

Placer Sentinel

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So Much to Be Thankful For



Filling yourself with gratitude on a daily basis makes you feel good. Consider all the people who have overcome difficulties far worse than yours.

Commentary by Bryan Golden

Thanksgiving is much more than a big meal with family and friends. It's a time to reflect on, and be thankful for, all of the good things you have. Even with all of the uncertainty and turmoil in the world, you have so much to be thankful for. It's important to be grateful, not just on Thanksgiving, but each and every day. Rather than lamenting what you feel is lacking in your life, begin each new day by developing an attitude of gratitude.

Take inventory of your blessings and you will be surprised at just how much you have to be thankful for.

If you have enough to eat, a place to live, a way to get around, people who care about you, or people you care about, then you are wealthy. If you lack any of these elements, you must still be grateful for what you do have, while striving to obtain whatever is absent.

Focus on all positive aspects of your life. Take nothing for

granted. Every morning, recharge your appreciation. Be happy for everything there is, not upset over what you feel is missing.

Dreams of the future shouldn't diminish appreciation for the present. If all you do is concentrate on what you want, you won't enjoy today. Don't be jealous of others; what they do or have has no bearing on you.

You can feel bitter or resentful for a variety of reasons. Perhaps you feel something is missing from your life, things aren't going your way, or you have been treated unfairly.

You may wonder, "why do these things always happen to me?" Life's problems tend to dominate your thoughts, turning your focus to what you feel is wrong. You may start to resent those who appear to be better off. You're apt to dwell on things you think would make your life better if you had them. If only you had more money, more time, a bigger house, a different car, a different job, a different boss, had picked a different career, etc.

Once your attitude becomes

one of deficiency instead of abundance and appreciation, you can become overwhelmed by feelings of frustration and feel like a victim. As this happens, a consuming vicious cycle starts. Being bitter or resentful blows situations out of proportion. People who are bitter frequently find that their situations deteriorate and their mental and physical health decays.

It's difficult, if not impossible, to achieve your goals while you are bitter or resentful. Regardless of what challenges might befall you, bitterness makes finding solutions much more elusive. There is no point to feeling bitter since it accomplishes nothing, harms you and makes things worse.

Filling yourself with gratitude on a daily basis makes you feel good, while driving out negative feelings. Begin your practice of gratitude each morning as soon as you wake. Every day is a great day. If you have any doubts, try missing one. Take inventory of everything, no matter how small or seemingly insignificant, that is

good in your life.

If it helps, make a written list of all things you are grateful for. Read your list every day. As you do this, you will build and reinforce your attitude of gratitude. Don't waste any time with what you feel you don't have.

Keep things in perspective. Consider all the people who have overcome difficulties far worse than yours. Don't be consumed by your problems, there is always a solution.

Maintaining an attitude of gratitude allows your mind to devise a resolution for your circumstances. Make everyday a day of Thanksgiving and you will be amazed how much better your life will become. Bryan is the author of "Dare to Live Without Limits."

Visit Bryan's web site at www.DareToLiveWithoutLimits.com or your bookstore to get your copy. Bryan is a self-development expert, syndicated columnist, and professor. E-mail Bryan at bryan@columnist.com. Copyright 2012 Bryan Golden.

Christmas Tree Sale to Benefit PHS Band and Choir



AUBURN, CA – (MPG) The Placer Music Boosters opens its annual Christmas Tree lot Nov. 23 at the corner of Orange and Finley Streets. All proceeds from the event benefit the Placer High School (PHS) Band and Choir providing funding for instruments, uniforms, sheet music, and transportation for games and music competitions.

This year's tree selection includes Northern California and Oregon grown Douglas Fir, Silver Tips, Frasers and Nobles from a small 4-foot to a tall 10-foot. A variety of prices ranging from \$15 to \$90 offers a good selection that fits almost any budget. If a tree seems a bit much this year, wreaths of mixed greens with a bow will also be available at a cost of \$25 for a 12-inch wreath.

PHS students staff the lot providing customers with assistance with choosing a tree and then getting it to the car. The tree lot opens Friday, Nov. 23 at 9 a.m. It will operate weekends from 9 a.m. to 8 p.m., and weekdays, Monday through Friday, from 3 p.m. to 8 p.m.

"This is one of our biggest fundraisers of the year," said Michelle Jordan, president of Placer Music Boosters. "All of the funds go to the music program to support the students where state budget shortfalls can't. Our success ensures their success."

Keeping the PHS Band and Choir going helps the community as well. The PHS Band marches at the opening of the Gold Country Fair each year, at the Veterans Day parade and the Festival of Lights parade.

Supporters for this year's tree lot include Foothill Security Fence and JR Portable Sanitation. Please note that only cash and check are acceptable. Sorry no credit cards or debit.

Assistance League Participates in Make a Difference Day

AUBURN, CA – (MPG) Assistance League® of Greater Placer joined the National Assistance League chapter-wide Children's Book Drive by participating in Make a Difference Day (MADD).

The local chapter presented 122 new books to the Boys and Girls Club of Auburn. The Boys and Girls Club utilizes the STAR Reader Program which promotes children's literacy. These new books make a positive addition to this program. Randy Tucker, Chief Executive Officer, accepted the books for the Boys and Girls Club at the Assistance League's regular meeting on November 12, 2012 in Auburn.

Funds for all Assistance

League programs come from fundraisers, donations, grants and money raised by selling reusable clothing, household items and furniture in our Thrift Shop at 1263 Grass Valley Highway, Auburn.

Assistance League of Greater Placer served more than 13,000 Placer County children and adults who needed support last year. They serve Auburn, Colfax, Cool, Foresthill, Georgetown, Granite Bay, Grass Valley, Lincoln, Loomis, Newcastle, Ophir, Penryn, Rocklin, Roseville, Sheridan and Truckee.



Left to Right: Randy Tooker, Chief Executive Officer; Andrea Devitt, Youth Development Specialist; Sydney Rossoz, student; Jo Ann Murano, President; Kathleen Geary, President Elect

Coping with Grief During the Holidays

PLACER COUNTY, CA – (MPG) This free workshop is presented by Seniors First and will focus on coping with grief during the holidays. The presenter, Mary Pat Feeney, R.N., LCSW has worked as a nurse and social worker in the hospice setting. She is currently in private practice in Auburn.

This workshop will have an interactive approach and will provide support and community bereavement resources. To R.S.V.P. and for questions, please call Kathy Vieira at Seniors First (530) 889-9500 extension 219.

Workshop will be held at Fifth Street Recreation Center, 5984 5th Street in Rocklin on Wednesday, November 28th from 5:30-7:30PM.

What Comes to Mind When Girl Scouts are Around? Girl Scout Cookies of Course!



By Jerry McCool

AUBURN, CA – (MPG) From the smooth deliciousness of Thin Mints to the crunch of Do-Si-Dos... Although this might be the most famous aspect of the Girl Scout Club, Auburn Daybreak Rotary joins with the girls to do so much more. Like Rotary, they have a motto: "Be Prepared."

They also have their own pledge. Auburn Daybreak Rotary financially supports the Girl Scouts of Auburn through fundraisers such as the Wine Box Raffle. These proceeds help send over 400 Girl Scouts to camps. One camp was held this summer for the younger girls. The older girls get a taste of leadership as they organize many of the events for the younger girls.

The camps are based on teaching the girls survival lessons and responsibility. Kathy, a local

troop leader, visited the Auburn Daybreak Rotary Club along with three of her girls. Each of them spoke about their favorite part of camp. Layla spoke of the fun she had when she said, "I enjoyed the ropes courses. One course you balanced on the ropes, another you swing from rope to rope without touching the ground! Then there was the spider web, where the purpose is to get everyone from one side of the ropes to the other." Raine spoke more of the practical survival techniques they learned. "We made SOS signs out of logs and rocks. That way if we are lost in the woods, we can get the attention of a rescue crew to help us."

The last little girl spoke of her enjoyment when she decorated the pretty pink shirts. The group went on to tell of more exciting, practical and enjoyable

experiences that the Auburn Daybreak Rotary Club worked to bring to pass. Whether they were decorating their walking sticks, learning, team building, or honoring traditions of many years, they all had fun. However, it is not all about the fun they had but the principles they learned.

Behind that smiling face standing outside of the grocery store selling boxes of cookies to everyone that passes is a girl that is happily invested into by Girl Scouts and Auburn Daybreak Rotary.

Meetings every Wednesday at 7am to 8am.
Sierra Grill Smoke-house 2515 Grass Valley Hwy. Auburn, CA
Mailing Address: P.O.Box 6632 Auburn, CA 95603
www.Auburn-daybreakrotary.com
Phone: Steven Lease at (916) 899-4026

Read to Me, Grandpa!

