



# Curiosity's First Photos Houston: No Problem!

Page 4

## PLUS: PCWA Takes Strong Stand on Preserving Water Flows

Page 3

# Placer • Sentinel

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First Issue of August 2012

## Local Pole Vaulters Return Home with Medals from the USATF Jr Olympics



Page 2

## David Diskstein Movies and DVDs for the Whole Family



Page 4

## Is the Higgs Boson All in Our Head?



Page 11



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# Keep All Eyes on the Sky

SACRAMENTO – The United States Air Force Thunderbirds Jet Demonstration Team will rock the skies of Sacramento headlining the California Capital Airshow (CCA) this September 8th and 9th at Mather Airport. Fans will be captivated by an array of equally exciting, thrill-seeking military jets, gravity-defying aerobatic performers and the rumble of historic aircraft that will make children of all ages scream with excitement.

“This year’s Airshow will have you on your feet begging for more! The Thunderbirds performance is precision flying at its best, but the show certainly doesn’t stop there,” said Darcy Brewer, executive director of the California Capital Airshow. “No matter what aircraft is screaming through the skies over Mather Airport, it is always thrilling, but more importantly, it’s something you actually get to experience – you get to see the aircraft, explore the planes both inside and out, and personally talk to the actual pilot or crew member of the airplane that literally just took your breath away.”

In addition to the Thunderbirds, CCA will showcase thrilling jets, world-renowned aerobatic performers, and warbirds and vintage aircraft that will mesmerize and inspire both young and old to dream big. Performers include (but not limited to):  
*USAF Heritage Flight – F-16 Falcon and P-38 Lightning*



California Capital Airshow announces exciting 2012 performer and aircraft line up. Photo courtesy of California Capital Airshow.

*Sean D. Tucker – Team Oracle  
Tim Weber – Geico Aerobatics  
Kent Pietsch – Jelly Belly Barnstorming  
Bill Braack – USO Smoke N’ Thunder Jet Car  
Eddie Andrieni Mustang Superbatics  
West Coast Ravens 16 Ship Formation Team  
FAU Corsair Aerobatics  
Red Stars Precision Warbird Team*

And, literally ‘tons’ of military

jets including assets from Travis and Beale AFBs

“Airshow fans will enjoy an action packed weekend both on the ground and in the air. Every gravity-defying maneuver, fly-over and aerobatic performance will impress you, enchant you, and leave you speechless. It’s going to be an incredible show!” continued Brewer.

General Admission tickets are now available online and can be easily purchased at the Airshow

web site or at all SAFE Credit Union branch locations throughout the region. Also available online are VIP and upgraded ticket options, as well as family and hotel packages.

For updated news, attraction information, details and more visit the Airshow web site [californiacapitalairshow.com](http://californiacapitalairshow.com). Fans can also follow the Airshow on Facebook and Twitter.

Source: Strong Communications

## AT&T Announces New Internet Site in Foresthill

From Sierra Economic Development Corporation

PLACER COUNTY – Following on the heels of the good news about Frontier Communication’s expanded infrastructure in Alpine County, AT&T announced yesterday that a new mobile Internet site has been activated in the Foresthill area of Placer County. The site is located so as to provide improved coverage and capacity along Foresthill Road from Todd Valley Road toward Sugar Pine Road.

We hope that any of you who are able to use that service will drop us an email to let us know how well it meets your needs. In the same vein, we ask that any of you who become aware of new service of any kind becoming available in your area will also send us an email.

If you are able to access the new system, we’d also really appreciate if you’d conduct a speed test and let us know the results. Speed tests can be conducted at [www.broadband.gov/qualitytest](http://www.broadband.gov/qualitytest); please send the results to [russ@sedcorp.biz](mailto:russ@sedcorp.biz). Thanks!

For more info, visit [www.sedcorp.biz](http://www.sedcorp.biz) or call (530) 823-4703.

## Californians Consume 4th-lowest Amount of Energy Nationwide

SACRAMENTO REGION – Californians consume the 4th-lowest amount of energy per person nationwide, according to the nonprofit website EnergyTrends.org.

“Americans’ awareness and understanding of energy seem to be increasing, but major changes in energy consumption don’t happen overnight,” said Don Soifer, Executive Vice President of the Lexington Institute. “This year, increased use of natural gas in most of the Southeastern states was the strongest trend.” Earlier this year, EnergyTrends released its first state letter grades for states based on renewable energy patterns. California earned a letter grade of B.

“It is our hope that the information on EnergyTrends.org will be useful for everyone from schools to elected officials to keep track of their state’s critical energy consumption and generation patterns,” Soifer said.

He noted that the research is based on 2010 energy data which was recently released by the U.S. Department of Energy. The website tracks vital indicators for energy and electricity use, as well as which fuels (like coal, natural gas or renewables) are used to generate electricity, and ranks states in each category. It also analyzes data from recent years, providing easy-to-read indicators to show overall trends.

EnergyTrends.org is a project of the Lexington Institute, a think tank based in Arlington, Virginia.

For more information see [EnergyTrends.org](http://EnergyTrends.org).

## Governor Brown: Use Money to Keep Parks Open

SACRAMENTO – Governor Edmund G. Brown Jr. recently pledged to work with the California State Legislature to direct millions of dollars in state funds to keep parks open, fix serious park maintenance problems and match donor contributions. He also thanked all Californians who have contributed time and money to save state parks.

“Much remains to be done to keep our parks open,” said Governor Brown. “The disclosure that the Parks department had millions in additional revenues is mixed—it’s better to have more money than less, but it’s totally unacceptable for Parks personnel to squirrel away public funds. I extend my deepest appreciation for the donors who have come to the aid of our

parks in this time of need. I ask for their patience as we take all necessary steps to make sure this never happens again.”

Specifically, Governor Brown called for the \$20 million from the State Parks and Recreation Fund (SPRF) to be used to:

Make critically needed maintenance fixes to keep parks from closing—for example, fixing water and waste treatment facilities that, if left as-is, will cause park closures.

Establish a matching fund for contributions, so that donors know every dollar they give will go further.

The State Parks and Recreation Fund is one-time funding that can only be used for one-time costs.

The Governor is also seeking a \$10 million appropriation from

Proposition 84 funds for immediate maintenance projects.

“We are grateful for our generous, committed donors. I can’t thank them enough,” said California Natural Resources Agency Secretary John Laird. “The good news is we will have more to spend on parks this year. The bad news is the problem is much bigger than that. State parks will still have over \$1 billion in deferred maintenance and ongoing costs.”

To ensure more sound and accountable financial reporting, the Department of Finance is requiring all departments to follow new procedures to reconcile and confirm balances between the Controller’s Office and the Governor’s budget. In addition to implementing these new procedures, the Department of

Finance’s Office of State Audits and Evaluations is conducting a thorough audit of all Parks fiscal actions.

Investigations into the Parks funds are ongoing. On July 20, the California Natural Resources Agency announced that the Parks department had not reported \$20 million in the State Parks and Recreation Fund, and \$34 million in the Off-Highway Vehicle Fund, to the Department of Finance. The Attorney General launched an investigation at the request of Governor Brown, who ordered a full Parks department audit by the Department of Finance. The Governor also accepted the resignation of then-Parks Director Ruth Coleman, appointed a new acting interim director and directed the dismissal of three senior Parks employees.

## Bankruptcy Filings Continue to Top 1 Million Petitions

From USCourts.gov

Bankruptcy filings for the 12-month period ending June 30, 2012, totaled 1,311,602 petitions, but 14 percent less than the 1,529,560 filed in the 12-month period ending June 30, 2011, according to statistics released August 3<sup>rd</sup>, 2012 by the Administrative Office of the U.S. Courts.

### Business and Non-Business Filings

The majority of bankruptcy filings involve predominantly non-business debts. For the 12-month period ending June 30, 2012, non-

business filings—where the debts are predominantly personal or consumer in nature—totaled 1,267,167, down 14 percent from the 1,477,426 nonbusiness bankruptcies filed in the 12-month period ending June 30, 2011.

### Third Quarter of Fiscal Year 2012

April, May, and June 2012 constituted the third quarter of the Judiciary’s 2012 fiscal year. The number of bankruptcies filed during those three months was 325,693, down 14 percent from the 379,790 filings in the same quarter of 2011.

### Filings by Chapter

For the 12-month period ending June 30, 2012, filings fell for

chapters 7, 11, 12, and 13 compared to filings in the 12-month period ending June 30, 2011.

Chapter 7 filings, which constitute 70 percent of all filings, fell 16 percent to 914,015 from the 1,083,671 Chapter 7 filings in the 12-month period ending June 30, 2011.

Chapter 13 filings, which account for 29 percent of all filings, fell 11 percent to 385,949 from the 432,333 Chapter 13 bankruptcies filed in the same time period in 2011.

Chapter 11 filings, which make up less than 1 percent of all filings, fell 14 percent to 10,921 from the 12,714 Chapter 11 filings in the same time period in 2011.

Chapter 12 filings fell 19 percent to 582 from the 717 Chapter 12 filings in the same time period in 2011.

