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Placer Sentinel

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Serving Auburn and Placer County since 1987

First Issue of April 2013

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Employers Accelerate Demand



Employers report demand is so strong for software and IT system programmers they are recruiting out of the Sacramento market. High employer demand was also noted in the Second Quarter for customer service/sales, general office/clerical and manufacturing skills.

SACRAMENTO REGION, CA – (MPG) If 2008 was slamming on the ‘economic’ brakes in Sacramento, 2009 was screeching to a halt. 2010 a virtual dead stop for hiring while 2011 offered a chance to restart the ‘market engines’. As the national recovery gains speed 2012 has finally put the local job market back into gear. Pacific Staffing has discovered that Sacramento’s top employers are putting ‘pedal to the metal’ as they hit the ‘gas’ in hiring in the second quarter of 2013.

Seventy-five percent (75%) of top regional employers polled are hiring, with fifty percent (50%) attributing the employee demand to growth of their workforce. Another fifty percent (50%) will hire for replacements as their motivation for seeking workers in

April, May and June. It was this time last year that hiring for growth surpassed hiring demand for the first time since 2008.

This growing market opportunity is also causing Sacramento area employers to suggest retention of workers is becoming a concern in the next quarter. While keeping workers was a worry, a greater number of employers cited compliance with new State and Federal law, and management of new healthcare rules as their major challenges.

Seasonal demand was also cited by sixteen percent (16%) of companies in the next three months. More hiring has become seasonal in nature as reduction and reorganizations caused by the recession created awareness among Sacramento employers of actual needs.

Twenty-five percent (25%) of regional employers polled directly by phone between February 24 and March 13 say they are not hiring.

Employers report demand is so strong for software and IT system programmers they are recruiting out of the Sacramento market. High employer demand was also noted in the Second Quarter for customer service/sales, general office/clerical, manufacturing/warehouse and accounting/finance skills. Another niche demand hard to fill according to top employers is drivers, both local and over the road while Construction companies seek general office/clerical workers.

The Longer View in 2013

When asked if employers changed their hiring plans for 2013 because of new tax laws

ninety-four percent (94%) said No, while those remaining didn’t know or couldn’t answer. When asked the follow-up question, ‘Will you hire, more, less or take a wait & see attitude in 2013?’ thirty-five percent (35%) say they will hire more with another forty-nine percent (49%) choosing wait & see. Only ten percent (10%) of employers say they will hire fewer in 2013.

Sacramento Regional top companies polled by industry: 45% are Service, 32% are Manufacturers, 17% are Construction and 6% are Retail

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs & market surveys go to www.pacificstaffing.com.

Snow Survey Dramatically Shows Dry Conditions

Snowpack water content 52 percent of normal

SACRAMENTO REGION, CA – (MPG) Snow surveyors recently reported that water content in California’s snowpack is only 52 percent of normal, with the spring melt season already under way. “With most of the wet season behind us, this is more gloomy news for our summer water supply,” said DWR Director Mark Cowin.

After a record dry January and February in much of the state, DWR on decreased its water delivery estimate, or allocation, from 40 to 35 percent of requested amounts from the State Water Project (SWP). The 29 public agencies that purchase SWP water requested just over four million acre-feet of water for this calendar year.

Collectively, the agencies supply more than 25 million Californians and nearly a million acres of irrigated agriculture. Pumping restrictions imposed this winter to protect Delta smelt and salmon are another reason for the low water delivery estimate.

November and December were unusually wet, but between November 1 and February 28, fishery agency restrictions prevented DWR from pumping more than 550,000 acre-feet of water from the Sacramento-San Joaquin Delta to store in San Luis Reservoir. San Luis – a summer supply pool for both the State Water Project and the federal Central Valley Project – is 63 percent full.

“This is the kind of conflict we are working to resolve through the Bay Delta Conservation Plan,” said Cowin.

The Bay Delta Conservation Plan would reduce harm to fish from altered stream flows caused by the south Delta pumps serving the SWP and Central Valley Project. Pumping there at times causes reverse flows which may disorient or entrain fish.

The comprehensive plan’s large-scale habitat restoration would also improve Delta conditions for fish and wildlife.

Continued on Page 4

27th Annual Lions Celebrity Chef Event

Good Food Means a Culinary Good Time

By Paula Mosqueda

AUBURN, CA (MPG) The 27th Annual Celebrity Chefs Cooking for Community Service event recently took place in Auburn. The Placer Building of the Auburn Gold Country Fairgrounds was filled to capacity with food enthusiasts from the local area and beyond.

This event is an area favorite, from professional chefs to family cooks. Business owners, city officials, service clubs, restaurant owners, and everyday folks came together to support this event, while having a good time. Each “celebrity” chef is

happy to show off their culinary talents to all who are willing to try a sample. The event is also a favorite for those who enjoy tasting the various flavors. There is something for every palate.

For many years, Dr. Bach and his Jazz Practitioners have provided the music for the evening. All present appreciate the band’s musical talents. Auburn’s Sugar Plump Fairies held a raffle, tempting the crowd with wonderful, desirable prizes.

The Auburn 49er Lions host the event. This year, the 2013 class of Leadership Auburn will receive proceeds from the evening’s festivities. They

have ambitious plans to renovate the High Street entrance to the Auburn Gold Country Fairgrounds. Work has already begun.

Area residents were glad to support the community by enjoying a delicious evening at the same time. It was a “win – win”.

The Auburn 49er Lions Club thanks all who took part in the evening of fun and food, whether as a chef or a diner.

The 28th annual Celebrity Chefs event will take place on March 6, 2014. See you then.

For more information about the activities of the Auburn 49er Lions Club, call 530-863-7503.



Carol Hachmeister from Sugar Plump Fairies shows off her cupcakes at the 27th Annual Celebrity Chef Event. Photo courtesy of Auburn 49er Lions Club.

Seniors Need to Know

By Irwin A. Herman, MD

As I write this, the sun is shining brightly on this 70 degree day and early thoughts of Spring are in the air, prematurely, I'm sure.

However, as I think about Springtime, I also think about how folks are going to start getting in to more outdoor activity and becoming more active in general and that leads me to thinking about accidents, in particular, falls.

I'm going to start off with some statistics from the Center for Disease Control (CDC) that may sound hair-raising, but that never-the-less bear consideration and implementation.

- The lifetime medical cost (treatment and rehabilitation) of a non-fatal accidental fall in a male is \$150 MILLION and for a female is \$190 MILLION! The total direct medical related costs, in 2010, was estimated to be \$30 BILLION!

- The number of accidental falls in the U.S. in the general population is 43/1000, but in age 75 and over, it is 115/1000, more than 10% in that population!

- More than 30% of adults over age 65, fall each year and it is the leading cause of injury related deaths! 46 percent of these fall related deaths are due to traumatic brain injury!

- The most common injuries obviously are fractures, with hip, spine, arm and leg being the most common. The number of hip fractures alone per year exceeds 300,000, and of these, one-fifth die within the first year of injury due to medical complications of the injury!

- Another consequence of a fall, even without an injury, is it creates a psychological fear of falling again that can affect your lifestyle by inhibiting activities that are both healthful and enjoyable. This decrease in the quality of life can be as detrimental as an actual physical illness.

- And, finally, males are more likely to die as a result of a fall, but females are twice as likely to endure a fracture, more likely due to their higher incidence of osteoporosis.

When Einstein developed his theory of mass, velocity and energy (E=MC²), little did he know we can use that to determine its impact on falls. It has been estimated that falling from a standing position is equivalent to the energy produced by being hit by a 3000 pound car traveling 5 miles per hour. Imagine the effect of falling while sitting on a bike; this hasn't been calculated yet to the best of my knowledge.

The point of this is how we need to be aware of certain risks,



The CDC program on fall prevention recommends steps to help avoid deadly accidents from happening. Be aware of certain risks and how to avoid them.

and more importantly, how we can prevent them. The CDC program on fall prevention recommends the following steps to help avoid this potentially deadly accident from occurring. Of course, for those of us who are also affected by the "klutz" factor, we need to be doubly aware and more pro-active than those other more normal people among us.

1) Develop an exercise program, with professional help if needed, to strengthen muscles, especially those in the legs and spine. Along with this, work on improving balance with appropriate exercises.

2) Be aware of medications that may cause dizziness or drowsiness that could impair balance and ability to focus. Your doctor can advise you on these medication properties.

3) Make sure if you wear eyeglasses that they are correct so that your vision is not impaired. If you are not aware of the surface you're on, then your risk of falling is increased.

4) Be certain that your indoor living area is safe and free of impediments. Use the grab bars as necessary, and if you are in a multistory home, make sure you use the handrails going both up and down. Obviously, good lighting is essential for you to see where you are going. If needed, make use of walking aids such as canes or walkers. Limit the use of throw rugs and other loose floor coverings. If you must use them, make sure they have a non-slip backing and edges that don't curl up, which might cause tripping.

5) Be careful of the type of recreational activities that you are engaged in, particularly those that require walking on uneven surfaces. Good grip shoes are important to use in those situations. This does not imply that you should avoid those healthful activities that you enjoy, but participate in them with care and forethought.

And, a final note that pertains to an observation that I commonly see as I'm driving or walking around our community: I think that people of our age have forgotten what we learned as a 3 year old from our parents, that is, "look both ways when crossing the street!" I see folks walking straight across the street to the mailbox or at a corner without even a glance to either side to see if there is approaching traffic. I know, in my heart of hearts that you have the impression that you are right to do so, but I hate to tell you, you could also, as it is said, be "DEAD RIGHT!" I think you should listen to what your mother taught you.