By Linda Frederick Yaffe

Lewis's two-year-old granddaughter thrust a book into his hands: "please read me this story, Grandpa!" But Lewis was speechless...because he couldn't read. Lewis is 66 years old. A devoted family man, he has worked hard all of his life, harder than most people... because he couldn't read. Telling lies — to hide his embarrassing lack of reading skills — was a way of life. He had managed to bluff his way through his working years, cleverly charming his workmates and supervisors. It wasn't easy. Every workday he faced frightening challenges. Given paperwork to read and sign, he'd tell his boss he needed "to look it over more carefully" and "return it later," or he would ask a coworker, "what does this say? I've forgotten my glasses."

During his working years, while his children were growing up, he had found plenty of excuses for his kids when they asked, "Daddy, can you help me with my homework?" Lewis had put them off every time: "ask your mother to help you," or "my eyes are tired; I've been working all day." But now, as a retiree slumped in his easy chair watching television, Lewis could not find any more excuses. At that moment, seeing his granddaughter's eager face as she opened the book, he wanted to read to her. He knew that sharing a book would create special grandpa-granddaughter memories for



her. This was Lewis's decisive moment: he would finally ask for help. He would learn to read.

Shockingly, one in five Americans — Americans whose first language is English — cannot read. In California the problem is even more pronounced: 23 percent of Californians, adults whose first language is English, do not have the skills needed to complete a simple one-page job application. Non-readers come from every age group and socioeconomic background. They might be someone you know well...or an individual you are meeting for the first time. The inability to read is a hidden problem. It is often unnoticed (even by family, friends, or employers). More than a personal disability for the non-reader, society is heavily impacted as well. Nationally, non-readers cost billions of dollars in lack of productivity in the workforce, crime, and loss of tax revenue due to unemployment.

You can help improve literacy skills in our communities. When you notice someone with

poor - or nonexistent - reading, grammar, or spelling skills, gently encourage them to call for help. Tell them they can learn to read at their own pace with convenient, confidential, one-on-one FREE READING HELP from Placer Adult Literacy Service (PALS), a Placer County Library program since 1986. Encourage them to call PALS: 530-886-4530 or 530-320-3267. Your help as a volunteer is always welcome.

And you can help by joining the Literacy Support Council of Placer County, a non-profit 501(c)(3) organization helping PALS "spread the word" for more than twenty years. Join us as an active member: become a volunteer READING BOOSTER. Reading Boosters support PALS: they organize and speak out for literacy. The Literacy Support Council of Placer County is a United Way Partner; give through United Way at your workplace, CA Capitol Region, Literacy Support Council of Placer County ID#3061. Or mail your tax-deductible contributions directly to the Literacy Support Council of Placer County, PO Box 5291, Auburn CA 95604-5291; email us at LSCPlacer@yahoo.com; and "Like" us on Facebook: www.Facebook.com/LSCPlacer.

Your gifts help give Placer County adults like Lewis the gift of reading...and lift up their lives, their families, and our communities.

Volunteers Needed for Free Tax Program

Volunteers are needed for Placer County's largest free tax assistance and preparation program. To join the Tax-Aide team in Auburn contact Phil House at phousetax@gmail.com or (530) 889-2970. For sites in Roseville, Rocklin, Loomis and Lincoln contact Ron Byrd at ronbyrd@aol.com.

Free tax training leading to IRS certification begins next month. Some computer skills are a must and previous tax preparation experience would be helpful. An early start makes it easier to learn the program. Placer County has one of the best e-filing and performance rates in the country.

Volunteers of all ages and backgrounds are welcome. Extra volunteers are needed because of an enhanced effort to reach low income tax payers. The AARP Foundation-sponsored program is offered in conjunction with the IRS with help from the state Franchise Tax Board and those who provide free sites.

2012 Charity Raffle

Drawing Held December 14th, 2012
\$1.00 per ticket. All proceeds benefit:

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Loa LaBonte's	\$50 Gift Certificate
Monkey Cat	\$50 Gift Certificate
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Sierra Air Helicopters	30 Minute Flight
Sunshine Flyers	30 Minute Flight
The Ridge Golf Course	2 Rounds of Golf w/cart (Two Prizes)
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Placer Sentinel

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It is the intent of the Placer Sentinel to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

Publisher Paul V. Scholl

PCWA Honors Outgoing Directors



Terms Complete Outgoing directors of the Placer County Water Agency Lowell Jarvis, left, and Ben Mavy, right, are pictured with PCWA Board Chairman Mike Lee ceremony honoring the two officials.

AUBURN — Directors of the Placer County Water Agency on Thursday (Nov. 15) honored two of their members who are leaving elected office after 20 years of combined public service.

District 3 Director Lowell Jarvis and District 5 Director Ben Mavy were recognized during a ceremony held during their last board meeting. Neither sought re-election in the Nov. 6 general election.

Jarvis, a retired state employee who resides in Ophir, leaves office after four elected terms and 16 years in office. He praised the agency's accomplishments over the years, saying the progress has been possible because "we all work together."

Mavy, of Applegate, an independent financial consultant, is stepping down after one four-year term on the board. "Public service is a privilege," he said. "I'm thankful to have had this opportunity."

The new 2013 PCWA Board of Directors is scheduled to take office in December. Members include Gray Allen of Roseville, District 1; Alex Ferreira of Lincoln, District 2; Mike Lee of Loomis, District 3; and Robert Dugan of Roseville, District 4. The District 5 election has not yet been certified by Placer County Elections Office.

In other business, PCWA directors:

- congratulated District 2 Director Alex Ferreira, who

was recognized Nov. 8 by the Placer Land Trust as 2012 Placer Conservator of the Year. County Supervisor Robert Weygandt and Land Trust representatives Fred Yager and Jeff Darlington attended the PCWA board meeting to pay tribute to the longtime Placer County rancher.

- retained the Folsom-based consulting firm GridSME to assist the agency in planning and registering a new compliance program with the North American Electric Corporation (NERC). The program is required as PCWA moves into its new role as an independent hydroelectric power producer in May of next year.

- heard an update from Director of Field Services Mike Nichol, who reported that this year's fall maintenance outage on PCWA and PG&E canal systems is proceeding smoothly and scheduled for completion by Nov. 29.

The next adjourned regular meeting of the PCWA Board of Directors will be held at 2 p.m. on Monday, Dec. 10, at the PCWA Business Center, 144 Ferguson Road, in Auburn. PCWA board meetings are open to the public.

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

Around Town

with Loyce Smallwood



As the holidays fall upon us, yet more dining choices to select from in our fair hamlet including tasty tomato bisque soup and tuna melt sandwich served up by friendly fam and staff at LaBou bakery in the Belair Center.

After all your volunteering, treat yourself to a crunchy over-size ginger cookie and/or latte and drive down the way for a look-see at the holiday decorations and well presented array of fashions/housewares and furniture at The Discovery Thrift Shop staffed with dedicated volunteers.

For those craving sweets, try the tasty array of baked treats at El Charro Mexican Market, 3740 GV Hwy in North Auburn where burritos/tamales and salsas are also on the menu.

Heading towards town for more thrift shopping? Check out the newly opened Gogo's where owners Chris and Kim have stocked their brightly lit shop with goods ranging from Native American to collectible dolls and antique furniture and alluring holiday ornaments. Gogo's is located in the Live Oak shopping center on Hwy 49 next door to Thompson's

tea shop adjacent to the Silver Star Chinese restaurant and the Animal Medical Center open 24 hours providing compassionate pet medical care. Stop in the Fiddler Green Center down the way and check out the array of holiday ornaments, fashions and home decor at the Assistance League thrift where the volunteers are always hard at work helping to raise funds used for outreach programs in the community. Across the street at Piece by Peace thrift, gently used women's fashions are merchandised by the dedicated volunteers helping to provide needed funds for women in crisis.

Remember to take your gently read books/DVDs/CDs to Friends of Placer County located adjacent to Raley's on Lincoln Way/Foresthill Exit where monies are raised by yet more dedicated volunteers to provide care and management for homeless felines.

After dropping off your donations at Friends treat yourself to a delicious burrito at The Burrito Shop down the strip where you'll receive prompt and friendly service along with generous portions.

Looking for a special place to donate jewelry and collectibles? Stop by; donate and shop at the Unity church thrift shop on High Street below Placer High, Monday through Thursday from 10am to



Round Town with Gwenn Jones (left) and Paula Johnston.

4pm where volunteers include hard-working Edna Sparkes on alternate Wednesdays along with Yours Truly.

Mark your calendar for Saturday, December 1 from 1pm to 4pm when Auburn Yoga owner Gwenn Jones invites the public to an open house at her yoga studio in the Victorian Village, 1175 GV Hwy celebrating with music/refreshments and yoga demonstrations. Catch the entrepreneurial Jones demonstrating yoga on ACTV daily.

After all the volunteering, reward yourself richly with a soothing massage by Hands in Motion massage therapist Jamie Scannell. Enjoy!

