

Placer • Sentinel

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Celebrate The Art of Taste

AUBURN – It's time to enjoy an evening of Placer County wine & appetizers amidst original artworks and artist studios at The Arts Building Gallery on April 27.

A tasty offering of Placer County eats catered by Chef Laura Kenny's Real Food Catering will be paired with a selection of wines from Placer County wineries PaZa, Pescatore, Lone Buffalo and Dono dal Cielo. Laura Kenny and co-author Joanne Neft will be signing and selling copies of their new cookbook *The Art of Real Food* as well as their first book, *Placer County Real Food*.

As you taste your way through the evening, enjoy the one-of-a-kind Outside the Box Show & Silent Auction. One hundred deconstructed wooden boxes were issued artists who have worked their magic, turning them into works of art ranging from whimsical to elegant. Come and cast your vote during this event for the Outside the Box "People's Choice" Award!

The fun starts at 7 pm. Tickets are \$20 per person, and include four one-ounce pours, with additional purchase of wine available.

The Arts Building Gallery is located at 808 Lincoln Way in downtown Auburn. Tickets are available at PlacerArts.org. For more information, contact PlacerArts at (530) 885-5670.

PlacerArts is the Arts Council of Placer County, a non-profit, public benefit agency, and the designated state-local partner of the California Arts Council for the County of Placer.



Former Mayor Files Freedom of Information Request

By Todd Stenhouse

AUBURN – Former Mayor Gonzales says, "Taxpayers deserve to know how much of their money was spent to keep them in the dark about Measure A" Auburn: Former Auburn Mayor Hank Gonzales has filed a Freedom of Information Act Request with the City of Auburn, asking how much in taxpayer funds were spent on the City's recent lawsuit against Measure A Opponents (Labrie vs. Board of Supervisors, et al.).

"Taxpayers deserve to know how much of their money was used to keep them in the dark about Measure A, and to try and silence the perfectly valid concerns of four former City Mayors and the County's leading taxpayer advocate," Gonzales said. "Ironically, the same City Attorney who brought this frivolous case has already warned that a Charter invites costly litigation---now it's time to find out just how costly."

In dismissing the City's lawsuit, Placer Superior Court Judge Colleen Nichols ruled that Measure A opponents' contention that Auburn's proposed Charter would "allow City Council Members to pay themselves thousands of dollars in extra compensation"; "give taxpayer funds away with no strings attached"; and "make (Auburn's) local government more like San Francisco, Bell, Vernon and Vallejo—where similar proposals opened the door to higher taxes, deep financial deficits, corruption and even bankruptcy"; are neither false nor misleading.

"Even the most basic independent review would have shown the huge loopholes in this hastily crafted Charter, and the potentially disastrous consequences it could invite to our small town," Gonzales added. "The City not only rejected public calls for such review, it is spending public funds to try and intimidate Measure A opponents and prevent taxpayers from making a fully informed vote. It's just wrong."

Golden State Collision Hosts Community Food Drive

PLACER COUNTY – Golden State Collision Centers, Inc. hosted a community event, in partnership with the Lincoln Chamber of Commerce, which benefited The Placer Food Bank at the Golden State Collision Center in Lincoln, 100 Flocchini Circle, on April 11, 2012.

In their first annual benefit for the Placer Food Bank, Golden State Collision Centers and local business members joined together in collecting non-perishable food items, as well as monetary donations, all of which were donated directly to the food bank.

"One of the unfortunate realities of our economic recession is that there are still so many families suffering economically, many of whom are without the means to put food on their tables. After the

holiday season has passed, there is a diminished focus on the needs of the people served by the food bank operations. The result is the amount of food on the shelves of the food banks becomes depleted over time," said Dave Finkelstein, owner of Golden State Collision Centers, Inc. "We are delighted to join with local businesses in an annual food drive, in the hope of filling the cupboards and drawing attention to the vital efforts of Placer Food Bank to meet the needs of our local residents."

Local sponsors of the event included Nothing Bundt Cakes of Roseville, CA, Scott's Seafood, Enterprise Holdings, Inc., Mr. Pickle's Sandwich Shop, Shari's Berries, and Beyer, Pongratz & Rosen Law Corporation.

A considerable contributor



to local athletic organizations, Golden State Collision Centers is also a significant contributor to the Northern California Chapter of Make a Wish Organization, Boy Scouts of America, and Girl Scouts

Heart of Central California. Golden State Collision Centers has five locations in the Sacramento area, servicing customers in Roseville, Sacramento, Orangevale, Lincoln and Yuba City. Source: GSCC

Got Local News?
Call 530.823.2463

Placer SPCA Offers FREE Cat Spay and Neuter



PLACER COUNTY – Pet overpopulation is not cute. With the arrival of warm spring weather, an increasing number of homeless kittens are arriving at area animal shelters. Thousands of kittens will be born in Placer County this year, and many of them will not have a loving home waiting for them.

Too many of them will end up at animal shelters or perish outdoors. The Placer SPCA offers free spay and neuter assistance for all cats in Placer County. Residents can have their own cats or neighborhood feral or free-roaming cats altered through this program. "Spaying and neutering

prevents suffering," said Placer SPCA CEO Leilani Fratis. "There simply aren't enough homes for all the cats that will be born this year." Cats can get pregnant as young as four months of age, and can easily have three or more litters in a year.

That means it does not take long for one unaltered female cat to be responsible for dozens of cats needing food, attention, and medical care. Through Placer SPCA's Spay and Neuter Assistance Program (SNAP), Placer County residents can request a voucher for free spay or neuter surgery at a local participating veterinary clinic or a mobile clinic held

twice monthly in partnership with AnimalSave, based in Grass Valley.

Free spay and neuter is made possible by funding from PetSmart Charities®, the Roseville Citizens Benefit Fund, and private donations. To request a voucher, Placer County residents are encouraged to call the SNAP hotline at (916) 782-7722, extension 201, (530) 885-7387, extension 201, or visit www.placerspca.org/snap.

The source for local companion animal welfare expertise, the Placer SPCA offers many services for the pets and people of Placer County. Learn more at www.placerspca.org.

Auburn Rainbow Girl Appointed as Grand Lecturer

AUBURN – Auburn Rainbow Girl, Amy Blackburn was recently appointed to the state office of Grand Lecturer, Representative to Mississippi Arkansas and Louisiana and member of the Grand Executive Committee at the California Grand Assembly, International Order of the Rainbow for Girls.



State Officer Amy Blackburn, Grand Lecturer, Representative to Mississippi Arkansas and Louisiana and member of the Grand Executive Committee.
Photo by B. Murphy

Amy, the daughter of Tom and Grace Blackburn, owners of Blackburn Consulting in Auburn, is a senior at Colfax High School. Amy, a member of Rainbow Girls for 7 years, is also a Past Worthy Advisor of New Hope Assembly and the recipient of the Grand Cross of Color, the highest honor a Rainbow Girl can receive.

Amy is a highly acclaimed student ranked in the top percentile of her high school class. In addition to her courses, Amy has participated in student government, academic and athletic programs. She has been an active soccer player and also a coach and mentor for younger players. Amy has participated in many community service projects such as Operation Mom, preparing packages from home for our

exemplify their life of service and charity, putting these teachings into practice in their daily lives, preparing the girls of today to be the leaders of tomorrow.

At Grand Assembly this year, it was announced the girls raised through various activities and donated over \$72,700 towards their state's Grand Service Project, San Diego Adaptive Sports Foundation, who's mission is to improve the quality of life for children and adults with physical disabilities through sports and recreation. For more information, please go to <http://www.sdasf.org>

"Rainbow Gets Girls Ready For Life!" A non-profit, character-building, service organization for girls between the ages 11-20. Girls gain self-confidence, self-respect and leadership skills while practicing reverence, patriotism, charity and service. Auburn New Hope Assembly Rainbow Girls is currently accepting open enrollment and for more information, contact Assembly Mother Advisor Kristie Larson @ (916)797-6016 or visit their website at www.gocarainbow.org.

military overseas; Relay for Life, assisting in the area fundraising event; and The Gathering Inn, preparing and serving meals for the homeless..

Amy is an active Rainbow Girl accepting the top leadership role within her Assembly. The International Order of the Rainbow for Girls makes a difference in our communities through charitable giving, community service, and volunteerism. Rainbow Girls learn to

LaMalfa on HSR Business Plan: No Business, Not Much Plan

SACRAMENTO – Senator Doug LaMalfa (R-Richvale) today (April 13th, commented on the California High Speed Rail Authority's (CAHSRA) approval of a final business plan, which contains no investment from private business or any other credible funding source and drastically shrinks the scope of the project.