Have a safe summer and WATCH YOUR STEP!

The Older Adult Advisory Commission is responsible for advising the Department of Health and Human Services and the Board of Supervisors on the needs of Placer County's older adults. Meetings are held the 3rd Tuesday, at 1:00 PM. More information may be found online at: <http://www.placer.ca.gov/Departments/hhs/adult/OlderAdultAdvisoryCommission.aspx> or by calling the Public Authority at (530) 886-3680.

BOE Reminds Taxpayers It's Easy To Pay Use Tax

Use Tax Table Simplifies Reporting on California State Income Tax Return Sacramento

SACRAMENTO, CA – (MPG) As many Californians prepare their 2012 personal state income tax returns, the Board of Equalization (BOE) reminds taxpayers of the convenient Use Tax Lookup Table to help them easily pay use tax they may owe on purchases made from out-of-state online and mail order retailers.

The lookup tax table provides an easy way for taxpayers to figure out the amount of use tax they owe, even if they did not save their receipts. The table does the calculations for you. Taxpayers may owe use tax when they buy taxable items online or by mail order from out-of-state retailers where tax was not collected.

The use tax rate is generally

the same as the sales tax rate where the purchaser lives in California. Using the table to determine how little you may owe is easy.

Taxpayers locate their adjusted gross income and the table shows you the estimated use tax that is owed. Taxpayers enter the amount on the tax form and they have paid their use tax liability for the year. In 2011, the State Legislature passed a law requiring the State Board of Equalization and Franchise Tax Board to create the Use Tax Lookup Table.

It is included in the instructions that accompany income tax forms. For nonbusiness purchases of \$1,000 or more,

taxpayers may still report and pay their use tax on Forms 540, 540A, and 540EZ. However, they must report the actual use tax due on the transactions of more than \$1000, add that amount to the lookup table estimate of their liability, and report the total on the use tax line item on the form.

Use tax is not an "Internet tax". It has been California law since 1935. Use tax paid by consumers is reinvested to help their communities fund important services like public safety, health care and schools in California.

See the Use Tax Table on the BOE website at: <http://1.usa.gov/UseTaxTable>

Source: BOE Newsroom

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Contributing Writers Mary Jane Popp, Marlys Johnsen Norris, Tim Reilly, David Dickstein, Dave Ramsey, Dr. E. Kirsten Peters, Kay Burton, Leslie Carrara, Julie Parker, Ronnie McBrayer, David Graulich, Perry Hartline, Gerry Scholl

Photography Amanda Morello, Susan Skinner

Graphics & Layout Banerjee Designs, Stump Removal Graphics, Full Moon Graffix

Advertising Sales Susan Lewis, Allyse Weaver

Distribution Assistant Gabriel Scholl

Accounting Nicholson & Olsen CPA

Web Master RJ at thesitebarn.com, JWS Promotions, Mikahn Design

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Publisher
Paul V. Scholl

PSA Introduces New Fitness Instructors with the New Grand Re-Opening



The Placer School for Adults is introducing five new fitness instructors and is offering classes as of now. Photo courtesy of Placer School for Adults.

AUBURN, CA (MPG) The Placer School for Adults (PSA) in Auburn, California is pleased to introduce five new experienced fitness instructors who are now on board and offering classes as of February 25th. On Mondays and Wednesdays, Geri Teixeira leads the Chair Stretch & Strengthen, Step Fitness & Stretch Training and Dance Aerobics while Arnold Chung is teaching two Tai Chi classes, intermediate and beginning. On Tuesdays and Thursdays, Laura Linsteadt leads the Wake Up Stretch & Strengthen and Nia Dance Aerobics classes; Jolene Ford teaches the Weight Training class, and Susi Thomas leads the Clogging classes.

Chair Stretch & Strengthen is offered Mondays and Wednesdays at 8:00 a.m. until 9:00 a.m. and is a gentle introduction to balance, strength and flexibility. Step Fitness and Stretch Training is offered Mondays and Wednesdays at

9:00 a.m. to 10:00 a.m., it emphasizes cardiovascular training and low impact movements. Dance Aerobics is offered Monday and Wednesdays at 10:00 a.m. to 11:00 a.m. which integrates dance steps and aerobic moves. Both the Step and Dance classes require you to bring your own mat.

Intermediate Tai Chi is offered on Mondays and Wednesdays at 11:00 a.m. to 12:00 a.m. and beginning Tai Chi at 12:00 a.m. to 1:00 p.m.. Tai Chi uses slow fluid movements to develop stronger muscles as well as better balance control. Tai Chi is an ancient Chinese martial art that was developed to encourage health and longevity.

In addition to these classes, there are Tuesday/Thursday classes including Wake Up Stretch & Strengthen, at 8:00 a.m. to 9:00 a.m.. This class incorporates Pilates and yoga with a variety of core strength and stretching exercises. Nia

Dance Aerobics, 9:00 a.m. to 10:00 a.m., incorporates low impact movements and dance with aerobic moves. Weight Training at 10:00 a.m. to 11:00 a.m. is a more strenuous approach to muscle building, core training using weights and fitness tools.

Beginner/Easy-Intermediate Clogging is offered at 11:00 a.m. to 12:00 p.m. on Tuesdays and Easy-Intermediate/Intermediate Clogging is offered at 11:00 a.m. to 12:00 p.m. on Thursdays. This fun form of Appalachian tap dancing gets the heart rate up as you learn the foundations of clogging.

Exercise cards are offered by PSA at a cost of \$36 and are good for any 12 classes which are all held at the Dewitt Center exercise classroom at 11578 E. Avenue East in Auburn. For more detailed information about class times and content please visit www.placeronline.org.

Around Town with Loyce Smallwood



The Auburn hamlet is literally blooming with flowers of many colors as Avantgarden DT provides a variety of household and jewelry/ fashion accessories including alluring garden decor and a wide variety of indoor/outdoor plants and flowers. Check with knowledgeable owner Kim Wright who is ready to share with planting advice and passed on same to Yours Truly as I recently acquired a lovely plant for The Smallwood Haven and send thanks to enthusiastic pal/entrepreneur/community volunteer Maria Scoggins for sharing the Auburn shopping experience which included a jaunt to see the always cheerful OT Auburn Antiques Owner Gloria Padilla who has a store chock full of collectibles including jewelry, glass and pottery and an assortment of books on Placer County history.

Cross the street for the dazzle factor at the OT Art Gallery where I recently engaged with award-winning painter Reif Erickson one of 60 artists displaying pottery, photography, wood carvings, hand-blown glass, hand-crafted jewelry and fiber art.

Congrats to Tea Maven Betty Thompson who is now promoting her pastry and various coffee drinks along with those gourmet teas and customized jewelry at Gold Rush Tea Emporium in the DT Gold Country Mall adjacent to long-time local painter Juan Pena who continues to offer art instruction in his newly located and colorful gallery. Maximize your outdoor experience on Bell Road at The Ridge Golf Course--a course open to the public-- where you can take in the majestic sculptures

of Doug Van Howd, whose gallery is located around the corner on New Airport Road. The complete golf experience is complemented by lunch on the outdoor deck from the grille now open daily.

The Assistance League of Greater Placer offers up bingo on Wednesday, April 17 starting at 1pm. The AL thrift shop in the Fiddler Green Center on Hwy 49 is to be appreciated for its friendly/dedicated family of volunteers raising monies for a variety of community outreach programs. Mark the calendar for the Spring Garden event on April 12, 13, 14 at the American Cancer society Discovery Shop in the Belair Center where the upscale resale shop also is going strong with dedicated volunteers and a select variety of generously donated art/fashion/jewelry and housewares.

Hard working volunteers can enjoy a light salad; a Panini sandwich and apple cake at LaBou Bakery where both inside and outside dining awaits. Remember to donate those gently read books/CDs/DVDs and magazines to Friends of Placer County book store in the Raley's Center at the Foresthill Exit. Friends has a resale area in the back of the store where housewares and fashion--along with the books/media--bring in much-needed funds for the adoptable felines on the premise.

Express those pent-up creative urges at Lazy Cowgirl, a new craft store, 1507 GV Hwy, in the Live Oak Center. The friendly, service-oriented owner Kim Hughes will present a variety of craft classes including the making of gift cards. Shop/volunteer/create. Comments to loycer@suddenlink.net



Community volunteer Maria Scoggins shares the Auburn shopping experience of Avantgarden Nursery. Photo courtesy of Avantgarden Nursery.

First Ever Improv Festival Commences in the Greater Sacramento Area

The Milky Way Improv Festival Hits Roseville

PLACER COUNTY, CA (MPG) - It's time to get up and laugh, Sacramento! Blacktop Comedy is partnering up with Placer Valley Tourism to host the very first improv festival this region has ever seen - the Milky Way Improv Festival, a weekend long festival dedicated to the improvisational arts that is set to take place on April 5 - 7 at the historic Roseville Theater. With an expected 300+ bodies in attendance, the festival encompasses three nights of improv comedy from local groups and national acts in combination with

improv classes during the day. There will be over 14 troupes performing in the festival, including troupes from San Francisco, Reno and Los Angeles. Ten of the groups scheduled to perform have never appeared onstage in the Sacramento and Placer region before and are rumored to be some of the premiere comedic groups of the Los Angeles and Bay areas. Some of the groups scheduled to perform are: The Colony, and Shorties of Roseville; HUGE, Unscripted Theater Company, and EndGames Improv from

San Francisco; Kind Strangers, BillyHawk, and Bro Squad 5 from LA, Made Up Theatre from Fremont; Comedy Sportz from Sacramento and Empire Comedy from Reno.