Carpe Diem. Comments to loyce@suddenlink.net

Roseville Friends of the Library Used Book Sale

PLACER COUNTY – The Roseville Friends of the Library will have a book sale as part of the 22nd Annual Holiday Craft Faire on Dec. 1 at the Maidu Community Center and Library,

1530 Maidu Drive, Roseville. Hours for the Faire and Used Book Sale will be 9 am to 3 pm.

Featured sale items will be holiday-themed books and media and tabletop books suitable for

gifts as well as a selection of children's books gathered by the MOMs club of West Roseville.

This marks the third time the Friends have had a Used Book Sale in conjunction with the Craft Faire.

Auburn Area Christmas Basket Program

By Paula Mosqueda

AUBURN, CA – (MPG) For 29 years, the Auburn Area Christmas Basket Program has served nearly 550 families and over 2,500 individuals every year. This program provides needy families and individuals with two weeks of non-perishable foods, such as meat, bread, vegetables, and new toys for the kids.

This large endeavor requires year-round planning and preparation. Collections begin early in the year and grow with the approach of the year's end. All collections are stored throughout the year with care.

Currently, 90 red Auburn Area Christmas Basket barrels have been placed throughout our community. Any donations of non-perishable foods: canned foods, peanut butter, Mac n' cheese, pasta, spaghetti sauce, rice, sugar, flour, oatmeal, and new unwrapped toys will be gladly welcomed. Cash donations enable the purchase of bulk foods and new toys at sale prices.

As donations come in, volunteers sort and box everything in preparation for set-up at the Auburn Fairgrounds Armory Building.

On Saturday, Dec. 15, 2012, from 10 am-2 pm, the Auburn Area Christmas Basket Program finale will again take place. Volunteers will pack, register and carry out donations for the happy recipients. Many volunteers come back every



Bobbi Tamietti (L), Chairman and Edie Hardman of the Toy Program for the Auburn Area Christmas Basket.

for the cradles made by the high school craftsmen. Girls who are 3 years of age receive a doll and the cradle and bedding to go with it.

Ladies from the LDS Church make lap blankets to give. Ladies from the Catholic Church knit and crochet hats, etc. The local Fire Department provides new bicycles and they do the fitting for protective helmets provided by the Kids Safe Program. New bicycles are always in high demand.

At the end of the day, any food left over is donated to local charities for their own programs. There is no waste.

Christmas is the season of giving. The Auburn Area Christmas Basket Program's red barrels are waiting for the community to once again fill them up. Even the smallest donation will help bring a happy holiday to someone in need.

Applications to receive a Christmas Basket may be obtained from the following locations: the Auburn Journal, the KaHi radio station, the Information Referral desk of the Auburn Library, Health & Human Services at DeWitt Center, the Auburn Chamber of Commerce, and Macy Transportation. The applications need to be turned in promptly. The end date for mailing is Dec. 7th. All information is kept confidential.

If you have questions about the Auburn Area Christmas Basket Program, call 530-888-3750.

Sutter Hospice Seeks Volunteers

Sutter Auburn Faith Hospice Thrift Store invites interested volunteers to work at the store as cashiers, sales floor assistants, donation processors or pricers. No previous experience is needed; training is provided. Volunteers

are asked to commit to a consistent 4 hour shift each week at the 13342 Lincoln Way location.

Volunteer hours and positions are determined with the store coordinator. The thrift store raises funds for Sutter Auburn

Faith Hospice which serves patients and families facing a life-limiting illness.

If interested, visit the store during business hours. The store is open 10 a.m. to 5 p.m. Monday through Saturday.

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Free and open to all
Doors will open at 6:30pm
for attendees to come in
and make their ornaments.

The Ridge Golf & Event Center
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Lorella Funeral Chapels
Sutter Auburn Faith Hospice

Holiday trees will be decorated with ornaments honoring your loved ones. Clear globe ornaments to personalize are available at host locations. Ornaments will also be available at the event.

For more information about this event, contact Sutter Auburn Hospice at (530) 886-4650.

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The Darling Middle Class

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

The Poor are not important The Rich are not important.

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

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

Does Obama or Romney care

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

Jesus vs. Adam Smith.

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

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

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

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

A ditch dug, a ditch covered.

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

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

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By *PAT BOONE*

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Let's Restore the American Dream

Commentary by Peter J. Thomas and Peter Ferrara

America used to be about working for an even better future for our children than we had. Stay in school, work hard, and you will prosper, we told our kids. But today over half of recent college graduates can't find a job, or are stuck in low paying, often part time work that won't even pay for their student loans.

Instead of moving out and moving up, our kids are moving back in, with only hope that the real America will come back. Meanwhile, we are supposed to celebrate that Obamacare lets our kids stay on our health insurance until age 26. Did you see the Internet video where an earnest young woman looks into the camera and says, "Mr. President, I am 25. I should be getting my own health insurance."

America used to be about working hard knowing you are getting ahead every day, but no more. Middle class incomes are falling, especially in real terms compared to the prices of what we have to buy.

Annual median family incomes are down over \$4,000. That is like losing a month's pay every year for average families. And that doesn't count the doubling of gas prices, the additional \$3,000 a year in health insurance costs, higher food prices, higher electricity prices, and everything else.

That is what happens when unemployment is above 8% for 43 months, which has never happened before except during the Great Depression.

Over 4 million Americans have been unemployed for more than six months – a record. Another

8.6 million Americans are stuck in part time jobs, because their hours have been cut back or they can't find full time work, the government reports. For people who are finding work, the new jobs don't pay what the old ones did.

While 60% of the jobs lost since the recession began were middle wage jobs, 60% of the new jobs under President Obama are low wage jobs.

These are the reasons middle incomes are falling under Obama, despite all his rhetoric about the middle class. Indeed, inequality is actually increasing under Obama, exactly contrary to his rhetoric.

Instead of rising home values providing a boost for retirement, millions of families suffer with their homes worth less than they owe. Millions more have already lost their homes, with more foreclosures coming. Seniors are staying at work, because they don't have the money to retire.

America used to be the land of opportunity. Give me your tired, your poor, the Statue of Liberty says. And so they have come from all over the world, to the land where the poor can rise into the world leading middle class, and beyond.

But today, more Americans are in poverty than ever before in the more than 50 years since the Census Bureau has been tracking poverty. The poverty rate is back to as high as when the War on Poverty began in 1965. Food stamps and Medicaid are breaking records. Even illegal immigrants are leaving.

Worse, on our current course, it just seems like this downward spiral is going to continue. On January 1, already enacted

in current law, virtually every major federal tax rate is going up for our nation's job creators, investors and small businesses, the very people we need for new jobs and rising wages.

The top two income tax rates will shoot up nearly 20%, the capital gains tax rate will skyrocket nearly 60%, the tax on dividends will nearly triple, the Medicare payroll tax will soar 62% for these disfavored taxpayers, and the death tax will rise from the grave with a top rate rocketing up by 57%.

This is all on top of America's nearly 40% corporate tax rate on average counting state rates, the highest in the world now except for the socialist, one party state of Cameroon. Even Communist China has a 25% rate. In the social welfare states of the European Union the average is even lower. In booming Canada, the corporate rate is 15%.

Yet, under President Obama, there is no relief in sight. Instead, he is continually barnstorming the country calling for still more tax increases. This is no way to get America booming again. It seems like Obama is turning America into a third world country.

America used to be the land where dreams came true. Now, millions of Americans have lost hope and believe America has seen its best days.

Peter J. Thomas is Chairman of The Conservative Caucus, a national advocacy organization established in 1974. Peter Ferrara is Senior Fellow for Budget and Entitlement Policy at the Heartland Institute, and Senior Fellow at the National Center for Policy Analysis.



By Linda Louise Haines

NEWSTART = "The secrets to Longevity!"

Nutrition + Exercise + Water + Sunlight + Temperance + Air + Rest + Trust in God = NEWSTART.

None of those components are necessarily unique or new to our awareness for those of us who do try to live a balanced, life-affirming lifestyle.

What may be new to folks in our area is that the NEWSTART lifestyle is part of the comprehensive programs offered at the Weimar Institute in Weimar and at the new community programs in Colfax at the Colfax Better Living Center, 454 Scholtz Ave., 530-637-8808, www.newstartclub.com/location/278.

You may know of the Weimar Institute for its founding in 1919 as a residential treatment program for tuberculosis. Since Weimar and Colfax are known as the towns that are "Above the fog and below the snow," both towns were perfect locations for such treatment. And, our area still blesses us with a beneficial climate for living a healthy lifestyle.

Shopping Colfax & Beyond

Since 1978, Weimar Institute has been a non-profit organization operated by lay-members of the Seventh-day Adventist Church (SDA).

"Weimar Institute's flagship program, NEWSTART Classic, has become the only lifestyle program scientifically proven to prolong life by 10 years." This claim is based on Loma Linda University Adventist Mortality and Health Studies. <http://www.llu.edu/public-health/health/index.page>.