LaMalfa has authored Senate Bill 985 to place the project on the ballot and allow voters to consider the plan's true costs, now estimated at over 200% of original claims. The Authority also voted to include a \$6 billion extension to Anaheim, which had not previously received any public review. "The Authority's changes today mean that we're now on the fifth plan to build this system, one which hasn't had any public review and pushes the

costs to about \$75 billion," said LaMalfa. "Instead of respecting the two-thirds of Californians who want a new vote on the project, the Authority is ramrodding a plan that is both smaller and more expensive than what they promised voters. It says a lot about the Authority's integrity that they're claiming the new \$75 billion is somehow less than the original \$34 billion cost they promised voters."

The CAHSRA's new plan eliminates high-speed service to San Francisco and Los Angeles, with high-speed service now set to terminate in San Jose and Palmdale and trains traveling lower speeds beyond those points. Proposition 1A, which authorized the project in 2008, clearly requires high speed service to SF and LA.

The plan also relies on

demonstrably false assumptions to cut costs on paper; for example, the CAHSRA claims that the 2012 inflation rate is 1%, when the current rate of 2.9% could rise even further this year. "They're asking for billions that should go to schools and have no plan aside from 'Take our word for it,'" added LaMalfa. "California's budget is already stretched too thin, and this is a luxury our citizens don't want, don't need and can't afford. Voters deserve a chance to reconsider this project with all the facts."

Senator Doug LaMalfa is a lifelong farmer representing the fourth Senate District including Shasta, Tehama, Butte, Colusa, Glenn, Siskiyou, Sutter, Del Norte, Placer, Trinity, Yuba and Nevada counties.

Colfax Celebrates Spring and "All Things Green"

By Ken Westernen

COLFAX – The Sierra Vista Community Center (SVCC) in Colfax will host its annual Spring Green Festival on Saturday, April 21st from 9:00am-4:00pm. The theme of this eco friendly event is "to educate and promote a 'living green mind-set' by shopping locally, enjoying outdoor activities, and conserving resources."

Vendors will offer a variety of green products and services including: alternative energy dealers, builders and designers using green methods, and energy efficient products, with all offering education and insight into their particular area of expertise.

More green activities include the Colfax Garden Club Flower Show and the UCCE Master Gardeners and Master Composters providing education



and demonstrations. Other participants will have health and wellness information available for festival goers.

Family activities will include, trash to treasure ideas, flea market activities, food, face painting, and children's activities and displays.

Michele Murphy, member of the SVCC board of directors has coordinated the dog walk, "As a way to bring dog owners together to meet and have fun," she says (with an emphasis on fun!). Prizes have been donated by local businesses for three categories including best looking dog, most congenial dog, and best dressed dog. All participants will receive a goodie bag with dog treats and pooper-scooper supplies. Registration for the walk begins at 9:00am with the walk commencing at 9:30.

An art exhibition will

feature artists' work in a variety of media. All entries will be for sale with a percentage of each sale going to the Sierra Vista Community Center and the Sierra Vista Art Center. Other art-related activities include art in action and kid's sculpture-building. With a wearable art and recycled art fashion show rounding out the colorful events for the day. If you would like to display your talent and participate in the sale, contact Logan West at (530) 368-1491 or Cathy Kiefer at (530) 346-7820 for more information.

Admission is free; the Sierra Vista Community Center is located at 55 School Street. The fun continues after the festival concludes with a luau party rounding out the day's activities.

If you would like to secure vendor space, contact SVCC at (530) 346-8726.



Michele Murphy and Smokee.

Meadow Vista Friendly Neighbors Meeting

The Meadow Vista Friendly Neighbors Club will hold its monthly luncheon and meeting on Wednesday, April 25, 2012 at the Meadow Vista Grange Hall, 1115 Grange Road, Meadow Vista, starting at 11:30am. Lunch will be served at 12:00 noon.

Following the luncheon, Ms. Janet Jerge, Quality Improvement Supervisor, Sutter Auburn Faith

Hospice Program will speak on the Hospice Program. She will also be presented with handmade hospital gowns sewn by the members of the Placer Hills United Methodist Church's Crafty Ladies. The Church's AGAPE Fellowship members, Board members and Pastor and Mrs. Romy Vesasco will be honored and thanked for their

generous support of the 2011 Christmas Basket and Toys Program.

For further information and to RSVP, please call Joy Hanni at 878-1436 or e-mail at jgiacomazzihanni@foothill.net. There is no charge for the luncheon and guests are always welcome.

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Publisher Paul V. Scholl

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

Recognition for PCWA's



AUBURN – Breninger David Breninger, general manager of the Placer County Water Agency, center, was honored at Thursday's (Apr. 5) meeting of the PCWA Board of Directors. Terry Wardley, left, district director for St. Sen. Ted Gaines; and Jeff Short, field representative for Assemblywoman Beth Gaines; presented certificates of recognition to Breninger, who earlier this year was named recipient of the President's Award of the National Water Resources Association.

Report: Forest Management and Water Supply

AUBURN – Upstream management of Sierra Nevada forests can significantly increase the availability as well as the value of water resources, according to a report delivered Thursday (Apr. 5) to the Placer County Water Agency Board of Directors.

The update on the Sierra Nevada Watershed Ecosystem Enhancement Project was presented by study leaders Roger Bales, Ph.D., of the University of California, Merced; and William Stewart, Ph.D., a University of California forestry specialist.

The scientists were introduced by Jim Branham, Executive Director of the Sierra Nevada Conservancy, who noted the importance and value of Sierra water resources for local communities of the Sierra, as well as supplying water for much of the state.

Bales said average temperatures in the Sierra have increased by about two degrees over the past century, and if this continues into the future, this may mean more precipitation will fall as rain, less as snow.

Meanwhile, said Stewart, Sierra forests, once defined by tall trees and less forest density, have become more crowded with smaller, less healthy trees in the Sierra watershed. He explained that the thick forest canopy prevents snow from reaching the ground, resulting in more evapotranspiration and less snowpack

buildup and less water being available.

Forest management practices to cut trees and leave more open areas between those that remain can result in a more robust snowpack and water resources, said Bales. "The size of the gap does matter," he said. "Under the canopy there is one-half to two-thirds of the water in the open space." Too little space between trees prevents snow from accumulating on the ground, while too much space allows sunlight in and premature melting.

Improved watershed management can result in deeper snowpacks, the delay of snowmelt later into spring and more water availability, he said.

Stewart said the U.S. Forest Service, which manages many of the state's watershed lands, is working with the two scientists and is also conducting its own research. The study team and Forest Service are working to begin a snow sensing program this year on the upper American River watershed in Placer County.

In other business, directors:

- heard an update on the Bay-Delta planning process from legal adviser Janet Goldsmith, who has been monitoring the proceedings at the State Water Resources Control Board. Goldsmith said, "water supplies of many upstream areas of the Sierra, including Placer County, could be seriously impacted if "75 percent of unimpaired flows" into

the Delta are required as proposed by the State Board."

General Manager David Breninger added, "PCWA is pursuing strong advocacy actions to protect the surface water supplies needed to sustain Placer County's people, land and ecosystems both now and into the future."

- extended a pilot program that provides irrigation management services to PCWA irrigation water users. Deputy Director of Customer Services Harley Lukenbill said the program helped 22 agricultural growers save water last year.

- extended a pilot program for another year that allows time payments of Water Connection Charges (WCC) for new water services.

- heard a presentation from Director of Technical Services Brian Martin on two PCWA projects that have won awards from the American Society of Civil Engineers, Sacramento Section. The society named the L.L. Anderson Spillway Project at French Meadows Reservoir as Heavy Construction Project of the Year and the Gold Run Phase 4 Pipeline Project as Utility Project of the Year.

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

Bingo! The Assistance League presents Bingo Round-up on April 18 at Blue Goose Fruit Shed, Loomis starting at 1pm with food/beverages avail along with cash prizes/raffle/silent auction with proceeds benefiting the many philanthropic programs of AL.

Gently used apparel/furniture and jewelry always welcome donations sold at the AL thrift shop in the Fiddler Green Shopping Center, Highway 49, Auburn.

Friends of the Auburn Library invite poetry/wine enthusiasts to attend Poetry and Wine Night at 6pm Wednesday, April 18 in the Beecher Room at the library on Nevada Street. Call Kathleen Edwards at (530) 885-4686 for more information and mark your calendars for April 20th when Mike Lynch gives forth about Mt. Quarries Bridge during the Noon program, also in the Beecher Room.