The shows will begin at 7pm and run until 9pm on Friday and Saturday night and Sunday from 5-7pm. Each night two to three troupes will perform their own unique sketches. Classes range from 2-4 hours, between \$30 and \$40.

For ticket information <http://milkywayimprovfestival.com/tickets>



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Weekend Bootcamp for Entrepreneurs and Startup Businesses Announced

SACRAMENTO REGION, CA— (MPG) Six Sacramento-area organizations are hosting "Startup Weekend Sacramento," a nationally-acclaimed, not-for-profit workshop for anyone interested in starting a new business. During the course of an intense weekend, attendees will learn how to transform their startup concepts into reality. The 54-hour program runs Friday, April 5th through Sunday, April 7th. The cost is \$54.

Startup Weekend Sacramento provides hands-on experience in which attendees learn, share, develop and work with the current and future leaders of the Sacramento startup scene.

The six host organizations HackerLab, Capsity, SARTA, Upstart Sacramento, the Urban Hive, and Sierra Communications Public Relations Inc.

"Startup Weekend is a tremendous opportunity for entrepreneurs and start-up businesses to benefit from mentors, teams and coaches. They will have one-on-one time with Sacramento-area business movers and shakers. And they will walk away with the know-how to refine and/or launch their new companies," said Gina Lujan, of HackerLab, "More than 36% of Startup Weekend startups are still going strong after three months. Roughly 80% of participants plan to continue working with their teams or startups after the training."

Local CEOs, founders and startup veterans will share their insight and expertise as well as mentor teams.

There will be an "Open Mic Night" where attendees will give a

60-second "elevator pitch" about their products or service concepts. After the pitches, attendees will break into teams which will include business mentors and seasoned startup entrepreneurs.

Over the 54-hour weekend, the teams will actively formulate and refine the individual startup concepts into actionable business plans.

On Sunday, the teams will present said business plans to a panel of successful startup founders and entrepreneurs. The panel will award prizes valued at more than \$1,000, which include co-working space and membership in mentoring programs. The prizes are targeted to help teams continue with the development of their startups after the training ends.

Brant Cooper is one of the guest speakers. Cooper is the author of the popular Lean Startup book "The Entrepreneur's Guide to Customer Development." Brant will be sharing insights from his latest book "Lean Entrepreneur" with Startup attendees. "The "CustDev book" is required course text at several universities, including the University of Chicago MBA program, Stanford University, De Paul, Boston University, UC Santa Barbara and University of Oslo. Brant has written for Venture Beat and Business Insider and frequently travels the world speaking to entrepreneurs at conferences, hackathons and workshops.

"The learning experience of Startup Weekend Sacramento goes beyond launching startups, it's about networking and encouraging growth and innovation

throughout the Sacramento region," said Geoff Sakala, of Upstart Sacramento. "We encourage anyone with an entrepreneurial spirit to join us."

Startup Weekend Sacramento will be hosted in Midtown area of Sacramento at the HackerLab offices located at 1715 I Street. To register for the Startup Weekend Sacramento or learn more information, visit <http://sacramento.startupweekend.org/>

Startup Weekend Sacramento is an intense 54-hour, interactive, hands-on event where startup enthusiasts come together, form teams, and develop business plans to launch startups. No prior startup experience is required to attend; only the interest to learn about and work in the Sacramento startup community.

The event is hosted by Hacker Lab, in partnership with Capsity, the Sacramento Area Region Technology Alliance (SARTA), Upstart Sacramento, the Urban Hive, and Sierra Communications Public Relations Inc.

For more information on Startup Weekend Sacramento visit <http://sacramento.startupweekend.org/>

Founded in 2007, Startup Weekend is a 501c not for profit organization based in Seattle, Washington. Startup Weekend has held nearly 800 events in more than 100 countries and helped launch more than 10,000 startup organizations worldwide. For more information on the Startup Weekend organization and events visit <http://startupweekend.org/>

Source: Sierra Communications

Call to Artists for 2013 Open Juried Show

AUBURN, CA – (MPG) PlacerArts is pleased to announce the 2013 Open Juried Show. Works selected by jurors Anthony Maki Gill and Maria Winkler will show in The Arts Building Gallery, April 9 – May 31. Interested artists may register online at PlacerArts.org in advance of the artwork drop-off dates: Friday, April 5 and Saturday, April 6 at The Arts Building, 808 Lincoln Way, Auburn.

The Open Juried Show is part of PlacerArts 30th Jubilee. Cash prizes totaling \$1,000 will be awarded. An Artist Reception and Awards Ceremony will take place Thursday, April 11 at 5 PM and the public will enjoy the exhibit that evening during the Auburn Art Walk.

The 2013 Open Juried Show merges the PlacerArts membership show and the Placer Artists League annual juried show into one Open Juried Show. PlacerArts member and non-



Experience Art In All Degrees

member artists are encouraged to enter.

PlacerArts is the catalyst for the arts and humanities in Placer County, designated by the County Board of Supervisors as the State Local Partner of the California

Arts Council, a state agency. The Placer Artists League meets regularly for artist presentations and demonstrations on a variety

of media and art-related topics. Operating as a program of PlacerArts, the group's goal is to support area artists and their craft, as well as to provide venues for professional exhibition of their work.

To apply or for more information, visit: www.placerarts.org or call PlacerArts at (530) 885-5670.

Snow Survey Dramatically Shows Dry Conditions

Continued from Page 1

The November and December storms built California's snowpack water content to 134 percent of normal by January 2, when DWR and cooperating agencies conducted this season's first manual survey.

Manual surveys and electronic readings have recorded the water content decline since dry weather set in. Statewide, the season's second manual survey on January 29 found the snowpack water content at 93 percent of normal for the date.

On February 28, the season's third manual survey found the snowpack water content at 66 percent of average. The recent survey – finding snowpack water content at only 52 percent of normal -- is particularly significant because this is the time of year the snowpack normally is at its peak before

slowly melting with warming weather.

The season's final survey on or about the first of May will check the rate at which the snowpack is melting.

Snow normally provides about a third of the water for California's homes and farms as it melts into streams, reservoirs and aquifers.

Electronic readings indicate that water content in the northern mountains is 55 percent of normal for the date, and 55 percent of the April 1 seasonal average. Electronic readings for the central Sierra show 57 percent of normal water content for the date and 57 percent of the April 1 average.

The numbers for the southern Sierra are 40 percent of average for the date and 40 percent of the April 1, full-season average. DWR and cooperating agencies conduct manual snow surveys around the

first of the month from January through May.

Recent conditions, including the State Water Project allocation, could change with April storms. The final SWP allocation for calendar year 2012 was 65 percent of requested deliveries. The initial delivery estimate for calendar year 2011 was only 25 percent of requested SWP water. However, as winter took hold, a near record snowpack and heavy rains resulted in deliveries of 80 percent of requests in 2011.

The Department of Water Resources operates and maintains the State Water Project, provides dam safety and flood control and inspection services, assists local water districts in water management and water conservation planning, and plans for future statewide water needs.

Source: DWR

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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.

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Nielsen Votes for Funding to Improve Levee Protection

PLACER COUNTY CA – (MPG) In a budget subcommittee hearing on March 23, 2013, State Senator Jim Nielsen (R-Gerber) made the motion to approve over \$59 million in bond funds, already approved by voters, to increase flood protection for communities near rivers and water basins.

“Northern California is blessed with beautiful rivers,” said Sen. Nielsen. “But in some years of excessive rainfall and heavy snowmelt, much of the Valley is subject to flooding. Flood protection is a concern that must always be addressed.”

Specifically, Nielsen and committee Chair Jim Beall (D-San Jose) approved the following projects that will safeguard farms and homes in Northern California:

- American River Watershed, Folsom Dam Raise Project - \$3.3 million
- Folsom Dam Modifications



Project - \$40.9 million

- Marysville Ring Levee Reconstruction Project - \$12.4 million
- Sacramento River Flood Control System Evaluation - \$333,000
- Sutter Basin Feasibility Study - \$1.3 million
- Yuba River Basin Project - \$645,000

The majority of funding for these important projects comes from Proposition 1E, Disaster Preparedness and Flood Prevention, a voter approved program to “rebuild and repair California’s most vulnerable flood control structures to protect homes and prevent loss of life from flood-related disasters, including levee failures, flash floods, and mudslides. Proposition 1E passed with 64 percent of the vote on the November 7, 2006 General Election Ballot.

These budget proposals will now move to the Senate Budget Committee for its approval.

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov.

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 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 boards;
- 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.

Outdoor Talk Show Host, Bob Simms, to Address the Rooster Tails Fishing Club

AUBURN, CA – (MPG) The Rooster Tails Fishing Club breakfast meeting will be held on Friday, April 19 at the Auburn Elks Lodge, 195 Pine St. at Lincoln Way, Auburn, CA 95603. The doors to the Lodge open at 7:00 AM with a fantastic \$12 wide-selection buffet breakfast open at 8:00 a.m. At 9:00 a.m. sharp, the Lodge’s kitchen closes and a presentation by Outdoor Radio Host Bob Simms begins with a presentation about fishing tips and techniques for angling on California’s largest Lake Shasta along with some of the lake’s history and secrets. The Rooster Tails monthly, third-Friday, breakfast meetings are “Open to the Public”.