Weimar has also established a nationwide network of SDA church-based NEWSTART Lifestyle Club programs, such as the one I attended recently on Reversing Diabetes. www.newstartclub.com.

You don't have to belong to the SDA Church, as I am not, to be able to attend these free programs. However, since I have a genetic predisposition to diabetes from both of my birth parents, I was interested in learning more about the disease and how I might make changes in my life to reverse the effect of my genetics.

I learned that adult onset or "Type 2 diabetes is up to 90% preventable, even in those with a family history of diabetes," according to our presenter, Dr. Randy Bivens. Dr. Bivens is a board certified Diagnostic

Radiologist who serves as the executive vice president of Life and Health Network in Auburn.

Dr. Bivens showed us how a comprehensive lifestyle program based on N-E-W-S-T-A-R-T can help to reduce the risk of developing diabetes or help to reverse its progression.

That's great news! And, like many of us in my age range of the late 60's, with multiple health issues, despite my basically healthy lifestyle choices in recent years, I still have a lot to learn. In these last 30+ years, I've been trying to learn all the things I did not learn from my Osteopathic physician father about healthy lifestyle. (He set a terrible example!)

Weimar Institute operates residential NEWSTART programs on the campus on West Paoli Lane in Weimar, plus the new community-based programs at the church site in Colfax. I recommend checking them out if you have any health issues that concern you.

To learn more about the Colfax Better Living Center and their upcoming events, contact Richard Ramont, the Center's manager at 530-637-8808 and rramont@gmail.com.

Business owners: What is your positive local business news? Contact me at lindalouise@exwire.com.

New Criteria Regarding Eligibility for CASF Grants and Loans

PLACER COUNTY, CA – (MPG) The California Public Utilities Commission (CPUC) has issued an Order Instituting Rulemaking (OIR) regarding eligibility to apply for California Advanced Services Fund (CASF) grants and loans. Recognizing that the current eligibility criteria are too restrictive and have not adequately encouraged infrastructure expansion projects to serve rural areas, the proposed new criteria would extend eligibility to broadband companies that are not major telephone companies.

Notably, the smaller fixed-wireless providers that are the primary source of service in the Gold Country Consortium's 4+ county area would become eligible for grant and loan funds under the new eligibility criteria.

A copy of the OIR is attached and will be posted to the

Consortium's web site. You are requested to consider the OIR and, as appropriate, submit comments to the CPUC per the procedure described in the OIR. We at SEDCorp strongly support the proposed change to the CASF eligibility criteria and encourage you to express your support to the CPUC.

The CPUC's adoption of the proposed change to the eligibility criteria is the first of two necessary steps. The second will be for the CPUC to go back to the legislature and request a change to the wording of the law that implemented the CASF program so as to allow the revised eligibility criteria. A public show of support is important to that legislative process.

The following is a list of key items and dates to keep in mind:

A person or entity must notify the Commission's Process Office

by November 21 to request to be added to the official service list which is accessible on the Commission's website. (see Section 5.1 of the OIR)

Opening Comments must be filed by December 3, 2012. (see Section 4.3)

Reply Comments must be filed by December 18, 2012. (see Section 4.3)

All comments must be filed to everyone on the official party list, which can be obtained on the Commission's website for this OIR.

For more broadband information, visit our blog:

<http://goldcountryconsortium.wordpress.com/>. SEDCorp is a non-profit providing expansion of broadband in Placer, Nevada, El Dorado, Sierra and eastern Alpine counties. www.sedcorp.biz.

Auburn Placer Performing Arts Center Presents "Miracle On 34th Street"

AUBURN, CA – (MPG) The Auburn Placer Performing Arts Center is proud to present A Live Radio Show: "Miracle on 34th Street" at the State Theatre for three performances: Friday, Dec. 7, Saturday Dec. 8, at 7:30pm, and Sunday Dec. 9, at 3:00pm.

A Live Radio Show: "Miracle on 34th Street" is directed by Glenda Gonzalez and features familiar local actors as well as first time State performers from the area. APPAC's lighting and sound guru, Tony Broadbent, will be creating the atmosphere for this holiday season family favorite. The live radio show features Melanie Flint as Doris (Maureen O'Hara in the original 1947 film version), Rick Schlusell as Fred (John Payne), Susan (as was common during

heyday of live radio shows for a child's role to be performed by adult, in this version we are presenting local actress Pam Harrold). The beloved Kris Kringle (Edmund Gwenn in the film version) is performed by local actor Dwayne Causie.

A Live Radio Show: "Miracle on 34th Street" is the story of what takes place in New York City following Macy's Thanksgiving Day Parade, as people are left wondering whether or not a department store Santa might be the real thing. Six year old Susan (Natalie Wood in the film version) discovers dreams do come true if you really believe. Susan has doubts about childhood's most enduring miracle - Santa Claus. Her mother told her the "secret"

about Santa a long time ago, so Susan doesn't expect to receive the most important gifts on her Christmas list. After meeting a special department store Santa who's convinced he's the real thing, Susan is given the most precious gift of all - something to believe in.

Tickets: Adults \$15, Students \$10 and children 12 & under \$5. Tickets will be available at the door, with a limited number of seats available for advance purchase online at www.livefromauburn.com. Or, call the Box Office at 530-885-0156. The box office opens 90 minutes before show time for each performance.

Source: Auburn Placer Performing Arts Center

Who Says Black Friday is only About Merchandise? We Don't!

ROSEVILLE – (MPG) You can't buy love, but you can adopt it!

On Black Friday, November 23, the Placer SPCA is offering 14 hours of adoption specials at our Companion Animal Care Center, 150 Corporation Yard Road, Roseville. From 4 a.m. to 6 p.m. we are offering unbeatable adoption pricing to qualified adopters. That's right, while your friends are standing in line for last year's electronic castoffs, you could be snuggling up to a bundle of love. These special

guys and gals promise to never lose their luster like last year's sought after gadget.

For our early birds, our Doorbuster deal begins at 4 a.m. Don't forget to set your alarm, the adoption fee will be waived for the first 5 qualified adopters! Turkey Coma preventing you from making it to our early morning specials? No problem. We've extended our hours and adoption specials until 6 p.m.

The expert staff and volunteers at the Placer SPCA will

help you select a companion animal that best suits your family and lifestyle. We are dedicated to matching our animals with the right homes to ensure a lifelong bond.

For more information about Black Friday, please contact the Placer SPCA at (916) 782-7722, ext. 102 or (530) 885-7387 ext. 102 or visit www.placerspca.org/blackfriday.

Source: Placer SPCA

Meadow Vista Library Used Book Sale

MEADOW VISTA, CA – (MPG) The Friends of the Meadow Vista Library Winter Book Sale will be held on Tuesday December 4 from noon until 4 PM and on Wednesday December 5 from 2 to 6 PM at the library, 16981 Placer Hills Road, Meadow Vista. Great used books and media to give as holiday gifts: hardback books \$1.00, paperbacks \$0.25, books on CD and DVD's \$1.00, music CD's \$0.50, videos and books on cassette \$0.50. On Wednesday shoppers may fill a bag with paperback books for only \$1.00.

The Meadow Vista Library is one of the community's jewels.

Years ago, if one wanted a library book, a trip to Auburn's Carnegie Library on Almond Street was required. As Meadow Vista grew in population the county saw the need for a branch in Meadow Vista, so in 1951 a small library was opened on Placer Hills Road in what is now a real estate office. Space was limited and circulation low. In keeping with the community's rural nature, a hitching post provided a place for the children who rode their horses to the library. This small library closed in 1964.

In more recent years the county's Book Mobile had scheduled stops in Meadow Vista until

the current library opened in December 2002. The library is located in the lower floor of the Holiday Market. The library is open Tuesday through Saturday with varying hours of operation.

The Friends of the Meadow Vista Library, a non-profit fund raising organization, sponsors twice-yearly book sales in the spring and fall. Monies raised support library programs such as the summer reading and craft programs and to purchase needed library materials. Contact Virginia Parker 878-7804 for information.

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By Ronnie McBrayer

When my youngest son hopped on an airplane for his first foray into the friendly skies, it didn't take him long to shake off any fear he may have brought down the tarmac with him. He loved it, his favorite part being when the plane would bank steeply to one side.

"It's fun when the universe is sideways," he said as the plane tilted dangerously askew. I disagreed in more ways than one. The universe is sideways, it seems, but it is not very enjoyable. It is terrifying.

The fear, uncertainty, wars and rumors of wars, loss of homes, jobs, and economic insecurity have all but stolen the spirit of Thanksgiving from many a heart. When your mortgage payment is ninety days late; when you have to sit down with your child to say you can no longer afford the tuition that is keeping her at school; when you wonder if you will have enough gas money just to get you to work next week, it's hard to be thankful.