The Placer County Library offers free computer classes and encourages signups at the host-

ing library. More gifts to the public include free art instruction with local painter/instructor Juan Pena who recently opened his gallery at 1039 High Street DT Auburn adjacent to Auburn Needleworks which is being relocated from the Gold Country Mall to 839 Lincoln Way. The relaxed Pena recently guested on ACTV CONNECTIONS where he talked about his passion for painting and instructed Yours Truly on the finer points of mixing watercolors. Reference www.paintingsbyjuanpena.com for art instruction www.actv20.org for schedule and information about other ACTV programs which include segments with Lisa Baehr, co-owner of OT Auburn Blooms Florist & Gifts and Cathy Bianchi of Gimmie Cake Too DT.

And speaking of treats, many of us former fans of Hilda's Bakery look forward with enthusiasm to the reopening of this iconic business for which owner Little Belgian Deli & Beer Bar Owner Eric Norby receives showers of shining Sentinel Stars for his mighty efforts. Norby, quite the entrepreneur, also owns the World Pub in North Auburn and has big plans for the return



Ann Ragland (left) with ACTV Manager Paula Johnston

of Hilda's breads including the popular Dutch Crunch.

And speaking of savory treats, at Tsuda's in OT Auburn try the tasty tuna sandwich on toasted wheat which, for light appetites can be easily split.

After all this caloric intake remember to avail yourself of group golf lessons available at The Ridge offered by the stalwart Shawn Kelly and nine-hole enthusiasts will probably enjoy play at the improved Raspberry course off I80 adjacent to Dingus McGee's restaurant and always enjoyable play at Black Oak on Dry Creek Road where lessons are available with instructors Carol French and ebullient Terry Fisher.

Fore!

Governor Brown Announces Appointment

SACRAMENTO – Governor Edmund G. Brown Jr. recently announced the following appointment.

Jeanette Royal, 59, of Grass Valley, has been appointed to the 17th District Agricultural Association, Nevada County Fair Board, where she has served

as a member since 1993. She has been a realtor at Network Real Estate since 2003. Royal was a financial consultant at A.G. Edwards and Sons from 2000 to 2003. She was a realtor associate at Alta Sierra Real Estate from 1995 to 2000. Royal was the owner and facility manager of

Royal Oaks Arabians from 1982 to 1996 and was an adult education teacher for the Grant Union High School District from 1977 to 1980. This position does not require Senate confirmation and there is no compensation. Royal is a Republican.

Newcastle Business Group Offers College Scholarships

From Joe Irvin

NEWCASTLE – Applications for the annual Newcastle Area Business Association scholarships are now available. Four \$1,000 scholarships will be awarded to college-bound

seniors who reside in the Newcastle-Ophir-Penryn area. The application and instructions can be found online at www.newcastlebusiness.org.

The scholarships are a hallmark of NABA tradition, funded by proceeds from the Mountain

Mandarin Festival.

Students must submit an application no later than April 20, 2012, and be available for interviews during the week of April 23-27.

For more information, please contact NABA at (916) 417-9537.

Golden Sierra Life Skills

RECYCLE FOR VETS

A fundraising event to support HERO-Home Emergency Relief Program

for Homeless Veterans—HERO is a grassroots, non-profit service organization that provides assistance for Veterans by providing mini grants to help secure sustainable housing and short-term childcare assistance.

It's a win; win for Veterans, the Community, and the Environment!

Volunteers will be available to assist you with your CRV plastic bottles (labels on), and aluminum beverage cans. The recyclables must be cleaned.


Dates and times for 3240 Professional Drive, Auburn are as follows:

Saturday	April 14	9 a.m. – 2 p.m.
Sunday	April 15	9 a.m. – 2 p.m.
Saturday	April 21	9 a.m. – 2 p.m.
Sunday	April 22	9 a.m. – 2 p.m.
Saturday	April 28	9 a.m. – 2 p.m.
Sunday	April 29	9 a.m. – 2 p.m.


Dates and times for the American Legion Hall, 100 East Street, Auburn are as follows:

Saturday	April 28	9 a.m. – 2 p.m.
Sunday	April 29	9 a.m. – 2 p.m.

To make a donation visit HERO's website at homeemergencyrelief.com to use our secure PayPal account.



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By Linda Louise Haines

Shopping Colfax & Beyond

point is that our local business climate is a lot more vibrant than you might expect based on what you can see.

Do these in-home internet businesses support the wider economic climate of our municipalities? Of course! They buy gas locally; they may shop for groceries locally. They may stop into a locally-owned or a franchise eatery for lunch and to meet a business associate while they both use the Wi-Fi connection to do research on a competitor.

Their kids may go to Colfax High or Placer High and work on the school paper for which they need to solicit ads. While soliciting local advertisers, the kids may rent a movie or buy a taco or pick up a used book while in a thrift store.

In other words, these hidden businesses are just as much a part of the fabric of our town as any other business. Let's support them too.

Recently, we got scooped by the Wall Street Journal, the New York Times and the LA Times. That's how big this news is!

What's the scoop? Despite its recent acquisition by a big name in beers, "Fox Barrel Cider (1213 S. Auburn St., Colfax) is committed to staying in Colfax." That's what COO and Head

Cider Maker, Bruce Nissen said recently.

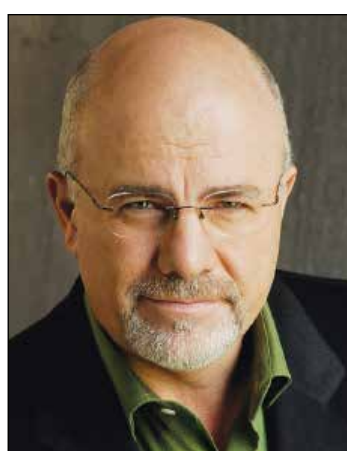
Fox Barrel has been acquired by the craft arm of Tenth and Blake/Miller Coors Brewing. However, that won't change the operations control of Fox Barrel, because production will remain in Colfax.

Nissen and his family are firmly rooted in Colfax, and they intend to stay right in our foothills treasure. Nissen said he wants Fox Barrel to grow and enhance the reputation of Colfax like Sierra Nevada Brewery did for Chico. We like the sound of that!

If you haven't tried Fox Barrel/Crispin Ciders, I highly recommend that you do. My favorites are Crispin Natural Hard Apple Cider, Original (5% alcohol) and Fox Barrel Rhubarb & Elderberry Authentic Natural Cider Reserve Unfiltered Pear Cider with Honey (6.5% alcohol). I also really like Fox Barrel Authentic Natural Pacific Pear (4.5% alc.) and Blackberry Pear Cider (5% alc.) They are glorious!

They are available locally and all across the country. 530-346-9699, www.crispincider.com/ and www.foxbarrel.com/.

Do you have a new business? email me, lindalouise@exwire.com.



Dave Says

taking 40 to 50 percent of this figure, then it's time to unload the house.

But selling your home can be a tough thing emotionally. I'd never advise someone to sell the place they love and move down in house if their payment is reasonable. In these situations there are usually other areas where you can cut back, keep your home, and still get out of debt in a reasonable amount of time.

- Dave

Boundaries ...

Dear Dave,

I'm getting married to a wonderful man, but his 19-year old daughter from a previous marriage is very irresponsible. She doesn't want to make her own car payments and doesn't want to work. Lots of days, she sleeps until noon and just lies around the house. He agrees that he's been too lenient and that she needs to grow up, but doesn't want to pull the rug out from under her. What do you think?

- Kelly

Dear Kelly,

There are two problems here. One is financial in nature, and the other is a lack of boundaries. You're walking face-first into both of them.

Marriage counselors will tell you if you can agree on four things - religion, money, children and in-laws - then you've got a good chance of having a successful marriage. You've got two of these yanking your chain right now - money and children - and they're both wrapped up in

one spoiled little girl. If you and dad really want to show her that you love her, you'll make sure she starts learning some character and discipline.

I'd strongly suggest that you and your fiancé go through premarital counseling to make sure you're on the same page when it comes to handling this and other issues. You might also want to read the book Boundaries by Dr. Henry Cloud, together. Then, the two of you will have some tools to sit down and create a reasonable timeline for her re-education. Her dad, not you, needs to present this to her and explain that he's made some mistakes by not requiring her to grow up and learn self-sufficiency. Then, he can lay out the ground rules and a monthly timetable.

It wouldn't be cruel to require her to get a job during the first month, along with getting out of bed by 8 a.m. every day. During the second month, you could also require her to do some work around the house to help out. During month three she could be required to pay rent. This way, you're stepping up the expectations gradually to the fifth or sixth month, when she's moving out and taking care of her own responsibilities.

It's all about love, Kelly. But it's also about boundaries and expectations that will prepare children to function in the real world.

- Dave

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

Howdy! I'm thrilled to be joining the Sentinel team.

I plan to tell you about businesses that are east of Auburn in the wider Colfax area. I will be focusing on locally owned businesses, especially new businesses and existing business doing new things like expansions, renovations, hiring new staff. I also want to help these businesses celebrate their anniversaries.

