June 5th - Oct. 30th, 10:00 a.m. - 1:00 p.m.
Forest Hill: Main Street, June 5th - Aug. 28th, 4:00 - 7:00 p.m.

THURSDAY
Folsom: Whole Foods Market at the Palladio, East Bidwell Street & Iron Point Road, May 23rd - Aug. 29th, 8:30 a.m. - 1:00 p.m.

Tahoe City: Commons Beach, Commons Beach Road & North Lake Boulevard, May 23rd - June 20th, 8:00 a.m. - 1:00 p.m. and, Aug. 29th - Sept. 26th, 8:00 a.m. - 1:00 p.m.

Tahoe City: Tahoe Lake Elementary School, 375 Grove Street, June 27th - Aug. 22nd, 8:00 a.m. - 1:00 p.m.

Truckee: Donner Pass near the train station, June 13th - Aug. 22nd, 5:00 - 8:00 p.m.

For more information on the Foothill Farmers' Markets 2013 farmers' market schedule, visit foothillfarmersmarket.com.

For 24 years the Foothill Farmers' Market Association has been hosting farmers' markets in Placer, Nevada, and Sacramento counties. The Foothill Farmers' Markets are certified purveyors of local farm-fresh fruits, vegetables, flowers, nuts, honey, eggs and nursery items. For more information on the Foothill Farmers' Market Association, visit www.foothillfarmersmarket.com.

Supported by Placer County, PlacerGROWN is the information source dedicated to educating residents about the freshest agricultural products the region has to offer. Through its website, social media channels and other outreach programs, PlacerGROWN connects community members with the farms, orchards, ranches, wineries, nurseries, farmers' markets and specialty food stores in one of the most diverse growing areas in Northern California. To discover the bounty of agricultural products produced by farmers who call Placer County home, or for more information about PlacerGROWN, visit www.placergrown.org.

Source: Merlot Marketing

Memorial Day Weekend A Sellout

Hundreds of Players to Visit Placer Valley

PLACER COUNTY, CA – (MPG) The ASA Memorial Day Classic and Rocklin Pony Baseball Tournament, with support from Placer Valley Tourism, are hosting their annual Memorial Day weekend tournaments throughout Placer Valley May 25-27.

These three day events both begin at 9am and are free to the public. Both stand-alone tournaments, these two events provide top-notch competition on quality fields while offering players the opportunity to improve their game. The ASA Memorial Day Classic will play at multiple fields across Roseville, Rocklin and Lincoln; the Rocklin Pony Baseball Tournament will play in Rocklin at the Whitney Ranch and Azevedo Parks.

It is projected that 216 teams will participate in both of these tournaments, for a total of about 1,000 athletes. Both events combined are expected to generate 1,700 room nights. Baseball and softball players will represent the Northern and Central California regions, including Bay Area and local cities. All teams will be competing to see who comes out on top.

Both tournaments are always



The ASA Memorial Day Classic and Rocklin Pony Baseball Tournament are hosting their annual weekend events throughout Placer Valley May 25-27.

successful for several reasons, a primary one being the beautiful fields and their great location. "We really take pride in our fields, and the tournament we put on," says Burke Erickson, President of Rocklin Pony Baseball. ASA event organizer, Gary Ybarra, said that he did not take as many teams this year "because we want quality of competition" over quantity.

Placer Valley Tourism [PVT] is made up of the 23 hotels in Roseville, Rocklin and Lincoln, California. PVT recruits and supports hundreds of annual events with grants, marketing, volunteers, and other services as needed. To learn more about how PVT can help bring your event here, visit www.playplacer.com or call (916) 773-5400.

Source: Placer Valley Tourism

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Publisher Paul V. Scholl

Four-Wheel Drive Owners Invited To Follow Pioneers' Wagon Tracks

19th Annual Lassen-Applegate Emigrant Trail Ride July 19-22, 2013

PLACER COUNTY, CA – (MPG) Wagons Ho! Just imagine a sport utility vehicle (SUV) trek for the entire family that traces the same route used by 8,000 early pioneers in more than 1,500 covered wagons from 1849 to 1852 that brought a flood of immigrants to California... most of whom had the Gold Rush fever. The overland emigrant trip would take five to six months crossing mountains, deserts, rivers, and some of the most hostile country in the world.

SUV and other four wheel drive owners can now relive the golf rush era as they travel the famous Lassen-Applegate Emigrant Trail, marveling at such sights as the beautiful Black Rock Desert, the majestic High Rock Canyon, Double Hot Springs, Soldier Meadows and so much more.

This exciting 200-mile journey begins on Friday, July 19 through Monday, July 22 and is hosted by the high Rock Trekkers Four Wheel Drive Club. The trip begins near Inlay, NV and follows the same wagon train route used by Peter Lassen in 1849. The trip concludes in Surprise



Camp McGarry Mess Hall – still standing today at Soldier Meadows, this rock-constructed building was used in the mid-1860's as a dining facility for the outpost U.

Valley, CA near Cedarville in Modoc County. This was also an alternate route used by early pioneers to reach central Oregon.

"For me, this trail is special and as a historian, I get to relive the past by thinking of John C. Fremont, Kit Carson, and Thomas 'Brokenhand' Fitzpatrick and many other brave men and women as they made this arduous journey from small towns throughout the Midwest," said Warner Anderson, trail boss from the High Rock Trekkers. Anderson said the trip is open to all four-wheel drive enthusiasts and their families. It is not a difficult route; however, there are a few places where four-wheel drive will be required or where trail committee instructions must be followed.

"The emigrants wrote in their diaries such good descriptions of their trip that we can identify the majority of key points of interest in the history of this route," Anderson said.

Camping the first night will be at Double Hot Springs, former camping area for all of the pioneer wagon trains and the second night participants will spend the evening at Stevens Camp, which

provides toilets, spring water, and possible hot showers. Participants will need to bring their own tents and sleeping bags.

Cost for the trip is \$275 per adult, \$150 for children seven through 14 and children under seven are welcome free of charge. The cost includes all meals from breakfast on Saturday through breakfast on Monday. In addition to tents and sleeping bags, participants are encouraged to bring a CB radio, camera, folding chairs, snacks, refreshments, and drinking water.

The trip is fully insured and operates under a permit from the Bureau of Land Management (BLM). Proceeds from the event help support the California Association of Four-Wheel Drive Clubs' Conservation and Education Foundation.

The trip is limited to the first 25 vehicles on a first-registered, first-served basis. To register for this exciting trail ride, contact Warner Anderson at (775) 629-9232 or wana7448@sbcglobal.net or Ron Vance at (775) 246-4099 or vance63@charter.net. Registration is also available online at www.highrocktrekkers.com.



Lassen-Applegate Emigrant Trail Ride participants snake through a narrow passage in the High Rock Canyon.

Around Town with Loyce Smallwood



Congrats to hard-working tea maven Betty Thompson who has loaded up her charming tea shop with gourmet teas, jewelry and greeting cards and who now is offering light luncheon fare and a variety of both hot and iced teas in her DT Gold Country Mall location where Betty invites the public to drop by and enjoy the tea/dining/shopping experience. And thanks to needleworks maven Lisa Whittet who recently hosted a lovely one year celebration DT at Auburn Needleworks where the array of needlework projects offers great variety in a warm and colorful setting.

Still more to celebrate in North Auburn at the Marketplace of Auburn, 1462 Canal Street off Luther/Highway 49 where a stunningly impressive array of local art awaits the discerning shopper, including ceramics, garden art including sculptures and gourds, dreamcatchers, needleworks, furniture, jewelry and Native American arts and crafts including beadwork/turquoise jewelry and baskets. Down Highway 49 in the Victorian Village LaBou owners Tong and

Arlene continue to make renovations at the former Pappy's location where The Smallwoods look forward to resuming our breakfast and lunch experiences in the near future.