When you can no longer stomach the ring of your cell phone because of all the bill collectors, when your retirement plan has lost forty, fifty, sixty percent of its value — your personal universe is sideways and it is not fun.

His Love Endures Forever

So it is a daunting task for many this Thanksgiving to sit down to turkey, if there is even a turkey to eat, and be able to say "thank you." An alternative prayer of the Psalmist seems more appropriate: "How long O Lord, will you forget about me?"

Some time ago my sweet wife was having a very bad day. Anyone who knows my wife knows that she is as steady as the rising sun. Her mood and outlook on life is constantly cheerful. But on this day, it was chilly and dark.

Things at work were difficult. There were family issues — in hers and mine. There was more month than money. A co-worker was being inflexible and obnoxious. The house was a wreck. Our children were defying her, and I was ignoring her. She was reduced to tears. I went in to where she was crying, I put my arms around her, and I said, "But honey, I love you."

In my mind I was dismounting from my white steed, my shining armor polished to a dazzling sheen, there to save the day with my strong arms, calming presence, and soothing words. But I was not received as the saving Messiah. Cindy recoiled, pushed me away and said, "I know. But that doesn't fix anything." And she was right.

My love for her didn't shut up bawling children. It didn't magically put more money in our checking account. It didn't turn the dunce she worked with into

Mother Teresa. It didn't even take the fish sticks off the table.

But what we ultimately agreed upon, after I got over the shock of being so rebuffed, is that while love changes nothing about our circumstances, love changes us. It gives us the strength to face what is out there, even if what is out there is sideways. Love sustains us, encourages us; it gives us what we really need: The ability to keep going, even with tears on our cheeks.

That's what God's love does. It keeps going and keeps us going. It endures forever, and for that, we are forever grateful. We are not alone. We are not abandoned. We are not forgotten. God is with us. We are loved.

If given this choice, which would you take: To have all your problems solved, all your struggles worked out, and all your troubles flushed away; or, would you choose to be deeply, unconditionally, and madly loved?

I think I know your answer. And that answer is the reason for our gratitude, even in a world turned upside down. Love produces thanksgiving — not because we will have everything we want — but because we have the one thing we were made for, the one thing we need. His love endures forever; let us give thanks.

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 Great Thanksgiving Con

Rev. James L. Snyder, D.Litt

Let me make it clear right up front that Thanksgiving is one of my favorite holidays. I admit I am not too fond of many holidays. Can a week go by without some holiday that shuts down everybody?

I celebrated Veteran's Day, for example, on Sunday and the next day I went to the bank and discovered the bank was celebrating Veteran's Day on Monday. Don't they know what day it is? I trust these people with my money?

Of all the holidays we have, Thanksgiving is high on my list. I used to have a high regard for my birthday but so many of them have come that I do not like them anymore. I am ready to cancel that holiday. My birthday only means I am one year older and not one whit wiser.

I am not thinking just about the scrumptious Thanksgiving dinner. Okay, maybe I am, a little. Down through the years, I have been great fraternity buddies with eating. We have bonded so great throughout the years that even now that bonding is beginning to show.

I like Thanksgiving, and so I am a little confused about these Sanity Challenged Buffoons who are allergic to the word "Thanksgiving." They want to use names like, "Turkey Day," and the latest one "T-Day." What the "T" stands for is anybody's guess. I know what "D-Day" stands for but all the gray matter has leaked out of my skull trying to figure out what "T-Day" stands for.

Given the rationality of these purveyors of insanity, I can only guess.

Looking at what is happening to this great holiday, I have uncovered a con so convert that most people do not know it is going on. I call it the great Thanksgiving con. This is especially true for those who call it Turkey Day.

First off, everybody says nice things about the turkey. The more the turkey struts, the more the compliments flow his way. What the turkey does not know is that when these "Turkey Day" people are looking at the turkey they are also licking their lips. It is not the beautiful feathers that interest them. It is not the way the turkey proudly struts back and forth. The frame these people want to see the turkey in is a roasting pan.

They want to get rid of all those feathers that the turkey is so proud of and strip him bare so that he fits nicely in the roasting pan.

The last few weeks of the turkey's life are rather remarkable. These people will give the turkey everything it wants. More food than the turkey can gobble up. What the turkey does not know is that there is a destiny in store for him. With all the attention paid him, he has the idea that everybody appreciates him for his looks.

If this turkey would ever spend an evening watching television with his human host, he would gather the idea that the most important thing in all the world is how you look. Looking into the mirror the turkey is quite proud of what he sees. He assumes that what he sees looking in the mirror is what his human host sees when they look at him.

How wrong can a turkey be?

The con begins to unfold. Rumors are flying about that there is a great banquet being prepared in his honor. Any turkey would be proud of this kind of development and look forward to being the guest of honor.

In fact, as the turkey struts back-and-forth in front of his human hosts, he hears them saying, "Won't that turkey look good at our dinner table?" Whose head wouldn't turn hearing this kind of a compliment?

What the turkey does not know is that being a guest at a

dinner table is a one-time event for a creature like himself. Any turkey worth his feathers does not think beyond this great feast being held in his honor.

I can imagine the gobble back in the turkey pen with the other turkeys. This great big, good-looking turkey, is telling all the others how important he is on the other side of the fence. Being the kind of turkey that he is, his gobble wins over the admiration of the other turkeys.

"I'm so special," the turkey gobbles to his inferiors, "that those humans are having a special banquet and I am the special guest of honor." The rest of the turkeys are oohing in his direction for they never seen anyone quite as special as this turkey.

The fatal day arrives. People come for the turkey and the rest of the turkeys have gathered around giving him a special turkey sendoff. They cannot wait to hear his report when he gets back from the special banquet.

I say this is a con to beat all cons. Wrong messages are being sent to the turkey population. Thinking they are the guest of honor, they turn out to be the main dish on the banquet table.

This is why I am against the term "Turkey Day." It sends the wrong message. The focus around our table on this special occasion will not be the turkey but rather giving thanks to God who has been so good to us.

"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name" (Psalms 100:4 KJV).

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.



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Widowed Person's Grief Support

AUBURN - Grief Support for Widowed People will hold a meeting at 1 p.m. on Friday, Sept. 28 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) 885-8298.



By Karen Anderson

The hurt is so deep you are trapped and can't even look up. You feel separated from any source of comfort because all you know is anger and the feeling of, "Why me?" It is that feeling of how can you go on with your life with this grief hanging over you?

In your deepest pit, you may cry, "I don't want to go through this! Lord, I HURT! Where are you in my pain and sorrow? I can't see you and I don't know what to do! In my anguish I want a loving arm to hold me and take away the hurt. But I don't deserve to be comforted! I feel like I can't take another step by myself. I want to lean on someone's shoulder. Someone that will not try and reason with me, or tell me I'm overreacting! I need someone to let me cry, yell, and be angry! I want to feel protected like I'm in my Father's arms as a small child. I want to be wrapped in His warm embrace that makes me feel safe and warm and let me cry until the tears subside. I don't want someone to tell me what to do, but to encourage me to lift my

Lord! I HURT!

head and look around—it's a new day. Please! Help me to take that first step. I'm shaky and unsure of myself... I don't know if I can do it." Then that reassuring voice and steady arm of your Father says, "I'm with you all the way and you will make it—trust me."

There are losses that affect each of you differently. These feelings can be devastating and give you the feeling of sorrow and separation. Some of your losses may be the death of a loved one or a beloved pet; but it is so much more. It could be the loss of physical or mental abilities, the cruelty of any type of physical, verbal, or emotional abuse, and even the loss of a dream. In my case it was the loved ones, a beloved pet, physical loss, and the emotional and verbal attacks from ones you think care about you.

God is the voice and the comforting embrace that you want in your time of loss. He is the only one that can support you and encourage you through your hurt. God's Word is the true and trusted source of comfort. When you are ready to move forward, He will give you guidance and direction. For me personally, God's word brought me the comfort I needed in my time of "hurt." I knew He understood my broken heart. Claim His comfort and encouragement as you read and pray.

"God is a safe place to hide, ready to help when we need him."

It is time for you to take the next step. Either visualize or find a picture of a cross. Nail your hurt to that cross and believe that your hurt is now with God. He will release you from the pain and then guide you on your next steps. God has promised to be there for you. Now believe what the heavenly Father has done. The blessing is that God has something great waiting for you, just reach out and accept His gift of love.

"If you'll hold on to me for dear life," says God, "I'll get you out of any trouble. I'll give you the best of care if you'll only get to know and trust me. Call me and I'll answer, be at your side in bad times; I'll rescue you, then throw you a party."

Do you have to stay in that loss, which is where the enemy wants you? The hurt is so deep you are trapped and can't even look up. Here is a thought for you. "I don't want to continue my hurt—where is it getting me?" NOWHERE! It is time to move on with God and grab onto everything He has for you. God is your comfort, ready to embrace you during the loss. Don't forget Him; He hasn't forgotten you.