For more on bankruptcy and its chapters, visit the Judiciary’s website or go to [fjc.gov](http://fjc.gov). Historic data on bankruptcy filings is available on the Judiciary’s website under Bankruptcy Statistics. Additional bankruptcy statistics, including bankruptcies by county, can be found on the Judiciary’s PACER system.

\* Because of ongoing corrections to the bankruptcy database, the quarterly data may not total to the most recent annual figures.

Got Local News?  
Call 530.823.2463

# Big John Enos to Speak at Rooster Tails Fishing Club Breakfast

John Enos, owner of Big John's Fishing Guide Service, will be the special guest speaker at the Rooster Tails Fishing Club breakfast on Friday, August 17, at the Auburn Elks Lodge, 195 Pine St., Auburn, CA 95603. The doors at the lodge open at 7 AM with a fantastic \$12 buffet breakfast served from 8 to 9 with the presentation beginning at 9 sharp.

John, a 30 veteran of fishing local rivers, will give a presentation on fishing for Salmon, tackle, methods, and locations to score fish. John is licensed, bonded, insured, coast guard licensed, CPR safety trained and receives great satisfaction when someone "hooks" into a big fish. His clients say that he is a patient and wonderful teacher, enjoys sharing the natural surroundings with



Big John Enos

his clients, telling them about the environment, wildlife and history of the rivers taking pride in providing a relaxed atmosphere and good conversation on his boat.

The 30 year old, 140+-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.roostertailsfishingclub.org](http://www.roostertailsfishingclub.org).

For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim, Club Chairman, (530) 887-0479, or [pres@roostertailsfishingclub.org](mailto:pres@roostertailsfishingclub.org).

# Local Pole Vaulters Return Home with Gold & Silver Medals from the USATF Jr Olympics

By Jef Huber

Baltimore, MD - Our community should be proud to have our very own Jr. Olympians returning home wearing GOLD and SILVER MEDALS from the USA Track and Field National Jr. Olympics Championships in Baltimore, MD.

Travis Kartz and Lance Huber took front and center stage finishing one two in the USA track and Field Pole Vault for youth boys ages 13-14. This earned them both the coveted All-American Jr. Olympian status.

Kartz had a solid gold performance and set a new Personal record eclipsing his previous 12'-3" clearing the top bar at nearly 12'-6". Hard work and far travels all paid off under some tremendous pressure in a big stage venue hosting over 8,000 USATF athletes and approx. 50,000 spectators. "It was totally cool and I'm grateful to my parents and coach" said Kratz who now plans on taking his skills onto the grid iron this fall for the Granite Bay High Freshman Football Team.



Huber an athletic young up and coming star surprising took 2nd starting back from the 14th position. He knew he had to raise the bar considerably to medal by astonishingly setting 3 new personal records that day to finally reach up to 12'. Lance only an 8th Grader at Loomis Grammar is known for many all-around stellar sport achievements, but looks like he has a very bright future ahead in Pole Vaulting. Happy with the outcome, he said, "I was in it to win it but to be sharing the podium next to Trav was so awesome!"

California took medals 1-2-3 with 3RD Place Bronze Medal

went to Fresno Area resident Chase Rodrigues 12")

Pole Vaulting is a tough sport which combines speed, strength and acrobatics. Plus it takes a lot of precise skilled training and that just what they all get from their coach, Curt Roth, who spends his time training young athletes year round at his Pole Vault facility in Granite Bay.

"Well it was a long haul and a lot of preparation but you cannot be happier with boy's results," said Roth. His facility if not known before is now the buzz in USA Track and Field Pole Vaulters World as the Mecca for top pole vaulters.

Local residents should be happy to hear that we host and develop some of the best most promising future pole vault student athletes around. From past Olympic Gold Medalist Stacy Dragilla to now Internationally Ranked Elite Vaulteur Scott Roth, who just took home a Bronze Medal at the recent USA Olympic Trials. Our community can be proud to support some of the best athletes in Track and Field Arena. GO USA!

# Brown Outlines Bay Delta Plan

SACRAMENTO – California Governor Edmund G. Brown Jr., Secretary of the Interior Ken Salazar, and National Oceanic and Atmospheric Administration (NOAA) Assistant Administrator for Fisheries Eric Schwaab on July 25th outlined revisions to the proposed Bay Delta Conservation Plan (BDCP) that, along with a full range of alternative proposals, will undergo a rigorous public environmental review in the coming months. In announcing the path forward for an enhanced BDCP process, the officials emphasized that California's water system is unsustainable from an environmental and economic perspective, and that the BDCP is a key part of a comprehensive solution to achieve the dual goals of a reliable water supply for California and a healthy California Bay Delta ecosystem that supports the State's economy.

Population growth, habitat loss and ongoing threats to levee stability and water supply have crippled the California Bay Delta, threatening the health and economics of California communities. The revised approach, which is grounded in science, is designed to help restore fish populations, protect water quality, and improve the reliability of water supplies for all water users who receive deliveries from state and federal projects. It improves on key aspects of previous proposals and offers a strong governance model, financing options, a scientific review process and a steadfast conservation foundation for a new water conveyance facility to move water and help restore the health of the ecosystem.

"A healthy Delta ecosystem and a reliable water supply are profoundly important to California's future," said Governor Brown. "This proposal balances the concerns of those who live and work in the Delta, those who rely on it for water and those who appreciate its beauty, fish, waterfowl and wildlife."

"As broken and outdated as California's water system is, we are also closer than ever to forging a lasting and sustainable solution that strengthens California's water security and restores the health of the Delta," said Secretary Salazar. "Through our joint federal-state partnership, and with science as our guide, we are taking a comprehensive approach to tackling California's water problems when it comes to increasing efficiency and improving conservation. Today marks an important step forward in transforming a shared vision into a practical, effective solution. With California's water system at constant risk of failure, nobody can afford the dangers or costs of inaction."

"The status quo isn't working for fish, communities around or dependent upon the Bay Delta, economic development, or water resources management," said Dr. Jane Lubchenco, Under Secretary of Commerce for Oceans and Atmosphere and NOAA Administrator. "Our proposed changes to the BDCP reflect important improvements in shaping a comprehensive strategy to fix a broken system. Because this is a complicated issue and we do not have all the answers today, we will continue to evaluate and refine the proposal. We call upon the many participants throughout California to join us in staying focused on science-based solutions."

The elements of a preferred proposal include the construction of water intake facilities with a total capacity of 9,000 cubic feet per second -- down from an earlier proposal of 15,000 cfs -- operations of which would be phased in over several years and a conveyance designed to use gravity flow to maximize energy efficiency and to minimize environmental impact. Many other alternatives, including no conveyance facility, and facilities with capacities ranging from 3,000 to 15,000 cfs, will also be fully considered as part of the upcoming environmental review process.

Governor Brown and Secretary Salazar affirmed their commitment to continue working with water users, non-governmental organizations and local governments to achieve the co-equal goals in a manner that incentivizes reduced, efficient water use throughout California and that protects and enhances the unique cultural, recreational, natural resource, and agricultural values of the Delta.

Having identified the key elements of a proposal, the parties expect to issue a draft Bay Delta Conservation Plan and corresponding Environmental Impact Report/ Environmental Impact Statement for public review this fall. In recognition that water supply reliability and affordability elements are vitally important to the public water agencies who are expected to pay for any proposed facilities, the state and federal agencies will work intensively with the public water agencies and other interested parties over the next 90 days to address these important questions. State and federal agencies will continue to refine the proposals announced today and will issue a major progress report after the completion of this initial work.

The proposal outlined is based on shared objectives, including:

• **Science:** In order to determine the benefits of additional habitat and Delta outflow to fish, the State and U.S. governments are developing a process, including independent scientific review, to ensure that science is playing a neutral and informative role in determining a way forward for the BDCP. All parties, including water users, conservation groups and public agencies will be invited to fully participate in the process. Science will guide how to best restore the ecosystem and how much water can be exported.

• **Conservation:** The BDCP will contain biological goals and objectives to improve the status of a wide variety of listed species and species of concern under the Endangered Species Act, and will quickly implement new habitat projects in the Suisun Marsh and the Delta upon completion of appropriate environmental reviews.

• **Cooperation and Governance:** State and U.S. governments will work cooperatively with local water agencies, environmental organizations, and Delta governments and districts under a proposed governance structure to achieve an open, transparent, and inclusive process, allowing affected parties to play an appropriate role in the governance and implementation of the BDCP.

• **Finance:** State and U.S. governments are committed to the "user pay" principle, and the state and federal water contractors agree that the costs of the new water conveyance facility and associated

mitigation of that facility will be paid through charges to the water users who would benefit from its development and operation. Habitat and other conservation measures in the BDCP would be financed in part by the contractors, but would mostly be paid by the state over a period of 40 years, with likely additional investment by the federal government through existing programs.

• **Adaptive Management:** The proposal reflects the shared commitment by state and U.S. governments to incorporate adaptive management to ensure flexibility as factors such as climate change, new invasive species, and unexpected prolonged drought continue to affect the biology and water supplies of the Delta.