Stop by across the way for a shopping experience at newest resale shops Too Much Stuff and More Stuff where you'll find an abundant inventory of vintage and contemporary handbags along with jewelry, housewares, furniture—Chabby Chic style—and an alluring assortment of Southwest and Native American items in a spacious and well lit environment overseen by friendly entrepreneurs. Across the way you can enjoy the calming yoga experience with Auburn Yoga Owner Gwenn Jones and then take your limber body over to the Fiddler Green center where you can pick up bargains for home and fashions for yourself at the Assistance League thrift store where the dedicated volunteers give freely of their time and smiles.

Continue heading North and enjoy the Ridge Experience at The Ridge Golf Course and lunch out

on the spacious deck overlooking the putting greens and metal statues by famed artist Doug Van Howd whose gallery is within walking distance on New Airport Road just down from the popular Wings eatery where you can breakfast or lunch indoors or on the patio.

Head out to Bell and then turn off at the Foresthill exit at the Raley's Center where you can drop off your gently used books/DVDs/CDs and magazines to Friends of Placer County book store which also includes resale fashion and housewares in the rear, proceeds going towards adoption and maintenance of homeless felines. After picking up your art supplies and/or garden art across the way at Dawn's Hallmark, make a stop at The Burrito Place for a tasty veggie or shrimp burrito.

Much to enjoy in the hamlet so continue to donate, shop, dine and volunteer.

Comments to loyce@suddenlink.com



Auburn Needleworks: (left to right) Gerri Martin; Lisa Whittet; Kylie Whittet

PCWA's Ferreira Honored at his 87th Birthday

PLACER COUNTY, CA – (MPG) Alex Ferreira, one of the longest serving public servants in Placer County history, received 87th birthday wishes on Thursday (May 16) from the Placer County Water Agency board and staff. Ferreira, a Lincoln area farmer and rancher, served for 24 years (1971-1994) on the Placer County Board of Supervisors. He has served for the past 15 years (since 1998) as the elected Division 2 representative on the PCWA Board of Directors.



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Seniors Need to Know; Brain Food

By Irwin A. Herman, MD

"Eat your fish; it's brain food!"

I heard that very often from my mother while growing up. But, how did they know that way back then, especially before there was any general knowledge of polyunsaturates, trans fats, polyphenols, etc, etc, etc?

Today, we are justifiably overwhelmed with information about obesity, heart disease and avoiding "bad" fats in our diets as well as taking anti-cholesterol medications (when appropriate) while also increasing our physical activity. All good information of course, but the underlying message is one of avoidance that to some, psychologically, takes on a negative connotation and resistance.

However, good nutritional health involves not only the heart, but importantly benefits other systems as well. One cannot pick up a food article without seeing mention of flavonoids, lycopenes, anthocyanins, anti-oxidants and more that leads to a mad dash to the iPad, Google, or whatever else you use for your "411" resource. Do we need to know all of that? Not really, but it is necessary to understand that those chemical compounds are vital to the maintenance and function of our body's organ systems and more importantly, where to find them. Today, I want to concentrate primarily on the brain.

What we'll want to do is to think about those beneficial foods in a positive way by emphasizing several basic disease risk factors that can be reduced or even in some cases eliminated. The four major risks we'll address are those that are part of mental and neurological health, including Depression, Alzheimer's or Cognitive Impairment, Psychosis and Ischemic (non-hemorrhagic) Stroke.

The basic nutritional elements are found in what is known as the "Mediterranean Diet" composed of fruits, vegetables, nuts, whole grains, olive oil and fish. These will be a mainstay for all four disease processes in combination with another product that may be surprising to some, especially in the recommended amounts. Unless otherwise stated, the quantities of the individual food categories should be in keeping with your normal daily dietary intake. Also, these are meant to be guidelines as noted in several studies and journals such as the FDA, the Nurses Health Initiative, the Swedish Medical Society study and The New England Journal of Medicine. Some long-term research studies are still on going and not published as yet but



indicate some anecdotal corroboration. It should be noted, that when fish is advised, it refers to the oily, cold-water varieties such as salmon, trout, herring and mackerel.

DEPRESSION:

Contrary to popular opinion, depression in older adults is NOT a normal part of ageing! It in fact leads to the highest rate of suicide in any age group! While there may be many normally occurring precipitating factors, it is a disease that requires treatment and so anything that can help its prevention, like good nutrition, becomes very important.

The Mediterranean diet noted above plus foods such as avocados and green leafy vegetables has been shown to help reduce depression by as much as 30% when compared to a heavy meat and dairy diet. The addition of 4 cups of CAFFEINATED coffee per day can also reduce depression by 30% but no information is given if these two are cumulative. However, there is a downside to be considered later.

ALZHEIMER'S AND COGNITIVE IMPAIRMENT:

While research progress continues to be made on the above disorders, there are nutritional choices that can help delay or mitigate the progression of the problems. Once again, the Mediterranean diet associated with a consistent physical activity program seems to offer some benefits. The addition of darkly pigmented fruits, particularly berries such as blueberries or strawberries, are recommended. Alcohol, especially red wine (one 6 oz glass per day for women and 2 glasses per day for men) is thought to be of value. Coffee, 3-5 cups per day, seems to slow progression of impairment.

PSYCHOSIS:

Mental illnesses other than depression also seem to improve with diets moderately high in fish and natural fish oil products. However, it is interesting that the Omega 3 supplements have

no positive benefit. And, heavy fish diets seem to make the conditions worse; something that a mental health professional would need to monitor.

ISCHEMIC STROKES:

Most of the information on this problem comes from the long term Nurses Health Study. This type of brain damage, caused by a deficiency of oxygen getting to the brain, usually by narrowing of the blood vessels that nourish this organ, is the more common central nervous system defect. The major beneficial nutritional foods seem to be of an acidic nature. High intake of grapefruit and orange products produced a 19% decrease risk of stroke. In men, it seems that tomatoes are more effective in reducing risk. This is also another condition where the darker pigmented fruits (berries) and vegetables are helpful. In addition coffee, 1 to 3 cups daily according to a Swedish study, and 3 oz per week of dark chocolate produces a 17% drop in risk as well as adding some pleasure.

This is not meant to be opposed to red meat or dairy products since they also play a very vital role in maintaining our body's health, so it is important to reaffirm an ancient Greek teaching that says, "nothing in excess, everything in moderation."

And now the surprise - the inclusion of coffee as an important adjunct to nutritional balance in maintaining our health, at the doses suggested, namely from 2 to 6 cups per day. Some have gone so far as to call coffee a "wonder drug" for all the benefits it produces. Among these are a decreased risk of uterine, some breast, prostate and basal cell cancers. It may be a preventative against Lewy Body dementia. Coffee reduces dry eye and gout symptoms in some individuals and seems to be protective against MRSA, Methicillin Resistant Staph Aureus, a very serious infectious disease.

Unfortunately, in some people, it can increase anxiety, tremors and glaucoma risk. Even so, I raise a cup to your good health!

Dr. Irwin A. Herman is a member of the Placer OAC. As one of our regular contributors, the opinions expressed in this article are Dr. Herman's.

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/adultOlderAdultAdvisoryCommission.aspx> or by calling the Public Authority at (530) 886-3680.