PASSAGE: Psalm 46:1 (NIV)
Psalm 91:14-15 (The Message)

Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, *Move Your Mountains*. Contact Karen at www.doab-lestips.com, or 916-961-4765.

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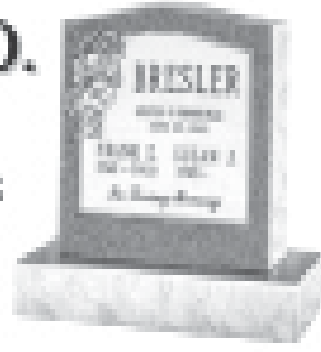
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Sons In Retirement Holiday Luncheon

AUBURN, CA – (MPG) Sons In Retirement Branch 37 will hold its annual Holiday Luncheon (Ladies Invited) on Thursday, December 6, at the Auburn Elks Lodge, 195 Pine St. Social hour begins at 11, with lunch of roast beef and salmon at noon. All members are urged to attend and bring their ladies. Entertainment will be provided by the Forest Lake Christian School Chamber Choir under the direction of Lyndsay Barham. They will sing songs of the season.

Arrangements for tickets and seating can be made by calling (530) 885-6919. Visitors/prospective members are always welcome. The only expense is the cost of the lunch. No dues, no fees, no rituals, no causes. Sons In Retirement (SIR) is a Nonprofit Public Benefit Organization for Retired Men Devoted to Promoting the Independence and Dignity of Retirement. For more information call (916) 663-4620 or (530) 886-8441.

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ACROSS

- "Wheel of Fortune" purchase
- Christian minister, abbr.
- "Jersey Shore" stars jump in and out of them
- Popeye's gal
- "... he drove out of sight"
- Cuba Gooding, Jr. 2003 role
- Calculus calculation
- "Lend me your ..."
- Furnish with a fund
- "Bravo" cook
- "TV's largest family"
- Toni Morrison's "___ Baby"
- It's everywhere you want to be?
- Y, so to say
- Places
- Curved, as in foot
- Argonauts' propellers
- Shakespearean "does"
- Type of TV show
- Actress ___ Perlman
- Erasable programmable read-only memory
- Echoed by the flock
- John ___ of The Age of the Enlightenment
- Fodder holder
- Painter ___ Chagall
- Like an adoring mom
- Carbon monoxide lacks this

DOWN

- Electrical unit
- Hodgepodge
- Like one who lacks confidence
- Put out on a curb
- "___ Weapon"
- Great Barrier ___
- E in BCE
- "Rigoletto" composer
- "The Big ___ Theory"
- Primary source for Scandinavian mythology
- Late designer Christian ___
- Girl hogs
- Perceive or think about in a particular way
- Grind down

CLUES

- "Future home network for 'Partners in Crime'"
- Venomous talk
- MTV's "The Real ___"
- Cowboy's cry of joy
- Not slouching
- *Entering its 25th season
- Pull an all-nighter
- Middle Eastern porter
- Salon file
- *So you think you can do this?
- Goes well with sushi
- Phone button
- Natasha Fatale's enemy
- Concluding or finishing
- *It's often bought on "Pawn Stars"
- What pirates do
- Wine ripening
- Indian metropolis
- Contributes
- Waldorf salad ingredient
- Arabian chieftain
- Type of defense
- Word processor command
- Bug-eyed
- Mascara site
- Badger's den
- Bird word

For Solution See Page 7

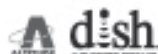
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8			2				7	4
				8				
4				6				9
	9	7				5	3	
	1			3				8
				6				
1	8			7				2
7	4	3			2			

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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.

Come back every week for Sudoku!

For Solution See Page 7.

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John Morin is a member of the Bullhead Pro Hunting Team.

For more info, go to baspro.com and click on the "Outdoor World" tab.

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Holiday Travel Advisory Tips from Sacramento Intl Airport

By Laurie Slothower, Sac Intl Airport

DEPARTING PASSENGERS
Arrive two hours in advance of departure.

Parking is available on a first-come, first-served basis. Customers should give themselves time to find alternative parking in case their favorite location is full. Customers must pay the posted rate at whatever parking option they select.

Daily parking for both terminals is clearly marked and available at the parking garage and the daily lot near the garage. Upon entering the airport, drivers should look for signs to daily parking and keep to the right.

The economy lot usually fills to capacity during Thanksgiving and Christmas. To minimize impact, the daily lot is now available at a reduced maximum daily rate of \$12.

Parking conditions and other airport information are broadcast on a three-mile radius from the airport on 530AM. Parking lot closures will also be posted on overhead signs visible upon entering the airport.

GETTING THROUGH SECURITY

The Transportation Security Administration website (www.tsa.gov) offers the latest information on regulations. While prohibitions on carrying liquids and gels remain, children age 12 and younger and adults age 75 and older can leave their shoes on while being screened.

Use of advance on-line check-in or self-service boarding pass kiosks near the airline ticket counters and outside the TSA checkpoints will save time.

MEETING FRIENDS AND FAMILY MEMBERS

Flight arrival information is

available on airline websites or www.smf.aero

Parking and waiting at the curb is strictly prohibited. A free waiting area (also known as the cell phone lot) is available.

The doors at Terminal B are numbered and designated by airline name for easy identification and pick-up. For those wanting to park and meet passengers, the hourly B lot is closest to Terminal B; the hourly (first) floor of the parking garage is the closest option for Terminal A.

Sacramento County Airport System is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. The regional economic impact of the Sacramento County Airport System is more than \$4 billion annually.

For more information, visit www.sacramento.aero/smf

It's YOUR Money! Make Sure You Still Get It!

By Karyn Engbrecht-Maynard MSNH

If the title of this article was: *Your Federal Benefit Check*, you might completely ignore it! This is important information, so please read this article carefully and discuss your options with someone you trust. You have a decision to make!

By March 1, 2013, you will no longer receive your benefit check from the Federal government in the usual manner. This is critically important news for many people, but especially for seniors who may feel some confusion about anything electronic or technological.

Let me give you some basic information, because this is something you're going to have to do!

- If you are currently receiving a paper Federal Benefit Check, you must change to electronic direct deposit. This means your check will automatically be deposited directly into your bank account or credit union account on each payment day.
- Your second choice is to apply for a Direct Express Debit MasterCard Card. There is no charge for this card!
- To make the switch, go online at www.GoDirect.org or call (800) 333-1795

You can also go into your bank or credit union and ask them to help you. They will be expecting this request, so don't hesitate to ask for help.

Here's what you'll need with you:

- Your 12-digit federal benefit check number
- Amount of your most recent federal benefit check
- Financial institution's routing transit number* (*direct deposit only*)
- Your account number* and type – checking or savings (*direct deposit only*)

If this all sounds confusing to you, don't feel badly. We all get used to doing things a certain way and ANY change is uncomfortable. Before you make the change from a paper check to an electronic deposit or debit card, you must feel comfortable about the process.

What if you do not have a bank account? No problem! No bank account or credit check is required and there are no sign-up fees or monthly account fees with the Direct Express Debit MasterCard. The card is fast, easy, safe and convenient.

If YOU understand banking, credit cards and electronics, this whole process will be a breeze

for you. The real purpose here is to let you know there is help available to get you through the process and you should get this taken care of sooner and not later because you will have to do it!

The Treasury Department has launched the *Go Direct* campaign as a public education campaign to communicate with Americans about the new electronic payments requirement. The campaign will do so with the help of nearly 1,800 partner organizations, as well as through events, media coverage, print materials and the Internet. Campaign materials and websites in English and Spanish also are available at www.GoDirect.org and www.DirectoASuCuenta.org.

You can also call Seniors First at (530) 889-9500 for more information.

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

Let's Support "SHOP SMALL BUSINESS SATURDAY"

By LindaLouise Haines

PLACER COUNTY, CA – (MPG) The annual SHOP- SMALL-BUSINESS- SATURDAY follows Black Friday on Saturday, November 24. Check out the details at www.shopsmall.com.

In 2010 American Express co-founded the effort to encourage folks to do some (or all!) of our holiday shopping in the small businesses in our communities. The big box stores may have the glitz, but the small businesses

have the personal touch and the specialty items.

So, let's support our local SMALL BUSINESS owner and her store, which may be family owned & operated. These folks may be your neighbors, and your kids may go to school with their kids.

Plus, research shows that the dollars spent in our community and especially in those locally-owned businesses get recirculated in our community at least six times, while they

support local athletic teams and other community activities.

So, please go to the www.shops-small.com & find out which small businesses are running specials on "Shop Small Business Saturday," Nov. 24. And, even if a local small business isn't running specials that day, shop there anyway! They need our support, & their customer service can't be beat!

By the way, You can Shop Small Businesses throughout the year, not just on a special Saturday! I will be.