• **Sustaining Delta Communities:** The State and U.S. governments recognize the need to preserve the unique communities and agricultural productivity of the Delta. State and federal agencies will continue investment in the Delta for flood protection, community development, and biological restoration.

• **Protecting Upstream Water Users:** State and U.S. governments will make sure implementation of BDCP will not result in adverse effects on the water rights of those in the watershed of the Delta, nor will it impose any obligations on water users upstream of the Delta to supplement flows in and through the Delta.

• **Improved Water Management State-wide:** State and U.S. governments will continue to explore new ways to satisfy competing water demands, including commitments to an Integrated Water Management approach, reducing water demand, increasing water supply, and improving efficiency of operations. The Metropolitan Water District of Southern California and the Santa Clara Valley Water District - the two largest urban regional water agencies-- have committed to exceed the urban water savings target established in the 2009 Delta Reform Act by saving 700,000 acre-feet a year based on predicted future demands. This includes a commitment by Southern California to annually save more water through conservation and recycling than it receives, on average, from Northern California, as well as a commitment from the Santa Clara County Water District to meet Silicon Valley's future increases in demand through conservation and recycling. With respect to agricultural water use, the Bureau of Reclamation has worked with local water agencies to invest close to \$50 million over the last eight years in efficiency improvements in California. Reclamation is now partnering with the Natural Resources Conservation Service to provide funding for projects that improve water management and create new supplies for agricultural irrigation. In the last two years, approximately \$15 million in federal funding has been invested in this effort. The State of California has invested more than \$47 million in similar programs since 2001.

For more information on the announcement, including a q&a document and information on how the proposal is expected to improve fish species, please visit: [www.baydeltaconservationplan.com](http://www.baydeltaconservationplan.com).

Source: California Natural Resources Agency

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**Publisher Paul V. Scholl**

# PCWA Takes Strong Stand on Preserving Water Flows

AUBURN – As varied interests debate water flows through the Pacific Gas and Electric Company's Drum-Spaulding Hydroelectric Project, the Placer County Water Agency is working to ensure that Placer County water supplies are not reduced.

PCWA receives up to 125,400 acre-feet of water from the Yuba and Bear rivers each year via PG&E water systems and uses this water to supply most of its customers in the central and western portions of Placer County.

"This water supply can't be replaced; we can't afford to lose any of it," the agency's Director of Strategic Affairs Einar Maisch said Thursday (Aug. 2) in a presentation to the PCWA Board of Directors.

Maisch said PCWA has been intimately involved in PG&E's ongoing six-year effort to obtain a new federal license for the Drum-Spaulding Project and that staff believed that agreements-in-principle had been reached on important water flow issues.

He said, however, that recent July 31 filings by state and federal resource agencies indicate that they are backing away from earlier positions.

Maisch and Resource Planning Administrator Andy Fecko listed several issues of concern, including limitations on flows in the Bear River, adequate flows in back-to-back dry years, a mandatory "block flow" increase of 2500 acre-feet on the South Yuba River, higher flows for anadromous fish, revised seasonal flows into Folsom Reservoir, and uncertainty of flows in Auburn Ravine.

All of these changes, if implemented, could result in water supply losses of 20,000 acre-feet or more to PCWA and seriously impair the agency's ability to supply customers in Placer County, Fecko said.

Similar filings were made on NID's Yuba-Bear Hydroelectric Project, which serves customers in both Placer and Nevada Counties. The NID Board of Directors will be considering the impact to its customers at its Board meeting on August 8. PCWA is committed to doing what it can to protect all sources of water that benefit the people of Placer County.

"The shame of this is that the parties had negotiated significant environmental enhancements to the Yuba and Bear River watersheds, without significant impacts to customers," Breninger said. "These new conditions just released on Tuesday provide very little additional environmental benefit but will be devastating to existing residents and businesses."

The Board of Directors authorized staff to continue coordinating with PG&E and NID in negotiations with involved agencies and interest groups, but also to prepare and file alternative terms and conditions if needed, and to file for an administrative hearing to compel changes if the issues cannot be resolved.

Maisch said the process will likely be expensive, costing up to \$500,000, if all steps are necessary. Directors will discuss budgeting at a later date.

The water supply protection effort is in addition to PCWA's ongoing relicensing program for

its Middle Fork American River Hydroelectric Project. The agency has invested seven years and \$37 million in the Middle Fork relicensing.

In other business, PCWA directors:

- heard a presentation from Deputy Director of Technical Services Brent Smith on the water agency's current Ophir Road Pipelines Project, which includes crossings beneath Interstate 80 and the Union Pacific Railroad tracks. The \$13 million project is slated for completion by September 2013.

- approved a \$250 sponsorship for the 2012 Calling Back the Salmon Celebration in Lincoln. The event, organized by Save Auburn Ravine Salmon and Steelhead (SARSAS) and the Wildlife Heritage Foundation, will be held Sept. 29 at McBean Park in Lincoln.

- congratulated staff for the agency's recent Project of the Year Award from the Sacramento Chapter of the American Public Works Association. The award, for the L.L. Anderson Dam Spillway Project at French Meadows Reservoir, will be presented at an Aug. 10 luncheon in Sacramento.

The next regular meeting of the PCWA Board of Directors will be held at 2 p.m. on Thursday, Aug. 16, at the PCWA Business Center, 144 Ferguson Road, in Auburn.

*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](http://www.pcwa.net).*



## Around Town with Loyce Smallwood

Downtown Auburn delights with selections and sidewalk sales galore. Check out the airy Avantgarden shop on upper Lincoln Way location where friendly clerk Kristi Jogis enthused about Owner Kim's new inventory including artsy jewelry and sunglasses.

Auburn Drugs offers a frontage table full of markdowns and inside showcases a great array of jewelry, books and housewares. Colorful summery shoes displayed in the window at The Footpath and stunningly artsy jewelry adorn the window at Swan's all on Lincoln Way. Cool off in Central Square with pomegranate and peanut butter yogurt topped with choco a Tango's where Barbara happily keeps time on that bright orange watch. Cross over to Lewis street and pick up bargains at St. Luke's Thrift and or have a go at St. Joseph's thrift back on Lincoln Way.

Celebrants gathered Monday last and Yoga Studio Owner Gwenn Jones signed up to volunteer to help ACTV Manager Paula Johnson with the Tevis Project. Wine barrel furniture maker Dave Collier fell into the friendly Monday morning mix

at LaBou to make the connection and is scheduled along with partner John to guest on ACTV CONNECTIONS in September. The furniture is available at Kat's Country Korner DT and will soon embellish the ACTV set.

Congrats and kudos to prolific G.V. author/screenwriter Chris Enss—who came dressed prairie-style—for her recent ACTV segment. Enss tells us her book about legendary Roy Rogers and Dale Evans is scheduled to star singer Clint Black in a Broadway play and another book will also be made into a movie. Enss topped off the ACTV experience with a shopping trip to Kat's DT. You go Chris and come back and share more experiences with ACTV viewers.

Sentinel Stars to mother/son duo Mike and Linda, veteran restaurateurs, who offer great food in a fairytale setting on the deck at the Brookside eatery in back of the OT Auburn mall where Cap'n Jack recently lunched with Bay Area friends and again made the scene with Yours Truly Sunday past when we both delighted in the all-you-can-eat brunch featuring made-to-order omelets, French Toast, fresh fruits and chocolate covered strawberries.

Consumer is king and special rates for golfers are offered at



Jay Stargaard

The Ridge Golf Course, home of the tangy House Salad with cranberries and walnuts. Check in with the pro shop about lessons with Head Pro Shawn Kelly or Assistant Pro Jason Rogers who tells me video is now in the mix.

More congrats yet to sculptor Jay Stargaard who shared her excitement on ACTV CONNECTIONS about her trip to Colorado to showcase her one-of-a-kind metal sculptures including gleaming butterflies, fairies and jewelry, all to be enjoyed at our fav OT Gallery overseen by the industrious Gail Morgan who showed off daughter Shannon's hand-blown glass on ACTV, also seen at OT Gallery where 58 talented artists vie for the eye. Enjoy the bounty, indeed. Comments to [loy@foothill.net](mailto:loy@foothill.net)

## NID Enters PG&E Hydro Relicensing Effort

GRASS VALLEY – Directors of the Nevada Irrigation District voted Wednesday (July 25) to intervene in the ongoing federal relicensing effort of the Pacific Gas and Electric Company's Drum-Spaulding Hydroelectric Project.

NID General Manager Ron Nelson and legal counsel Jeff Meith recommended the action so that NID would meet a July 31 deadline and have a continued voice as the relicensing effort moves forward.

The NID action is not a challenge to PG&E but more of a protection against license changes that may affect NID's future operations. "There are going to be continued discussions on conditions and flows in the district," said Nelson. "They will affect us and we need to be part of the discussion."