Dropping the Benghazi Ball

Commentary by
Dr. Earl Tilford

In the 1990s, the U.S. Air Force's self-descriptor for its capabilities was "Global Reach, Global Power." On September 11, 2012, as Americans were being attacked and killed in the Middle East, the global reach of air power was confined to the un-refueled combat radius of F-16 fighter jets. Additionally, the F-16s at Aviano, Italy apparently needed several hours to be combat ready. Hours . . . on the anniversary of 9/11.

Four decades ago, after returning from a tour as an intelligence officer in Southeast Asia, I reported to the Intelligence Early Warning Center (INEW) at Headquarters, Strategic Air Command (SAC). Warning centers existed at headquarters throughout the U.S. military and at the Intelligence and Research Branch in the State Department, at the Central Intelligence Agency (CIA), the National Military Command Center

(NMCC) in the Pentagon and the White House. Secure Teletype machines connected SAC INEW to the warning centers at CIA, Defense Intelligence Agency (DIA), National Security Agency (NSA), and the NMCC. INEW also communicated via secure telephone with every other intelligence warning center as well as the NMCC and White House. The word "FLASH" put watch officers in instant contact with the right party.

An American ambassador under attack at a U.S. consulate in a Muslim country would have generated a "CRITIC message" from the appropriate embassy. The reception of a CRITIC in INEW, at whatever hour, required the senior watch officer contact the SAC Director of Intelligence who then decided how to handle it. Had Benghazi occurred on September 11, 1972, 40 years ago, warning centers in Washington and at SAC Headquarters would have gotten the message in mid-afternoon on a weekday when all hands were on deck to make

decisions. Appropriate area specialists would have been contacted within seconds of the CRITIC's arrival. In the case of Benghazi, the Department of State was critically affected.

Had the Benghazi attack occurred on a date as auspicious as 9/11, every U.S. intelligence warning center would have been on a heightened state of alert. We were especially attentive to dates marking events like the Tet Offensive of 1968, birthdays of leaders like Mao Tse Tung, the start of the Korean War, etc. We knew our enemies: the communist countries and terrorists ranging from the Baader Meinhoff Group in Germany to the Palestinian Liberation Organization in the Middle East. Forces appropriate to cover contingencies would have been on alert, ready to respond. Intelligence officers also studied mistakes from Pearl Harbor in 1941, TET-68, and the capture of the USS Pueblo a few weeks later.

According to recent Congressional testimony, the State Department knew about the

September 2012 Benghazi attack around 3:00 p.m Washington time. All hands were on deck in Washington, DC, including area specialists at every intelligence agency. Supposedly, the national security advisor was at his desk in the White House. News that terrorists were attacking a U.S. consulate with the ambassador on the premises should have gone directly to Secretary of State Hillary Clinton. A secure phone call to the White House, possibly vetted through the national security advisor, should have followed. If it didn't, someone was inexcusably inept.

Evidently, the extent of the Air Force's global reach must have shrunk considerably in the past few years. Although the Benghazi attack started after duty-hours at Aviano, it should have taken less than an hour to prep F-16s for combat. Any weaponeer would have known to load highly accurate munitions sufficient to take out small targets without risking collateral damage. Our pilots are experienced at supporting troops

in contact with enemy forces. The internal M61 Gatling gun spews 1,000 rounds per minute. Although F-16s carry only a few seconds worth of ammunition, it's enough to decimate the half-company of terrorists involved at Benghazi. Remarkably, on the anniversary of 9/11 U.S. fighter planes in the Mediterranean area were so unprepared for combat it would have taken "several hours" to get them over Benghazi. Although USAF tankers were unavailable, F-16s could have refueled at Italian air bases in southern Italy. Did anyone ask?

Ineptitude and lack of ability to respond resulted from a policy mindset unwilling to acknowledge words like "war or terror" or "Islamic terrorism," despite the reality of the continuing war with al Qaeda and its affiliates. Our armed forces had appropriate capabilities but couldn't use them. Why?

The tragedy at Benghazi resulted from dereliction of duty spawned by an inane sense of political correctness coupled with

determined deference to political expediency emanating from the highest levels of the Obama administration.

Dr. Earl Tilford is a military historian and fellow for the Middle East & terrorism with The Center for Vision & Values at Grove City College. A retired Air Force intelligence officer, Dr. Tilford earned his PhD in American and European military history at George Washington University. From 1993 to 2001, he served as Director of Research at the U.S. Army's Strategic Studies Institute. In 2001, he left Government service for a professorship at Grove City College, where he taught courses in military history, national security, and international and domestic terrorism and counter-terrorism. © 2013 by The Center for Vision & Values at Grove City College. The views & opinions expressed herein may, but do not necessarily, reflect the views of Grove City College.

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PCWA Refinances Debt, Saves \$1.3 Million

AUBURN, CA – (MPG) Directors of the Placer County Water Agency on Thursday, May 16th, approved a debt restructuring that is expected to save the agency \$1.3 million over the 20-year repayment period.

Director of Financial Services Joseph Parker said the refinancing would cover a 2003 bond issue of \$10 million. At current interest rates, the refinancing would bring the agency an annual savings of \$140,000, Parker said.

In other business, directors: • heard an update from Senior Engineer Tony Firenzi on studies of water demand within the PCWA Zone 1 service area. The

agency is tracking seasonal and parcel size water usage in 12 specific neighborhoods in order to better plan future system needs and to meet usage reductions as called for by the state.

• approved a final supplement to the agency's Middle Fork American River Project environmental study, completed under terms of the California Environmental Quality Act (CEQA). The supplement covers proposed conditions to be included in the agency's new federal power license.

• approved a \$500 sponsorship for the 2013 Placer County Agricultural Tour, which is planned for Thursday, May 30.

Elisa Noble, executive director of the Placer County Resource Conservation District, said the tour will explore Placer County's working landscapes. For information call the RCD office at (530) 885-3046.

The next regular meeting of the PCWA Board of Directors will be held at 2 p.m. on Thursday, June 6, at the PCWA Business Center, 144 Ferguson Road, in Auburn. PCWA board meetings are open to the public.

Information on PCWA board meetings may be obtained through the Clerk to the Board at (530) 823-4850 or (800) 464-0030. PCWA information is also posted at www.pcwa.net.

PCWA to Consider First Zone 1 Water Rate Adjustment in Five Years

AUBURN, CA (MPG) – On Thursday, May 16th, Placer County Water Agency staff presented the Board of Directors with recommendations for an adjustment to its Zone 1 water rates. This adjustment would be spread over 2 years beginning January 2014. The Board set a public hearing for August 8 to consider the proposed new rates. This would be the first rate adjustment considered by the Board in 5 years.

PCWA's Zone 1 serves a vast area including the cities of Auburn, Loomis, Rocklin, Lincoln, a portion of Roseville, and many unincorporated communities in western Placer County.

The primary need for the proposed water rate adjustment is an increase in the wholesale price PCWA pays for Zone 1 water. PCWA purchases water from Pacific Gas and Electric Company. The price has been unchanged since 1968.

The increase in wholesale water price resulted from several months of negotiations between PCWA and PG&E on a successor to the 45-year old Zone 1 water contract. A new contract approved by the Board on April 29 extends the contract and updates the pricing. It covers PCWA's purchase of up to 100,400 acre-feet of PG&E water per year for Zone 1 from the Yuba-Bear river watershed. Most of this water is conveyed through PG&E's lengthy Bear River and Wise Canals to PCWA.

"PCWA has paid the same wholesale price for PG&E water for 45 years. PG&E's costs have increased, and especially as they have implemented improvements to their conveyance system," said PCWA's Director of Strategic

Affairs Einar Maisch. "The new wholesale pricing is more reflective of PG&E's costs of service today and is expected to go toward PG&E infrastructure improvements to increase the reliability of water delivery to Zone 1."