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Tuesday, September 25, 2012 - 11:30 a.m to 12:30 p.m.
Wednesday, October 31, 2012 - 11:30 a.m to 12:30 p.m.
Thursday, November 29, 2012 - 11:30 a.m to 12:30 p.m.
LOCATION: St. Francis Community Hall
6700 Verner Ave., Sacramento, CA 95841 (I-80 @ Greenback)
RSVP to LISA WEST @ (916) 732-2020

PRESENTER: Mel Osborne

PRESENTER: Josh Tuttle

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TGH Aviation Toys for Tots Christmas Raffle

TGH Special Release

AUBURN, CA – (MPG) TGH Aviation, located on the Auburn Airport, is once again holding their annual raffle in support of the Placer and Nevada County Marine Corp. League Toys for Tots Program.

Raffle tickets cost just one dollar and are available starting November 1st for purchase at the TGH Airport Shop located at 13615 New Airport Road in Auburn. Prizes include numerous gift certificates for several of Auburn's higher end restaurants such as The Monkey Cat, Lou La Bonte's, and Tre Pazzi's. Prizes also include scenic aircraft flights over the foothills area, Hilda's Bakery gift certificate and more gift certificates for a number of Auburn and Grass Valley retail stores and an opportunity to have lunch with World War II fighter pilot ace, Col. Bud Anderson.

Anderson flew two tours of combat against the Luftwaffe in Europe while with the 363rd Fighter Squadron of the 357th Fighter Group based at RAF Leiston, England, and was the group's third leading ace with 16 1/2 aerial victories. His P-51 Mustang nicknamed Old Crow carried him safely through 116 missions without being hit by fire from enemy aircraft and without Anderson ever having to turn back for any reason.

In 1947, Major Bill Hendricks and a group of Marine Reservists in Los Angeles collected and distributed 5,000 toys to needy children. The 1947 pilot project was so successful that the Marine Corps adopted Toys for Tots in 1948 and expanded it into a nationwide campaign. In 1948, Walt Disney designed the Toys for Tots logo, which they use today. Since that time the Marines have collected and distributed over 388 million toys.

TGH Aviation was originally established as The Gyro House in 1947 at Riverside, Ca. airport. They relocated to Auburn in 1976 and they were the first business to operate at the Auburn Airport. TGH is a Federal Aviation Administration Certified aircraft component repair facility specializing in navigational systems and fuel management systems. They have a world-wide customer base and they are a highly valued supplier to both the United States Department of Defense and to our NATO allies.

Raffle tickets cost one dollar and are available now through 2:00 PM on December 14, 2012. Winning tickets will be drawn immediately thereafter. Winners need not be present. Persons purchasing a raffle ticket will also receive a discount on TGH Airport Shop merchandise.

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POPOFF!

with Mary Jane Popp

grateful just to be alive...half of their company had died during the bleak first winter in Massachusetts after they had landed at Plymouth in December 1620. And no, Ken said there was no mention of Plymouth Rock back then. That notion was cooked up more than a hundred years later.

Let's face it, we have more to be thankful for in this country than anywhere else in the world. Perhaps we should say a prayer or two before we dig into that feast and settle in for the day to watch umpteen football games. So what do you have to be thankful for? I had the opportunity to ask a few celebs I had on my show recently what they are thankful for. You might be surprised at their answers.

Remember the classic TV programs "Big Valley" and "Dynasty?" Then you have to remember that blonde, blue-eyed beauty **Linda Evans**. She played Barbara Stanwyck's daughter Audra in "Big Valley" and Krystle Jennings who married oil baron Blake Carrington on "Dynasty" to mention just a few things she's done. Now 70 years old, Linda has a great attitude about life. She is grateful to be healthy with lots of life left. She speaks to women's groups about being yourself, don't imitate others, and develop the unique you. Incidentally, Linda loves to eat and does not miss the days when she had to constantly watch her weight. Her latest project is her book "Recipes for Life" in which she shares recipes of her famous friends and anecdotes to go along with them. In a word, she is grateful to be alive!

Now think back to a dad who had three sons, the dad being Fred McMurray, and you have the TV series "My Three Sons." It became a classic in its own right, and so has Stanley Livingston who played "Chip" on the series. When I queried him on what he is thankful for, this is what he told me. "In a business where the majority of actors, directors, and producers get their shot—then come and go—I'm still here. I am extremely grateful for that! My 15 minutes of fame has lasted 57 years! Why? It's part luck, part perseverance... and a willingness to push and reinvent myself and not be afraid to learn new things." Speaking of new things, Stanley has a new movie out called "In the Picture." If you'd like to check out the link, go to www.stanleylivingston.com/id56.html.

Now this name might not grab

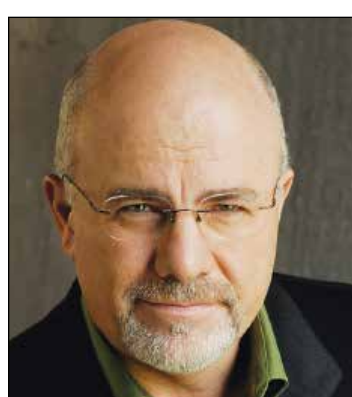
you immediately, but it will when I tell you what he has done. If you like to be scared, then **Irwin Yablans** is your man. He is the man who created the movie series "Halloween" and he has a new book out called "The Man Who Created Halloween." But what he told me he was thankful for is all but scary! He explained how he was a poor boy raised in Brooklyn, New York. His dad was a taxi driver, and yet his brother became the President of Paramount Pictures, and his fame as the man behind the Halloween series is unparalleled. And what he is thankful for is his drive to overcome adversity and to use two words in your life..."show up." Opportunity presents itself if you show up. Only in America, right?

Okay, I have to dig deep to share with you what I am thankful for because the list is long. I must begin with a wonderful husband who has always supported me in whatever I chose to do, and sometimes it was pretty wacky. But he would just smile and say "go for it." And that has lasted 41 incredible years. I hear so many folks tell me how difficult a time they have with family, and yet, I have a super brother with whom I speak across the country most everyday about stuff from health to politics. And finally, I, like Stanley Livingston have had an incredible run in the Radio and TV business, and still going strong. I never stop learning every single day with every guest I have on POPPOFF. And like Stanley, I have branched out into writing this column and writing books like "Marilyn, Joe and Me." Perhaps that is the key. Go with the flow and love to go to your work every day, then it no longer is work, it's an energizing rush just to be there!

I will leave you with this thought as we near that special day of thanksgiving. Keep in mind people can be divided into three groups: 1) Those who make things happen, 2) Those who watch things happen, and 3) Those who wonder what's happening. Which do you want to be? Here is my hope for you. I hope you have much to be thankful for on this Thanksgiving Day. Share that time with family and friends, and save a turkey leg for me!

A HAPPY AND BLESSED THANKSGIVING TO YOU AND YOURS !!!

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



Dave Says

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.

Authorized Users Don't Help Your Credit

Dear Dave,
My brother asked me to put his name on my credit card as an authorized user. He said it will help improve his credit score. Is this true, and would it help my score in any way?
- Anna

Dear Anna,
Your brother is wrong. It will not improve his credit score at all. As an authorized user, he is not the owner of the debt. There's a high likelihood that it will affect *your* credit score in a *negative* way, though, because there's a good chance he'll do some dumb things with your card.

Look at it this way. Why would someone give him credit, or raise his credit score, just for using *your* credit? It doesn't make sense. Your credit score is affected by things like whether or not you pay your bill on time. The card isn't in his name, so really all this amounts to is him having fun with your card, and you're the one who's liable for the damage. The truth is that authorized users shouldn't even show up on a credit report.

It sounds like your brother has some financial problems. While I admire the fact that he wants to fix things, this is not the answer. Don't misunderstand what I'm saying, Anna. Chances are he's not trying to con you. He probably just got some bad information. But the hard truth is this: If you go along with his idea, it's not going to help him, and it's going to hurt you. Don't do it!

- Dave

Season Tickets are a Luxury

Dear Dave,
In terms of a family's financial plan, when is it okay to purchase something like NFL season tickets? Is this the kind of thing that should wait until you're debt-free and can afford to pay cash for them?
- Greg

Dear Greg,
Absolutely, you should wait until you're debt-free and can

pay cash. That kind of thing is a prime example of an expensive, luxury purchase.

I'm an NFL season ticket holder for the Tennessee Titans. But I've been debt-free for years, and my family's financial future is very secure. Whether the Titans win or lose, or whether I watch the games in person or in front of the television, has no impact on their security. However, if you're sitting there with credit card debt, a car payment and living paycheck to paycheck, you've got no business buying season tickets. Get yourself out of debt, build an emergency fund, and make sure your family is taken care of first. Then you can have some fun. Live like no one else so that later you can live like no one else. And then, if that includes season tickets to your favorite football, baseball or hockey team, have a blast!

