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Volume 24 • Issue 8

Serving Auburn and Placer County since 1987

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direct link to our online edition!

# Recognizing Elder Abuse

By Karyn Maynard **MSNH** Seniors First, Inc.

PLACER COUNTY CA -(MPG) Remember when children and young adults were taught to respect their elders? At what point did our older citizens become a segment of our population to be ignored, hidden away, or treated disrespectfully? This is a generalization that doesn't hold true for all seniors, but there is an element of truth when the topic of elder-abuse

The entertainment industry and media portray youthfulness as attractive, energetic, and full of hope and life, while old age represents a loss of beauty, health issues and a realization that death is eminent. Much of society has lost touch with the value inherent in an older individual. Senior citizens are a resource to be valued even though they may require extra care and expense as they age. Treating the elderly as a segment of society with little value, affects their life in profound ways. This article does not represent circumstances in the life of all seniors, but it does pertain to many.

What are the current facts surrounding elders at home, in residential care facilities and skilled nursing homes? The Elder Justice Coalition (EJC), founded in 2003, is a 3000-member organization that works on a bipartisan basis to establish Acts providing resources to help victims of abuse. Older adults in this country are at risk for physical, sexual and financial abuse and exploitation. Our great nation cannot combat what it doesn't see or acknowledge. Society must not 'turn a blind eye' when it sees or suspects any form of elder abuse.

Seniors with Dementia or Alzheimer's are often like children before they learn to express themselves well.... they are vulnerable citizens relying on others to be their voice. Anyone who has reason to suspect an elder is being abused is morally obligated to report what they know, no matter what the age of the victim. What programs and laws are in place, protecting our senior citizens and how are they contacted?



Mandated reporters are individuals who must legally report abuse when they see it.

The American Society on Aging puts out a publication called Generations, Journal of the American Society on Aging. Their Fall 2012 issue highlighted elder abuse and the elder justice movement in America. This publication states that "the current Administration is committed to helping address this huge social and criminal problem. For ten years, advocates worked with Congress to pass the Elder Justice Act (EJA). By the successful end of that work, more than 600 organizations had signed on to support the Act, the issue, and the goals. The EJA advances the field, yet it has not received an appropriation." This means the government has passed an Act, without authorizing money for the special purposes defined within the legislation. Elder abuse is alive and well in America. What does it look like?

Financial elder abuse can often be spotted within our banking

organizations. Our local bankers are mandatory reporters, which means they must report suspicious banking transactions, like unusual withdrawals or signatures that don't match. Another component of elder abuse is of a sexual nature. This type of abuse is extremely difficult to detect because the abused person may not show physical signs of abuse or may be unable to express themselves clearly. Some sexual activity in care facilities is consensual between both parties, but occasionally it is not. Many family members cannot bear to even think of their elder relative being abused and so they live in denial of what may clearly be in front of them.

There is a great deal of elder abuse within families and this is perhaps the most difficult type of abuse to eradicate. Secrets within families often remain hidden long after both the victim and the perpetrator have died. Those who are

being abused will often stay silent because they fear losing their most basic necessities, such as a shelter, food and even the company of those who hurt them.

If a person suspects a small child is being beaten or sexually abused, that concern would most certainly be reported or the suspected perpetrator would be confronted. Why wouldn't this same action be taken to protect a fragile, older person? Society and government can have thousands of programs and committees in place, but if there is no response or reporting of abuse, regardless of where it occurs, abuse will continue. If stopping elder abuse falls on the shoulders of society, which it does, where does society go to report suspected abuse?

Mandated reporters are individuals who must legally report abuse when they see it.

Continued on Page 10

# Singers Return **From Contest**

By Clifford Johnson

PLACER COUNTY CA - (MPG) The Sierranaders barbershop chorus returned jubilant from Lodi on Saturday, from a Far Western District divisional contest. They were elated to receive the "most improved chorus" award, and place second in their plateau of their division. The award was appropriate, as they have worked diligently to improve their performance.

Now all their energy will shift to prepare for their upcoming spring show, "Celebrate Harmony", to take place at 7:30 PM on April 20th at the fabulous Bear River High School auditorium. Tickets are available for \$15 adults, \$10 students; children 12 & under free with adult supervision.

Along with the chorus and chapter quartets, they will have a guest quartet, "Artistic License", a district gold medal winning quartet. Those who come to the show will be wowed!

The show will also celebrate the 30th anniversary for the group, and the 75th year for the Barbershop Harmony Society, the world's largest all male A Cappella singing group.

Any men that love to sing are invited to come sing with us... music & training will be provided. Ability to read music is not required... if you love to sing, come and check us out!

While guests are always invited, the group will have a special guest night April 23, with a special guest program, and coffee and goodies.

For show or chorus information, call Clifford Johnson, public relations, at 530-346-2757, Roger Perkins, Director, at 530-823-0339,- or visit their website at www.sierranaders.

# Mining for Culture

By Leona Reber

PLACER COUNTY CA -(MPG) Auburn may be known to many for its gold mining history, but, on Thursday evening, hundreds of people strolled the streets of town searching for art treasures rather than gold during the first Art Walk of the season. Between 6 and 9 pm they found what they sought in abundance, sauntering in and out of restaurants, studios, and businesses which stayed open later than usual to host concurrent receptions for more than 30 artists.

Many started their journeys at the Arts Building, where maps of the night's venues were available. Entries in the PlacerArts Jubilee show were on display.

Juried by Anthony Gill and Maria Winkler, this exhibition celebrated the organization's thirtieth anniversary. Work by resident artists was also on display, and, downstairs, visitors could watch a fascinating demonstration of Raku firing.

A short walk down the street, at the Chocolate Shoppe & Gift Emporium, intermediate and advanced students of local watercolorist, Sonja Hamilton, displayed a mini show entitled "Classic Chrome & Rust." The exhibit consisted of various interpretations of ancient vehicles.

"I've been a lifelong artist and I love it," commented Kathleen Ryan, one of the exhibiting artists who said she was in her eighth year with Hamilton.

There was more than



The Arts Building was a popular destination for many Thursday. Photo courtesy Leona Reber

Music rhythms of Wild Duck, who held court under the clock and just sit and tap their toes.

painting and sculpture to enjoy. tower, delighted many, draw-Percussion and keyboard World ing them in to dance or take a the midtown area with Spanish, break from their wanderings

Sean O'Connor entertained in Classical, and Improvisational

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# **Mining for Culture**

Continued from Page 1

guitar, and Tepid Club of Cool offered Swinging Jazz with an Edge at Pioneer Methodist Church.

The night was not simply for the two-legged either. Many residents shared the experience with their pets. Dogs, and even 3 leashed goats, who vocally made their presence known, were in attendance. The four-legged visitors seemed to enjoy the event as much as their owners did.

A shuttle bus made a loop through all of the venues, ferrying those who flagged it down to far-flung destinations like Old Town and OLAS on Almond street, every 20 minutes or so.

Toward the end of the evening, a beaming Angela Tahti, PlacerArts Executive Director, felt that the event had been a success. She had been at the Arts building most of the night. "I think we've had more than 1,000 people here tonight," she said. "It was a wonderful

kickoff of the season."

If you missed Thursday night's festivities, the art will be on display at all of the sites for 2 months. New shows will be presented the second Thursday of June, August and October. Art Walks are made possible by Placer Arts, California Arts Council, County of Placer, City of Auburn Arts Commission, Downtown Business Association, and the all-volunteer Auburn Art Walk Committee.