"PCWA is currently paying PG&E about \$200,000 per year for Zone 1 water. The amount will rise to \$3 million in 2014 and to \$4 million in 2015. Future increases will be based on an inflationary factor," said Maisch.

PCWA General Manager David Breninger said, "The new PG&E contract covers water supplies that have historically been used by the people of Placer County for upwards of 150 years and is essential for the future of our County. We are doing everything we can to ensure continuance of a high quality, affordable and reliable water supply for our customers."

A secondary need for the proposed water rate adjustment is to fund other general operating costs for Zone 1.

"The proposed new water rates will help improve the safety and reliability of both the wholesale and retail water conveyance systems that Zone 1 customers depend upon for delivery of their water supply," said Breninger.

The recommended Zone 1 water rate adjustments, proposed to be spread over 2 years, will cover both the increase in PG&E's wholesale price of water and increased operating costs of PCWA. Examples: In 2014 the average winter residential treated water bill would increase by \$4.15 per month. The average summer residential bill would increase by \$5.85 per month. In 2015 there

will be an additional \$1.78 per month in the winter and \$2.50 per month in the summer.

"The impact of the new rates by 2015 for a typical Zone 1 residential customer is estimated to be around 25 cents per day and more for those who use more water," said Breninger.

"Basically, for the typical residential treated water customer, this equates to an increase of 9.1 percent in 2014 and 3.7 percent in 2015. Untreated water customers should see about the same percentage increase in their water bills," said Breninger.

Putting this in perspective, Breninger said, "The Agency hasn't increased rates since 2009, but it is now necessary to do so over the next 2 years. Thus, when viewed over a 6 year period from 2010 to 2015 the amount would equate to a little over 2 percent per year."

"And, going forward," he added, "it is also recommended to index the water rates to adjust annually subject to a Consumer Price Index beginning in 2015 through 2018."

The public hearing to consider the proposed rate adjustments will be August 8, 2013, at 2 p.m. at the PCWA Business Center. Notices of the hearing with information on the proposed new water rates will be mailed to all affected Zone 1 property owners and customers. PCWA follows the Proposition 218 notification and hearing process.

General information on PCWA board meetings may be obtained through the Clerk to the Board at (530) 823-4850 or (800) 464-0030. PCWA information is also posted at www.pcwa.net.

Outdoor World

AFTER THE SPAWN
After the spawn the fish are in a mood that ranges from awfully aggressive to totally lethargic. This is a set pattern and a series of lines can work well.

Start looking for possible areas by locating treated areas, some areas along the edge after spawning. A few fish are worth a look by shaking and jostling it to get the fish out.

Also try a shallow drift or creek channel leading from the main ponds to deeper water. The fish hold around streams, bushes, laydown trees, and weeds. Some will be in a pair or water, others will be deep.

If the fish are slow and it's early in the season, when the sun gets up go to a floating-lying shallow water area. That's right, no cover and keep backing until the fish takes it.

Don't get hung up on one lure or pattern. Keep your options open and experiment.

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Airplane Wreckage is a Single Engine Airplane Two Occupants Have Been Confirmed Deceased

PLACER COUNTY, CA – (MPG) At 0030 hours, the Placer County Sheriff's Office received a call from Cal EMA (California Office of Emergency Services) to assist in a search for a possible downed aircraft near the Auburn Airport. Commercial airliners confirmed a distress signal from an aircraft's emergency locating transmitter. Cal EMA also provided specific GPS information for CHP's fixed wing and Placer County Sheriff's helicopter. The accident site was located by the joint efforts of CHP's fixed wing and a Sheriff's deputy on the ground equipped with a handheld

radio programmed with the distress signal information.

The airplane wreckage is a single engine airplane and two occupants have been confirmed deceased.

The victims in the plane crash have been identified as pilot Bruce Albright Rhymes, 6-8-53, and Kathy Lorraine Rhymes, 2-3-55, husband and wife from Susanville.

No other information regarding the airplane or its occupants will be released at this time pending further investigation by the NTSB.

MV Lions, Cub and Boy Scouts join for Community Breakfast

MEADOW VISTA, CA – (MPG) The Meadow Vista Lions Club and the Meadow Vista Troop 6 Cub and Boy Scouts have joined together for a Community Breakfast on Sunday, June 2, 2013. Advance tickets are available by contacting a Cub, Boy Scout member of Meadow Vista Troop 6, Meadow Electric or True Value Hardware Meadow Vista

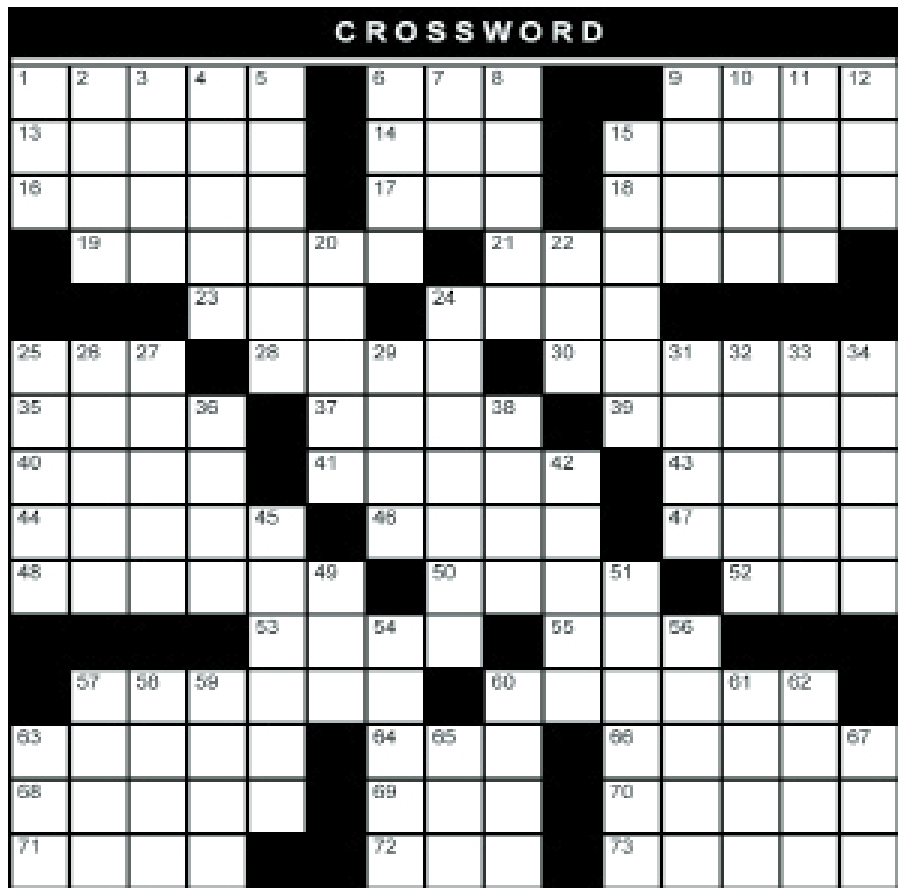
Date: Sunday, June 2, 2013
From 7:30 to 11:00 a.m.
At: Placer Hills Campus
16825 Placer Hills Road (at the signal light)
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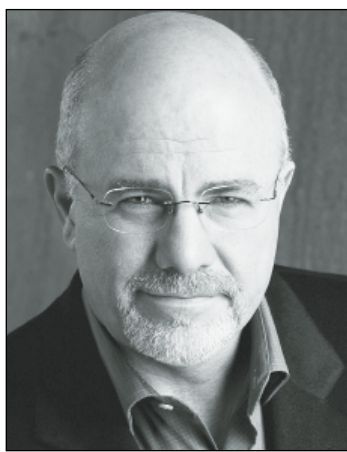
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CLUES