I'm all about sharing good news about local businesses. Why? Because every day these folks, our neighbors, support our communities with their dollars. Plus, our neighbors are, well, they are our neighbors! We want your neighbors to make good, right?

Did you know that every week new businesses are opening? Some are in store fronts and some are in homes, where their local profile is low-key. But, the

What's the scoop? Despite its recent acquisition by a big name in beers, "Fox Barrel Cider (1213 S. Auburn St., Colfax) is committed to staying in Colfax." That's what COO and Head

They are glorious! They are available locally and all across the country. 530-346-9699, www.crispincider.com/ and www.foxbarrel.com/.

Do you have a new business? email me, lindalouise@exwire.com.

Military Graduates

Army National Guard Pfc. Bruno R. Gotzmer Jr. has graduated from One Station Unit Training (OSUT) at Fort Leonard Wood, Waynesville, Mo., which included basic military training and advanced individual training (AIT).

During basic military training, the trainee received instruction in drill and ceremony, weapons qualification, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army doctrine, history, principles and traditions.

During AIT, the soldier completed the military police specialist course to acquire skills to provide combat area support, conduct battlefield circulation control, area security, prisoner of war operations, civilian internee operations, and law and order operations. The trainee performed as a team member in support of battlefield operations, installation law and order operations and security of Army resources and installations. Additional training included providing peacetime support to the military community through security of resources, crime prevention programs, and preservation of law and order.

Gotzmer is the son of Marsha V. and Bruno R. Gotzmer Sr. of Racquet Club Drive, Auburn. The private is a 2008 graduate of Placer High School, Auburn.

Downsizing House to Get Out of Debt?

Dear Dave,

Is it ever a good idea to sell your home and buy a smaller, less expensive one in order to get out of debt more quickly?

- Autumn

Dear Autumn,

It's a good idea in some situations. If you don't really like the house, or maybe you were thinking about selling it anyway, then I'd say go for it. It would also be a smart move if you simply have too much house and the payments are eating you alive.

I usually recommend that your monthly mortgage payment or rent be no more than 25 percent of your take-home pay. If your house payments are

Dear Dave,

I'm getting married to a wonderful man, but his 19-year old daughter from a previous marriage is very irresponsible. She doesn't want to make her own car payments and doesn't want to work. Lots of days, she sleeps until noon and just lies around the house. He agrees that he's been too lenient and that she needs to grow up, but doesn't want to pull the rug out from under her. What do you think?

- Kelly

Dear Kelly,

There are two problems here. One is financial in nature, and the other is a lack of boundaries. You're walking face-first into both of them.

Marriage counselors will tell you if you can agree on four things - religion, money, children and in-laws - then you've got a good chance of having a successful marriage. You've got two of these yanking your chain right now - money and children - and they're both wrapped up in

It wouldn't be cruel to require her to get a job during the first month, along with getting out of bed by 8 a.m. every day. During the second month, you could also require her to do some work around the house to help out. During month three she could be required to pay rent. This way, you're stepping up the expectations gradually to the fifth or sixth month, when she's moving out and taking care of her own responsibilities.

It's all about love, Kelly. But it's also about boundaries and expectations that will prepare children to function in the real world.

- Dave

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

Auburn AARP to Host Potluck

AUBURN - Come and join us at the Senior Center located at 11577 E Ave, Dewitt Auburn CA on Thursday, May 3rd. Please bring a salad, side dish or dessert

to serve 6 to 8 people. Please bring your own table service. You will enjoy the fellowship, good food and we usually have an interesting program. You do not

need to be an AARP member to attend. Bingo starts at 10 AM and lunch at noon. Call Joby Baker at (916) 663-9543 if you would like to go on our bus tours.

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Riley Reviews

RAUNCHY, CRUDE HUMOR APTLY REFRESHED IN "AMERICAN REUNION"

video disasters.

"American Reunion" is a gamble by any measure, as its focus on a high school reunion that takes place, oddly enough, 13 years later is a sign of something off-kilter.

To enjoy a sequel happening so many years later, "American Reunion" demands familiarity with all the lovable characters, from the Stifmeister and Finch to Jim's dad and Stifler's mom.

The nominal protagonist is the awkward good guy Jim Levenstein (Jason Biggs), who married his high school sweetheart Michelle (Alyson Hannigan). Now, they have a toddler son, but a sex life gone stale.

Jim, of course, remains famous for a viral YouTube posting of his sexual antics in his school days. A return to East Great Falls for the reunion will rekindle a lot of memories, many of them embarrassing.

The reunion brings together the other familiar old school pals. Finch (Eddie Kaye Thomas) travels the world on his motorcycle, and we wonder if we will reunite with Stifler's mom (Jennifer Coolidge), who remains as lustful as ever.

Kevin (Thomas Ian Nicholas), now also married, is an architect. The flamboyant Oz (Chris Klein) has found his place as a sportscaster and competitor on "Celebrity Dance-Off."

Both Kevin and Oz, one

married and the other in a committed relationship, find some old passions rekindled when their former loves, Vicky (Tara Reid) and Heather (Mena Suvari) respectively, also show up.

Only Stifler (Seann William Scott), eternally crash and rude, with his wicked smile expressing unrestrained mischief, lingers in a state of perpetual adolescence.

Whether it is doing something unspeakable to someone's beer cooler or hitting on high school girls by faking interest in "Twilight," Stifler continues to be game for adventure and temptation.

Come to think of it, Jim's dad (Eugene Levy), always ready to give his son unwanted advice on sexual matters, is a comforting constant presence, because he's so damn funny.

Some of the best humor involves the discomfiting and embarrassing situations that usually ensnare the often inept and clueless Jim, even now that he's all grown-up.

A classic case is when Jim ends up in a compromising position with the drunken, naked body of the hot 18-year old neighbor Kara (Ali Corbin) that he used to baby-sit.

As Jim tries to get Kara back up into her bedroom undetected, Oz, Stifler and Finch fumble through clumsy efforts to pre-occupy Kara's parents from discovering an unpleasant truth.

The agreeable reality of "American Reunion" is that, even if it is an irrepressibly ribald comedy with plenty of coarse gags, it is just outright funny.

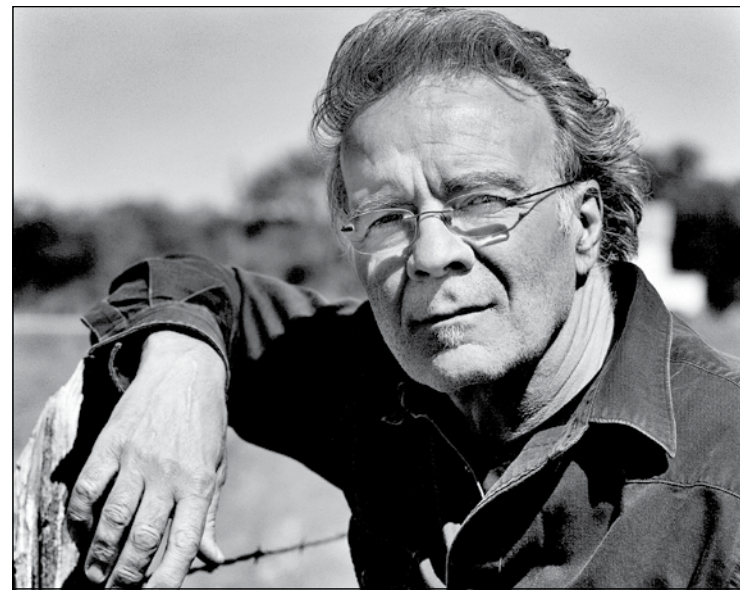
To fully appreciate the bawdy humor one must be familiar with the "American Pie" franchise, but only the films that made it to

Ray Bonneville in Concert

AUBURN – Award-winning Canadian-born, Texas-based, artist Ray Bonneville will be performing in concert at the intimate setting of the State Theatre in Auburn, in celebration of his new radio-charting Red House release *Bad Man's Blood*. From the haunting opening bars of the title track to the playful closing song, Ray takes us on a journey through life's darkest and sunniest moments, delving deep into the lives of this world's drifters, losers, lovers and criminals. Ray draws inspiration from the places he has been, creating short stories that evoke true-to-life characters stumbling their way through a rough and tumble world of violence, hope and despair.

"They're songs about life," Ray says. "People love each other, leave each other, come back together again, get hopelessly lost...hell, on some days they take each other's lives."

Ray grew up in French Canada but moved to the United States when he was young, speaking both languages and moving all over, from Alaska to Louisiana. The New Orleans influence runs



deep in Ray's playing, and his swampy blues style can be heard in his cover of *Mississippi*.