Wild Duck performed beneath the Clock Tower Thursday night. Photo by Leona Reber







# Placer ine

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# Swimming Season Opens



The Auburn Recreation District is currently taking registration for the 2013 competitive swim teams. Photo courtesy of Auburn

AUBURN, CA – (MPG) The Auburn Recreation District is currently taking registration for the 2013 recreational competitive swim teams. The teams are open to boys and girls between the ages of 5 and 18 and practice begins April 29. Swimmers must be able to swim one length of the pool without stopping.

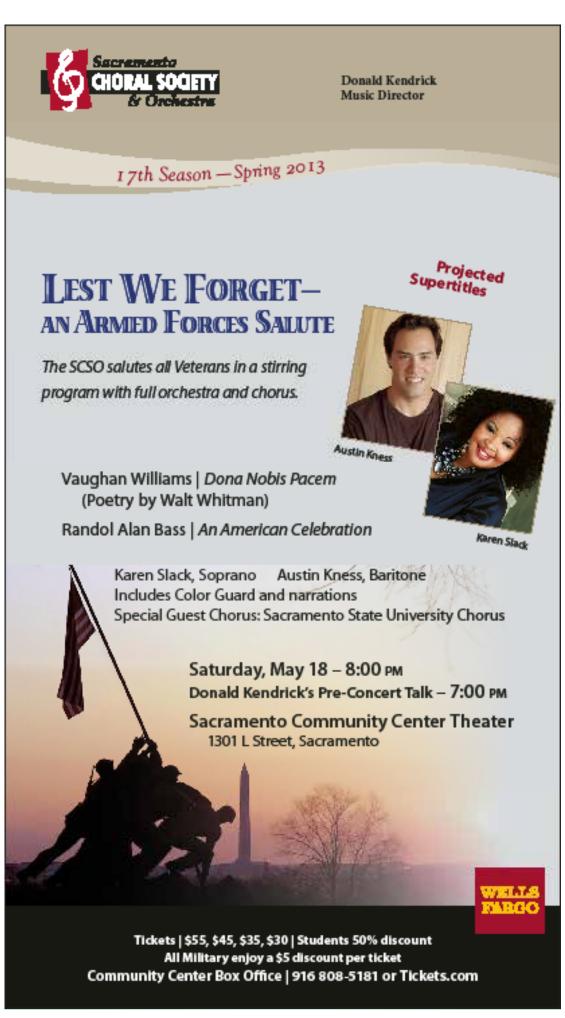
The swimming team, Robalos,

practices during the spring in the afternoons and practice times flip to mornings in the summer. Swimming meets are held on Saturdays beginning in June. The Mermaids synchronized swimming team practices evenings beginning at 6:30.

Swimmers who are interested in gymnastics, music and/or dance are encouraged to participate.

Both teams are coached by enthusiastic, experienced coaches and swimmers. These community swim teams are for beginning as well as experienced athletes and are fun for the whole family.

For more information visit our website or call 530-885-8641; to register come by the office 123 Recreation Drive, Auburn,





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## A One-of-a-Kind Arts Event

CA – (MPG) The Collaboration of the Arts 2013 is in its fifth year as a Meadow Vista community event. Young artists, musicians, photographers, dancer and actors integrate the visual arts and performing arts into a unique blend making for an exceptional evening.

The original artwork and photography exhibits are delightful and the music combines classical concepts with plenty of youthful energy and whimsical surprises. The scrumptious hors d'oeuvres are, of course, enjoyed by all! The result of the young people's effort is a delightful and truly unforgettable evening.

In the interest of promoting the arts among young people,

encourages an active involvement in art and music, rather than just a passive enjoyment. This event, throughout the year, serves the purpose of helping children and young people to create art rather than just look at it; to make music rather than just enjoy listening to it.

Young musicians are composing music, arranging music and learning how conduct. Young artists are encouraged to try unexplored techniques and concepts that challenge their skill level. All are given the opportunity to advance to another level, whether they are just beginners, whether they have had years of experience.

Over fifty young people (21 305-4049

Sierra Nevada Winds: "May I Have This Dance?"

SACRAMENTO REGION, The Collaboration of the Arts years and under) are involved in the art and music projects which combine to produce this unique

Right now the young people continue to work hard as they complete musical and artistic preparations for their performances on May 3rd and May 5th.

Art and Photography Exhibit opens at 6:30. Hors d'oeuvres will be served. The concert begins at 7:30. The location is 1100 Sugar Pine Road, Meadow Vista at Foothill Christian Fellowship.

Mark your calendar and treat yourself to a wonderful evening with our young people! For More Information:

Joy Olender, Director, 530-

# Around Town

#### with Loyce Smallwood

The Auburn community continues to vibrate with entrepreneurs. Check out the Gold Country Mall DT where the enterprising and hard-working Betty Thompson, tea maven and owner of Gold Rush Tea Emporium, has filled her charming shop with a variety of gourmet teas, tea pots and tea accessories along with personalized jewelry and gifts. Dynamic Betty also continues to schedule tea parties which include delicious pastries and sandwiches in an enchanting setting which is adjacent to the award-winning art instructor and artist Juan Pena whose own gallery is eye candy filled with Pena art including gift cards and fiber art. Kudos to Utopia Tattoo which should at this reading have Burney's Hotdogs—fronting the Gold Country Mall-- up and running and menu will include veggie and turkey dogs, I am told. Super Sentinel Stars sent to Utopia

Tattoo on Lincoln Way for their efforts in gathering donated art supplies to be given to the children at Shriner's Hospital. In the interim, enjoy the delicious fish and chips, coleslaw and Cap's Jack's turkey burger selection at Pelican's Roost, 904 Lincoln Way, where the service is prompt and friendly. A Sentinel Welcome sent out to thrift shop owners Steve and Terry who have an interesting array of vintage Western goods along with framed pictures, jewelry, furniture and clothing at Junk 'n Treasures on Atwood off Hwy 49 across from the Belair shopping center where LaBou Bakery owners are readying for their re-location into the former Pappy's eatery in the Victorian Village on Hwy 49 just down from Lazy Cowgirl craft shop where the industrious owner Kim Hughes continues to offer up craft classes including stamping and card marking along with



a delicious variety of craft supplies and tools. Lazy Cowgirl is located in the Live Oak Center at 1507 Hwy 49 and can also be found on the internet. More excitement for the creative is to be found at The Whistle Stop Quilt Shop on Lincoln Way at the Forest Hill Exit where workshops are awaiting sign-ups and the quilts are beautifully displayed and include the work of award-winning quilter Candy Brown who will be instructing in this impressive shop hailing from Colfax. Remember to drop those gently used DVDs, CDs, books, magazines and puzzles at Friends of Placer County bookstore in the Raley's Center, also at the Foresthill Exit. Enjoy the good vibrations; donate; shop; create; volunteer.



The Sierra Nevada Winds Orchestra is composed of 45 accomplished woodwind, brass, percussion and string bass musicians. Photo courtesy of Sierra Nevada Winds Orchestra

PLACER COUNTY, CA -(MPG) Lift your spirits and tap your toes as the Sierra Nevada Winds Orchestra, with Dr. Robert Halseth conducting, performs on Saturday, May 4, 2013, 7:30 p.m. at Dietrich Theatre, Sierra College, 5000 Rocklin Road, Rocklin, CA

The program is a delightful mix of dance compositions, ranging from the well-loved dance tunes of Glenn Miller to Peter I. Tchaikovsky's energetic and playful "Dance of the Jesters" to Samuel R. Hazo's stunning Middle Eastern sounds of "Arabesque." In addition, the program includes Irish jigs, a Shostakovich waltz, and Latin rhythms by Bernstein and Gandolfi.