Remember, this kind of thing is entertainment. I know a lot of silly people out there act like whoever wins a football game is a matter of life and death, but it's just a game. Your life and your financial future are not games, and they're not things to be taken lightly. First things first, Greg. There will be plenty of time for that kind of fun when you can afford it!

- Dave

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

Mark Twain in Placer County

AUBURN, CA – (MPG) Catch up on what's new about Mark Twain in Placer County. Do so at the Placer County annual holiday dinner at 6:30 p.m. Thursday, Dec. 6, at Veterans Memorial Hall, 100 East St., Auburn.

David C. Antonucci of

Tahoma, author of two popular books about Lake Tahoe and the 1960 Winter Olympics at Squaw Valley, will give a special presentation on "Mark Twain in Placer County, a Civil Engineer's Take on History."

To assure a seat, call (530)

885-5074. The menu includes roast beef, turkey, mashed potatoes and gravy, sweet potatoes, Christmas salad, rolls and apple pie. Cost is \$14. There will be a special drawing for historical and other items.

THANKFUL

They were somber Pilgrims all dressed in black outfits and clunky shoes with buckled hats, sitting down to a diet-busting Thanksgiving feast in 17th Century New England with the Native Americans. At least that's what we thought. The friendly natives came to the rescue and saved the starving settlers. That's the scene we all grew up believing. But it was not exactly that way, according to historian Ken Davis, author of the "Don't Know Much About" series. Here is what Ken told me. "The Pilgrims didn't wear black. The feast was more of a surf and turf affair, full of venison, turkey, and mussels and scallops from the nearby ocean." The turkey was not today's turkey, but wild turkey and there were pumpkins not pumpkin pie. Dessert would have been cornmeal breads and puddings. As for the "Happy Meal" with the friendly Indians, Ken said the peace and good will of that celebration lasted about a generation. It was quickly followed by fighting and bloodshed as relations with the Native Americans deteriorated when the colonists took land from the indigenous people. By the way, to the Pilgrims, a true day of thanksgiving simply meant a day of prayer and fasting, not what most of us have in mind when we pass around all the goodies! And the Pilgrims did not call themselves Pilgrims. They referred to themselves as "saints" or "First Comers." Only later did William Bradford call them Pilgrims. But not even all the passengers on board the Mayflower were Pilgrims. Of 102 people on board, only 50 were Pilgrims. The others were members of the Church of England who had signed on simply as laborers, soldiers, or those looking to gain property in the "New World." The Pilgrims called them strangers.

According to Davis, what we now call "Thanksgiving" was in fact a harvest festival for the Pilgrims who celebrated in October, not November, 1621. Those Pilgrims were mostly



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

9am - Noon: The Laura Ingraham Show

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

1 - 4pm: The Dave Ramsey Show

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

6 - 7pm: The Drive Home Show with Dave Rosenthal

Wednesday: Wealth Strategies with Hunter William Bailey

7 - 10pm: Sports Byline USA with Ron Barr

10pm - 12am: Poppoff with Mary Jane Popp

Saturdays

6 - 7am: A Time for Seniors

7 - 8am: The Swap Shop

8 - 9am: The KAHI Corral

9 - 10am: The Garden Guru

10 - 11am: The Dew Sweepers Golf Show

11am - 7pm: Sinatra & Friends Music

7 - 8pm: A Way With Words

8 - 9pm: Rewind with Jimmy Jay

Sundays

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

9:00am - 7pm: Sinatra & Friends Music

7 - 8pm: A Way With Words

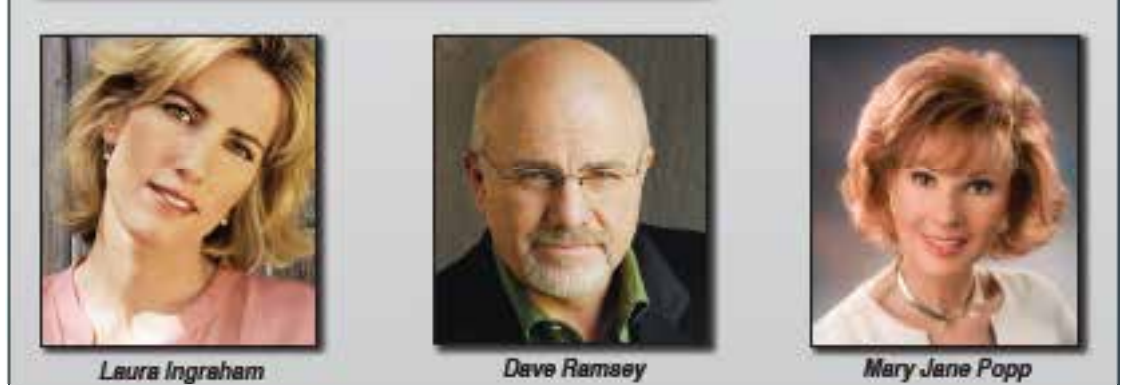
8 - 9pm: Hearts of Space

KAHI increases our commitment to foothills news with our new News Director, Mary West



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a tasty twist on turkey leftovers

What's for dinner? When you have turkey leftovers, you can get creative. Turkey is a versatile protein that can be used in a variety of ways. From turkey sandwiches to turkey chili, the possibilities are endless. In this section, we'll share some ideas for how to use your turkey leftovers in a new and exciting way.

Turkey and Cheese Biscuits — This is a quick and easy recipe that uses turkey, cheddar cheese, and biscuits. It's a great way to use up your turkey leftovers and make a delicious meal. To make this recipe, simply mix together the turkey, cheese, and a little bit of seasoning. Then, place the mixture on top of a biscuit and bake in the oven until the cheese is melted and the biscuit is golden brown.

Quick Turkey Tidbits — These are small, bite-sized pieces of turkey that are perfect for snacking or as a quick meal. They can be made with turkey, cheese, and a little bit of seasoning. To make these tidbits, simply mix together the turkey, cheese, and seasoning, then roll them into small balls and bake in the oven until they are golden brown.

Turkey and Cheese Biscuits — This is a quick and easy recipe that uses turkey, cheddar cheese, and biscuits. It's a great way to use up your turkey leftovers and make a delicious meal. To make this recipe, simply mix together the turkey, cheese, and a little bit of seasoning. Then, place the mixture on top of a biscuit and bake in the oven until the cheese is melted and the biscuit is golden brown.

Turkey Biscuits with Cheddar Cheese
Serves 4

1 cup turkey
1/2 cup cheddar cheese
1/4 cup butter
1/4 cup milk
1/4 cup flour
1/4 cup salt
1/4 cup pepper
1/4 cup onion
1/4 cup celery
1/4 cup carrots
1/4 cup mushrooms
1/4 cup tomatoes
1/4 cup bell peppers
1/4 cup jalapenos
1/4 cup cilantro
1/4 cup parsley
1/4 cup basil
1/4 cup dill
1/4 cup oregano
1/4 cup thyme
1/4 cup rosemary
1/4 cup sage
1/4 cup lavender
1/4 cup chamomile
1/4 cup lemon balm
1/4 cup mint
1/4 cup basil
1/4 cup cilantro
1/4 cup parsley
1/4 cup dill
1/4 cup oregano
1/4 cup thyme
1/4 cup rosemary
1/4 cup sage
1/4 cup lavender
1/4 cup chamomile
1/4 cup lemon balm
1/4 cup mint



Quick Turkey Tidbits
Need to use more turkey than for turkey sandwiches? Try one of these easy, quick ideas:

Turkey nuggets — Shred turkey, pop corn, onion, black pepper and cheese on 1 inch of oil and cook a bit. Try it with only one, two or three colors.

Turkey bites — Try your turkey with a little bit of turkey and a little bit of pepper, black pepper, salt, onion and all the cheese that is in it. Add a dollop of sauce on top.

Mini turkey burgers — Split an egg into two halves, and spread a little turkey on each half. Top with turkey and shredded cheese. Broil until cheese is bubbly. Top with a dollop of sauce or guac.



Cheddar Turkey Salad
Serves 4

1 cup turkey
1/2 cup cheddar cheese
1/4 cup butter
1/4 cup milk
1/4 cup flour
1/4 cup salt
1/4 cup pepper
1/4 cup onion
1/4 cup celery
1/4 cup carrots
1/4 cup mushrooms
1/4 cup tomatoes
1/4 cup bell peppers
1/4 cup jalapenos
1/4 cup cilantro
1/4 cup parsley
1/4 cup basil
1/4 cup dill
1/4 cup oregano
1/4 cup thyme
1/4 cup rosemary
1/4 cup sage
1/4 cup lavender
1/4 cup chamomile
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1/4 cup mint

Turkey and Cheese Biscuits
Serves 4

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1/4 cup basil
1/4 cup dill
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1/4 cup thyme
1/4 cup rosemary
1/4 cup sage
1/4 cup lavender
1/4 cup chamomile
1/4 cup lemon balm
1/4 cup mint

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