- ACROSS**
- Done with a knife
 - Pendulum's path
 - Pompous talk or writing
 - Salk's conquest
 - Gunk
 - Given name of "Dog the Bounty Hunter"
 - Tree in Latin
 - Hold title to
 - Knightly suit
 - Nickelodeon's conjoined brothers (1998-2005)
 - Dig further
 - Deadeye's forte
 - Good earth
 - Young woman making her debut
 - Le Corbusier's art
 - "The Cat in the Hat wore a striped one"
 - Like decorated cake
 - Slime
 - Nary a soul
 - Musical mark
 - Elephant trainer's prod
- DOWN**
- Byproduct of muddy roads
 - Mirths
 - "A dog relies on it to interpret the world"
 - Speed on water
 - "There Will Be Blood" contraption
 - Mail agency
 - Double helix
 - Well-mannered Emily
 - "High" drink
 - "___" Noir cabaret
 - "Most famous collie?"
 - Best not mentioned
 - Poetic "before"
 - Bridal path
 - Open disrespect
 - Poetic "even"
 - Imposing house
 - One of the Iviess
 - Banned insecticide
 - Larger key on the right
- DOWN**
- R&R hot spot
 - Rigid necklace
 - Actress Jessica
 - Plants and animals
 - Like a dirty affair
 - Bug-eyed
 - Column's counterpart
 - Type of dwelling unit
 - In some cultures, this is a compliment
 - Not cool
 - In a little while, old-fashioned
 - Royal Highness
 - Cerberus, e.g.
 - Opposite of alpha
 - "Dog ___ dog"
 - Observation post
 - "It ate my baby"
 - Food safety threat
 - Asian pepper
 - a.k.a. CT
 - Politician's barrelful
 - Baskerville's scare
 - Author ___ Chekhov
- 34. Seed coat**
36. Whittail, e.g.
38. "Boot-wearing cat"
42. Anatomical dividers
45. Used to drain gas tank
49. India's smallest state
51. PBS street
54. Knight's mount
56. Of the Orient
57. Pretty undergarment fabric
58. Very dark black
59. Succotash ingredient
60. Fast time
61. "___ that the truth?!"
62. Besides
63. Recipe amount
65. "Color of some setters"
67. Poetic "always"

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.

She Wants to Work

Dear Dave,
 I'm a stay-at-home mom now, and my husband brings home \$2,600 a month. We're trying to get out of debt, but we need more money coming in. I want to go back to work, but emotionally part of me feels like I should stay home with our 2-year-old daughter. What do you think?
 - Kayla

Dear Kayla,
 I understand the feelings involved, especially if you've spent all of your time home with your child. But don't make the mistake of blaming the debt if you simply want to go back to work. You're not a bad person if you have kids and you work outside the home.

I have several ladies on my team who have young children, and they work 40 hours a week. Guess what? They're excellent mothers! Anyone who says a woman can't be a great mom because she works outside the home is full of crap. On the other hand, if anyone says you're not fulfilling yourself as a person or you're stunting your intellectual development because you're a stay-at-home mom, they're full of it too!

I'd advise you and your husband to sit down, talk about this a lot, and pray about the situation.

Dave Says

Don't worry about what anyone else thinks, because it's none of their business. You guys are in charge of your lives and your family. That makes it your job to decide what's best.

If you want to stay at home, and you guys can make it happen financially, that's a great thing. If you can't right now, or you simply want to go back into the workforce, that's fine too. It'll help solve your debt problem. Then after you've got your money under control, you might find you want to come home again. The option will be there.

For now, I think you should go back to work. Why? Because you want to!

- Dave

Financing the College Experience

Dear Dave,
 We live in New Jersey, and my wife and I can afford the \$10,000 to send our son to a state college. However, we have a younger child who is heading to college in a couple of years, and I'm having a hard time justifying room and board when he can commute. My wife doesn't have a problem paying for it, even though it would mean taking out a loan. What do you think?
 - Andy

Dear Andy,
 I'm with you on this one. If you had an extra \$40,000 lying around, this wouldn't be an issue. But if you're talking about borrowing money just for him to live in a dorm, my answer is a resounding no!

If your son, or your wife, wants the "college experience" to be part of the equation, then Junior can get a job to pay for the added expense. Anyone can make \$10,000 a year delivering pizza while in school, and it would be a great life experience. You might spot him a little something to get him in there and get things going, but I'd make it contingent on him working to pay the remainder.

There's no reason to take out loans for something like this. It sounds like you guys can cash flow the important stuff, but make sure this kid learns what work is and why it's important. I worked full time while I was in college and still graduated in four years.

Besides, most college dorm rooms look a lot like prison cells; they're tiny, with concrete block walls and maybe a window, if you're lucky. Does this really sound like an "experience" worth going into debt for? I don't think so!

- Dave

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For Solution See Page 7.

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Choose To Be Happy

end of the scale, the countries of Haiti, Afghanistan, the Congo, and the Central African Republic have more than a stench to deal with. These countries are consistently at the bottom of the happiness list, reflecting terrible misery for their populations.

If you are curious, the United States is currently ranked 12th on the Prosperity Index. Not too bad, but we were much happier in the near past. We have been sliding downward for some time now. Our society as a whole is not as happy as it once was, and honestly I don't think that comes as much of a surprise.

While this survey says a lot about societal happiness, it says hardly anything at all about personal happiness. You can be a healthy, wealthy, free and secure Norwegian and be absolutely miserable. You can be a Haitian child living half-starved on the streets of Port au Prince and be filled with wondrous joy.

You can be a comfortable, successful, suburban, mortgage-paying, SUV-driving husband of one and father of two and be wretchedly unhappy. You can be a poor immigrant, a single mother with four children living in squalor, scraping for every meal, and be as happy as a singing bird in a tree.

Happiness is affected by our environment. That much is true. Happiness is a product of our genetics (scientists say that an elongated 5HTT gene will make you happier on average than most). But ultimately, barring emotional or mental dysfunction, happiness is a choice we make. No, we don't live in Scandinavia. We have no control over our chromosomal makeup.

We can't do anything about our age and very little to change our personal economics. There are simply some things we cannot change.

But, there are other things we can do something about. We can opt to live near our friends. We can decide to practice gratitude. We can do work we find fulfilling. We can opt out of the blame game, and quit holding God, life, circumstances, past lovers, ex-wives, former business partners, parents, and reality responsible for doing us in.

We can make choices that will lead us toward becoming happy, joyful people or we can make choices that will result in us becoming chronically unhappy people. Regardless, that choice belongs to each and every one of us.

It was Viktor Frankl, famed Jewish Holocaust survivor and brilliant Austrian psychiatrist, who best articulated the power of choice in personal happiness. Reflecting upon his time in the concentration camps he wrote, "Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances."

If you want to be happy you don't have to move to Northern Europe or wait for science to alter your genetics. But you do have to choose to be happy, and no one else can make that choice for you.

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.



By Ronnie McBrayer

"There is something rotten in the state of Denmark." That is a centuries old phrase from William Shakespeare's masterpiece, "Hamlet." Going back to your high school English class, you might remember that strange things were indeed going on in Hamlet's world.

His father, the Danish king, had been murdered. His uncle was behind the conspiracy and had taken over the country. Ghosts and apparitions were visiting the castle. One of the characters finally states the obvious: "Something is fishy around here." Denmark has smelled rotten ever since.