Composed of 45 accomplished woodwind, brass, percussion and string bass musicians, the Winds has been entertaining audiences in the Sierra Foothill and Sacramento area for the past 23 years. Musicians travel to weekly rehearsals at Woodcreek High School in Roseville from as far away as Elk Grove, Marysville/Yuba City, Pilot Hill and Nevada County. Eight members reside in the Auburn area. These include Joss Bravo, Michael Koons, David Lawrenson, Kay McCammond, Merridee Smith, Judy Springer, Karen Stenger and Margaret Wegner.

Dr. Halseth, conductor of the Winds, is also Professor of

Conducting and Director of Bands at California State University, Sacramento. He commented that the group, during a recent performance, "played a challenging program with flair and verve and conviction, resulting in a first rate concert for our audience." Walter Kaweski, a percussionist with the Winds, characterized the same performance as demonstrating "superb musicianship and pure artistry."

Sierra College Friends of the Library are sponsors of this concert. Tickets, available at the door, are \$10 for general admission and \$7 for seniors and students. Check www.sierranevadawinds.org or call (530) 269-0395 for further information.



Lazy Cowgirl Craft Shop Owner Kim Hughes. Photo courtesy of Lazy Cowgirl Craft Shop.

1-888-928-0974

#### **Johnsmith to Perform at the State Theatre**

AUBURN CA - (MPG) If you're a fan of modern folk, Americana, blues, and songs with insightful lyrics and soul, you will not want to miss singer/ songwriter Johnsmith live in concert at Auburn's Historic State Theatre on April 20, 2013, at 7:30 pm! Presented by Auburn Placer Performing Arts Center's On Stage at the State program. Steve Meckfessel will open the show. Get your tickets today at www.livefromauburn.com, or phone the office at 530-885-0156, or go to Cherry Records on Lincoln Way in Auburn.

Johnsmith is a winner of songwriting awards at Kerrville, Telluride, Rocky Mountain



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span a broad spectrum from folk to blues, from gospel to Celtic. His sixth CD Gravity of Grace includes a cast of acoustic music's finest players including Darrell Scott, Tim O'Brien, Ray Bonneville, and Jimmy La Fave.

For the past 20 years Johnsmith



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# Invasive Species Removal Program Continues in Placer County - Volunteers Needed



aggressive species that spread while displacing native grasses and seedlings. Photo courtesy of Placer Sierra Fire Safe Council

PLACER COUNTY, CA -(MPG) Placer Sierra Fire Safe Council is continuing its participation in the region-wide noxious weed removal program known as the Scotch Broom Challenge. Scotch Broom, French Broom, and Spanish Broom are all non-native species that are aggressively spread displacing native grasses and seedling establishment and are a fire hazard to our communities. The plant is considered a pest because:

- It is highly flammable;
- Displaces native and beneficial vegetation;
- Slows forest production;
- Forms dense stands that impede wildlife and livestock: • Degrades wildlife habitat;
- Is toxic to humans, horses, and livestock:
- Its seeds can live in the seedbank for over 80 years;
- One shrub can produce up to 15,000 after two years of growth;

- Seeds can be transported by animals, humans, water, and vehicles; and
- It can tolerate a wide range of environmental and soil conditions

The Scotch Broom Challenge is a public awareness and action program started by the Fire Safe Council of Nevada County and adopted by the Placer Sierra Fire Safe Council three years ago. It is a cooperative effort by local groups and agencies to encourage local landowners, businesses, organizations and agencies to help remove the plant by hosting work parties. There will be two work parties in April for local residents to volunteer to remove broom.

The first pull was held in Dutch Flat on April 13th. The second pull will be held in Meadow Vista on April 20th from 8am-12pm. Meeting location will be at the staging area located at the intersection of Placer Hills Road and Sugar

Pine Road.

Scotch Broom is invasive plant that decreases native plant diversity and creates a fire hazard for our communities. Placer Sierra Fire Safe Council in coordination with local residents and the Fire Safe Council of Nevada County are working to eradicate this plant, and re-establish native and fireadapted plants. Collaboration will be key to making this program a success in Placer County. Efforts are continuing in Placer County with the Fire Safe Councils, Placer Land Trust, and local residents getting involved.

For the April 20th event, contact Michelle Hamil through the Fire Safe Council of Nevada County 530-272-1122 or email placersierrafsc@gmail.com. Also visit the website for more information https://sites.google.

com/site/placersierrafsc/

**Second Wave Results of** Regional Texting and Handheld Cell Use Campaign Announced Phone in One Hand. Ticket in the Other.



"Phone in One Hand. Ticket in the Other" is a year-long enforcement campaign to reduce distracted driving on roadways in the Sacramento region. This was the second of three maximum enforcement periods in a pilot program using the region to test tactics that may be employed nationally in the future

SACRAMENTO REGION, CA (MPG) - Law enforcement in the Sacramento region recently concluded the second of three waves of their special high visibility driver hand-held cell phone and texting enforcement campaign, "Phone in One Hand. Ticket in the Other," and the results are in.

The California Office of Traffic Safety (OTS) announced that 4,750 drivers were cited for texting or talking with a hand-held cell phone between February 25 and March 10. This total compares to the first wave of the special enforcement efforts November 29 to December 9 of last year, during which 3,008 were cited.

"With better weather and more enforcement days, we expected more citations compared to last December," said Christopher J. Murphy, Director of the California Office of Traffic Safety. "What we really hope to see is a drop in cell phone related crashes in the coming year, along

with the suffering and tragedies that go with those crashes."

"Phone in One Hand. Ticket in the Other" is a year-long enforcement campaign to reduce distracted driving on roadways in the Sacramento region. This was the second of three maximum enforcement periods in a pilot program using the region to test tactics that may be employed nationally in the future. OTS was awarded \$600,000 in federal funds for these special high visibility law enforcement operations. The last special enforcement wave will be conducted June 17-30, 2013.

The California Office of Traffic Safety, the California Highway Patrol, and the 37 local police departments from Modesto to Marysville, Vallejo to South Lake Tahoe that partnered in this latest effort are also joining with hundreds of law enforcement agencies across the state in April for National Distracted Driving Awareness Month.

"Between this special regional

enforcement and April's statewide high visibility enforcement, Sacramento area drivers can't miss the "Phone in One Hand. Ticket in the Other" message," said Murphy.

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Distracted drivers talking on a hand-held cell phone or texting receive a first-time ticket costing a minimum of \$159, with a second offense costing \$279. The goal of the special enforcement operation is not to issue citations, but to raise awareness of the dangers of distracted driving and to keep drivers from being distracted by their phones in the first place.

Turn off your phone and/or put it out of reach

Include in your outgoing message that you can't answer while you are driving.

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

For more information on distracted driving, please visit www.distraction.gov/ sacramentoregion.

## **Author Brings Personal Story of Survival** Behind Nazi Barbed Wire to Life at Granite **Bay Library Book Sale and Signing Event**

PLACER COUNTY. CA -(MPG) "WWII Prisoner of War: leaders. How I Survived" is the story of a young American airman, Second Lt. Len Kovar, a B-24 Bombadier from Carmichael, CA shot down over Eastern Europe on a beautiful day in 1943.

Len Kovar provides a candid story of survival, his personal struggle to endure and a unique insight into the minds of prisoners and German soldiers following orders of their Nazi sale, sign copies for those attend-

Saturday, 10a-12:30p April 27th, Granite Bay Library 64756 Douglas Blvd.