Bob Simms is recognized as a fishing icon and ‘connected’ to most pro fishing guides and many recreational anglers ‘in-the-know’. He has worked in the radio and the TV fields since he was nineteen and still fishes many north central California waters. Bob will share his up close and personal experiences and advice to the breakfast attendees. He has been the resource for angling information on Saturday morning’s KFBF Outdoor Radio Show for



Outdoor Radio Talk Show Host and recognized fishing icon, Bob Simms. Photo courtesy of Rooster Tails Fishing Club.

23 years. Prior to his current legendary radio show, Bob worked for ABC Channel 10 and then AM Radio KRAK where he did 21 one-minute fishing and hunting spots every day. You don’t want to miss hearing this special fishing celebrity guest speaker.

The 30 year old, 175+-member Rooster Tails Fishing Club of Northern California, Inc. is a non-profit organization that meets the third Friday of each month to educate, entertain, and enhance a fishing experience. Unlike many bass and fly

fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing Club provides a balanced mix of fishing techniques presented by fishing experts targeting a variety of fish species on multiple types of waters. Further information can be found at www.rooster-tailsfishingclub.org. For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim, Club Chairman, at 530-887-0479 or info@rooster-tailsfishingclub.org.


Navy League of Placer County Meets April 15th

AUBURN, CA – (MPG) The Placer County Council of the Navy League will hold its monthly meeting beginning at 5:30 PM, on Monday, April 15th at the Veterans Memorial Hall, 100 East Street, Auburn. This month’s

speaker is Donna Arz from the Forgotten Soldier Project. Cost of the dinner is \$12.00 payable at the door. Advance reservations are required.

The Navy League membership is open to all those who

support the sea services: Navy, Marine Corps, Coast Guard and Merchant Marine. No prior military service is required. Please contact Bonnie Potter at 530.823.2820 for further information.



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Tues, Thurs	8:00am Wake-up Stretch and Strengthen 9:00am Nia Dance Aerobics <i>with Laura Linsteadt</i>
Tues, Thurs	10:00am Weight Training <i>with Jolene Ford</i>
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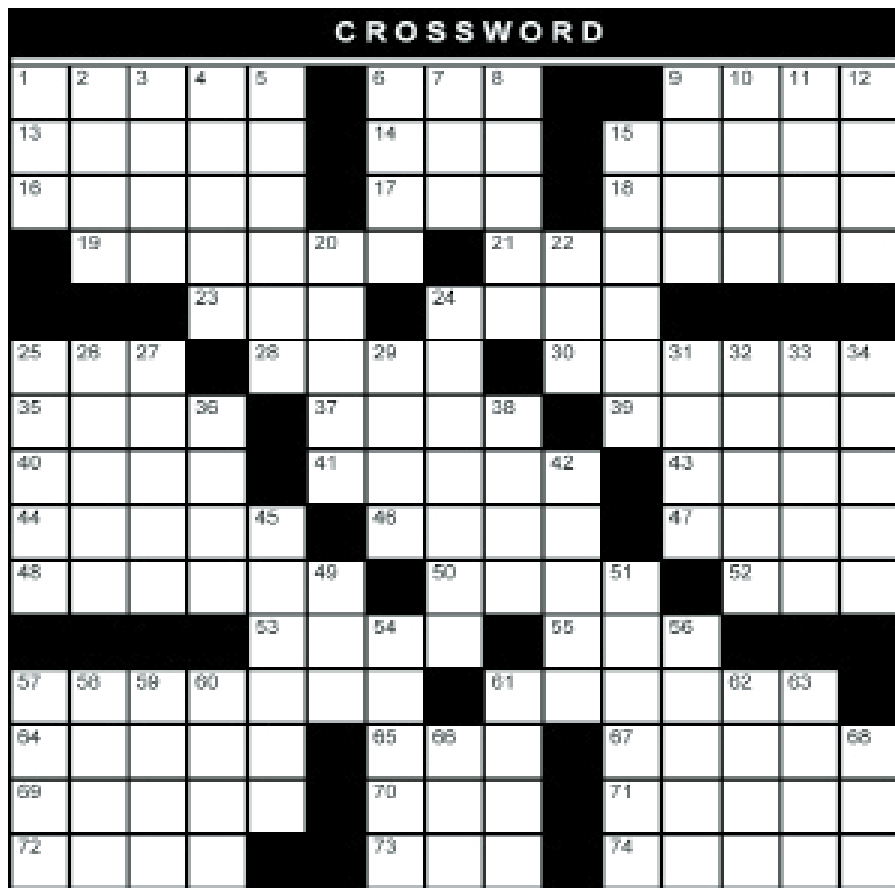
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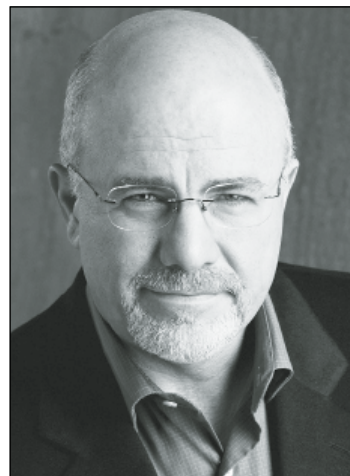
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CLUES

- ACROSS
- Indian instrument in "Norwegian Wood"
 - Lab eggs
 - "I want my baby ____"
 - "Mack the ____"
 - Type of test for women
 - Bridal veil fabric
 - Of sour taste
 - Pitcher's stat
 - Bone-chilling
 - "I'm the wonderer, yeah, the wonderer, I roam ____"
 - "Lean on me... I'll help you ____"
 - Hit the slopes
 - "I read the ____ today oh boy"
 - It makes a guitar louder
 - Small ornamental case
 - "Hey, I just met you... but here's my ____"
 - Like beef with little fat
 - Aphrodite's son
 - Artillery burst
 - Doing nothing
 - Puzzle combining pictures and letters
43. Hula feast
- Opinions from Barbara, Elisabeth and Joy
 - "____ no mountain high enough"
 - Danson and Seth MacFarlane's stuffed animal
 - Like a smell or taste of soil
 - "Now you're just somebody that I ____ to know"
 - "I ____ the bad moon rising"
 - 500 sheets
 - Surfer's turf
 - "Killing me softly with ____"
 - "I'm puttin' on my ____"
 - Bye to Edith Piaf
 - Frigid
 - Impulses
 - Rubber-____ boots
 - And not
 - High-pitched laugh sound
 - Walk, as through mud
 - ____ Goo Dolls
74. Brewer's staple
- DOWN
- Reggae precursor
 - Ancient Peruvian
 - Bleacher feature
 - Rounded hairdos
 - Chastise
 - Popular newspaper page
 - Variable, abbr.
 - Quickly or rapidly
 - Dutch settler in South Africa
 - Breezy
 - The Muse of history
 - Razor-sharp
 - Sometimes denoted as a "v"
 - Fertilizer ingredient
 - Barley bristle
 - Nb on Mendeleev's table
 - "I will survive... I know I'll stay ____"
 - The press
 - A whiter shade of pale?
 - Carbamide
 - Scotch ingredient
32. "Lady sings the ____"
- Some do this with taxes
 - Awaken
 - Former Speaker of the House
 - Phoenix' team
 - Dictation taker
 - Corpse's garb
 - Asian capital
 - "I didn't shoot no ____"
 - "I'm sitting here, doing nothing but ____"
 - "You and me and the devil makes ____"
 - Door fastener
 - "White Wedding" singer
 - Fodder holder
 - Start of something big?
 - Apprentice
 - Turkish honorific
 - Found in a caddie's pocket
 - Dove's sound
 - Part of tennis match
- 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.

A Model Opportunity

Dear Dave,
 My daughter is 14, and she was recently offered a steady weekend modeling job. Do you have any advice on how to handle the money she earns?
 - Cynthia

Dear Cynthia,
 In terms of investing some of the money she'll make, a Roth IRA would be pretty cool. You would have to oversee it, of course, and you'd have to file a tax return, but starting something like this when she's 14 would help set her up for some serious money later.

I think the biggest thing, however, is to make sure you create lots of teachable moments for this young lady. There are three areas every child should learn about when it comes to finances: spending, saving and giving. If she's working and earning money, she should be able to spend a little and enjoy the fruits of her labors—within reason, of course.

Saving for the short term might include putting money aside for a car or even college. Long-term goals would include the Roth IRA, so she would have a head start on being able to retire with some dignity one day. Then you should always make

Dave Says

sure to give some. Whether it's tithing to your church or finding other good causes, giving helps others and it's good for the giver. When we give, it helps us realize that we're not the center of the universe. It also makes us a little more Christlike.

This is a phenomenal opportunity for your daughter. It's also a great chance for you, as a parent, to involve her in the process and teach her important lessons that will last a lifetime!

- Dave

unless you have assets in excess of \$5 million, based on current law.

But to be honest, Angie, I can't think of a situation where you'd want to create a family trust to manage money while you're alive. Unless, of course, it contains some kind of estate planning implications.

- Dave

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

Trusting in the Family

Dear Dave,
 When should a couple think about creating a family trust?