Released as a digital single in June, it is a timely song about the flooding of the Mississippi River and fits in perfectly with Ray's new originals, showing his remarkable ability to bridge blues, folk and Americana to create his own unique sound. A world-class guitarist, harmonica player and hard-hitting songwriter, it is

no wonder that Ray has received rave reviews from blues, jazz and grass roots critics alike.

Tickets at \$20 will go quickly and may be purchased in person at Cherry records, online at www.livefromauburn.com or by phoning (530) 885-0156. Box office opens at 6:00, a social hour starts at 6:30 with wine, beer and soft drinks available for purchase, seating at 7:00 and music at 7:30.

Volunteers Needed for Grief Support

AUBURN – Grief Support for Widowed People is looking for new volunteers to take part in a training program to help widowed people work through the grief process and find redirection in their lives. This training will be held in Auburn on May 8, 1 PM to 4 PM and May 11, 1 PM to 4 PM. A preliminary meeting will be held on Apr 27, at 1 PM for those interested in taking this training.

This organization has trained volunteers who help widowed people understand their feelings of grief and the trauma they are dealing with.

Topics covered in this training include: Listening, Confidentiality, Feelings of Grief, Talking to a Grieving Person, Positive Steps and Redirection.

All supplies are furnished at no cost.

Volunteers are expected to attend monthly meetings as part of ongoing training. Both men and women are needed to work in this program, helping widowed people to work through the trauma of losing a spouse.

For location of the meeting and training program or other information call Sandy Ferguson at (530) 885-8298.

Party in the Park



AUBURN – The Auburn Recreation District is still accepting vendors for the 2012 Party in the Park to be held the evening of Friday June 15 at Regional Park in Auburn. This free concert generally attracts 2-3 thousand people from the greater foothills area and includes music, bounce

houses and climbing walls, face painting and great food.

This year's headliner is Grammy Nominee Lisa Haley and the Zydecats; special guest is Mark St. Mary. To download a vendor form go to the events page at www.auburnrec.com or call (530) 863-4615.

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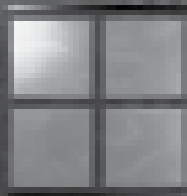
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SWISS AMERICA
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By Ronnie McBrayer

Centuries ago, those who suffered mental illness were often committed to "madhouses." These so-called treatment centers were about as brutal, barbaric and inhumane inventions as could be humanly conceived. Patients were subjected to various shock therapies, exorcisms, bloodlettings, ice baths, and gyration wheels. When not directly enduring these interventions, patients were generally kept in dark dungeons, chained to walls or the floor.

But by the 19th century treatment options, mercifully, began to change with the rise of the asylum. In their original form, these were sanctuaries for the ill. Dr. Samuel Tuke, a Quaker physician and minister building on the work of his grandfather, created one of the first asylums. It was a quiet country house where patients were treated, not as wild animals, but as human beings.

Dr. Tuke also broke ground with something he called "moral treatment," and it became the foundation of mental healthcare for the next century. While being morally treated, patients were taught to dress respectably, and to behave in social settings. They were expected to watch their table manners, make polite conversation over tea, and keep their living space clean. The treatment was reinforced by constant monitoring and a system of rewards and punishments.

Chains Can't Produce Change

Outwardly, these patients looked perfectly healthy as their behavior followed the established rules in which they had been trained. It was a marked improvement, but inside the ill remained very much the same. Put the patients in situations for which they had no rules and everything collapsed. Let their monitors leave them alone for an extended period, and disaster struck. The patients could do all the right things when forced from the outside, but they had no concept of right motivation from the inside.

"Moral treatment" was a failure and highlighted a limitation as old as the human species: People are not changed by chains — whether these chains be made of iron and steel, or made from rules and coercion. If people are going to change, it is because something happens internally, not because their external behavior has been modified.

Knowing and keeping the rules, even religious rules, is simply not a better way to live. We need a way of life that transcends our chains and changes us from inside; and that is exactly what Christ offers. Jesus strikes literally at the heart of the issue — our hearts — transforming us from the inside out, so that more rules and steeper requirements are not required.

Now, to think of spirituality without rules is a radical departure for many of us because we have based our entire connection to God on rule-keeping, "being good," measuring up, and following the jot and tittle of every bit of "moral treatment" we have ever read. We have been patients

that would make Dr. Tuke proud!

Of course, when we got out of ear or eye shot of our monitors, or when we were put into situations for which there were no exact rules, we failed to live up to these demands and were swamped with guilt, fear, and shame. Christ came to set us free from all of this, the bonds of religious legalism and the chains of disgrace.

Jesus didn't arrive — and thanks be to God for this — with more and better rules, a heavier and stronger chain. He arrived with a transformative, liberating way to live that moves us to right thinking, right feeling, and right actions.

The always colorful Clarence Jordan explained it like this: He said "Keeping the religious rules is like chaining a vicious dog to a tree. With the dog chained in such a way the owner could then report, 'You know, my dog has never bitten anyone. He must be a good dog.' Wrong! The goodness of the dog is based solely upon the strength of the chain."

Jesus' intention is to heal and change the very nature of the human species, not to manufacture a more robust chain. By transforming the human heart, Christ shows that chains not only fail to change us, but that those chains are no longer necessary.

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.

Some Things Seem Too Good to be True

By Rev. James L. Snyder

Recently I discovered something. The more I tried to keep up with the latest trend the further behind I get. I am not a complete technical idiot, but I'm not too far off. The only thing I can say about me is that I at least try.

The best example of all of this has to do with my cell phone. Is there anybody on the planet today that does not have a cell phone? And, the most important question, is there anybody driving a car that is not at the same time on that cell phone? Who in the world are they all talking to?

My guess is they are all talking to each other. At least, they are not talking to me.

The Gracious Mistress of the Parsonage finally convinced me to go into cahoots with her and get cell phones. The plan was this. She got to pick out the cell phones and I got to pay the bill. I must say I beat her on this one.

She only got to take the cell phone once but I, get to pay the bill every month. I was chuckling to myself that I finally pulled one over on her until I realized that I get to pay the bill every month. Every month! This is the last time I will try to pull something over on her. I never win.

Consequently, we now are in the cell phone industry. I am not sure it is all working out for the good.

I have yet to master the technological skill associated with successfully using my cell phone. Although my cell phone is rather small, it has more buttons on it than Bozo the clown's costume. Not only are there more buttons than I can count but each button is smaller than I can see. Who in the world designed such small buttons?

I really think that my cell phone was designed for some midget.

At this point, I cannot tell the difference when my cell phone is ringing or when I am receiving a text message. When a text message comes in I try to answer the cell phone and nobody seems to be on the other end. When I try to read the text message there are only letters instead of words. It takes me a half hour just to figure out one text message. Where is James Bond when you need him?

I may not be the brightest letter on the keyboard but I do know how to spell words. It seems that in order to use a cell phone today you have to throw out words and start using letters. I will never get the hang of that.

When somebody is on the phone and I am talking, all of a sudden the phone goes dead. I can talk for 3 minutes before realizing nobody is on the other end. I find this most frustrating.

I am not sure that the convenience of the cell phone is worth the frustrating elements associated with having the cell phone.

In a crowded restaurant the other day, my cell phone went off. Not thinking too much of my environment I answered the cell phone. It was a friend calling me.

The conversation started rather jovial for all practical purposes. Suddenly I became conscious I had an audience. There are times when I really prefer not to have an audience. This was one of those times.

I realized some of the people around me were eavesdropping in on my conversation. Then the unthinkable happened. My cell phone suddenly went dead. It went dead in the middle of a rather humorous joke I was telling. Now what was I to do?

It really was not my fault that the phone went dead. I did not plan it that way. Besides, I hate it when somebody stops in the

middle of a joke and you never get to the punchline.

For a few seconds I was not sure what the proper protocol is when your phone goes dead and you have an audience. I had to do some very quick thinking and come up with, what I thought was, a brilliant plan.

I understand that when you do have an audience you have a certain responsibility with that audience. So, not to disappoint my audience, I continued my conversation on the cell phone as though somebody was actually on the other end. I was able to finish my joke and then I paused, not knowing what else to do. I merely continued the conversation I was having with my friend who really was not on the other end of this time.

Sometimes it is good just to keep up a good front. From the snickers of the people around me in that restaurant, it was well worth finishing that joke. I hate to waste a good joke. After all, they are so hard to come by these days.

Many things are just too good to be true and many of them I probably will never really get the hang of it. One thing I never really will fully understand is God's love for me.

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16 KJV).

Although this sounds too good to be true, it is true nevertheless.

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.

BEHIND THE MIKE

Forgiveness is a Gift

that which you don't own!