Join this WWII American hero as he talks with readers about his experiences, his strategy for surviving and his joy at the sight of General George Patton's army of tanks as they freed the prisoners behind the barbed wire. Mr. Kovar will present his book for

ing and provide a portion of the proceeds to benefit the Placer Co. Friends of the Library.

Author: Second Lt. Len Kovar with special thanks to his mother for keeping accurate notes and memories of his days Missing In Action and as P.O.W. 156 pages, ISBN 978-0-9845424-8-2 Available at Amazon.com or Barnes & Noble.



Get tickets at Dimple Records (no service charge)

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#### Volunteers are Greatly Needed to Support our Outreach Program for Veterans. This is our 5th year of our outreach program helping veterans and their families, in the Sacramento and the surrounding communities. We feed over 100 Veterans and their families through this program. In addition we provide advocate

representation that gives the veteran access to legal services, helping in acquiring V.A. benefits, Medical access with transportation, and our Naturopath life Coaching program that combats Bio chemical addiction empowering the veteran to have

a healthy body, and mind. We help the homeless, elderly, disabled, PTSD, veterans.

We provide in the field services for the homeless veterans and their families. We provide an alternative approach to PTSD with our unique Coaching program that gives the veteran behavioral tools to change their negative thinking caused by bio chemical addition and not be dependent on drugs or alcohol.

Forgotten Warrior is a 501 (c) 3 nonprofit organization committed to helping all veterans in need. Now that we are growing so fast we are in needed of your help to help, in office functions, such as promotional and public relation work, advocate to work with the homeless and disabled veterans. We need people that can do community fund raising events, and we really need of a Grant writer.

Call Wind at 916-969-4387 or office manager Monica at 916-728-8162 or email us at windwalker1313@gmail.com.

Forgottenwarrior.org

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By LindaLouise Haines

To the Editor

The Colfax community was rocked with the suicide of a resident and dear friend recently.

Any death of one we care about touches us at a deep level. Grieving from a suicide is a special grief that can cause folks to question themselves, their beliefs, plus their actions or non-actions.

# Suicide of a **Dear Friend**

years ago with the suicide of my younger son, John, when he was 21 years old. Plus, I have been dealing with depression for much of my own life.

However, with lots of spiritual strength, deep psychological healing work, and having the freedom to do my grieving process the way I needed to do it, I am strong today.

My message is this: We can inform ourselves of suicide and do what we can with love. Then, we must let go. I know from experience that many folks seriously considering suicide are very good at keeping their pain within

Suicide touched my life 23 the dark place deep inside themselves. And, they don't want us to know what is in their minds.

> In the end it is their decision. So, it is not useful for those of us left behind to torment ourselves with "what if's." This may be one of the hardest letting go challenges you will ever face. But, for your own mental health, you must let go of self-judgment. And, know that whatever you did or didn't do, it was all that you were able to do at the time. Bless yourself by letting go.

LindaLouise Haines Colfax

CLASS SCHEDULE

8:00am Chair Fitness

9:00am Step Fitness

with Geri Teineira

with Arnold Chung

11:00am Tai Chi

and Strengthen

10:00am Dance Fitness

12:00pm Beginning Tai Chi

8:00am Wake-up Stretch

9:00am Nia Dance Aerobics with Laura Linsteadt

## New NFIB Study Predicts Job Loss in California Under New Health Insurance Tax

CA - (MPG) California may lose more than 26,000 jobs as a result of a little known provision of the new healthcare law called the Health Insurance Tax (HIT). A study released today by the National Federation of Independent Business (NFIB) Research Foundation showed total employment in California will decline by between 14,322 and 26,296 by 2022 because of the increased costs associated with the HIT.

California's overall gross domestic product will also be reduced as a result of the tax. Over the next decade, cumulative lost sales among small businesses will be at least \$8.9 billion.

"Businesses in California are struggling under unprecedented costs from taxes and regulations. We need to do all that we can to increase jobs, not reduce them," said John Kabateck, NFIB California director. "This destructive tax simply must go, if we are ever to return to the thriving culture of growth and entrepreneurship that Californians once knew."

The HIT is a new tax in the Patient Protection and multi-region forecasting model

SACRAMENTO REGION, Affordable Care Act (PPACA), which, beginning in 2014, will impose over \$100 billion in new taxes on the small business community, their employees and the self-employed over a decade. The tax targets the fully-insured market, where many small businesses purchase their health insurance, and will ultimately be passed on to consumers in the form of higher premiums.

Former Congressional **Budget Office Director Douglas** Holtz-Eakin estimates the HIT will increase premiums on insurance policies purchased in the fully-insured market by \$5,000 over the next decade. Eighty-eight percent of small businesses purchase their insurance in the fully-insured market.

Bipartisan legislation to repeal the HIT was introduced in February in the House of Representatives by Reps. Charles Boustany (R-La.) and Jim Matheson (D-Utah), and this month in the Senate by U.S. Senators John Barrasso (R-Wyo.) and Orrin Hatch (R-Utah).

The BSIM is a dynamic,

that analyzes the impact of policy "shocks" on the economy and is unique in ability among models to forecast the economic impact of such policy on U.S. businesses differentiated by size of the firm. For this purpose, the BSIM adhered to the **Small Business Administration** definition of "small business" as firms with fewer than 500 employees.

The full report is available at http://www.nfib.com/hitcost.

NFIB is the nation's leading small business association, with offices in Washington, D.C., and all 50 state capitals. Founded in 1943 as a nonprofit, nonpartisan organization, NFIB gives small and independent business owners a voice in shaping the public policy issues that affect their business. NFIB's powerful network of grassroots activists send their views directly to state and federal lawmakers through our unique member-only ballot, thus playing a critical role in supporting America's free enterprise system. NFIB's mission is to promote and protect the right of our members to own, operate and grow their businesses.

Source: www.NFIB.com/ newsroom



Low Cost Filness Classes Offered by Placer School for Adults 11578 E. Avenue East in Aubum • DW324A Exercise Classicom



Mon, Wed

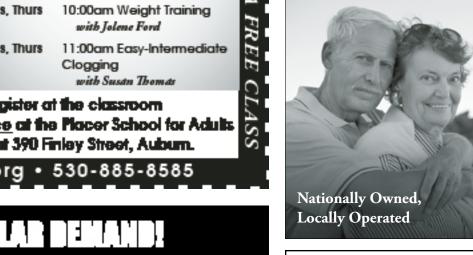
Mon, Wed

Tues, Thurs

Tues, Thurs

Register at the classroom in advance at the Placer School for Adults office at 390 Finley Street, Aubum.

www.placeronline.org • 530-885-8585





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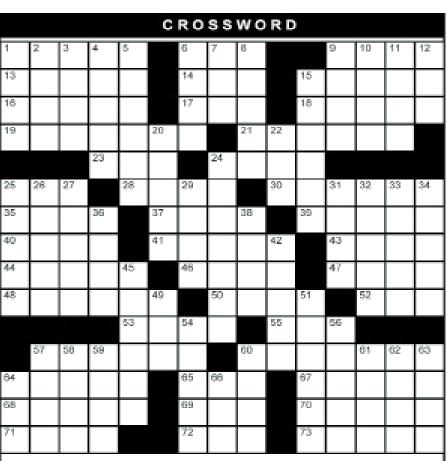
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#### 40. Hippocrates' promise

- **ACROSS** 1. Debra Messing's NBC 41. Monument to Buddha
- 43. Steam engine fuel 44. Of them 6. Distress call
- 9. Pack down 13. \*Coat used by army start-47. Upper hand
- ing in Korean War
- 14. It can be electric 15. Of the kidnevs
- 16. E.T., e.g.

show

- 17. \*Progressive or Victorian
- 18. O. Henry's specialty 19. \*a.k.a. "Father of U.S.
- Constitution"
- 21. \*Underground Railroad conductor
- 23. Presidential election mo.
- 24. Arizona city
- 25. Auction call
- 28. Poet \_\_\_ Angelou
- 30. \*George W. Bush is the

- 37. Magnifying glass 39. Eastwood's

- 35. Keats' works, e.g.