But in reality, Denmark doesn't stink at all. It's a wonderful place. In fact, Denmark, Sweden, Norway, and the Scandinavian nations of Northern Europe are officially the happiest countries in the world. This seems so counterintuitive to me. No offense to the Scandinavians, but when I think of happy places, the cities of the Nordic north do not quickly come to mind. Nevertheless, the statistics don't lie.

Every year the Legatum Institute in London publishes its annual Prosperity Index that gauges the happiness level of the world's countries. Consistently, Denmark, Norway and the sister Scandinavian nations are at the top of the heap. On the other

Oh For a Memory Like Dear Old Mom's

By Rev. James L. Snyder, D. Litt

In growing up one of the outstanding things in my relationship with my mother had to do with her memory. She could remember everything.

All I had to do was ask dear old mom and she knew the answer. She knew everything. No matter the topic, she had an opinion about it, which truly amazed me as a young person.

Before I went to school, my mother was my entire world. From the time I got up in the morning until she tucked me in bed at night, she was the master of my world. Whatever I could do, she was the one who allowed me to do it.

Looking back, I can remember when my father got home from work in the evening he gave my mother a little break from looking after me and my brother and sister. If memory serves me correctly, my father watched us by lying on the couch snoring. I never could figure out how he could do that but it was his way of watching us and helping mom.

As a young person, anything I wanted I had to requisition it from dear old mom. The thing that always amazed me was that she always had what I needed. I have often wondered how she could do that. But then, she was mom.

My weekly allowance came from my mother. It took me a long time to realize the money for my allowance came from my father. I always believe mom had all the money there was.

I remember coming home from the second grade with homework to do that just baffled me. All I had to do was ask mom and she could explain it to me like nobody else could. Mothers are like that.

They know everything and remember everything. What my mother knew only my mother could know. It was as if she could read my mind. It was as if she had

eyes in the back of her head.

It was so bad that I could not get away with anything. Believe me; I tried very hard to get away with something. For some reason my mother knew what I was going to do days before I actually thought about doing it.

I am not sure who is credited with designing the first memory board for computers, but I know who designed the memory board for people. I firmly believe that mothers were the first computer designed and wired by God. Why in the world do you think they call it the "motherboard?" It is no accident that they come up with this term.

My mother had a tremendous memory. This is the difference between mothers and fathers. Mothers cannot forget anything and fathers cannot remember anything. Together they make an invincible team for raising children.

It was not until I became a teenager that a little click developed between my mother and me. I began to realize that my memory did not always harmonize with hers on some issues. As I got older, the harmony was less and less.

For example, my mother would tell me, "You must be home by 10 o'clock."

At least, that is what she said she told me after the fact. When I came in at 11 o'clock, she reminded me of what she told me. For the life of me, I could not remember her telling me to be home by 10 o'clock. "I told you to clean up your room."

Searching my memory board, I could not find any indication that she told me this. I am not saying that she did not; I am just saying that our memories did not coincide on a variety of issues when I became a teenager.

What struck me about my mother was she could remember conversation she had with me three years ago word for word.

As I get older, I began to doubt the accuracy of her memory. The problem with that was, I had no memory of anything and so I had to rely upon her memory.

Now that I am a parent, it is apparent to me that memory is a rather funny thing. I am not sure that my mother was in this category, but my memory is of such a nature that I can remember things that never took place. Not only that, I can describe it in detail.

As a teenager I remember coming into the room and my mother sitting there looking out the window with a little smile on her face.

"What are you thinking about?" She just looked at me, smiled and said, "Oh, I was just remembering some things." Then she turned and looked out the window again and I left her to her memories.

In celebrating Mother's Day, I cannot help but think of the many wonderful memories each mother cherishes. Their children will always be children. No matter how old their children get, they will always be their little babies.

Memory is a delightful thing and sometimes can be very selective. I am sure, when a mother engages in the fine art of memory, they are all good memories.

Solomon was probably thinking about his mother when he wrote, "Her children arise up, and call her blessed; her husband also, and he praiseth her. Many daughters have done virtuously, but thou excellest them all" (Proverbs 31:28-29 KJV).

You cannot put a price on a good memory.

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. His web site is www.jamesnyderministries.com.



By Karen Anderson

There is a statement that says, "Accept your path, with its many twists and turns. The adventure is in the journey, not the arriving." Once again, Satan is after me because I want to do God's work, not his.

Since February of this year, life has been exciting watching God work. To keep me balanced and letting "God's Woman" appear, I am planning events for encouragement for your journey. In the past there have been struggles in all aspects of an event. Worries

"Satan, SCAT!"

set in and I let the enemy (Satan) interfere with what God wants.

When I was planning the 2014 Women's Retreat, I was shocked how quickly everything came together. In our first planning meeting, all the details, including the facility, were resolved. At first I just couldn't believe it. Then a thought..."God can do whatever He wants." I am proud to say that God is the sponsor of this event so I have nothing to worry about...Right?

As time has gone on, I realize that Satan is working super hard to stop the retreat. He tried to create discouragement in my thoughts and words. Since that didn't work he created symptoms of Bells Palsy (a paralysis on one side of the face). At first this scared me and fear raised its ugly head. The enemy is after me even harder trying to stop me doing God's work. I said, "Satan, you have no place here, so scat!" God is the love of my life, and

through my weakness, He will show His power. No matter, whether I can speak perfectly or not, I am His instrument and He will be glorified.

When life hits you in the face (excuse my pun), do you stand up strong with God against the storms in your life and say, "I will not be defeated because I am God's love?" God's word says, "But those who hope in the Lord will renew their strength. They will soar on the wings like eagles, they will run and not grow weary; they will walk and not be faint." Be strong in the hope and power of God and just believe.

PASSAGE: Isaiah 40:31 (NIV)

Karen Anderson is an accomplished speaker, author, and chaplain. Women's Retreat planned for March 2014 at www.renewingyourspiritretreat.com. Karen's website www.doablesteps.com for more encouragement and offerings.



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Rep. LaMalfa Votes to Repeal the President's Healthcare Takeover

WASHINGTON, DC – Rep. Doug LaMalfa (R-CA), on May 16th, voted in favor of H.R.45, a measure he co-sponsored to repeal Obamacare. This is the first opportunity for freshmen members in the 113th Congress to take a stand on the issue. The Affordable Care Act, a 2,801 page bill, passed in 2010 through a Democrat House and Senate and signed into law by President Obama on March 23, 2010. The law constitutes perhaps the most drastic expansion of the federal government in our nation's history.



Representative Doug LaMalfa.

"I promised voters that I would support any legislation that repeals the federal health care takeover passed in 2010, and replace it with real reforms that lower health care costs without expanding government bureaucracy. This is a promise I am proud to keep and I will continue to work to give health care decisions back to patients and doctors," added LaMalfa. "Americans expect and deserve access to affordable, quality

health care that addresses their needs and does not prevent growth and job creation for small businesses."

The Obama administration's own independent actuaries at the Centers for Medicare and Medicaid Services (CMS) found that the health reform will actually increase the cost of health care, and the Congressional Budget Office (CBO) concluded that premiums for individual health coverage policies will

be significantly higher than if Congress did nothing. The studies found that some states could see insurance costs increases by as much as 200%.

"Three years later, Obamacare has failed to be affordable or accessible as promised, even after more than \$2 trillion in new spending and \$1.1 trillion in new taxes. Instead, families, individuals, and businesses are facing the realities of the President's health care takeover – higher premiums, increased bureaucracy and costly tax hikes," LaMalfa continued. "With federal budget deficits at record levels and millions of families struggling to make ends meet, we simply can't afford this new government health care takeover."