Our sins don't disappear when we cleanse our souls with forgiveness, but we have to take responsibility for that process, whether it's forgiving ourselves or forgiving another.

The process of forgiving involves more than just turning the other cheek. Ensure privacy between you and the other person, never sharing what someone said about you or did to you. 80% don't care; the other 20% figure you had it coming to you. Privacy is critical.

Do not allow anyone to be intimidated by you or afraid of you. We teach kids about bullying today. Adults should learn about it as well. Nothing is accomplished when someone uses their power over others. Some corporations are notorious for their bullying management style. They use management by threat and intimidation or they do "ambush management." Shame on these corporate bullies, who themselves would scream if the same injustices applied to them.

When someone injures you with bad news or with harmful behavior, it's human nature to strike back, mentally or physically. Don't do it. In fact, forgiving them is the best way to proceed. Moreover, we shouldn't just forgive them; we should allow them to save face as well.

In ancient Rome, it was the custom to shoot the messenger who brought the bad news. Don't do it. Adopt the philosophy: "Be wrong so that others may be right," even if they aren't. You are doing what the prayer to St. Francis calls for: "It is in

pardonning that we are pardoned."

When we harm others with our behavior, we've effectively damaged the trust relationship that previously existed, sometimes irrevocably. Trust, once violated, negates a relationship. We won't ever earn the forgiveness of someone we damaged until we address the behavior that caused the damage. That starts with changing the behavior that got us into trouble in the first place.

It's all about making bad choices. My daughter-in-law, Casey, is constantly admonishing my beautiful grandbabies to make good decisions. I'll hear her asking them about their day and if they made good choices. She is subtly reminding them that they are in charge of their own choices. If you want help others make good choices, speaking up against injustice and doing wrong must be a first priority. When it's right in your own heart, it's easier to make good choices.

Generally speaking, the person who is hardest on himself or herself will probably be gentlest with others. When one helps another, you meet their N-E-E-D, an acronym for forgiveness.

The "N" is for necessary. Ask yourself: "Is it necessary to say this?" The first "E" represents encouragement. Will it make them feel better? The second "E" is for educating, enlightening and edifying the other person. What can we say to them to make them stronger? The "D" represents dignity, decorum and distinction. One of Christ's major gifts to others in his brief life on earth was to treat people with a sense of dignity.



By Michael A. Aun

I once had a client who literally wanted to hire me to get even with a former business partner. I had done other speaking for this man's company, so we had a business relationship. I've never had to do the devil's work. Long story short... my advice to this client was to forgive the partner, who stole literally millions of dollars from him. That forgiveness literally drove the former partner crazy, but more importantly, it empowered my client to move on with his life.

Forgiveness is a gift. You can't forgive others until you first learn to forgive yourself. This client and his business partner were more than partners; they were best friends and fellow Deacons in their church. Forgiveness would not be easy, but then it never is. The client didn't have to forgive the sins of the former partner. Hate the sin; love the sinner. There's powerful evidence of this all through the manufacturer's handbook, which is what I call the Bible.

Forgiveness of others, however, is worthless to you emotionally unless and until you learn to forgive yourself. The God I worship totally and freely forgives all our sins. However until we learn to forgive ourselves, we can't forgive others. You can't give away



By Marlys Norris, Christian Author

My heart aches when I hear that some young person has taken a weapon and murdered unsuspecting peers and teachers in their school. Now recently, we heard that seven young Christian teenagers were killed in Oakland, California and a young Christian Pastor in the Philippines was shot eight times and died, by a person of the Muslim belief. What makes it alright for another human being to take a life because someone thinks or believes differently? Everyone on the face of this earth will one day be accountable. God's Holy

Will You Die For What You Believe?

Word tells us to "Love our enemies and do good to them", not kill them.

What kind of religion authorizes and approves of murder?

Certainly in America murder is totally unacceptable! Our country was founded on the basic principles of freedom, love and respect for human life regardless of our differences. Recently we are becoming more and more aware that there is an element and teaching of hatred among us. These people have no basic humanistic values or respect for human life. The Word of God gives us warnings against those who ignore the commands of God as written in the Ten Commandments.

It is time we stand up and be counted — shouting to the world "murder is not acceptable at any time, for any reason"! Stop the evil in our country now. We must no longer be tolerant and accept

these kind of actions in our land. It must stop! Parents give your children the love they deserve and teach them — hatred and anger will solve nothing!

If Americans continue to be passive about these horrendous actions of a few, you can count on a time in our future when we all certainly must be willing to die for what we believe. And especially if we believe in the birth, death and resurrection of the God man who came to earth, died, was buried and came alive again that those who believe might live with Him in heaven forever. Come and become a part of His eternal family! He Loves You Abundantly!

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Crossword Puzzle on Page 8

MPG

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5	8	4	2	6	3	9	1	7
2	1	6	9	7	5	8	4	3
7	3	9	8	1	4	5	6	2
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1	9	3	6	2	8	4	7	5
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Sudoku Puzzle on Page 8

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

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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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1	2	3	4	5	6	7	8	9	10	11	12		
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68						69				70			
71						72				73			

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CLUES

ACROSS

- Landing road
- The ___ cage protects the heart and lungs
- Slang for heroin
- Billy Joel's "___ Man"
- International Labor Organization
- Formed by running water
- Imitating
- Santa's helper
- King's domain
- *Ca or K, e.g.
- Nightmare character
- He played Opie on "The Andy Griffith Show"
- Disdainful, pouting grimace
- *When exercising, you get ___
- Between mini and maxi
- Metamorphic rock
- Makes a mistake
- Bart Simpson's sister
- Saint in Mexico
- Miners' passage
- Swamp plant
- Yelled to shoo a cat
- Puzzle in pictures
- "Smells Like ___ Spirit" by Nirvana
- *A focal point in workouts
- Type of coat
- Dame ___ Australian celeb
- Christian Chi-___ symbol

DOWN

- Junk e-mail
- Cone-shaped quarters
- Often asked to "go away, come again another day"
- Like a special circle
- Organized persecution of ethnic group
- Cambodian money
- *Not well
- Very successful
- What victim did in court
- Armor-___
- USSR to USA during WWII
- *Usually busy after the holidays
- *Leafy edibles
- Indigo dye-yielding shrubs

22. Where bugs are snug?
24. Improper act
25. *Ventricular beater
26. Superior's command
27. Cherokee or Hopi, e.g.
29. *Regimented eating
31. *Where green tea tradition comes from
32. Bring upon oneself
33. Cache of money, e.g.
34. Official language of Lesotho
36. Nonlethal gun
38. Wine and cheese descriptor
42. Tedium
45. Carry, as in heavy bag
49. Ladies' Easter accessory
51. 2012 Oscar-winner "The ___"
54. Stacking fiber
56. Those in organized crime relating to narcotics
57. *Your doctor usually keeps one on you
58. Like never-losing Steven
59. Greek god of war
60. "The ___" talk and entertainment show
61. Known for notebooks
62. Keen on
63. Loch ___
64. Psychedelic drug
66. Female sheep

For Solution See Page 7

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Homeland Security Tracking Visitors Across Alternative News and Prepper Web Sites

Commentary by Mac Slavo Whiskey & Gunpowder
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They're Watching:
Homeland Security Tracking Visitors Across Alternative News and Prepper Web Sites

No one is immune to the surveillance state. Whether you're a prepper, alternative news buff, or none of the above, the government wants to know what you're doing.

"Just because you're paranoid doesn't mean they're not out to get you."

If there ever existed individuals and groups that threatened the status quo it's now, and they can often be found congregating at alternative news websites, forums and preparedness oriented online communities. Government officials at the Department of Homeland Security and the FBI have done everything in their power to marginalize their dangerous ideas and activities going so far as to even issue security bulletins to private businesses like banks, surplus stores, coffee shops and other retailers outlining what employees should look for and when to say something to law enforcement officials.

Activities like putting a Ron Paul bumper sticker on your car, paying cash, buying gold, stocking up on food, promoting

"anti-U.S." and "radical theologies," and demanding personal privacy are all now considered to be suspicious in the eyes of a government hell bent on destroying the Constitution.

While DHS has requisitioned the help of brick and mortar businesses in their efforts to identify persons-of-interest, they have realized that the best place to locate domestic threats to national security is the internet. As such, they have deployed a host of tools to not only monitor what is being posted online, but who is posting it, who their friends are, which sites they visit and what information they 'like' in particular.