- Angie

Dear Angie
 A family trust can take different shapes. Couples with young kids sometimes consider creating a trust in the event that they both die unexpectedly. In these situations, a family trust would be managed for the care of minor children.

Some people also create trusts for the purpose of avoiding estate taxes. These trusts aren't as common, because you don't have to worry about estate tax problems

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			6		8		

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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For Solution See Page 7.

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By Ronnie McBrayer

The words "holy" and "sacred" are sometimes used interchangeably. I don't think this should be the case, as there is a huge difference between the two. Sacred comes from the Latin, "sacrum." You might recognize that "sacrum" is also the name of the bones in your pelvis. The ancient Romans called this part of the human body "sacred." It is where the reproductive organs are, and, particularly in the female, it is from where life springs.

Thus, as one line of thinking goes, the sacred was recognized as something that had to be protected and secured. That is an excellent picture, actually, of how we employ sacredness. Human beings create sacred rituals that draw lines, build barriers, and protect and secure our space and turf. We feel we have to keep everything that is perceived as a threat on the outside, so as to guard our life and our future.

A quick example: Not long ago I was preparing to speak at a church and had my always handy coffee cup with me. Without any thought, I sat it down on the pulpit while I was reviewing my sermon notes. This church had more than a lectern or podium. It was truly the "sacred desk."

A person came up to me and said, "I would appreciate it if you removed your cup. This furniture

Where Nothing Is Sacred

is sacred." I complied but then added, "Yes, it is 'sacred,' but do you know why? Because it has been designated so by a church committee, not by God. God's holiness is not violated by a Styrofoam cup" (I didn't mean to be snarky, but I don't think this person became a fan).

And a second example: During one of my pastorates we moved from a shabby little storefront building to a beautiful, magnificent sanctuary. It was an incredible upgrade with actual pews, a baptistery, a steeple, and some other sacred things. In our old location we had been picking up children in our little church van and bringing them to worship. These little people were tornadoes. Turned loose in an empty room, they would find something to destroy. When we moved to our new building we kept picking up these children, but I knew it would not last.

During our first week of Vacation Bible School in the new building one of the church mothers retrieved me from my office. She was enraged. "I need you to come with me right now!" she said. She took me to a hallway, pointed at the wall, and asked, "What are we going to do about that?"

Two and a half feet above the floor was a swatch of dirt staining the white wall. It ran down the entire length of the hallway stopping at one of the classroom doors. A classroom of these "dirty bus kids" had all run their hands down the wall as they

walked to class, that's all. But I knew then that there would be no place for them in our new space.

The sacred is the ritualistic space, community, and people-dividing behavior of human beings. The holy, however, is something completely different. Something holy is something that is "whole." The root word is "health." In other words, holiness is something that cannot be divided. It is something that is complete, unbroken, and intact.

Thus, holiness is not something defined by lines of segregation or by different shades of acceptance. It is defined by openness and welcome. The holy doesn't alienate, it invites. The holy doesn't separate, it welcomes. The holy doesn't divide, it embraces.

Whereas what is sacred is a small restricted space that must be sheltered and guarded, the old Norse word for "holy" means "a large living room," where people are made to feel very much at home. I pray that God makes us holy: Whole, healthy, welcoming people! But I also pray that he never allow us to become a sacred people, for when we lose our ability to be hospitable, inviting the outsider in, we have lost our unique witness in the world.

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 Proper Etiquette for Eating an Ice Cream Sundae

By Rev. James L. Snyder, D. Litt

Not everybody realizes how important it is to follow protocol. Many Philistines in our society do things so haphazardly that it is a real affront to those of us who know better. There should be a law forbidding such perfunctory behavior. We have a law for everything else, why not this? Plus, it would better serve our country and help maintain civilized behavior among our citizens.

I will be the first to admit that, throughout my lifetime, I have not always been committed to civilized behavior. It took me a long time to realize what civilized behavior really was. Before I got married, I had an idea of what I thought civilized behavior was. Unbeknownst to me I had wandered about in sheer ignorance.

Looking back, I think of those times and know why somebody said, "Ignorance is bliss." And to be sure, I was very blissful. In fact, I did not know how very blissful I was.

Then came the time when I was willing to throw away all that bliss for the, "I do," of a certain young lady I chanced to meet. It was then that my idea of bliss radically changed forever.

After getting married I realized just how uncivilized by behavior had been up to this point. Fortunately, for me, my bride was more than willing to take up the challenge of nurturing me to a more civilized behavior.

I would not say that she has been overwhelmingly successful in this attempt, however. I am a lot more civilized today than I was prior, which has to count for something.

One of the things that she attributes to civilized behavior has to do with cleanliness, in particular, clean clothes. For some reason she has a fetish that everything has to be cleaned. In my uncivilized

days, I had more of a fetish about saving water. Through the years, her persistence has paid off and I have come to the place that I really appreciate clean clothes.

Of course, there is a discrepancy in what each of us deem as clean.

For me, clean is when it passes the sniff test. As long as I cannot smell anything on my shirt, I consider it clean. My wife, on the other hand, believes that if you wear a piece of clothing one time it ceases to be clean.

Then there are spots. If a spot is on my shirt where nobody else can see it, I consider the shirt clean. After all, appearance is what really counts. However, my wife believes any and every spot renders a shirt unclean.

This brings me to the subject at hand. That is, the proper etiquette for eating an ice cream sundae. It appears, so I am told, that the correct way to eat an ice cream sundae is not to get any on your shirt.

My favorite ice cream sundae is hot fudge, which is humanly impossible to eat without getting something on your shirt. No matter how careful, I always drip hot fudge on my shirt. The cleaner the shirt, the bigger the smudge.

It is for this reason that the Gracious Mistress of the Parsonage has laid down some very strict rules when it comes to ice cream sundaes. No ice cream sundaes!

Period! For the most part, I do not let her catch me eating an ice cream sundae. It is more for her good than for mine that I keep this a secret. Whenever she discovers I have had an ice cream sundae it affects her blood pressure, not to mention the wear and tear on her vocal cords. (I will not even mention my cardrums.)

I have tried everything under the sun to master the etiquette of properly eating an ice cream sundae. No matter what I do or try, the result is always the same.

Some little smidgen of fudge on my clothing somewhere.

I recently came to a milestone in my pursuit of ice cream sundaes. At first, I thought it was an ingenious plan. In the beginning, it looked promising. It went simply like this. Since a hot fudge sundae usually drips on my shirt evidencing the fact that I indulged in the forbidden delicacy, I switched to strawberry sundaes where there is absolutely no chance of smearing your shirt with fudge.

This plan of mine worked for several months but came crashing down this past week. I had indulged in a very delicious strawberry sundae and thought I had gotten away with it. When I got home my wife looked at me and then said, "What is that stain on your shirt?"

Knowing that if I confess I had an ice cream sundae I would be in deep trouble the thought occurred to me until I took my chance.

"I think it's lipstick," I said with a smile on my face.

"Oh, I thought it was strawberry syrup," she said.

I am not sure what that means but I did not want to pursue the subject at the time.

I am learning that some things are not worth the effort. The apostle Paul thought this too.

"All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not" (1 Corinthians 10:23 KJV).

There is a proper way of doing everything and some things are not worth doing at all.

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 jamesnyder2@att.net. The church web site is www.whatafellowship.com.



By Karen Anderson

Zip! Zing! ZOWIE!...What a feeling! I want to enjoy this super high for the rest of my life. Many of us have been on the roller coaster rides and you walk up to the ride, a little scared, a little excited, and even a little intimidated by this huge monster looming before you. You sit in the seat and they strap you in for your safety. I've often wondered what would happen if they didn't strap you in? Hmm! I wonder, sometimes, don't you? I guess you had better be holding on for dear life, right? Now it begins. The roller coaster starts, and your heart is racing as you climb that first mountain of track. At the same time, you are trying to anticipate what the thrill will be like. You are sent hurtling down the other side and then whoosh around this corner, and fly around the next turn. Then there is that slight rest as you start to climb again...this is the time to take a breath before it starts all over again. At the end, you step out cautiously from the ride and steady yourself before you walk down the stairs and back to reality.

I experienced something like the roller coaster just recently.

The Spiritual High

There is an event coming up in March next year that I am very involved with. My experience in the past has been when events are planned, it is a long and difficult road with many twists and turns. Finally, shaking, the event starts. The feelings and thoughts come: "Did I make the right decision coming here? Did I do everything I could to make this work out right? What if the women don't like what I put together? Why am I even doing this?" Do you see a pattern in the questions? It is all centered around me, and what I wanted to do. How utterly ridiculous that is. In all the planning, I left out the most important element of the event...GOD.

In the planning this time, what makes the difference is that it is His event. God has given me a much needed mind-shift. What a difference! I have not forgotten who should be at the center of it all. Do you know who that is? *It is God!* He is the Master of it all. I know the enemy is hard at work trying to stop this event from being successful. I was having that old self-centered feeling of doing it my way, and it just wasn't working. I was allowing others to try to tell me what to do and how to plan it. As a result of that doubt, fear and whatever else you want to call it came rushing back in and I was fearful and depressed. I was at the lowest part of my ongoing roller coaster ride. This time I reached out to God and He answered in a mighty way. Through just one phone call,

all my fears and depression was gone in an instant. It was almost beyond belief that God fixed everything with one call and the enemy went crawling away in defeat. Praise God for once again coming to my rescue. The spiritual high was almost overwhelming. Then I knew, without a doubt, that this event will be a *huge success* because it is God's and not mine. The realization hit me; once again, I am His instrument to do what He wants. In my weakness, He is strong.