NID operates its Yuba-Bear Hydroelectric Project in tandem with the intertwined PG&E Drum-Spaulding system and the two organizations are working

together on relicensing their respective power projects. PG&E has already filed to intervene in NID's process, Nelson noted.

While many relicensing issues have been decided in recent years, NID continues its effort to ensure that no additional changes are made to water flows from the mountains into and through NID distribution systems.

In other business, NID directors:

- attempted to resolve issues raised by residents of Lee Lane on Banner Mountain near Nevada City, who complained of substandard curb restoration and drainage work following the \$41 million Banner Cascade Pipeline Project. Directors authorized staff to meet with contractors to plan final and permanent repairs.

- approved a \$54,000 budget amendment to cover the employment of two additional employees in the NID Recreation Department. Finance Manager Jim Malberg said increased recreation business and revenues

should cover the budget increase.

- approved a new one-year gasoline and diesel fuel supply contract with Hunt & Sons, Inc. of Sacramento, low bidder among three regional firms that submitted bids. The contract covers delivery to nine NID sites in Nevada and Placer counties. Senior Storekeeper Troy Teixeira said Hunt & Sons holds the current contract and has provided very good and timely service.

- awarded a \$106,130 contract to Redwood Painting, of Pittsburg, for a tank painting project at the Lake Wildwood Water Treatment Plant. The firm's bid was the lowest among four received by the district.

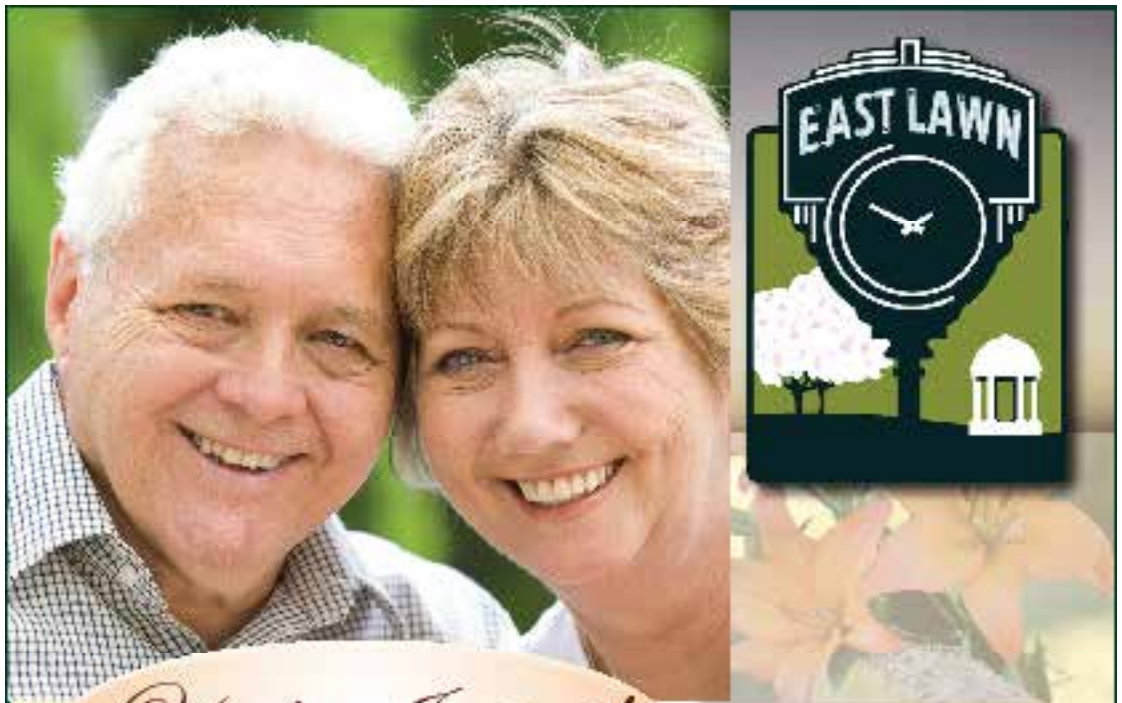
The next regular meeting of the NID Board of Directors will be held at 9 a.m. on Wednesday, Aug. 8, at the NID Business Center in Grass Valley. NID board meetings are open to the public.

Contact: Ron Nelson (530) 273-6185 or Dave Carter (530) 265-NEWS.

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## THANK A VETERAN TODAY



by David Dickstein

Family Films



**“Diary of a Wimpy Kid: Dog Days”**  
 Opens Aug. 3, rated PG  
[diaryofawimpykidmovie.com](http://diaryofawimpykidmovie.com)

The brand of slapstick gags that worked well for the first two installments continues in this third film adaptation of Jeff Kinney’s popular children’s books. Greg (Zachary Gordon), the diary-keeping wimpy kid, and his best friend Rowley are in for the worst summer of their lives, bouncing from misadventure to misadventure at a country club, the community swimming pool and a summer lawn mowing job.

**“The Odd Life of Timothy Green”**  
 Opens Aug. 15, rated PG  
[disney.com/oddlife](http://disney.com/oddlife)

From the studio that made a real boy out of a wooden marionette comes this modern-day fantasy about a married couple who are unable to have children of their own, but one magically grows from the ground and becomes the talk of the rural town. Jennifer Garner stars as a mom whose son grows leaves from his body, making one wonder if this little sprout grows to become the Jolly Green Giant.

**“ParaNorman”**  
 Opens Aug. 17, rated PG  
[paranorman.com](http://paranorman.com)

No doubt inspired by “The Sixth Sense,” this animated



# Movies and DVDs for the Whole Family

feature centers on an oddball boy who sees dead people. He can also speak with them, a skillset that will come in handy if Norman is to rid the town of a centuries-old curse that has zombies, ghosts and witches running amok. The moronic mortal grown-ups the kid has to deal with don’t help with the task of ghoulish-busting. Australian-born Kodi Smit-McPhee voices Norman while Casey Affleck, Jeff Garlin and Tempestt Bledsoe lead the adult cast.

Family DVDs



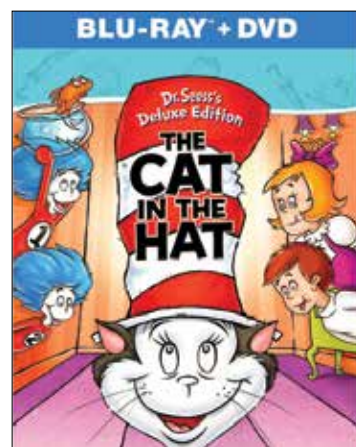
**“The Adventure Time: The Complete First Season”** (ages 6-14, now available, not rated): Few cartoons on TV meant for children are entertaining to grown-ups as well, but this commercially and critically successful Cartoon Network hit certainly is. Stories are thin, but it’s hard not to be drawn in by the drawn Finn, a human boy in his early teens, and his best friend Jake, a magical talking dog with powers to stretch and change shape. Season 1 has 26 episodes, some of them gems worthy of the show’s Emmy nomination.  
 Grade: A

**“The Amazing World of Gumball ‘The DVD’”** (ages 6-14, released Aug. 28, not rated): With Season 2 underway

on the Cartoon Network, the dozen episodes of the debut year can be had on a disk that showcases the charming, heartfelt and comical animated series out of the U.K. Front and center is Gumball, a mischievous 12-year-old boy filled with melodrama and optimism. Sounds contradictory, but so is the entire nutty program, that, surprisingly, is watchable by adults without cringing. Grade: A-

**“Angelina Ballerina: Dreams Do Come True”** (ages 4-8, released Aug. 21, not rated): This all-new, feature-length movie has Angelina winning a “Big Dreams” competition as well as a place in the junior ballet company. Stressing over which to choose, she solicits the help of family and friends, and ultimately discovers what matters most to a little mousling. Good messaging. Grade: B

**“Dr. Seuss’s The Cat in the Hat”** (ages 2-6, released Aug. 7, not rated): The good news is this isn’t the live-action turkey starring Mike Meyers. The better news is this is the animated classic that has been digitally remastered. The best news is the rainy day frenzy in the house of Dick and Sally comes with two additional Seuss semi-classics: “Daisy-Head Mayzie” and “The Hooper-Bloob Highway.”  
 Grade: A



**“Tiny Toon Adventures: How I Spent My Vacation”** (ages 3-7, released Aug. 21, not rated): Higher production value than standard TV animation, the touch of Steven Spielberg (executive producer) and a slew of Emmys led to this full-length movie originally released in 1992 and now available on DVD. It was the first direct-to-video animated release in the United States, in fact. Cute stuff featuring young versions of classic Looney Toons animal characters.  
 Grade: A-

## Governor Brown Announces Appointment of Freyman

SACRAMENTO – Governor Edmund G. Brown Jr. appointed Judith Freyman, 62, of Rocklin to the Occupational Safety and Health Appeals Board. Freyman has been a principal and western operations director at Mercer/

ORC Worldwide since 2001. She held multiple positions at ConAgra Refrigerated Prepared Foods from 1979 to 2001, including assistant general counsel and corporate counsel. Freyman was corporate counsel at the Jewel

Corporation from 1977 to 1979. She earned a Juris Doctorate degree from Loyola University Chicago School of Law. This position requires Senate confirmation and the compensation is \$111,845. Freyman is a Republican.