Congressman 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.

Care Packages to Help Local Senior Veterans Stay Safe

Supplies, Helping Hands Honor 'Heroes Emeritus' as Memorial Day Approaches

AUBURN, CA – (MPG) While sending care packages to troops overseas is a time-honored tradition, Emeritus at Emerald Hills will be delivering them to local senior veterans or their surviving spouses during Memorial Day week in an initiative designed to assist them in staying safely in their homes. This program is part of a national effort by Emeritus Senior Living to deliver more than 2,000 care packages and provide a helping hand with safety measures for seniors. Called "Heroes Emeritus" in honor of the veterans' service, the program is underway now and runs through Memorial Day, May 27.



Emeritus at Emerald Hills will be delivering care packages to local senior veterans or their surviving spouses during Memorial Day week. The program is called "Heroes Emeritus" in honor of the veterans' service. The program runs through Memorial Day.

The Heroes Emeritus care packages include nightlights, first aid kits, medication management containers, water bottles, healthy snacks, and other items that make a senior's daily life and home more secure. In addition to delivering the packages, the Emeritus team will perform a home safety check to ensure the living environment is free of any potential hazards.

"Our veterans and the spouses who gave their support on the home front have done so much to keep our nation safe," said Mary Ann Peterson, executive director

of Emeritus at Emerald Hills. "We'd like to do what we can to help keep these heroes stay safe in their senior years."

Peterson noted that the Heroes Emeritus program is part of the Emeritus philosophy of "Safely Somewhere" – an initiative that helps us ensure that seniors are residing in safe, meaningful situations, regardless of whether it is in their own homes or elsewhere.

Members of the public who would like to recommend a local senior veteran or veteran spouse for the Heroes Emeritus program are asked to call Emeritus at Emerald Hills at 530.888.8847

or via email at EmeraldHills-crd@emeritus.com.

Heroes Emeritus partners include Omnicare, Caring.com, the Fischer Group, Life Care Funding Group, Gulf South, Kellogg's and Campbell's – all of which made generous donations to fill the veteran care packages.

Emeritus Senior Living is the nation's largest memory care and assisted living provider, with the ability to serve nearly 50,000 residents. Its experts provide insights on senior living, care, wellness, brain health, caregiving and family topics at www. Emeritus.com,

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POPOFF!

with Mary Jane Popp

at once. Start by making smaller decisions that are less frightening. Be consistent. That's the only way real change will take place. Over time you gain confidence you need to make the big decision that probably seemed impossible.

that it might be a good idea to leave the room? Fine! Get up and take yourself out of harm's way. Better than saying or doing something that leaves an indelible. You can always address the issue later, calmer and having thought it through.

HEAD TRASH

Do you find yourself pushing hard to succeed, but you just can't get traction? Why? Could it be you're working against yourself? I know it sounds strange, but not after I spoke with **Tish Squillaro**, who co-authored "*Head-trash*" with **Timothy Thomas**, on my POPPOFF Radio Show. They refer to thought patterns and emotional tendencies that hinder our ability to respond to business issues in a productive and professional way. Head trash is the negative voice of your subconscious. With eighteen years of business consulting experience, they have come up with seven traits we need to trash so we can make intelligent, effective decisions in our lives. They are Fear, Arrogance, Insecurity, Control, Anger, Guilt, and Paranoia. But wait just one minute. How do I talk back to my subconscious? I have trouble enough dealing with my conscious self. I think my paranoia is setting in. They call Tish the CEO Whisperer, so I asked her to whisper in my ear some ways to deal with this head trash and turn it into a positive. Here goes. These are the recommendations for:

1) FEAR: Build up the big decisions - if you have been frozen by fear, your decision making muscles have atrophied. Don't push too much strain on them all

5) ANGER: Breathe—when you start to feel yourself boil over, stop, breath, and think before you do or say anything you might regret. Are you so enraged

2) ARROGANCE: Cultivate humility - arrogant leaders tend to think of humility as weak. That's a false perception. Humility means being realistic about yourself, your abilities, your ideas. It means being honest enough to accept your limitations and admit that you are not perfect. You acknowledge that you can, and do make mistakes. Humility is about truth, and if you want to move forward, you need to be firmly rooted in the truth.

3) INSECURITY: Truly embrace compliments and Value your Worth - instead of leaping to devalue yourself. Grab the opportunity to pat yourself on the back after any success. It may be as simple as allowing yourself to accept a compliment without diminishing the praise. Then fan the spark of positive feedback into a small fire that you learn how to feed. If you can't do it for yourself, find a career coach or counselor who can help you.

4) CONTROL: Look at yourself - and ask yourself if you truly need to be involved. Does this really require your attention? Before you dive into a new timeline consuming initiative, see if you can delegate instead. And if you are sincere about wanting to change, ask yourself the hardest question..."am I getting in the way?"

6) GUILT: Move on quickly - lingering guilt is the mind's way of trying to rewrite history and change the outcome which, of course, is impossible. What is done is done. No matter how many times you think about it, or try to resolve it differently, nothing will change. Instead, drop the baggage, hit the pedal, and move forward.

7) PARANOIA: Write it out before you blurt it out - before you explode over a perceived slight to your status. Go back to yourself and ask, "why am I feeling this way?" It is remarkable how sitting quietly with your thoughts and a blank piece of paper or computer screen helps you sort out your emotions. Away from the event, you may find that you are misreading the situation through your own interpretations of fear and doubt.

There you have it. Several of these recommendations seem like common sense, but we do let our emotions run away with that common sense. Want to find out just how much of that head trash is stored in there? Check out this website www.headtrash911.com and take the survey. You might really be surprised. The book is called "Headtrash" cleaning out the junk that stands between you and success. Move on! It's all up to you! Now Go get 'em!

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



TAX HELP

from a Tax Pro

Dean Alexander Sr.

The Darling Middle Class

Tax cuts for the Middle Class, so says Obama. Tax cuts for the Middle Class is a Republican cry. What is the magic about the Middle Class? The British had the Middle Class as the only group deserving of voting. The Middle Class (the one with property) is the only one invested with a stake in the system.

The Poor are not important The Rich are not important.

In less advanced societies because poverty is the prevailing mode, everyone is poor, the poor make up the bulk of the population. So if you adopt the case of the poor you have some assurance that you will have the hearts of the majority.

In an advanced economy like the USA, you have the rich, the middle, and the poor. The rich is what they may call the top one percent. The poor may be the bottom one third (assuming we have one out of three qualifying as poor) so, what is left is the middle, the good old Middle Class. The rich and the poor make up say thirty five percent. The remaining sixty five percent is the Middle Class.

Does Obama or Romney care

about the Middle Class? The answer is if they do, the Middle class does not necessarily occupy a cozy place in their heart. It is smart to give the tax breaks to the middle class. They have the votes. They will make you or break you. All the tax breaks, all the goodies should go to the Middle Class.

Jesus vs. Adam Smith.

Are the poor more important than the Middle Class? My answer is yes. If you want to give a tax break it should be to the poor. If you want to give a child credit it should go to the poor. If you want to give an economic subsidy, it should be to the poor. It should be to the poor until the poor are no longer poor.

Is this The Church's marching cry or is it The Wealth of Nations as it was called before by economists such as Adam Smith. To be sure, the economists (Adam Smith or otherwise) never necessarily cared about the poor. We argue the importance of the poor on two counts. The first is economics.

A nation which has one third of its population as poor is a nation with one third weaker purchasing power. It is a nation with its one

third less productive because poverty means lower education. It is a nation with higher numbers in prison because poverty leads to crime. It is a nation with costly social programs. And finally it is a nation rife with strife and morally lacking. Poverty is an indictment to any society.