- son of George H.W.

- 73. Dog-\_\_\_

#### DOWN

- 1. Unsubscriber's focus
- 46. Prayer leader in mosque
- 48. "The Green
- 50. Any thing 52. Ever, to a poet
- 53. Chapter 11 issue
- 55. Cranberry habitat 57. \*Site of first shot of Civil
- 60. New Hebrides 64. Something unusual.
- perhaps worthy of collecting 65. Exclamation of surprise
- 67. Back of mandible
- 68. Comprehend
- 69. Waste of time, in text lingo
- 70. Sheep-like 71. Not working
- 72. Clinton \_\_\_ Rodham
- book

#### 3. Desert-like

- fide, in bad faith
- 4. Coil of yarn 5. Type of horse-drawn
- carriage 6. Espied
- the fields we go"
- 8. List of candidates 9. \*FDR was only president
- elected to more than two
- 10. Dwarf buffalo 11. \*Father of American
- Education, Horace 12. Layer
- 15. Like risqué entertainment
- 20. Stretched circles 22. "It's no !"
- 24. Free from slavery 25. \*Lincoln's assassin
- 26. \*Known for potatoes, it achieved statehood in 1890
- 27. Block 29. Supposed giant
- Himalayan
- 31. Vegas cube

32. Wear away 33. "All the world's a 34. \*Tippecanoe's running

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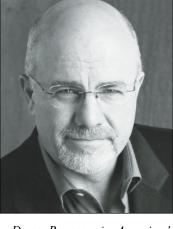
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- mate
- 36. Leg bone
- 38. Quarrel or argument
- 42. Single-cell protozoan 45. Grass valued for hay for
- 49. Driver's aid
- 51. \*Non-interference doctrine
- creator, 1823 54. \*1954 Board of Education
- opponent
- 56. Tropical fruit 57. Voiceless consonant
- 58. Europe/Asia mountain divide 59. en scene
- 60. \*15th Amendment subject 61. Gulf V.I.P.
- 62. Ditty
- 63. CPO in auto industry 64. Computer-generated
- imagery, acr. 66. Garden cultivator

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.

#### Don't Ask for a Murphy Visit

Dear Dave,

Is there ever a time you should dip into emergency fund savings in order to pay off your home early?

- Eric

Dear Eric.

The only time I would advise this is when your emergency fund is too big, and you have a very small amount left to pay on the house. Keep in mind that your emergency fund should be three to six months of expenses, not three to six months of income. Besides, paying off the house doesn't fall into the category of an emergency. The fact that you have to pay for your house doesn't catch anyone by surprise.

I understand it can be very tempting to throw a bunch of money at your house, get rid of the mortgage payments, and own it outright. But I wouldn't drain my emergency fund to make it happen—even if it meant being completely debt-free sooner. Life happens, and the moment you write that big check and weaken your emergency fund, the central unit will go out, the roof will spring a leak, or you'll have major repair issues with a vehicle.

# Dave Says

When you do things like that, you're just begging for Murphy to come visit. And that's not my definition of financial peace!

#### Too Much for Date Night Dear Dave,

My husband and I have a baby and are trying to live on a budget and pay off about \$14,000 in debt. He wants to spend \$100 a month for a date night, but I think this is too much under the circumstances. I'm a stay-athome mom right now, and after

taxes he makes about \$3,200 a

You win on this one. If you'd

month. What do you think?

- Ashley

Dear Ashley,

told me you guys make \$150,000 a year, then I'd say he was being completely reasonable. But with your income and a lot of debt to boot, it sounds like he's just looking for an outlet to spend some money. The good thing is you're working together and beginning to take this personal finance thing seriously. You're just a little bit apart on the particulars in this area.

I think you back this amount down to \$40 or \$50 for now. That's plenty for a reasonable dinner and perhaps a baby sitter for a couple of hours. If you have family or friends nearby, you might not have to figure babysitting expenses into the equation at all. Keep in mind, too, that going out on a date doesn't have to mean spending money. Years ago, when my wife and I were broke, we did tons of stuff that didn't cost a dime. Picnics in the park or a pretty hike through the woods are great ways to spend time together while keeping the pocketbook in your pocket.

Be creative and make sure you find ways to have "us" time on a regular basis. But you're right on this one, Ashley. You can go out and have plenty of fun together without spending a lot of money!

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



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Solution See Page 7.

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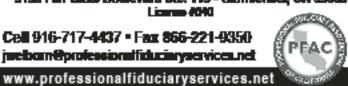
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#### By Ronnie McBrayer

There is a Zen parable about a man who surprised a sleeping tiger while walking through the jungle. The ferocious animal pursued the man, causing him to throw down his bag and walking stick, as he ran for his life.

With the tiger tightly on his heels, the man came to a steep cliff. He saw a vine dangling over the edge, quickly grabbed it, and began shimmying down the vine just narrowly escaping the teeth of the tiger who now leered hungrily at him from the

This put the traveler in a real predicament. He was high in the air with no place to go. The vicious tiger was overhead; jagged rocks were below; and he was clinging to a vine that was not nearly long enough to lower him to the ground. Then, as if things could not be direr, a mouse emerged from its den and began to nibble at the vine.

At this precise moment the traveler saw a perfect, plump strawberry right there within arm's reach, growing out of the face of the cliff. He picked it, ate it, and exclaimed, "Wow!!! That is the best strawberry I've ever tasted in my entire life!"

The story ends there (leaving the man hanging in a lurch),

but the lesson keeps going: If the man had been preoccupied with the rocks below (his possible future), or the tiger above (his past troubles), or the mouse chewing away at the vine (his vanishing present), he would have missed the strawberry within the present moment. He would have missed the joy of now.

Now: There are few words with more potency but hardly a word more fallow or underutilized, because most of us do not live "in the now." We don't even aspire to live in the broader category of "today," having trading the present for a regretful past or a fearful future, a trade that leaves no life left to live.

Those of us who have fixed our eyes on the rearview mirror feel the days gone by slashing angrily at our heels with the unanswerable questions of regret. Where did my life go off the rails? How could I have made such terrible mistakes? What could I have done differently? Why hasn't God (or my parents or my spouse or my employer) treated me fairly or at least as well as others?

Such questions only end with inadequate replies, proving the axiom true: "There is no future in the past." But there is no future in the future either; not a view of the future that is tainted with fear! Yet, countless people live their lives in a hypothetical time machine, always worrying and fretting over a distant yet to come that might never materialize.

These future-fearing people fill

the air with their own questions, questions that usually begins with the words, "What if?" What if I lose my job? What if I am diagnosed with cancer? What if I run out of money? What if the economy collapses? Again, such questions can't be answered. They can only rob the worriers of the time they have today.

And of course there are those who are preoccupied with the future differently. They aren't worried. They are enthused. They have schemes and plans for tomorrow, but tomorrow never comes. They say things like: "I'll do it one day (whatever 'it' is). Life will be better next week...next month...next year...next decade. Eventually I'll get around to it. In the end I will achieve my goals." But in the end, the end comes far too soon, and all the best-laid plans never materialize.

If we are engrossed with the snarling monsters of our past, obsessed with the fearful uncertainties of tomorrow, or spend our precious few days prepping for an ethereal future, this much is certain: We give away today; we miss the now.