# Curiosity’s First Photos

MARS (August 6th, 2012) – This is one of the first images taken by NASA’s Curiosity rover, which landed on Mars on the morning of Aug. 6. It was taken through a fisheye wide-angle lens on the left “eye” of a stereo pair of Hazard-Avoidance cameras on the left-rear side of the rover.



The image is one-half of full resolution. The clear dust cover that protected the camera during landing has been sprung open. Part of the spring that released the dust cover can be seen at the bottom right, near the rover’s wheel. On the top left, part of the rover’s power supply is visible.

Some dust appears on the lens even with the dust cover off. The cameras are looking directly into the sun, so the top of the image is saturated. Looking straight into the sun does not harm the cameras. The lines across the top are an artifact called “blooming” that occurs in the camera’s detector because of the saturation. As planned, the rover’s

early engineering images are lower resolution.

Larger color images from other cameras are expected later in the

week when the rover’s mast, carrying high-resolution cameras, is deployed. Image Credit: NASA/JPL-Caltech



**Behold Mount Sharp!** This image taken by NASA’s Curiosity shows what lies ahead for the rover – its main science target, Mount Sharp. The rover’s shadow can be seen in the foreground, and the dark bands beyond are dunes. Rising up in the distance is the highest peak Mount Sharp at a height of about 3.4 miles, taller than Mt. Whitney in California. The Curiosity team hopes to drive the rover to the mountain to investigate its lower layers, which scientists think hold clues to past environmental change. This image was captured by the rover’s front left Hazard-Avoidance camera at full resolution shortly after it landed. It has been linearized to remove the distorted appearance that results from its fisheye lens. Image credit: NASA/JPL-Caltech

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# First California Fatality from West Nile Virus in 2012

SACRAMENTO – An 88-year-old woman from Kern County is the first reported fatality from West Nile virus (WNV) this year, Dr. Ron Chapman, director of the California Department of Public Health, announced August 3rd.

“This unfortunate death reminds us that we must protect ourselves from mosquito bites to prevent West Nile virus and other mosquito born infections,” Chapman said. An increase in WNV activity has occurred earlier this year compared to last year, he added. To date in 2012, ten human cases of WNV from five California counties have been reported. Last year at this time there were seven human cases and no deaths. During all of 2011, 159 human cases and nine fatalities were reported. Increased activity is also being seen in other parts of the United States.

Nationwide, 241 human cases were reported to the Centers for Disease Control and Prevention as of August 1. This is the highest number of cases reported through the end of July since 2004. WNV is transmitted to humans and animals through a mosquito bite. Mosquitoes become infected when they feed on infected birds. The risk of serious illness to most people is low. However, some individuals – less than 1



percent of those infected – will develop serious neurologic illness such as encephalitis or meningitis. Individuals 50 years of age and older have a higher chance of getting sick and are more likely to develop serious symptoms.

Studies also show that those people with diabetes and/or hypertension are at greater risk for serious illness. Chapman said California residents are very good at protecting themselves from mosquito bites for planned events like camping, however we tend to have a false sense of security in our own backyards.

The most effective way for individuals to prevent exposure to mosquito bites and West Nile virus is to remember the “Three D’s”:

1. DEFEND – Use an EPA-registered insect repellent with DEET, picaridin, oil of lemon eucalyptus, or IR3535 according to label instructions. Repellents

keep the mosquitoes from biting you. DEET can be used safely on infants and children 2 months of age and older.

2. DAWN AND DUSK – Mosquitoes that carry WNV bite in the early morning and evening. It is important to use repellent and wear clothing that reduces the risk of skin exposure to mosquito bites during this time. Make sure your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens with tears or holes.

3. DRAIN – Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property, including buckets, old car tires, and pet bowls. If you have a pond, use mosquito fish (available from your local mosquito and vector control agency) or commercially available products to eliminate mosquito larvae.

California’s West Nile virus website includes the latest information on West Nile virus activity in the state. Californians are encouraged to report all dead birds and dead tree squirrels on the website or by calling toll-free 1-877-WNV-BIRD (968-2473). [www.cdph.ca.gov](http://www.cdph.ca.gov)

Source: California Department of Public Health



# TAX HELP from a Tax Pro

Dean Alexander Sr.

## How to Get Tax Relief for Inherited Property

There are two issues that one has to deal with when we receive inheritance. The first is an estate tax issue and the second an income tax issue and they are not one. You may be exempt from one but subject to another.

The two usually work against each other. Maybe the mechanics of the events will illustrate the point. Rich Uncle dies and leaves you a piece of land worth three hundred thousand dollars. The first question that people usually ask, or hopefully they will ask is: Am I going to pay estate tax on this money?

Clients that I come in contact with usually ask me how much income tax am I going to pay because I inherited the property. They think that inheriting this property is a taxable event, and a taxable event in their mind means income tax. They don’t differentiate between income tax and estate taxes. In 2011 property inherited up to one million dollars would be exempt from income taxes.

Notice that I said that you inherited property worth three hundred thousand dollars. How did you determine this amount? And what is the big deal about this amount anyway? You may determine this amount by looking up the county tax roll for that year or if the amount is large it could be determined by an appraisal.

This amount can cause you a tax

problem if you don’t pay attention. This amount will be your basis if you sell the property two years from the time you inherited it. Basis is something like your purchase price. You will be regarded as if you purchased the property for three hundred thousand dollars. So if you sell it for three hundred and fifty dollars, your gain is fifty thousand dollars.

When do you value the property? You can value the property the day you inherit it or any other date within six months from the date of death. Why the choice? Like I said the value of the property at the time of inheritance will determine your basis (think of cost).

So the higher the basis the better off you are. In the example above, if your basis at the time of death was three hundred fifty thousand instead of just three hundred your gain on the sale of the property would have been zero. So the higher the basis the better tax relief or tax help you get from the valuation.

Remember when I said above that the estate taxes and the income taxes work in the opposite direction? Now it is time to explain. As I said above to avoid income taxes upon sale property that you inherited you would want to push the value up. The higher you push, the higher the amount it cost you to purchase the property (I am

using the analogy of purchase). And the higher the cost, the less income taxes.

But can we push the price up forever? Not quite. As I said above, you had a limit of exempt estate taxes. If you push the value above the one million to avoid income tax, you will fall into the net of estate taxes. Any amount above the million will be taxed at 55%. So the best tax resolution is one that has to weigh both considerations.

If you find yourself owing back taxes as a result to your inheritance, you may be able to negotiate an IRS settlement such as offer in compromise or an installment agreement. But you must ask your CPA or IRS tax attorney to take some sort of initiative to avoid collection actions such as levy or garnishment against you because of the tax debt.

Summary: The best tax resolution for inheritance is to balance the estate and income tax consideration. You can even negotiate an offer in compromise for the new tax debt.

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.

## Veterans Offered Training at Fisheries

SACRAMENTO – United States military veterans interested in becoming involved in fish habitat restoration and monitoring can join a new California Conservation Corps veterans crew based in Humboldt County.

The CCC’s Fortuna Center is offering paid training to veterans between the ages of 18 and 27 with an honorable discharge or general discharge with honorable conditions. National Guard members under part-time status may also be eligible. Deadline for applications is Tuesday, September 4.

The fisheries projects are funded by the CCC and by the National Oceanic and

Atmospheric Administration, which is also providing training and education. Additional training as well as project locations will be provided by the Department of Fish and Game. The work is expected to take place in Humboldt, Mendocino and Del Norte counties.

Projects will focus on salmonid habitat monitoring in coastal watersheds, where veterans will help collect ecological data to assess the effectiveness of habitat restoration techniques. The veterans will be provided with technical training to conduct spawning, habitat, topographical and diving surveys.

After six months involved

in fisheries work, veterans will have an opportunity to work on CCC trail-building and forestry projects. The CCC experience can provide entry into jobs with local, state and federal resource agencies.

For details on joining the fisheries crew, contact the CCC’s Tina Ratcliff at (916) 341-3123 or [tina.ratcliff@ccc.ca.gov](mailto:tina.ratcliff@ccc.ca.gov).

The California Conservation Corps is a state agency in which young men and women sign up for a year of natural resource work and emergency response. Since the CCC was established in 1976, more than 115,000 young people have been a part of the program.

## Workshop Offered on Writing Your Life Story

PLACER COUNTY – Bud Gardner, co-author of Chicken Soup for the Writer’s Soul, part of the New York Times’ best-selling series, will conduct a workshop, How to Write Your Life Story, on Sept. 22nd from 9 a.m. to 12:30 p.m. at Sierra College, 5000 Rocklin Rd., Rocklin, CA 95677.