A recent report from well known survival author James Rawles suggests that Preparedness oriented web sites are a prime target of government snooping and sniffing. A website like Rawles' Survival Blog, or even our very own SHTFplan [and our own WhiskeyAndGunpowder.com — Ed.], undoubtedly meets all of the criteria outlined in the multitude of security bulletins issued by DHS and FBI, thus it would only make sense that these types of communities would be primary destinations for government monitoring. In the case of Survival Blog, Rawles reports that a recent analysis of his logs

by web forensic experts yielded some startling results:

It has come to my attention that from August of 2011 to November of 2011, the FBI secretly redirected the web traffic of more than 10% of SurvivalBlog's US visitors through CJIS, their sprawling data center situated on 900 acres, 10 miles from Clarksburg, West Virginia. There, the Feebees surreptitiously collected the IP addresses of my site visitors.

In all, 4,906 of 35,494 selected connections ended up going to or through the FBI servers. (Note that this happened several months before we moved our primary server to Sweden.) Furthermore, we discovered that the FBI attached a long-lived cookie that allowed them to track the sites that readers subsequently visited. I suspect that the FBI has done the same to hundreds of other web sites. I find this situation totally abhorrent, and contrary to the letter of 4th Amendment as well as the intent of our Founding Fathers.

I recognize that I am making this announcement at the risk of losing some readers. So be it. But I felt compelled to tell my readers immediately, because it was the honorable and forthright course of action.

Working on my behalf, some volunteer web forensics experts

dissected some cached version histories. (Just about everything is available on the Internet, and the footprints and cookie crumbs trails that you leave are essentially there for a lifetime.) The volunteers found that the bulk of the FBI redirects were selected because of a reader's association with "Intellectual Property" infringing sites like the now defunct Megaupload. But once redirected, you were assigned a cookie. However, some of these were direct connections to the SurvivalBlog site (around 4% of the total.) So if they had kept this practice up long enough and if you visited us enough times then the FBI's computers would have given you a cookie. This has been verified with sniffer software.

Most alarming about this is that according to James Rawles' analysis, users' browsers were first redirected to an FBI server, then forced to download a cookie via their browser, and were then redirected back to his web site — the entire process unbeknownst to the end user because it happens almost instantly. Because the cookie isn't removed unless you clear it from your browser (you can easily remove cookies manually) every web site subsequently visited by the user would then be logged by an FBI computer in real-time.

You can be assured that if the FBI is engaging in this type of surveillance, Survival Blog and other preparedness web sites aren't alone. Chances are that, as Rawles mentions, there are hundreds, if not thousands, of websites being tracked and monitored in similar fashion. A report from the Intel Hub confirms our suspicions, as do our own visitor logs, and we'd venture to guess that most other web sites in the alternative news sphere will see similar access logs.

Perhaps for now the government surveillance net is somewhat limited to specific internet spheres of interest, as their surveillance infrastructure is still being constructed. But it won't be long, in fact less than 18 months, before they have the ability to track every single phone call, text message, email, image and video upload, blog post, comment, search query and social networking activity in the world.

Yes, that's right, EVERY SINGLE digital interaction: Via The Daily Crux: Under construction by contractors with top-secret clearances, the blandly named Utah Data Center is being built for the National Security Agency. A project of immense secrecy, it is the final piece in a complex puzzle assembled over the past

decade. Its purpose: to intercept, decipher, analyze, and store vast swaths of the world's communications, as they zap down from satellites and zip through the underground and undersea cables of international, foreign, and domestic networks.

As we highlighted in Everything You Do Is Monitored, the government is rapidly taking steps across the nation's entire security apparatus and its ancillary arms such as major search engines, private banks, telecommunications companies and social networks to log, aggregate and analyze the behavior of individual users as well as groups to which they belong. To what end is anybody's guess (but we could, of course, venture a few theories).

We're all suspects now. They're watching.

Regards,
Mac Slavo, SHTFPlan
P.S. Resources: Here are some things you can do to protect your privacy online: -Set up a Virtual Private Network to protect your web surfing identity -The TOR Project: Open source, free anonymous browsing

California Supreme Court Ruling on State Meal Period Law is 'Half A Loaf' for Trucking

SAN FRANCISCO – April 13th's long-awaited decision of the California Supreme Court in Brinker v. Superior Court, No. S166350, almost certainly means that, without relief from federal courts or the California Legislature, California Truck drivers will still have to take 30-minute meal period within the first five hours without regard to traffic conditions or the availability of locations to legally pull off the road.

Michael Shaw, Vice President, External Affairs, of the California Trucking Association (CTA). "Responsible trucking companies already know the value of ensuring drivers are properly rested and allowed time to eat. Trucking companies already comply with strict federal laws that were recently amended to increase time to rest. The California rules at issue in the Brinker case only make highway safety harder to achieve," Shaw added.

The Court in the Brinker decision did reject the plaintiffs' view that employers must "ensure

that employees do no work during a required meal break. Specifically, the Court declared (p. 36) that, "The employer satisfies this [Meal Break] obligation if it relieves its employees of all duty, relinquishes control over their activities and permits them a reasonable opportunity to take an uninterrupted 30-minute break, and does not impede or discourage them from doing so."

Shaw said, "It's helpful to trucking that the Court concluded that, "What will suffice may vary from industry to industry..." But Shaw added that "the Court's decision means that trucking

companies will still have to 'provide' drivers with off-duty meal breaks at set times. This will strait-jacket truckers and jeopardize highway safety by requiring them to pull off the road to take off-duty 30-minute meal breaks at rigid times set by the meal and rest break rules, regardless of traffic and other road conditions."

The decision, which covers non-exempt employees in all industries who perform work in California, interpreted the State's meal and rest period rules to require employers must provide an opportunity for a 30-minute


meal period within the first 5 hours of work each day and, if the employee works another 5 hours that day, a second such break within the second 5 hours.

The decision also held that the employer must provide 10-minute rest breaks generally every four hours, but need not ensure that a rest break precede a meal break.

Shaw said, "Today's Brinker decision makes clear that the California meal and rest period rules have an impermissible effect on motor carriers' prices, routes, and services and are clearly preempted by the

Federal Aviation Administration Authorization Act (FAAAA)." More than one California Federal Court has already declared the rules to be preempted by the FAAAA, including Dilts v. Penske Logistics, N0. 08-CV-318 JLS (S.D. Cal. Oct. 19, 2011).

The California Trucking Association promotes leadership in the California motor carrier industry, advocates sound transportation policies to all levels of government, and works to maintain a safe, environmentally responsible and efficient California transportation goods movement system.



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POPPOFF! Asprin: Miracle Drug or Not?

with Mary Jane Popp

Studies show that it takes 21 days to form a habit. 17 days prevents plateaus and boredom, two problems that plague dieters on most weight-loss regimes.

My next question had to do with his four cycles in his plan. Each cycle plays a specific role in achieving the ultimate goal. That goal is not only weight loss, but better overall health and the improved lifestyle that goes with it. Briefly, here are the cycles.

17 DAY DIET

Okay, how many chocolate bunnies did you really eat over the Easter weekend? And then you wonder why you put on a few extra pounds. Do you want to take them off, and perhaps a few more? **Dr. Mike Moreno** claims he has the key to weight loss success. When he was on my POPPOFF Radio program, my main concern was keeping the pounds off. You know what I mean, right? All diets can take off the pounds. Keeping them off is the key. He claims his diet will keep them off. Dr. Moreno told me *"The 17 Day Diet"* is helping millions of people lose weight quickly in a safe, healthy, nutritionally sound, and lasting way. He has been featured on "Good Morning America," "The Doctors," and in USA Today, Woman's World, and lots more. So, I sat back and was willing to listen.

Naturally, my first question is why 17 days and not 20 or 30? He told me that it's the time-frame in which alterations in dietary habits can affect our bodies both inside and out. After 17 days, our bodies require change, yet a habit has not been formed.

1) ACCELERATE. Its purpose is to cleanse the body through the removal of sugars and carbohydrates and to stimulate the fat burning process.

2) ACTIVATE. This focuses on the concept of "metabolic confusion." By alternating between high calorie and low calorie intake, you create a process that further encourages fat burning and leads to further weight loss while avoiding plateaus.

3) ACHIEVE. This cycle reintroduces many common foods that are rich in carbs. The goal here is to resume normal habits after cleansing and manipulating your body's metabolism. You'll be able to process, metabolize and enjoy these foods without having a negative effect on your health.

4) ARRIVE. You are not able to enjoy nearly anything...in moderation...that just 51 days ago would have negatively impacted your life. This cycle is an accumulation of metabolic health, will power, discipline and proper mindset.

Next question. How much

weight can the average person expect to lose? This one was kind of surprising. On average, a person can expect to lose between 10-12 pounds in one cycle. But, because individual metabolisms differ, individual results may differ as well. People who have more excess weight would probably be on the higher end of this range.