Right now might not be your greatest moment, but now is all you have. Give now all you have, and you might be surprised at the joy you will discover.

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.

# The Power of Now We Never Needed Arm Guards, We Had Mrs. Ammon

By Rev. James L. Snyder,

The Gracious Mistress of the Parsonage and I were watching television listening to a news report and I simply broke out into laughter.

"What are you laughing at?" my wife asked.

"I'm just thinking of Mrs. Ammon. When I went to school we didn't need any armed guards, we had Mrs. Ammon and nobody crossed her."

The news report went on to say how they were trying to put armed guards at every school in our country. I suppose that is a good idea, I do not know all the ins and outs of the politicalness of that report. Everything these days seems to have some kind of a political angle to it. Now that political angle is intruding itself into the public school system.

This is all an attempt to protect our school children. I am all for that.

I was thinking, however, that when I was a youngster we did not need that sort of thing. We had Mrs. Ammon and her infamous hickory stick. Very few people remember a time when a teacher had, as one of her tools for education, a hickory stick and knew how to wield it, and wield it they did.

Somebody may ask how I know about that. Very simply. I am the product of a teacher wielding the hickory stick. It is hard now to remember the occasion that called for the application of that hickory stick. Actually, there was more than one occasion calling for such teacher and student interaction.

The old saying was that our teacher would apply the "Board of Education" to the "Seat of Learning." Believe me when I say, I earned a degree in that.

Somebody will say, "Things have changed."

I will agree that things have changed, but most things have

not changed for the better. Back in "the day" when I was a member of the public education system, the teachers were in charge. A basic rule in our house prevailed, "If you get a paddling in school, you get a paddling at home." It was assumed the teacher was right.

I distinctly remember my first interaction with my teacher in this regard. How can you forget such a thing?

At that time, teachers were too busy to put up with any kind of fooling around in a classroom. Do not get me wrong, my teacher made it fun most of the time. For the ones who, like me, took it too far, she knew how to stop it dead in its tracks.

"Mr. Snyder," the teacher would say in a very stern tone of voice. "Is that you making all that noise?" I knew what was to

"Mr. Snyder, please go to the principal's office and I will join you shortly."

Oh boy. Those familiar words bring back haunting memories of my visit to the principal's office. You can be sure; Mrs. Ammon would not come into the principal's office, spank you and then go back to her class. On some occasions, I would have preferred her to spank me and get it

The first thing she had to do was explain to me why what I did was wrong and disruptive to the class. Then, she had to explain to me how this paddling I was about the cat was going to hurt her more than it did me.

For the life of me, I could never figure out where it hurt her more than it did me. I knew exactly where it hurt me and for the rest of the day it would be quite difficult for me to sit down in my chair. Not only did my posterior glow in pain, but the snickers of my fellow students were even worse.

At the time of the application of the hickory stick, I really did not like Mrs. Ammon. Looking back, I have a different perspective. I now know that she really had an interest in me as a person. She was trying to discipline me in ways in which I needed discipline from someone like her.

Years later, I went back and visited my old teacher, Mrs. Ammon. I took to her some books I had written and published. She said she remembered me, I really do not know if she did or not. I had to do one thing and that was to thank her.

"I want to thank you, Mrs. Ammon, for teaching me to read and to write." Then I handed her my books. She seemed to be so very happy, but not as happy as I was. This teacher made a difference in my life that I did not realize until I was older.

One thing Mrs. Ammon taught me was that I should not get away with anything. There is a moment of accountability everybody must face. Mrs. Ammon was making sure that I was facing up to the realities of life before I did too much damage to

It is sad that the politics have taken over our education system today. It is sad that we do not have any Mrs. Ammons with their hickory sticks.

When I think of Mrs. Ammon I think of what Solomon writes, "He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes" (Proverbs 13:24 KJV).

It is my opinion that we need more Mrs. Ammons in our school classrooms and less, a lot less, politics.

The 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 (352) 687-4240 or e-mail jamessnyder2@att.net. The church web site is www.whatafellowship.com.



By Karen Anderson

"STOP IT! Stop it right now!" You are putting way too much pressure on yourself. Why do you feel if it is not perfect you have failed? You are not a failure, you are beautitul and successtul in everything you put your mind, heart, and hands to."

How many times have you put yourself down because your home or business projects, thoughts, what you say, writing, or anything you do doesn't measure up to your standards? I hate to tell you this, but your standards are not as important as God's. Stay focused on the fact that God sees you as precious. Measure your actions according to His Word and what He wants for you, not from your limited human perspective. Human perspective is flawed, and will leave you feeling useless and unworthy.

First, I want you to ask yourself these questions: Do you believe God is who He says He is? Can

# You're Not Perfect

God do what He says He can do? Is God perfect? Did He create you? Your answer to all these questions had better be YES. If they are not, you and I need to talk. You are missing out on the most wonderful and meaningful relationship that you will ever have in your life here on earth. Now back to the questions...

If you believe that God created you, how can you think less of yourself when things are not perfect? You just agreed that God is God, and there is no doubt about it. Can you see God's work in your life? Do you think God breaks promises? He wouldn't be much of a God if you couldn't count on Him 100%. His Word says, "For since the creation of the world God's invisible qualities—His eternal power and divine nature have been clearly seen, being understood from what has been made, so that men are without excuse." I want you to contem-

plate on this. Now answer this question: God made you unique, right? God has a purpose for your life. When you get upset with yourself, do you put yourself down, or even call yourself dumb or stupid? How dare you say anything like that! I personally believe when you do that you are sinning against God. He made you and as I said before, you are precious to Him. The Word says, "As you come to Him, the living Stone - rejected by

men but chosen by God and precious to Him." You will never be perfect because the only one that is perfect is God. You will never measure up to Him. The blessing is that even though you and I can never measure up to God, we can have a very close and special relationship with Him. If you haven't made that commitment by accepting the precious gift of His son's life; it is time. Remember, Jesus took your place so that you could have an intimate relationship with His father, God.

Instead of being upset that you are not perfect, get on your knees and thank God that He wants to be your Father and care for you. Every day, when I wake up, I am thankful for a day that God will walk with me hand-in-hand. He will walk with you too... JUST ASK. Now enjoy your life with Him, even in times of your imperfection. Remember, you are perfect through His son, Jesus Christ.

Passage: Romans 1:20 1 Peter 2:4

**Publishing Group** 

Karen Anderson is an accomplished speaker, author, and chaplain. Women's Retreat planned for March 2014 at www. renewingyourspiritretreat.com. Receive a copy of her latest book, "Nikki's Tail-Waggin' Lessons." Leave a message or questions for Karen through her website www.doablesteps.com/contact.



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Second Issue of April 2013 Placer Sentinel • 9

### Rep LaMalfa Supports Act to Improve **Job Training, Increase Local Control**

WASHINGTON, DC - (MPG) Rep. Doug LaMalfa (R-CA) recently voted in support of the SKILLS Act, H.R. 803, which streamlines federal workforce development training programs, increases local control and improves accountability for programs receiving federal funding. The bill fulfills a call in President Obama's State of the Union address to improve the nation's workforce programs.

"This bill not only helps millions of under- or unemployed Americans receive training, it ensures that we get more bang for the buck by strengthening accountability," said LaMalfa. "The bill streamlines and consolidates 35 duplicative or dysfunctional programs so funding gets to where it is needed, not the bureaucracy. Just as



Representative Doug LaMalfa.

importantly, this bill gives local workforce investment boards more control and increases their ability to work directly with community colleges and other training centers."