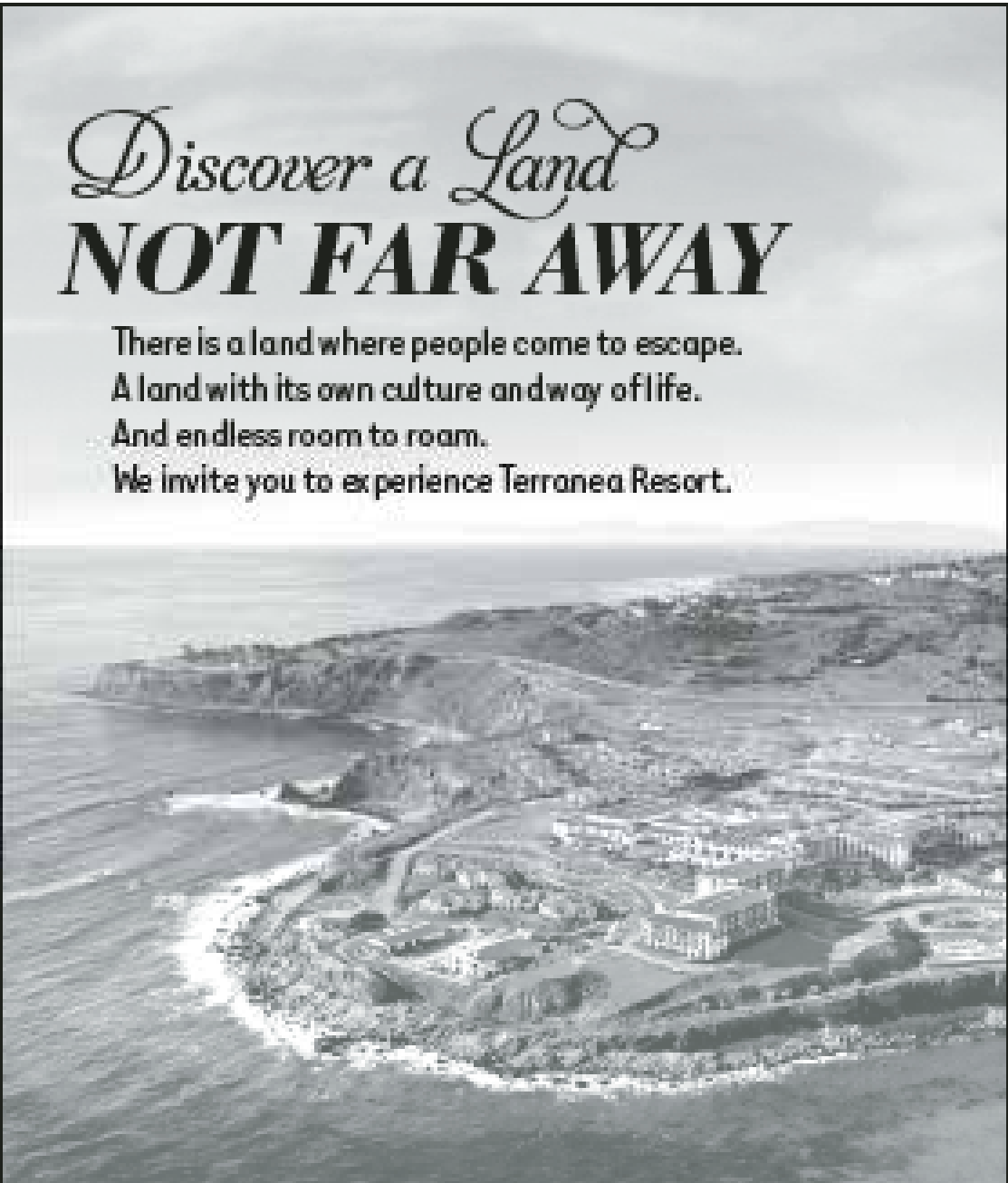
“Everyone should write his or her own life story,” said Gardner,

a long-time teacher of Writing for Publication at American River College and honored as one of the most inspirational writing coaches in the country by the American Association of Journalists and Authors. “It’s your personal history, legacy to give to your family—a priceless gift, really.”

Participants will learn how to organize their project, establish a

writing schedule, interview their family members, capture stories without getting bogged down, and much more.

There is a \$20 materials fee for the class in addition to the registration fee of \$57. The class code is 8855 To sign up for this workshop, call the Sierra College Community Education Office at (916) 781-6280 or go online to [www.sccommed.org](http://www.sccommed.org).



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## Cinema at the State Theatre Presents The Original 1953 film: War of the Worlds

AUBURN – SCI-FI FANS – SEE IT AGAIN FOR THE FIRST TIME! The Auburn Placer Performing Arts Center Cinema at the State Film Series selection for Thursday, August 16, 2012 is the 1953 original on-screen adaptation of the H. G. Wells’ classic novel of the same name: “WAR OF THE WORLDS”. This film adaptation of the H.G.Wells’ story of the invasion of Earth by Martians is brought to life in this tale of alien invasion.

On October 30th, 1938, the United States experienced mass hysteria – most pronounced on the east coast in New York and New Jersey – in response to a



radio broadcast put on by Orson Welles and his Mercury Theater On-The-Air. The public reaction has prompted decades of research into mass hysteria, been used as a model by the military around the world to design information

warfare against enemy troops and civilian populace, and used as the most compelling reason to protect the public from the knowledge of the presence of aliens on Earth.

Tickets are \$8.00 at the door, with a limited number of seats available for advance purchase online at [www.livefromauburn.com](http://www.livefromauburn.com). Or, call the Box Office at 530-885-0156. The box office opens 90 minutes before show time for each performance.

“WAR OF THE WORLDS” – DON’T MISS IT! For a full schedule of upcoming films at the State, go to [www.livefromauburn.com](http://www.livefromauburn.com).



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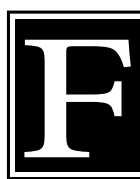
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By Ronnie McBrayer

# There is Electricity in the Air

by, if I was stealthy enough, I could just touch the bottom of their earlobe with my homemade electrical probe. It was like reaching out and taking hold of the hem of Jesus' garment. The power surged through with three inches of blue flame.

This made for especially interesting gatherings at dinner time. Uncle Joe always had us stand around the table and say grace. Most of the time we held hands or even held on to one another, grabbing arms and shoulders, hugging the whole time; I remember once he even shed a tear because there was "so much love in the room."

It wasn't love. It was electricity. My siblings and I were constantly touching one another to ground ourselves, afraid of being shocked by the other and even more afraid of picking up a spoon with the static still attached to our sleeve.

I wish church was more like that. No, I'm not talking about the mischievousness of children, though some of the more stoic congregations I have encountered could stand a good dose of mischievousness. Nor am I talking about yellow shag carpet. A few congregations need to be told that "Harvest Gold" went out of style more than three decades ago.

I'm talking about the spark; the sense and knowledge that there is a power in the room, a power that animates, moves, and stirs us. It is something far more than emotionalism, histrionics, or

religious sentiment. It is a desire for the living Presence that will not allow us to sit still or remain where we are.

It is no wonder why some people won't go to church; it is because they have already been to church, and have found it to be as lifeless and dead as a dodo. There is no passion in the pew or in the pulpit; the liturgies and songs are without spirit; and it often appears as if the leaders and participants don't believe — not remotely — in what they are saying or doing. Worshippers are left to snooze at their leisure with hardly a spark to wake them.

Annie Dillard, that exquisite wordsmith, recognized the same. She said of those of us who casually enter our church sanctuaries each week, "Does anyone have the foggiest idea what sort of power we so blithely invoke? Or, as I suspect, does no one believe a word of it?"

"It is madness to wear ladies' straw hats and velvet hats to church; we should all be wearing crash helmets. Ushers should issue life preservers and signal flares; they should lash us to our pews...For the waking God may draw us out to where we can never return." To this, I say "Amen," and let the awakening begin.

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

# Local Church Appreciation Day announced for Sunday

By Rev. James L. Snyder

It is funny where you pick up an idea. I know I was not born with a truck full of ideas like some people. Take, for example, the Gracious Mistress of the Parsonage. She has more ideas than you can shake a stick at, and believe me; I have shaken many a stick at her, behind her back, of course.

I have to scrap around for an idea and then when I do find one I am so exhausted from the search that I am not sure what to do with it.

Then an idea comes looking for me. That is a strange phenomenon.

I was watching the news with my wife when we heard the lead story of the day about the Chick-fil-A appreciation day. I'm not sure I know all the political ins and outs of that sort of thing. Everything seems to have some kind of political overtone to it these days.

What was once a matter of morality has become a matter of policy. Politics have invaded every aspect of our life, and I am so looking forward to heaven where, someone told me and I cannot reveal the source, but the word is out, there are no politics in heaven.

Whenever you have an opportunity to go out and buy some chicken, I say take it. It was not hard to convince my better half to go out for supper. We do not do it too much anymore. What with the traffic and the finances, it hardly seems worthwhile. That is why I always brag on my wife's cooking.

"Oh, boy," I will say after a meal, "you can't get anything this good at some restaurant."

She smiles, but I suspect she knows what I am saying.

Well, we did try to go to Chick-fil-A but we could not get within 17 blocks of it. It seems everybody and their third cousin was out getting chicken for supper.