Through this experience, God has shown me that He needs to be in everything that I do, think, and say. Through my uncertainty and weakness He is always there to guide and direct my path. His Word says, "*Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, and keep a firm grip on you.*" Do you want that *spiritual high*? Or do you want to constantly be riding that roller coaster with its ups and downs? If not, it is time to reach out and take hold of the hands of God. He is waiting for you.

PASSAGE: Isaiah 40:10 (The Message)

Karen Anderson is an accomplished speaker, author, and chaplain. Women's Retreat planned for March 2014 at www.renewingyourspiritretreat.com active by April 15th. Latest books, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series." Leave a message for Karen www.doablesteps.com/contact.

Grief Workshop Offered

AUBURN, CA – (MPG) Grief Support for Widowed People will hold its monthly meeting at 1 p.m. on the last Thursday of the month in Auburn, for anyone interested in helping widowed people work through the grief

process and find redirection in their lives.

This organization has trained volunteers who help widowed people work through the trauma of losing a spouse. It has been in the South Placer area since 1986

and is supported by local community organizations.

Anyone interested in working in this program, or anyone in need of "one to one" grief support may call (530) 878-7506.

Widowed Person's Association of California

AUBURN, CA – (MPG) Widowed Person's Association of California will hold its monthly "Get Acquainted" dinner on Thur., April 4th at 4:30 p.m. at the Sizzler

Restaurant in Auburn. Call (530) 823-5321 for reservations.

The purpose of WPAC is to provide a support group for widowed men and women of all ages and

to promote a wide range of social activities and to meet new friends and find new direction in their life. For a free newsletter call Denise (530) 823-5321.




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HOMETOWN NEWSPAPER

Rock Rollers REALLY Rock with Outstanding Annual Show

By Wendla McGovern-Duncan

SACRAMENTO REGION, CA – (MPG) Rock fans came out in droves for the Roseville Rock Rollers 51st annual show on the weekend of March 23-24. This event wasn't about rock music but rocks, minerals, gems, fossils and items made from them. The show is a fund-raising event of the Roseville Rock Rollers Gem and Mineral Society, held late in March at the Placer County Fairground, 800 All America Blvd., in Roseville.

Veteran and new visitors to the show discovered many surprises and delights. There were 60 vendors, hand-picked from the two largest western rock and gem shows – Quartzite and Tucson, Arizona. Club members lovingly created 40 exhibits showcasing their rock, mineral, fossil and stone carving collections.

For the first time the club expanded the show to include a fourth building which showcased an Education Station, encompassing demonstrations, a Kids Junction, an interactive educational area for kids, and a Fluorescent Exhibits room. Demonstrations included cabochon and sphere polishing, mineral and gem identification, stone carving, wire art, and faceting. (Note: a cabochon is a polished stone with one curved



View from the stage: vendors and public packing Jones Hall. Photo by Wendla McGovern-Duncan.

petrified wood and ammonites (shelled relatives of the squid that lived in the oceans over 200 million years ago).

In Johnson Hall one fossil vendor showcased trilobites, whale ear bones, and fossilized teeth from such prehistoric creatures as giant sharks, cave bears, and a small horse that roamed the West 24 million years ago. This hall's stage had many tables filled with natural wonders up for silent auction. Visitors could even bid on a four inch mastodon tooth! Some of the fossils were donated by a local club, Fossils For Fun, which meets in Fair Oaks at 10625 Fair Oaks Blvd on the second Thursday of the month at 7 pm for educational meetings and to organize fossil hunts. They can be contacted by email at fossilsforfun@hotmail.com.

Wonderful exhibits created by club members featured their stunning collections of cabochons, minerals, fossils and carved stone sculptures. Two noteworthy exhibits were the Sutter's Mill Meteorite Exhibit by Kim and Lauren Loe and the Fluorescent Exhibits by Donald Tadlock and Fred Ott in the Education Station building. Kim Loe actually found a very rare meteorite after a meteor exploded over Coloma, California, last April 22nd. The carbon-containing meteorite is a small, round dark-gray looking stone, which is light for its size. Certain elements found in this meteorite prove that it came from an exploded planet outside of our solar system and is approximately 5.5 billion years old. It is amazing to ponder that this meteorite existed before the earth and sun were formed! Hutchings notes, "This was the first time the public could see this rare meteorite anywhere. Most of the other 70 meteorites that fell at Sutter's Mill have been sold for one thousand dollars a gram to collectors worldwide."

The Fluorescent Exhibits Room was a glowing wonderland of rocks which looked dull in daylight but were transformed under ultraviolet light into a spectrum of neon greens, oranges, reds, blues, purples and pinks. The display went through a cycle from daylight through the different forms of ultraviolet light (UV) and darkness. Some rocks reacted under short wave UV, others under medium wave and/or long wave. When all the lights turned off, visitors were in total darkness except for the eerie phosphorescence emanating from some of the rocks.

Early Sunday morning, to the delight of club members, Channel 31's "Good Day Sacramento" crewmen showed up to do a live shoot. Club member Gloria Marie, who usually handles publicity, served as their show guide. Many program viewers flocked to the fairgrounds afterward to experience the show first

hand. Also, for the first time this year publicity was underwritten by Capital Public Radio/NPR. Because of all the extra publicity, and because the club has the largest advertising budget of any mineral and gem show outside of the Quartzite and Tucson shows (the Tucson show is the largest



Cave bear tooth held by Keith Lindholm of Gaia's Gifts. Photo by Wendla McGovern-Duncan.

est of its kind in the world), this was the most financially-profitable show that the Rock Rollers have ever had. According to Hutchings, "Eighty-five percent of our vendors were pleased with the changes we made this year and the profits they made, so they are eager to sign a contract for next year's show."

Show profits support the club's lapidary lab; a scholarship for a student majoring in earth science to Sierra College in Rocklin; and the Rookie Rock Rollers, juniors who learn lapidary skills from club members. Club members are first in line for the classes, but when there are openings the public can take inexpensive classes at the lab, such as lapidary, and mineral, gem and petrified wood identification classes and periodically, jewelry making classes. The lab is in a trailer located at the western edge of the fairground parking lot.

When the club started in 1960 there were only 16 members, but now the club has over 200 members. The public is invited to attend the Rock Rollers' educational meetings, held on the second Tuesday of the month at 7 p.m. in the Garden Hall at the Placer County Fairgrounds. Annual membership fees are minimal and offer many benefits. Be forewarned that rock-hounding, fossil-digging, collecting rocks and fossils, and learning lapidary skills can be addictive. Since fringe benefits include having fun, meeting new people, learning new skills, and staying physically active, this can be a good thing. According to old timer Garth Duncan, one of the show's long-time vendors, who has been cutting rocks and creating cabochons out of them for decades, "I'm 88 years old and I love doing this work and selling at these shows. It keeps me young!"



Cross-sections of petrified wood. Photo by Wendla McGovern-Duncan.

side and one flat side, not faceted.) Finally, outside this building near the show's main entrance, the public could pay three dollars to learn how to pan for gold and could keep whatever they found. "This is a family-friendly event at family-friendly prices, as kids under 12 get free admission and we have a lot of activities for them," says Show Chairperson Jim Hutchings, who has been show chairperson periodically since 2005. "When people come here for the first time, they are amazed that a world like this exists. And how much there is to see here! Newcomers should plan on staying for a while." He also stated that the club has a core group of dedicated volunteers like himself who continue to chair club activities or volunteer for the show year after year.

In between the two major vendor buildings, Jones Hall and Johnson Hall, many vendors on the lawn sold a treasure trove of natural wonders such as iridescent opals and turquoise, cabochons and jewelry made from these and other stones, and a wide array of slabs (thinly sliced rock.) Gold panning equipment was also available.

Inside Jones Hall, vendors offered a mind-boggling selection of jasper and agate and other stones in various shapes, colors and patterns, as well as precious gems, beads, mineral specimens, and crystals. Wire-wrapped jewelry was also displayed at many tables. Other vendors stocked

Films and DVDs for the Whole Family



by David Dickstein



Movie Review:

'The Croods'

Looks are Deceiving

With the release of the caveman cartoon comedy "The Croods" (now playing), DreamWorks Animation has doubled the feature film output of rival "Pixar." For those keeping score, it's now 26 to 13 in favor of the studio that "Shrek" built.

That's no slouch of a milestone and almost tops the one DreamWorks Animation reached a few years ago when it unseated Pixar as the all-time box office champ when it comes to CGI features. The "Shrek" film franchise, alone, has made \$3.5 billion worldwide, and you can tally another \$1.9 billion from the three "Madagascar" movies and \$1.2 billion from just two "Kung Fu Panda" pictures.

We'll get to the review of "The Croods" in a minute, but first the "but." While the talented folks at DreamWorks Animation have succeeded in getting the civilized world to side with a giant green ogre and cross fingers for lost, misfit zoo animals and root for a fat and lazy panda, none of the studio's features can hold a computer-drawn candle to the stories that make Pixar movies magical. Oh, they're funny and exciting, all right — many times even more so than what the rival puts out under the Disney banner.