Among the improvements the bill makes are the following:

· Streamlines and consolidates 35 programs, including 26 identified by the Government Accountability Office as duplicative or ineffective;

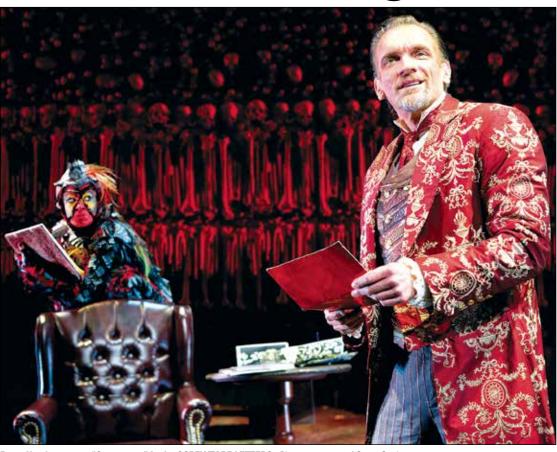
Gives local workforce investment boards the ability to contract directly with community colleges to increase the availability of training;

• Eliminates 19 federal requirements that tie the hands of decision-making by local

• Requires workforce boards to spend a greater portion of funds directly on training.

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.

# The Screwtape Letters Returns to Region



Brent Harris stars as "Screwtape" in the SCREWTAPE LETTERS. Photo courtesy of Scott Suchman.

#### Also Supports National Labor Reform Bill

Rep. Doug LaMalfa (R-CA) on April 12th, 2013, supported a measure to halt rulings made by National Labor Relations Board appointees who the Washington, D.C. Federal Court of Appeals found were unconstitutionally appointed by the Obama administration. The bill, HR 1120, was passed by the House and will now be considered in the

"The House acted today

WASHINGTON, DC - (MPG) to prevent board members appointed in violation of the Constitution from ruling on cases," said LaMalfa. "This effort to sidestep the Constitution turned a board meant as a neutral arbitrator of disputes into an unabashedly biased organization issuing anti-employer decisions in almost every instance. Entities like the NLRB must be impartial, but these illegal appointments deprived Americans across the country of their right to due

process."

The court found that the administration's classification of the board members as "recess appointments" exempt from immediate Senate confirmation was "Constitutionally invalid", as the Senate was in session when the appointments occurred. HR 1120 halts all decisions by the NLRB until the board has a Senate-confirmed quorum or the Supreme Court rules on the unconstitutional appointments.



(MPG) THE SCREWTAPE LETTERS, the provocative and wickedly funny theatrical adaptation of the C.S. Lewis novel about spiritual warfare from a demon's point of view, will return to Sacramento for two performances only, after selling out in March of 2012. The limited engagement will run at the Sacramento Community Center Theater, 1301 L Street in Sacramento, Saturday, May 4 at

SACRAMENTO REGION, CA

The National Tour of THE SCREWTAPE LETTERS kicked off after a hit nine-month run at the Westside Theatre in New York City. Prior to that, THE SCREWTAPE LETTERS was a sold out hit in Chicago and Washington D. C. where it ran for a combined eight

4 p.m. and 8 p.m.

Presented by Fellowship for the Performing Arts, THE SCREWTAPE LETTERS is produced and directed by award-winning actor Max McLean who created the role in New York.

Associated Press calls THE SCREWTAPE LETTERS funny, handsomely produced... the devil is an equal-opportunity entertainer!" says The Washington Post. "This is a show...if you'll pardon the expression—without sin. Lewis plays the English language like a fine tuned instrument!" exclaims DCist.com. The Boston Globe raves that it is "Engrossing and entertaining!" and The Chicago Tribune says THE SCREWTAPE LETTERS is "Very smart...richly rewarding...exuberant theatricality!"

SCREWTAPE THELETTERS creates a topsyturvy morally inverted universe set in an eerily stylish office in hell, where God is called the "Enemy" and the devil is referred to as "Our Father below." The play follows His Abysmal Sublimity Screwtape,

Satan's top psychiatrist (due to his profound understanding of human nature), and his slavish creature-demon Toadpipe, as they train an apprentice demon, Wormwood, on how to ruin the life and damn the soul of an unsuspecting human on earth.

Screwtape is portrayed by award winning actor Brent Harris, who played Scar in the National Tour of The Lion King, Lucifer in Dr. Faustus, Iago in Othello, Salieri in Amadeus, Olivier in Orson's Shadow, Atticus Finch in To Kill a Mockingbird, and the title role in Macbeth. He is regularly seen in many of America's great theatre companies such as American Repertory Theatre, Seattle Rep, Denver Center Theatre, Oregon Shakespeare, and D.C.'s Shakespeare Theatre Company.

Along with The Chronicles of Narnia (including The Lion, The Witch and The Wardrobe), The Great Divorce and Mere Christianity, THE SCREWTAPE LETTERS is still one of Lewis' most popular and influential works. The is by Cameron Anderson, book's piercing insight into Costumes by Michael Bevins, "Devilishly funny!" "Sly, human nature and the lucid and Lighting Design by Jesse Klug, humorous way Lewis makes and Original Music and Sound his readers squirm in self-recognition made it an immediate success. When first published in 1942 it brought worldwide fame to this little-known Oxford don including the cover of Time Magazine.

> The idea for Screwtape first came to Lewis after listening to Hitler's Reichstag Speech on July 19, 1940, while it was simultaneously translated on BBC Radio. Lewis wrote "I don't know if I'm weaker than other people, but it is a positive revelation to me how while the speech lasts it is impossible not to waver just a little... Statements which I know to be untrue all but convince me... if only the man says them unflinchingly."

Lewis dedicated it to his close friend J. R. R. Tolkien who had expressed to Lewis that delving too deeply into the craft of evil would have consequences. Lewis admitted as much when he wrote "Though I had never written anything more easily, I never wrote with less enjoyment. . . though it was easy to twist one's mind into the diabolical attitude, it was not fun, or not for long. The work into which I had to project myself while I spoke through Screwtape was all dust, grit, thirst, and itch. Every trace of beauty, freshness, and geniality had to be excluded."

THESCREWTAPE LETTERS is produced by New York City based Fellowship for the Performing Arts. Max McLean serves as the Producing Artistic Director. McLean, along with Jeffrey Fiske, wrote and directed the theatrical adaptation. Executive Producer and General Manager is Ken Denison of Aruba Productions. Scenic Design Design by John Gromada.

The performance schedule for THE SCREWTAPE LETTERS is Saturday, May 4 at 4 p.m. and 8 p.m. Tickets are \$39 - \$59. There are a limited number of student seats for \$25 (student ID required). For groups of 10 or more (including student groups) call 866.476.8707.

To purchase tickets, visit www.ScrewtapeonStage. com, call 916.808.5181 during regular business hours or 800.225.2277 after hours, or visit the Community Center Theater Box Office, 1301 L Street, Monday through Saturday 10am-6pm, and 60 minutes prior to performance start time.

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AUBURN, CA - (MPG) For almost two decades the Placer County Grand Juries have recommended that the existing Placer County's Sheriff Department substation and court facility at Burton Creek be replaced due to a multitude of facility shortcomings documented over the years. For almost two decades those recommendations have not been implemented. The 2012-2013 Placer County Grand Jury decided to more thoroughly investigate the reasons for the lack of action and address that lack of action in a separate

## **Placer County Grand Jury Report**

Auburn, California, April 11, 2013:

The 2012-2013 Placer County

Grand Jury released a report that has concluded that failure to replace this facility with a newer and more functional facility is not the result of a lack of will on either the County or the Administrative Office of the Courts (AOC). The lack of action is due to a multitude of significant factors including the administrative complexity of building a replacement facility in the Tahoe basin; legislative changes that have altered the administration of the Courts; a shortage of funds at both the state and county level to undertake this project; and failure to give this project adequate priority and funding to enable it to advance to planning, funding,

With adequate priority given to this project by the County; and their resolve to work with the Courts to overcome the adminis-

and actual completion.