Oh well, you cannot participate in everything, but at least we tried.

As we circled the block for the 19th time, the idea came to me. If we can have a Chick-fil-A appreciation day because the head of the company said he believed in some traditional values, then why can't I?

I believe in everything traditional. I am the most traditional person you will ever meet. Before there was a me, there was not much that was traditional. I go back so far I can remember when dirt was clean.

I want the whole world to know that I believe in tradition and I am not just fiddling on the roof.

I know it is old fashion but I believe in the Bible. If it is in the Bible, I believe it, although I must confess I do not understand everything in the Bible. But then, nobody understands everything in their world. The smartest person knows he does not know everything. I built my life upon the values stressed in the Bible and I take it as the Word of God.

I believe in singing hymns in church. Most people in America have never heard a hymn let alone singing one in a congregational setting. If you would go to the average person on the street corner and ask what their favorite hymn was, they would not know what you are talking about.

I know tradition is old-fashioned, but I still embrace it. If it is traditional, I probably believe it.

Some people believe that if it is new, it is okay and if it is old, throw it away. Experience teaches us that it is the exact opposite.

Take medicine for example. Sure, many people have benefited from modern advancements in medicine. I am appreciative of every advancement. But then, if medicine has made such inroads into our culture why are more and more people sick? Why are the

hospitals full and overflowing? Why are there not enough doctors to take care of all of the sick?

I am thankful for what medicine has done, but for every cure it achieves, three more diseases pop up sticking out their tongue.

Yes, I believe in tradition. Most people are traditional in many areas of their life. Do you realize that it was traditional for your great, great, great grandfather to drink water? It was traditional for your great, great, great grandfather to go to sleep at night... To get up in the morning... And the list goes on and on.

Those things, which are traditional, are those things that have endured the wearing element of time.

In light of all of this traditional head-wagging, I want to propose another appreciation day. This coming Sunday I declare it to be Local Church Appreciation Day. Everybody who believes in traditional values will show up at the church of their choice and make their vote count.

I know it will be a shock and we run the danger that many church ceilings will cave in, but I think it is worth the risk. Of course, there is the possibility that when many pastors see their sanctuary filled with people they will pass out in sheer shock.

In the meantime, I am going to stick to what the Bible says here regardless of what happens. "In everything give thanks: for this is the will of God in Christ Jesus to you-ward" (1 Thessalonians 5:18 KJV).

Every Sunday should be local Church Appreciation Day.

*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](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).*



By Marlys Norris, Christian Author

# Taking Authority in Jesus' Name!

the teaching. She talked about hearing the voice of Shepherd and the impact it has had on her own life. As her teaching expanded I learned something I should have understood before. She talked about our body being the temple of the Holy Spirit and we should "never" verbalize words against it because it dishonors God. Wow that was a mouth full for me. How many times have I been unhappy with my looks, etc. and most

likely said something negative.

She further emphasized that when we speak negative words about our body negative words affects our "immune system." Is it any wonder the drug industry is so large with people taking medicines prescribed by doctors — rather than finding out what is really causing the problem. That was a biggie! I would rather have had a doctor be sincerely interested in getting me well and direct some better habits and give me a book about foods that would help me.

Continuing she said that even words said in jest or gossip about someone negatively, actually comes back to affect us. Now, spiritually I am sure we all have understood this in one form or another but this really opened another door for me of understanding the "miracle workings of the Lord".

God is hindered by the smallest amount of "unbelief" we have in our minds or hearts to answer our prayers. We know that don't we? We MUST BELIEVE HE WILL ANSWER.

*If we go back to our negative responses after we have been prayed for, we are demonstrating a "spirit of unbelief" and God will not answer. When we ask Him for a miracle in our lives this is what we should say, "In the mighty power, authority and righteousness of Jesus Christ I ask for a complete healing." And/or removal of a problem or event, etc. I know you know this — but may it ring something more true within you to receive His Blessing in your life.*

Last week I had a horrible pain in the front bone of my leg and could hardly stand or walk the other day. I did this and within minutes, I was healed completely.

Please go to the Lord and do it for yourself today. Believe... sometimes it is hard to do for ourselves—we need to recognize HIS POWERFUL LOVE FOR US. With God nothing is impossible!

*Marlys Johnsen Norris God Moves Mountains, It was a Miracle (True story about my brother's kidnapping) [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com)*



By Karen Anderson

# FAITH RULES

happening to me!" Then my next feeling would be gratitude to our Heavenly Father. When you think about it...questioning the gift shouldn't be the response. First and foremost the response needs to be THANK YOU JESUS! I was reminded by a spiritual sister that you cannot have fear and faith at the same time. You have to commit yourself to live in faith no matter what the circumstances. If you think this is easy, it's not; but God promises to help us in our unbelief. We just need to be willing to admit it. If you are willing then take this verse to heart and say it during the times of doubt and worry.

*"And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him."*

Life can have a way of interfering with your beliefs. I can tell you from personal experience that God is faithful and the verse is true.

PASSAGE: Hebrews 11:6 (NIV)

*Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, Move Your Mountains. Contact Karen at [www.doab-lesteps.com](http://www.doab-lesteps.com), or (916) 961-4765.*

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U	V	E	A	S	N	U	N	E	E	R	I	E	
D	E	N	Y	E	S	T	R	E	E	L	S		

**Crossword Puzzle on Page 8**

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

**Sudoku Puzzle on Page 8**

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

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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.  
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One trick is to use a clear holder with no weight on 2 lb. size line. When the fisher hits the surface it will attract the fish to the naturally falling bait. If he doesn't hit it on the fall, when it reaches the bottom it will give him time to inspect it before he attacks and you set the hook.

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1	2	3	4	5	6	7	8	9	10	11	12		
13						14			15				
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65						66	67			68			
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72						73				74			

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**CLUES**

**ACROSS**

- Alligator's milieu
- Semicircular mountain basin
- \*Many baseball teams wear it on their chests
- Ringworm
- Big Island flower necklace
- Long backless sofa
- Antonym of afar
- Estimated arrival
- What racers do on CBS
- \*The goal is strikes
- \*a.k.a. Ringer
- \_\_\_ Paolo, Brazil
- Select
- Shel Silverstein's poem "\_\_\_ Constrictor"
- Elevated state
- More agitated
- "\_\_\_ the Lonely," song
- Daytime TV program
- Jawaharlal \_\_\_
- Make a reference
- \_\_\_ Island, NY
- Cause of Titanic's demise
- Paint layers
- \*\_\_\_ Pitch Softball
- Slovenly person
- Make wealthy
- They oppose the yeahs
- Fast-food staple

**DOWN**

- Back wound
- A drunk
- A fresh
- Fast interruptions
- One rejected
- Horsefly
- \_\_\_ bar
- \*Dolphin home
- Trunk extension
- \*Shape of an American football
- Fixed look
- Singles
- Make dark
- Neil Diamond's "Beautiful \_\_\_"
- Part of a play

24. Military group  
25. \*Another form of bowling  
26. It can be a tear-jerker  
27. Sacrificial spot  
29. \*Subject of "A Good Walk Spoiled"  
31. Beaks  
32. Often found under books  
33. \*E in baseball box score  
34. \*Named after school of same name  
36. Giant Himalayan?  
38. Site of Leaning Tower  
42. PDA pens  
45. Ski downhill  
49. Gardener's tool  
51. \*a.k.a. Seam bowler in cricket  
54. Do penitence  
56. Master of ceremonies  
57. Foul substance  
58. French dream  
59. Black cat, e.g.  
60. Wharf built parallel to shoreline  
61. Fender-bender damage  
62. Fiona or Shrek, e.g.  
63. He took a giant leap  
64. Sandra and Ruby, actresses  
67. National University of Singapore

For Solution See Page 7

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quality of your relationship. You will not let sports, friends, games, drinking or any other function damage your marriage.

**3) I will not abuse you.** You will make a vow to limit your marital disagreements to civil discourse. You will learn ways of setting into motion a disagreement protocol to limit the damage caused by nuclear warfare.

**4) I will remember special days.** You pledge never to forget her special days: birthdays, anniversaries, holidays or any other day special to her. This promise is one of the most important because it gives your wife something special to look forward to when life becomes a little harsh and perhaps a little unbearable.

**5) I will honor you.** This means in all aspects of your life. Respect is a large part of honor. When you disrespect your wife and family, you are acting dishonorably.

**6) I will not steal your joy.** You vow to always be concerned for your wife's wellbeing. You vow to make every effort to understand her emotional needs and concerns.

**7) I will not commit adultery.** You will learn the destructiveness of adultery. This nemesis has destroyed more relationships than any other marital adversary. It is the most difficult to fight and the most difficult from which to recover.

**8) I will not be selfish.** You will discover the destructiveness of selfishness in any respect. Selfishness with possessions,

money, time work, home or life can be destructive to your marriage.

**9) I will not belittle you.** We stress the importance of family gatherings, how important they are and how important respect for your wife is during these gatherings. If your family has little or no respect for your wife, your marriage is in for some stormy weather, especially, if her in-laws are a big part of your life.