But what Pixar's movies have that those from DreamWorks and the other big studios seem to lack are heart and smarts — the stuff that makes a film endearing and everlasting, and makes the sentimental cry. Call me soft if you must, but nine of Pixar's baker's dozen have caused me soggy eyeballs. When Sully reunites with Boo at the end of "Monsters, Inc." I bawled like a baby. The tender and wordless montage in "Up?" Serious Kleenex time. And don't even get me started on the second-to-last scene in "Toy Story 3." DreamWorks' "How to Train Your Dragon" came close to activating my waterworks. I'm a sucker for injured mythical creatures.

With "The Croods" (rated PG), a prehistoric comedy adventure that follows the supposed last surviving family of their era, tears of laughter are sought much more than the other kind. Yeah, there's a father-daughter bonding moment at the end (spoiler alert!), but 97 1/2 of the movie's 98 minutes are

devoted to slapstick and 3-D eye candy. Thank goodness for the eye candy.

In this "Flintstones" meets "Avatar" (apologies to Hanna-Barbera and James Cameron), belly laughs are at a premium. I counted two: the scenes when the Croods are introduced to fire and footwear by Guy (Ryan Reynolds), a more advanced human who after a meet-cute charms Eep (Emma Stone), the bored, rebellious daughter of Grug (a miscast Nicolas Cage). The brutish patriarch believes there's danger in anything new, Guy included. Grug's cautious ways have kept the family alive, but as Eep says, this isn't living, it's just not dying.

After an earthquake destroys their cave, Eep gets her wish to see the world, or at least the part that gets them to safer ground as the Earth begins to shift. Wish I could say that getting there is half the fun. Wit doesn't exactly ooze from the thin story and even thinner characters that lack originality. The littlest Crood, Sandy, is the spitting image of Darla, the dentist's daughter in Pixar's "Finding Nemo." Gran, voiced by Cloris Leachman, is the same crabby-sassy old mother-in-law seen in movies from "National Lampoon's Vacation" to "The Grunch-Ups." Thunk ("The Office's" Clark Duke) is the idiot son who does yield a laugh when he teaches his new pet to roll over, unfortunately, over a cliff.

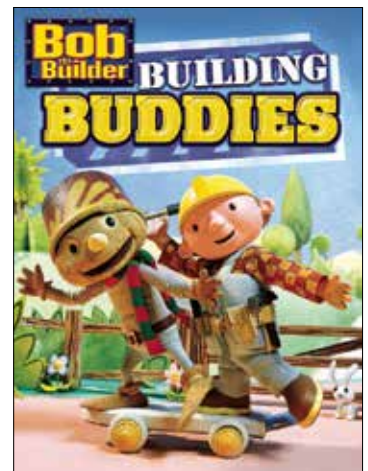
Where this Stone Age picture rocks is in the graphics, and no Pixar movie comes close in this department. The other-worldly plant life is a feast for the 3-D glasses-enhanced eyes. So is the non-stop parade of Seuss-on-acid creatures (piranha-owls, mouse-phants and turkeyfish, really?). The billowing smoke and blanketing clouds that dramatically bring this otherwise middling movie to a close are flat-out arresting.

Clearly, DreamWorks Animation challenged the technical status quo with "The Croods." Maybe with the snail-centered comedy "Turbo," due out this summer, the studio will advance the genre of computer animation in other ways. **2 1/2 Stars (out of 5)**

This month in family home entertainment:

"Bob the Builder: Building Buddies" (April 9 on digital download, not rated, ages 2-5):

Seven episodes featuring the hospitable handyman are threaded by stories that promote taking on challenges and succeeded through teamwork. *Grade: B*

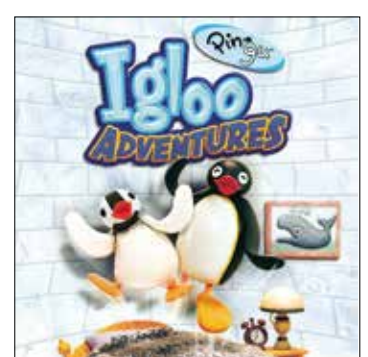


"Charlie: A Toy Story" (April 2 on DVD, not rated, ages 5-12): An invention called Wondermation, which mixes science and imagination to create the most amazing toy the world, falls in the wrong hands. Coming to the rescue are a golden retriever named Charlie and his 10-year-old master Caden, whose father's toy store is the setting for this wholesome, direct-to-video movie. *Grade: B-*

"DisneyNature: Wings of Life" (April 16 on DVD and Blu-ray, rated G, ages 3-adult): Meryl Streep narrates this captivating look at butterflies, bees, hummingbirds, bats and flowers, touching on how they fit in the world's food supply. This is the latest in a series that has examined Earth, oceans, African cats and chimps. *Grade: A*



"Pingu's Igloo Adventures" (April 2 on DVD and digital download, not rated, ages 2-5): The Curious George of penguins gets into 12 episodes' worth of mischief in the South Pole. Along for the rocky ride, as usual, are his little sister Pinga and best bud Robby the Seal. Parents who watch with their little ones are treated to stories sprinkled with sarcasm and attitude, and the gibberish dialogue is a hoot. *Grade: A*



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POPOFF!

with Mary Jane Popp

BRAIN POWER

Are you losing your car keys a little too often these days? Are you having memory lapses more frequently? I know we worry about things like Alzheimer's disease, which is getting to folks younger and younger. What we need to do is get that brain working to its maximum capacity, and I've got the perfect person to do just that. I recently had **Dr. Neal Barnard** on my POPPOFF Radio Show, and he said getting that brain working will get you what you want in "Power Foods" For The Brain. Dr. Barnard is President of the Physician's Committee for Responsible Medicine in Washington, D.C. and one of America's most well-respected nutrition authorities.

In recent years, researchers have found that "bad fats"—saturated fat and Trans fats—greatly increase the risk of developing this dreaded disease, while foods rich in vitamin E reduce the risk by as much as 70%. Other research teams have shown that foods that are overly rich in iron or copper can promote cognitive loss. Even the cookware we use can affect our brain along with supplements and physical exercise.

So let's start with some of the **Brain Threats** that we should be aware of.

1) **Saturated Fats**, found in meats, dairy products, and eggs, appear to encourage the production of beta-amyloid plaques within the brain. The Chicago Health and Aging Study reported that people

consuming the most saturated fat had more than triple the risk of developing Alzheimer's disease.

2) **Trans Fats** found in doughnuts and snack pastries, have been shown to increase Alzheimer's risk more than five fold. These "bad fats" raise cholesterol levels and apparently increase production of the protein that collects in plaques in the brain.

3) **Excess Iron**. While we need iron to make hemoglobin that carries oxygen in the bloodstream, excess iron can build up in the brain, sparking the production of damaging free radicals. Sources of excess iron include cast-iron cookware, meats, and iron supplements.

4) **Excess Copper**. The body needs traces of copper to make enzymes. In excess, copper impairs cognition—even in mid-adulthood—and ends up in the plaques of Alzheimer's disease. It comes from copper pipes and nutritional supplements.

5) **Aluminum**. Aluminum's role in the brain remains controversial. However, because it has been found in the brain of Alzheimer's patients, it pays to err on the side of caution. Avoid uncoated aluminum cookware and read labels when buying baking powder, antacids, and processed foods.

Now let's get to the **Brain-Protecting Foods** for getting that brain going.

1) **Nuts and Seeds** are rich in vitamin E. Especially good sources are almonds, walnuts, hazelnuts, pine nuts, pecans, pistachios, sunflower seeds, and flaxseed. Just one ounce a day is plenty.

2) **Blueberries and Grapes** get their deep colors from anthocyanins, powerful antioxidants shown to improve learning and recall in studies at the University of Cincinnati.

3) **Sweet Potatoes** are the dietary staple of Okinawans, the longest-lived people on Earth who are

also known for maintaining mental clarity into old age. They are rich in beta-carotene, a powerful antioxidant.

4) **Green Leafy Vegetables** provide iron in a form more absorbable when the body needs more and less absorbable when you have plenty. So it protects you from brain overload which can harm the brain. Green veggies are also loaded with folate, an important brain-protecting B-vitamin.

5) **Beans and Chickpeas** have vitamin B6 and folate, as well as protein and calcium, with no saturated fat or Tran's fat.

6) **Vitamin B-12** is essential for healthy nerves and brain cells. While many people have trouble absorbing vitamin B12 from foods, in supplements, they are highly absorbable. Together, folate, vitamin B6 and vitamin B12 eliminate homocystein, which can build up in the bloodstream—rather like a factory waste and damage the brain.

So there you have a brief glimpse into the world of the brain. In "Power Foods" For the Brain, you will discover a three-step program for brain health which includes putting power foods to work by shielding yourself from toxic metals, avoiding harmful fats and cholesterol, and building your vitamin shield. Add strengthening your brain through mental exercises that build your cognitive reserve, and physical exercises that protect your brain, and defeating memory threats by building memory power as you sleep, and finally, by identifying medicines and health conditions that impact memory. Got recipes too. It all begins with your desire to get started! If you need more info, go to Dr. Barnard's website at www.PCRM.org. Don't forget!!!

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



TAX HELP

from a Tax Pro

Dean Alexander Sr.

What Should I Do If I am Missing My W-2?

If you are missing your w-2 you could call the IRS and inform them that you are missing your w-2. Before calling them make sure you contact your employer. If they don't respond then make the call to the IRS. Have your information available such as your Social Security number to verify your identity. They may ask you about your previous filing status. Even if you don't know it that would not stop the conversation. At least you should provide them with Social Security, your address and possibly your birth date.