A ditch dug, a ditch covered.

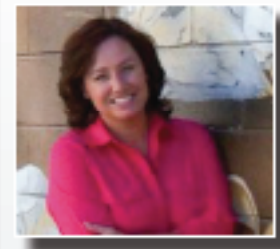
A rich nation like the USA must guarantee the poor a dignified living. There is only one condition on the poor. They must work. All the poor must fulfill their obligation of a decent sweat each day. The only exception is the disabled and the elderly. No welfare, but work. Even if we have to have the poor dig a ditch in the morning and fill it in at sunset day in and day out. Dignity is in work and we guarantee food, health and education. How we do that is basically calculating the gross national product. The revenue estimate and the first allocation of revenue goes to the poor and then to defense. Defense may have a priority if there is an imminent danger.

Dean Alexander is the founder and CEO of NFA Tax Help and has been helping clients with tax issues for over 35 years. Email dalexander@resolvemytaxes.com.

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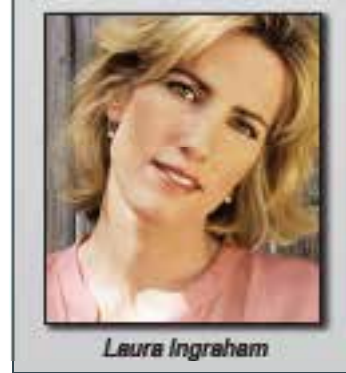
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| 9am - Noon: | The Laura Ingraham Show |
| Noon - 1pm: | The KAHI Noon News with Mary Jane Popp and the KAHI News Team |
| 1 - 4pm: | The Dave Ramsey Show |
| 4 - 6pm: | The KAHI Afternoon News with Dave Rosenthal and the KAHI News Team |
| 6 - 7pm: | The Drive Home Show with Dave Rosenthal |
| Wednesday: | Wealth Strategies with Hunter William Bailey |
| 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 Guru |
| 10 - 11am: | The Dew Sweepers Golf Show |
| 11am - 7pm: | Sinatra & Friends Music |
| 7 - 8pm: | A Way With Words |
| 8 - 9pm: | Rewind with Jimmy Jay |
| Sundays | |
| 7:30 - 9am: | Cruisin' Garage & Swap Meet |
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| 7 - 8pm: | A Way With Words |
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Wealthy by Design

A new book reveals one entrepreneur's unique road to financial security -- and shares how anyone can create their own path to prosperity by living according to their needs and goals.

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In *Wealthy by Design: A 5-Step Plan for Financial Security*, financial expert Kimberly Foss, CFP®, CPWA®, offers the insight and tools investors need to confidently design a plan for making wise choices and sustainably growing their money. By guiding them through the five fundamental principles of investing – goal setting, planning, commitment, assessment, and flexibility – she helps investors map a course with integrity.

Drawing upon her three decades of investment experience, she offers powerful and enlightening stories. Through them, investors learn how to leverage personality, situation, and belief, and apply proven, wealth-building strategies to fulfill their needs and dreams.

Kimberly is the founder of the 24-year-old investment firm, Empyrion Wealth Management Inc., with over \$200 million in assets under management. She is frequently interviewed by top media outlets and has appeared on *Today*, *Good Morning America*, *CNBC*, and *Fox News*, and has been quoted in *The Wall Street Journal*, *MSN Money*, *Forbes*, *Investor's Business Daily*, and *US News & World Report*.

Kimberly grew up as the youngest of six in a low-income household. Further, being a single mother of four for over a



"Solid investment advice. Kimberly Foss puts the hay down on the ground where the goats can get it; this is wisdom anyone can follow, learn from, and from it, draw financial freedom."

-- Ben Stein, Economist, writer, actor, commentator, & author of *How to Ruin Your Financial Life*

decade, she fully understands the importance of seizing control of one's own financial fate. Today, Kimberly brings special expertise and real passion to her work with women in transition, including: widows and divorcees; small business owners interested in developing or selling their company; pre-retirees and retirees; "tweeners" (45 – 60 year olds; boomers too young to retire, too old to begin a new career); and Generation X and Y who have wealth but are in search of solid financial wisdom and guidance.

Perhaps money is in her DNA. Her great-great grandfather was the first Wells Fargo agent in the greater Sacramento Valley. He was responsible for transporting gold for the bank and, as the story stands even to this day, he would leave a sack of

gold as a "payoff" for the notorious Richard Barter (AKA "Rattlesnake Dick") to save the Wells Fargo stage from being robbed time and time again.

Her book shows readers how:

- To discover and set financial goals that transform ideals into a reality.
 - To build a tangible plan for accumulating and protecting wealth – and to secure a future for themselves, their loved ones, and the causes they believe in.
 - One implements a five-step plan to financial independence, employing the management strategies of the elite 1% to fulfill needs of the 99%.
 - To truly achieve financial security and define financial prosperity.
 - Kimberly did not let the financial status she was born into determine her position in life.
 - She not only survived, but thrived, during the Great Recession, managing to navigate safely through the uncertain, anxiety-filled days shortly following the October 2008 stock market crash.
 - To choose a financial advisor using a 16-question test and to make sure you choose a "client-centric advisor" over a commission-based broker.
 - One can't time the market or play it like a casino.
 - Her 2008 bailout of a big bank yielded a windfall in the millions for her clients.
 - To avoid what she coins as hopium, and instead live life by design and not by chance.
 - Investors can avoid the greed/fear cycle of investing that plagues too many people.
- Kimberly shows you how to



Book Excerpt: "Only commitment to my goals and my plan saw me through the obstacles I faced on my path to finding my true career niche. The road to investment success can be just as challenging. The market might take a tumble, interest rates may rise, inflation may return, and tax laws may change. Any number of things may happen – many that can't be foreseen – that will at times make you question the plan you've put in place. But commitment to your course is the only way to achieve success over these obstacles and attain true sustaining wealth in your life. You can't allow temporary discouragements or difficulties to deter you from continuing on the path that you've charted."

build a wealth strategy around your lifestyle goals while assessing the economic landscape. She

also shares compelling stories, interwoven with professional advice and proven strategies

for achieving wealth. She distills her best practices so that Generation X and Y investors, women in transition, "tweeners" – 45 - 60 year olds, and pre/post-retirees can take five real steps to secure a financially viable future. She inspires readers to pursue their personal goals when crafting a customized investment portfolio.

She believes that hope is important, but "hopium" is not a viable investment strategy, especially when looking to weather financial storms like the Great Recession. Her book weaves a personal story with heart-felt insights and professional truisms, combining to lend an authentic and genuine voice to those seeking guidance in determining their financial fate.

"During my career, I have learned one central fact about life: It's not really about money," says Kimberly. "Instead, it's about people first, then profits. Family, schooling, and career history have as much to do with financial security as savings and income do. Because I realize that my own personal history played a large part in making my financial career what it is today, I have my clients examine their own lives as their first step toward achieving financial success."

Finally, readers learn to build wealth, invest wisely, and create a level of financial freedom – not through "timing the market, lucky breaks or random events," but instead by becoming *Wealthy by Design*.

She resides in the Sacramento area. For more information, please consult www.KimberlyFoss.com and www.EmpyrionWealth.com

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- ✓ WE CAN GET YOU OUT OF DEBT QUICKLY
- ✓ WE CAN SAVE YOU THOUSANDS OF DOLLARS
- ✓ WE CAN HELP YOU AVOID BANKRUPTCY

Not a high-priced consolidation loan or one of those consumer credit counseling programs

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