**10) I will make every day a honeymoon.** Is this possible? Yes, it is. The challenge here is to keep the same or even greater level of intimacy after years of marriage that you enjoyed during the first year. A great deal is mental gymnastics. If you tell yourself you are happy in your relationship, if you tell yourself your wife is beautiful and desirable, you will be better equipped to make this vow a reality. You will be creating positive thoughts relative to your marriage. However, if you convince yourself your wife is less than desirable or that she does not possess the qualities you find necessary in a wife, you will find only discontent, dissatisfaction and destruction.

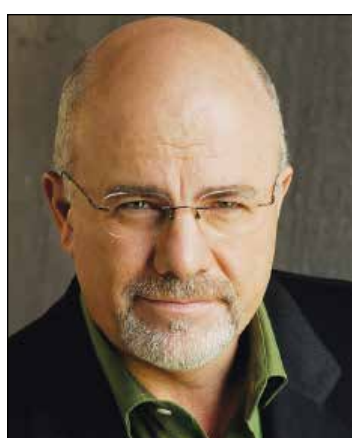
*We are all looking for happiness. Once you realize you and your wife share mutual goals, the path to joy and passion should be but a step away. Take the step. It's all in "Ten Promises" and all up to you. Check out [www.tenpromises.com](http://www.tenpromises.com) for more information. Just keep in mind; you can make your marriage something special!!*

## TEN PROMISES

What makes for a solid marriage or relationship? Could it be making promises and actually keeping them? That's the key says **Charles Baird** in his book *"Ten Promises"* Every Man Should Make and Keep. It's how to create the ideal relationship. Sounds simple, but it takes real commitment because, according to Charles, when you break a promise, you not only destroy a part of your relationship, you destroy a part of the goodness that lives inside of you and part of the man you should be. Baird added in my conversation with him on POPPOFF, that the following promises must be indelibly burned into any covenant you share with your wife. So here is how it goes. I promise...

**1) I will place no one before you.** You make a commitment to place your wife and family before all other wants and desires. You promise to work at your relationship, communicate with each other, and sacrifice when necessary for the sake of your marriage.

**2) I will not make you an active widow.** This is a promise not to let any activity diminish the



# 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](http://daveramsey.com).*

## Making the Right Choice

Dear Dave,  
I'm a landlord in New York, and I've always felt it's not a good idea to rely entirely on previous landlords for referrals on prospective tenants. Do you have any tips for selecting good renters?  
- Jean

Dear Jean,  
I think you're on the right track. Most landlords aren't thorough enough with the screening process. You can't get to know someone without spending some time with them and digging into their personalities and backgrounds a little.

I have several rental properties, and here are a few tricks that work well for me. I always pull

a credit bureau report on prospective renters. I also get a big deposit up front. I spend quite a bit of time talking to them one on one, as well, so with all this they'd have to be a pretty good con artist to get past me.

Another thing I do is to drive by the place they're currently living. I like to see what condition the house is in, and if they keep the yard maintained. To me, this is a great indication of how responsible they are and how they would treat my property. It's not a bad idea to get some proof of them having made previous rental payments on time, either.

In some ways it's a leap of faith any time you sign an agreement with a new tenant. But there are things you can do in order to make a more informed decision as to whom you're doing business with. And who knows? Lots of renters appreciate knowing they have a landlord who handles things in a professional manner. Maybe these suggestions will help you both feel a little more at ease.

Good luck, Jean!  
- Dave

## What the Law Will Allow

Dear Dave,  
A debt collector has been calling members of my family to get information on me. She has identified herself as collector, and I want to pay what I owe, but is it legal for them to do this? If not, what can I do to make them stop?  
- Katherine

Dear Katherine,  
No, it isn't legal. If she identified herself in any way as a debt collector, and spoke with anyone but you about your debt, she has broken federal law. This is a violation of the Fair Debt Collection Practices Act. You need to file a complaint with the Federal Trade Commission (FTC) against this collector and her company.

I would also advise recording the conversation the next time they call. Just tell them at the beginning that you'll be taping any interaction you have with them from that point forward, and tell your relatives to do the same thing. That way, you'll have proof of their misbehavior to hand over to the FTC or the attorney general. You might even be able to get this crooked collector shut down.

Don't get me wrong. It's perfectly okay to collect a debt. If you're a creditor or collector, it's simply money that's owed to you, and you deserve it. But you must do it within the confines of the law, and you *should* do it within the confines of good taste. If you owe money, you should be honorable enough to pay what you owe. But this kind of behavior is just harassment and intimidation. Don't let them get away with it, Katherine!

- Dave  
*\*For more financial help, please visit [daveramsey.com](http://daveramsey.com).*

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9 - 10am:	The Garden Guru
10am - 7pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Rewind with Jimmy Jay
Sundays	
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9:00am - 7pm:	Sinatra & Friends Music
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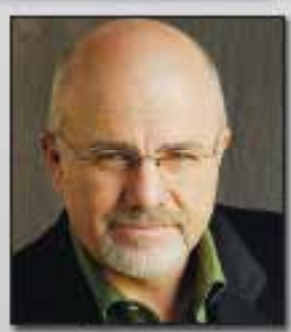

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# Is the Higgs Boson All in Our Head?



Commentary by Eric Nelson

First, though, a quick primer: The Higgs boson is an elementary particle and component of the Higgs Field, an invisible field of energy that spans the universe. This field uses the Higgs boson to interact with other particles. As these particles pass through the field, they are given mass and become heavier, just like someone swimming through a pool of molasses would feel heavier. This process causes the now-transformed particles to slow down, allowing other particles to latch on.

To put it a bit more dramatically, well-known futurist and theoretical physicist, Michio Kaku, wrote in a recent Wall Street Journal article that it's the Higgs boson that put the "bang" in the proverbial Big Bang.

"In other words, everything we see around us," says Kaku, "including galaxies, stars, planets and us, owes its existence to the Higgs boson."

For all the fanfare we're hearing about the statistically confirmed discovery of the Higgs boson particle and what this discovery might tell us about the nature of the universe, there's at least one big question that remains to be answered: Where did the thought of the Higgs boson come from?

To characterize this as a

significant find would be, quite literally, an understatement of cosmic proportions. And yet for all our ability to conceive of such particles and processes, the scientific community has yet to come up with a satisfactory explanation as to the structure and elements of consciousness itself.

"Consciousness cannot be perceived, but without it there is no perception," says physician-turned-mind-body-guru, Deepak Chopra. "It cannot be cognized, but without it there is no thought."

Even so, there are many these days, including Dr. Chopra, who think that consciousness – as imperceptible and inexplicable as it may be – is actually at the root of everything we experience. Not just what we think but what we see, what we feel – even our health.

In this context, then, one has to wonder if even the Higgs boson would exist without our thinking it existed in the first place. Could thinking differently – about

ourselves, about others, about our universe – cause us to see and to feel differently?

Nineteenth century spiritual and medical pioneer, Mary Baker Eddy, thought so. Long before the Higgs boson was even conceived, her own experiments led her to conclude that the inspired thought or consciousness "relinquishes a material, sensual, and mortal theory of the universe, and adopts the spiritual and immortal" – a process that she observed results in moral and physical transformation.

Years later, Dr. Herb Benson, founder of the Mind-Body Medical Institute at Massachusetts General Hospital and director emeritus of the Benson-Henry Institute, came to essentially the same conclusion. In 2008 he, along with Dr. Towia Libermann, director of the Beth Israel Deaconess Medical Center, co-authored a study showing that what Benson calls the relaxation response – a physiologic state of deep rest elicited by practices such

as meditation, deep breathing, and prayer – influences the activation patterns of genes associated with the body's response to stress. In other words, different thought = different body.

Since then a number of other studies have documented how this relaxation response not only alleviates the symptoms of psychological disorders such as anxiety but also affects physiologic factors such as heart rate, blood pressure, oxygen consumption, and brain activity.

"For hundreds of years Western medicine has looked at mind and body as totally separate entities, to the point where saying something 'is all in your head' implied that it was imaginary," says Dr. Benson. "Now we've found how changing the activity of the mind can alter the way basic genetic instructions are implemented."

Which brings us back to the original – and still unanswered – question: Where did the thought of the Higgs boson come from?

Does this particle exist only in our mind? Can it be manipulated by our thoughts? Is it possible that matter isn't so much a thing as it is a perspective and, if so, could it be that by changing this perspective we might discover that man's essential nature isn't matter-based after all?

Maybe the most important thing we've learned with the discovery of the Higgs boson is that there are a lot more questions to be answered and a lot more discoveries to be made; discoveries of both cosmic proportion and, perhaps more importantly, spiritual dimension.

*Eric Nelson is a Christian Science practitioner whose articles on the connection between consciousness and health appear regularly on a number of local, regional, and national web sites. He also serves as the media and legislative spokesperson for Christian Science in Northern California (www.norcalcs.org). This article shared with permission by Communities @ WashingtonTimes.com.*

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