The 2012-2013 Grand Jury

feels the recommendation of

prior grand juries is still valid.

trative, fiscal, and environmental issues that have bogged down this project, the time is right to at least move this project on to the drawing board. The 2012-2013 Grand Jury hopes it will be the last grand jury to have to make this recommendation and that the County can finally move forward on a plan to replace this facility. There is sufficient funding to begin the planning phase of a multi-year, phased project. The recommendations this year are suggestions on how to proceed with the project.



#### **INFLAMMATION INQUIRY**

Here's a 'did you know' fact that floored me. Did you know that medical researchers have found that heart disease, diabetes, cancer, obesity, arthritis, depression, asthma, and even allergies have all been linked to elevated levels of inflammatory markers in the body? That's the bad news I got from Dr. Aimee Shunney, Naturopathic Physician and health educator on my POPPOFF radio Show recently. But here's the good news. Dr. Shunney says, "Chronic inflammation perpetuated by poor diet, sedentary lifestyle, and unrelenting stress, may be the single greatest threat to patient health."

But never fear, the good Doc says these issues can actually be fixed. Dr. Shunney revealed her five most effective recommendations for decreasing inflammation and moving towards optimal

1) Eat a whole foods antiinflammatory diet: What we put in our mouths is the foundation of our health. When it comes to inflammation, an anti-

# POPPOFF!

with Mary Jane Popp

inflammatory diet is essential. This includes removing foods like refined grains and sugar, and including foods like vegetables, legumes, and fish, and anti-inflammatory spices like garlic and ginger. It also includes identifying and eliminating food allergies and food sensitivities, best done with an elimination and challenge diet.

2) Increase your activity level: Having extra weight on us increases inflammatory markers in the body AND exercise releases anti-inflammatory chemicals in the body, making regular activity a win-win in the inflammation game.

3) Get adequate sleep: Sleep is the time when the body recovers from the day's stressors. Those who report more sleep have better health overall. Some of our best sleep happens before midnight, so getting to be by ten or eleven pm is a great step towards optimal health. Adequate sleep also allows the body to handle stress better, which decreases inflammatory markers in the body.

4) Include activities that calm down your stress response. We do so much in our daily lives that keeps us in constant motion. Taking the time to slow down helps calm and balance our nervous system, thereby decreasing inflammation. These activities include yoga, tai chi, qi gong, meditation, prayer—ultimately, anything that gets you to a quieter place. Joy, gratitude, and optimism have also been shown to benefit our health!

5) Use anti-inflammatory sup*plements:* Scientific research has shown that the omega 3 fats from fish oil are highly anti-inflammatory due in part to their ability to slow down the body's production of chemicals called prostanoids, which when produced in excess increase inflammation in various tissues and organs. Tumeric, ginger, garlic, rosemary, glucosamine, and quercetin are also known for their anti-inflammatory properties and can be taken in supplement form.

Are these all the answers? Probably not, but it's a start with tools we have control over for the most part. There is, of course genetics and a myriad of other conditions, but if we can get a handle on some of the issues, it's a good start. I know it's so easy to throw out the big BUT, like, ' but I have work to do' 'but I have a family to care for,' but it's so complicated.' BUT, if you don't start somewhere, vou'll get nowhere BUT sick! It's one step at a time to good health! Check out Dr. Shunney's website for more great info on inflammation and staying well the natural way at www.drshunney.com. Naturally, it's the right thing to do!

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

# Recognizing Elder Abuse

Continued from Page 1

As individuals, people may not be mandated to report abuse, but they are morally mandated. It's important to remember that a person doesn't need to have proof or details of suspected abuse in order to report....they just need to have a reasonable suspicion that a senior is being harmed or taken advantage of. The investigating agency will take the necessary steps in determining if there has actually been abuse. There are several reasons people fail to report abuse in all its various situations and one of those is fear of retaliation. Thankfully, there are laws protecting individuals who feel compelled to report suspected abuse.

Suspected elder abuse within Placer County should be reported to: Placer County Adult System of

Care at (888) 886-5401. Anyone and effective policy today ensures can call this number for all of Placer County including Western Placer County. This agency is the first step and is available 24/7. All reports are anonymous, so even a family member can feel comfortable making a call. After receiving the call, if warranted, an Adult Protective Service (APS) report will be filed. Local law enforcement agencies are listed in the phone book, on-line and through information (411).

Elders deserve to be treated with dignity and to feel safe in their final years. There are many forms of fear and inhibitions that can deter one from reporting elder abuse in all its forms.

Everyone, if they live long enough, will become an older senior citizen. Establishing sound the care and safety for everyone's

tomorrow. For MORE INFORMATION?

The National Center for State Courts Center for Elders and the Courts (CEC), www.eldersandcourts.org

The ABA Commission on Law and Aging, www.abanet.org/ aging.

The National Center on Elder Abuse, www.ncea.aoa.gov.

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 by calling the Public Authority at (530) 886-3680.

## PCWA Pipe Work on Lincoln Way

AUBURN, CA – (MPG) - A of Auburn Woods condominiums water system improvement project will require traffic control along Lincoln Way in Auburn for two to three months, the Placer County Water Agency (PCWA) announced Monday, April 15th.

The work is part of PCWA's Electric Street Tank and Pipeline Project, which includes a new 5 million gallon treated water storage tank now being completed at the PCWA Electric Street reservoir site.

Work on the pipelines that flow into the new tank is taking place along Lincoln Way from just north to Upper Auburn Heights Road, passing Russell Road, the freeway off ramp and Flood Road.

PCWA project engineer Tony Firenzi said the project contractor Ranger Pipelines, Inc. has begun digging for utility locations and will soon start pipeline construction. He said the job is expected to take two to three months, depending on the extent of rock and utility conflicts found beneath the roadway.

Traffic control during the work and the ensuing pavement restoration will be overseen by the City

of Auburn and County of Placer. Firenzi said that at certain times traffic delays and detours along Lincoln Way and Electric Street should be expected.

The \$7.8 million system improvement project replaces two old lined and covered in-ground reservoirs with a modern aboveground concrete storage tank. It is being funded through a low-interest loan obtained by PCWA from the California Department of Health Services, Safe Drinking Water State Revolving Fund.

Source: PCWA



Live at AM 950 – Live at www.KAHLcom

#### Weekdays

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

9am - Noon: The Laura Ingraham Show

The KAHI Noon News with Mary Jane Popp Noon - 1pm:

and the KAHI News Team

1 - 4pm: The Dave Ramsey Show

> 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**

4 - 6pm:

A Time for Seniors 6 - 7am: 7 - 8am: The Swap Shop 8 - 9am: The KAHI Corral The Garden Guru 9 - 10am:

10 - 11am: The Dew Sweepers Golf Show Sinatra & Friends Music 11am - 7pm: 7 - 8pm: A Way With Words

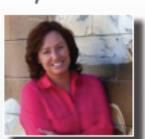
Rewind with Jimmy Jay

#### **Sundays**

8 - 9pm:

7:30 - 9am: Cruisin' Garage & Swap Meet 9:00am - 7pm: Sinatra & Friends Music 7 - 8pm: A Way With Words 8 - 9pm: Hearts of Space

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