Can I Use Pay Stub Information If I don't Have MY W-2?

If you are about to file and you still don't have your w-2 you may file a substitute for w-2 form 4852. Basically you will be filling out the information that is normally on the w-2 which is your gross wages and your tax withholdings. The IRS may be able to give you the information

possibly after mid-February. But let us assume that they don't have this information recorded yet because sometimes they don't have it until May of each year, then you can to the best of your knowledge estimate your YTD income and your withholdings. Your last pay stub may have this cumulative information.

File Substitute for W-2

File the tax return with this information on form 4852 which is the substitute for the w-2. Suppose that you discovered that your information is substantially inaccurate. You may then file an amended tax return form 1040 X. Amended returns are a nuisance. I would suggest that if the information that you submitted originally needs just a minor correction that you don't worry about it. Just when you receive an IRS notice telling you that your information is not correct agree to whatever information they have if theirs is accurate.

Thus you can save the expensive amended return fees.

File an Extension of Time

Alternatively you can file an extension of time on April 15 until the IRS has the accurate information available to you. Make sure to send the IRS any payments that you may know that you are going to owe. Extension of filing is not an extension of payments. You have six months from April 15 to meet the final filing deadline of October 15 for the year.

Summary: If you cannot get your w-2 you can file a substitute for w-2 form 4852.

Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.

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9am - Noon: The Laura Ingraham Show

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

1 - 4pm: The Dave Ramsey Show

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

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The Dow Jones is Lying

Commentary by Sheldon Richman
The Future of Freedom Foundation
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The Dow Jones Industrial Average (DJIA) is at a record high, and the unemployment rate has ticked down to 7.7 percent, but this is no time to celebrate. The economy is still in the doldrums.

A little perspective: The news media trumpet changes in the Dow as though it tells us almost all we need to know about the economic fate of the American people. That's nonsense. Not everyone thinks the arbitrary index of 30 busily traded blue-chip stocks is terribly relevant to gauging the condition of the economy. Moreover, the average,

which reflects the daily change in the companies' stock prices, is not adjusted for inflation. In nominal terms the Dow hit a record high of 14,447.29 this month. But in real adjusted terms, the average is only at the level reached in the year 2000. In other words, if you invested in the companies that year, you're no richer now, because the dollar has depreciated thanks to the Federal Reserve. That doesn't sound so remarkable.

Fixation on the Dow might encourage neglect of other, less upbeat economic indicators. While the DJIA soared, the unemployment rate dropped to only 7.7 percent last month, which is disturbingly high, especially when you consider that the Great Recession officially ended more than three and a half years ago. Even better light is shed on the

employment picture by looking at the civil employment-population ratio. According to the Bureau of Labor Statistics, before the recession the rate was over 63 percent. During the recession it hit a low of slightly over 58 percent and has barely recovered since. (In the late 1990s it was close to 65 percent.)

In light of such dismal signs, how are we to account for the stock market? The Federal Reserve is working hard to keep key interest rates close to zero. The Fed has bought hundreds of billions of dollars in long-term government securities ("Operation Twist") in order to lower the return from such investments. This drives money seeking a bigger return into the stock market and commodities. If this explains the run-up in stock prices, it sounds more like a

bubble than a marker of returning economic growth.

The government and its central bank, in fact, have done virtually everything wrong if their intention was to put the economy on a sustainable path to prosperity. The recession was caused by distortions created by government housing and monetary policies. Instead of backing off and letting the economy realign with real economic factors, the Obama administration and the Bernanke Fed seem intent on reinflating the pre-recession housing bubble as well as inflating a new stock-market bubble. (The Fed has also been buying up mortgage bonds from banks to help stimulate housing sales.)

This is a dangerous path. By definition, such artificially induced frenzies cannot be sustained. When officials get nervous and

pull back, the bubbles will burst and the economy will be back in recession. Even if employment gains are made during the apparent recovery, they will be short-lived, and the unemployment rate will turn up again. This government policy, therefore, is a cruel hoax on workers who were harmed by the earlier recession, who have struggled to get back on track, and who are now being set up for a reprise of their misery.

The architects of this shameful program are would-be social engineers who think they can design something as complex as a modern industrial economy. Such conceit should be obvious to all. Simply put, it is impossible for politicians, bureaucrats, and economic advisers to acquire the knowledge they would need to possess in order to accomplish what they say they

want to accomplish. The knowledge most vital for smooth-running markets is not aggregate statistical data available to government agencies. Rather, it consists in the subjective preferences of consumers, the expectations of producers, and the radically decentralized and dispersed information about resources, technologies, and techniques. The market's price system captures and conveys this information in a way that government operatives could never dream of. In fact, compared to the collective wisdom of the market process, politicians, bureaucrats, and economic advisers are dismal ignoramuses.

It's time they learned some humility and let us alone.

Sheldon Richman is vice president and editor at The Future of Freedom Foundation (www.fff.org) in Fairfax, Va.

Clintons' Progress: Bill and Hillary Clinton Embrace Gay Marriage

Commentary by Dr. paul Kengor
Reprinted by permission

Bill and Hillary Clinton have endorsed gay marriage, completely reversing their support of the 1996 Defense of Marriage Act, which defined marriage as between one man and one woman, and was signed into law by President Bill Clinton.

Mrs. Clinton calls herself a "progressive." It's funny, I wrote an entire book on Hillary Clinton, and never once heard her call herself a "progressive."

Well, that's just as well. The progressive tag fits best. After all, that's what she and other liberals are doing: they are ever evolving, changing, progressing along to something. Their positions are forever in flux, with the only commonality being that they favor more government centralization to handle perceived injustices. The evolution across issues is so vast, so unceasing, that no progressive can tell you where they will stand

years from now. They merely know they're progressing.

The marriage issue is an excellent case in point. No progressive 100 years ago could have conceived of gay marriage. In fact, merely a decade-and-a-half ago, the entirety of the Democratic Party supported traditional marriage, codified under law. And yet, Democrats turned on a dime in faithful obedience to Barack Obama's mountaintop-message sanctifying gay marriage a year ago.

Obama promised "change" and "fundamental transformation." His faithful supporters roared approval, projecting upon his blank screen whatever they had in mind. In Obama's mind, this included bestowing unto himself the monumental ability to literally redefine marriage, granting himself and his government a power heretofore reserved for the laws of nature and nature's God.

As for the Clintons, consider their change, their fundamental transformation, their progress on this bedrock issue:

As noted, in 1996, Bill Clinton signed the Defense of Marriage Act. The Arkansas Baptist stood for marriage as always understood.

As for Hillary, the lifelong Methodist was firmly in the camp of not rendering under government the ability to redefine marriage. Her youth pastor and mentor, the Rev. Don Jones, once said: "She is for gay rights.... But I think both she and Bill still think of heterosexuality as normative."

Yes, they did. Campaigning for the Senate in 2000, Hillary insisted: "Marriage has historic, religious and moral content that goes back to the beginning of time, and I think a marriage is as a marriage has always been, between a man and a woman." In 2003, she reaffirmed: "marriage ... should be kept as it historically has been." She continued that position throughout the 2008 Democratic primaries.

Alas, jump ahead to last week, where Hillary proudly proclaimed: "LGBT Americans are ... full and equal citizens and

deserve the rights of citizenship. That includes gay marriage."

Gee, what happened?

Well, if you're confused, you need to unravel the illogic of progressive ideology. By progressive thinking, the Hillary and Bill of, say, 5, 10, 15, or 50 years ago were not finished progressing. This should also mean that the Clintons were in fact wrong at each waystation in their journey to today's progressive "truth" on marriage. Thus, too, it should mean that every Democrat who agreed with them was wrong. Current progressive ideology asserts that only current progressives are currently "right" on marriage.

Are you with me?

But here's the kicker: How can the Clintons—or any modern progressive—know they're right now? How do they know they've progressed to the "correct" point on marriage? Progress, after all, never stops progressing.

And so, for progressives, where's their next redefinition in the ongoing process of redefining marriage? Does the evolution end with one

man and one woman, or one man and one woman and one woman and one woman? Why could it not next progress to one man and multiple women? Could it involve an adult and a minor? Could their evolving redefinition include first cousins or a parent and child? Could it include multiple heterosexuals or homosexuals in single or even joint or group spousal relationships?

The answer: progressives, by their very definition, cannot answer you.

We do know, however, that progressives are happy to do with marriage what they do with everything: hand it over to the federal government. Render under government what is government's. And what is government's province? It's anything progressives decide.

As for Bill Clinton, who once assured us "the era of big government is over," he's on board for the grand project.

Progressives might disagree with conservatives, but at least they know where conservatives stand: we look to tradition, to Biblical law, to Natural Law, to

time-tested things worth conserving. We see marriage best as it has been since the Garden of Eden. We can tell you our end-goal, our ideal. Progressives cannot.

And that, ladies and gentlemen, is a train-wreck of an ideology, with literally no end to its havoc. It is currently careening into the most fundamental building block of human civilization: the family.

— Dr. Paul Kengor is professor of political science at Grove City College, executive director of The Center for Vision & Values, and author of the book, "The Communist: Frank Marshall Davis, The Untold Story of Barack Obama's Mentor." His other books include "The Crusader: Ronald Reagan and the Fall of Communism" and "Dupes: How America's Adversaries Have Manipulated Progressives for a Century."

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