Finally, since this promises quick weight loss, isn't there a risk that we can put it right back again? Dr. Moreno said that *"The 17 Day Diet"* will teach you that the antiquated concept of "slow and steady" may not apply to weight loss. Current studies indicate that rapid results, when done in a healthy way, are not only beneficial but more likely to succeed long-term.

And yes, there is exercise as a key component. You have to get moving. You have to start somewhere and work your way up.

The good doc also provides complete menu plans for each cycle, a total of 51 daily menus. The meals are low in fat, high in fiber, packed with nutrition, and designed to trigger rapid weight loss. And yes, I asked that question too. Do they taste good? I got his guarantee. If you want more info, go to www.17daydiet.com. See you on the other side... svelte and healthy. GOOD LUCK !!!

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

By Irwin A. Herman, MD

By the time you read this, the debate over aspirin usage may be over, but there still is a lesson to be learned from the story. On January 26, 2012, the Sac Bee published a leading article in the Living Here section that was approximately 60 column inches long not including the graphic. The size of a major story! The gist of the story was that for years, adults were advised to take a daily baby aspirin as a preventative for heart attacks (MI) or strokes. The effect of aspirin is to interfere with the body's normal clotting mechanism, resulting in "thinner" blood that would potentially reduce the ability of a clot to form in a major blood vessel in the heart or brain, thereby avoiding damage to those organs. A recent study in England purported to show a 30% increase in intestinal bleeding in patients using aspirin as noted.

The article continues on to report the 10% reduction in MI in aspirin takers, but also the 30% increase in a major intestinal bleeding episode. However, other numbers appear indicating that only 1 out of every 162 aspirin users would prevent a non fatal MI, while 2 will have a serious bleeding problem.

The lesson we need to address is, are these numbers valid, do they represent major studies, is the benefit worth the risk based on these data and how do I decide what to do? In other words, how do I assemble what I read to make valid decisions on my health needs? Perhaps I can help by addressing some of the issues in this article

First, it is true that not everyone should take aspirin. If you are allergic to acetyl salicylic acid, or have stomach or esophageal ulcers or an underlying bleeding disorder, then aspirin should be avoided, with one caveat mentioned later.

Now, lets consider the numbers and what an average reader might conclude in a cursory read.

A 10 percent reduction would seem to mean that 10 out of every 100 users would not have a heart attack, while 30 out of 100 would suffer a bleeding problem. Admittedly scary numbers. Then, confounding, we find that only 0.62% would be prevented from having the heart attack, while 1.2% would bleed. Which numbers are right and what does it really mean?

In 1981, researchers at Harvard University enlisted over 22,000 male physicians between the ages of 40 and 84 in a proposed 30 year study of the effect of aspirin on this very issue of MI prevention. The total group was divided into 2 randomized sections; a control taking blanks and a drug-taking group. The identities of user/non-user were hidden in a code. The study, in which I was a participant, was a double blinded study which is important to appreciate. By "double blinded" it was meant that neither the participants (the doctors) nor the researchers had any knowledge of who was getting either aspirin or a blank. This is the gold standard of research statistical analysis.

The aspirin used was a Bufferin type compound designed to reduce the stomach acid stimulating effect of the chemical, and thereby reduce the risk of bleeding episodes.

Questionnaires were sent to each participant twice yearly regarding current or change in health status. Also, periodic blood sampling was required to check various organ functions. In 1989 the code was prematurely broken because the study of the data to that point showed a 44% reduction in first MI in one group of study participants over the other and if it were the aspirin group it would be unethical to withhold that compound from the other group in the face of such overwhelming information. The code, when broken, revealed that the aspirin users indeed were the beneficiaries of the good results. Now, this did not mean that 44%

of the 11,000 physicians in the subgroup were prevented from having this heart attack, but that of the actual number per 100 adult males who it was statistically assumed might have had a spontaneous MI versus those that would not, was reduced by the 44% number. In other words, assume if the expected number of MI victims was theoretically going to be 6 per 100, by taking aspirin, that number would be reduced by 44% to approximately 3. Thus, it was significant mainly to those 3 who were protected and four times greater than the 10% reported in the Bee. Lesson learned - make sure you comprehend the meaning of the data and the validity of the study!

Personally, I continued to take aspirin (I was later notified I was in the user group), but I use enteric coated aspirin (the aforementioned caveat) which is designed to dissolve, not in the stomach, but in the small intestine where the incidence of bleeding has been reduced significantly, as noted in other studies designed to determine if that aspirin form was truly beneficial.

The Bee article concludes, as do most such stories, with the good and valid admonition to "consult your physician" and as an add on, I continue to advise, don't smoke, get your exercise, control your weight, enjoy life and make the most of the years ahead of you.

It is the overall goal of the Placer Older Adult Advisory Commission to promote the well-being and to enhance the quality of life for older adults of Placer County by advising the Placer County Board of Supervisors and the Placer Department of Health and Human Services on issues affecting the lives of older adults. Meetings are held the 3rd Tuesday of the month at 1:00 p.m. For more information: www.placer.ca.gov/Departments/hhs/adult/OlderAdultAdvisoryCommission.aspx or by calling the Public Authority at (530) 886-3680.



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Weekdays

6 - 9am: The KAH1 Morning News with Barry Stigers and the KAH1 News Team

9am - Noon: The Laura Ingraham Show

Noon - 1pm: The KAH1 Noon News with Mary Jane Popp and the KAH1 News Team

1 - 4pm: The Dave Ramsey Show

4 - 6pm: The KAH1 Afternoon News with Dave Rosenthal and the KAH1 News Team

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

7 - 10pm: Sports by-line USA with Ron Barr

10pm - 12am: Poppoff with Mary Jane Popp

Wednesdays

6 - 6:30pm: Wealth Strategies with Hunter William Bailey

Thursdays

4:30 - 4:45pm: Auburn Honda Gold Country Golf Show with Jay Cooper and Mike Remy

6:05 - 6:30pm: Leaders Without Limits with David McCauley on Asset Protection

7 - 9pm: Thursdays With Bassil

Saturdays

6 - 7am: A Time for Seniors

7 - 8am: The Swap Shop

8 - 9am: The KAH1 Corral

9 - 10am: The Garden Guru

10am - 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 - 9:30am: Bayside Auburn Church Service

9:30am - 7pm: Sinatra & Friends Music

7 - 8pm: A Way With Words

8 - 9pm: Hearts of Space

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DMV: "Ask George"

Expert Answers to Common DMV Questions



By George Valverde - Director, California Department of Motor Vehicles

Do you have questions about general driving related requirements like registration and insurance?

Are you unclear about laws and restrictions related to driving?

The California Department of Motor Vehicles has answers.

"Save Time by Going Online," at www.dmv.ca.gov.

Q: I am moving out of state. I know my California vehicle registration is due soon. Should I notify the California DMV that my car will no longer be in the state?

A: As with any time you move, you should report this change of address to the California DMV using a Change of Address form that can be found at www.dmv.ca.gov. Please also notify DMV, in writing, to report that the vehicle was removed from California and will be registered in another state or country. Your letter must include the following information:

- California License plate number, and/or,
- Vehicle identification number, and
- Date vehicle left California (MM/DD/CCYY), and mail to: DMVPO Box 942869, MS C271 Sacramento, CA 94269-0001

A status will be added to the vehicle record to prevent billing notices from being mailed.

Q: Is it possible to "remove" points from your driving record?

A: Points are not something you want on your driving record,

and they can be assigned as a result of collisions or traffic tickets. Generally, collisions where you are at fault are one point and tickets are between one and two points. The only way to remove points from a driving record is to wait. Most points stay on your record for three years. Depending on severity, points may stay on your record for up to 10 years. If you receive a traffic citation, some courts will allow you to attend traffic violator school to keep a point from being added to your record. To avoid accruing points, always follow the traffic laws and avoid reckless behavior. Be certain that you are driving defensively and never distracted while on the road. Keep this advice in mind, and you will be able to keep points off of your driving record! For more detailed information about points on your driving record, visit www.dmv.ca.gov.

Q: I received a letter stating that my Personalized License Plate request was denied. Why wasn't I informed of this when I placed the order online?

A: When ordering a Personalized License Plate online, a general search of our records allows the order if the plate configuration is available. However, specific regulations require DMV to review every order and ensure that the plate does not violate these regulations. This manual process is not done when your plate is ordered. When the review is complete, a final determination regarding the acceptability is made and the customer is notified. For more information on specialized plates, please visit www.dmv.ca.gov.

The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Acting Undersecretary Traci Stevens. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit www.dmv.ca.gov.

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How Medicare Covers Hospice Care

**Commentary by David Sayen
Regional Administrator
U.S. Centers for Medicare
& Medicaid Services**



Coping with terminal illness can be very difficult, both for the patient and his or her loved ones.

That's why I wanted to tell you about Medicare's coverage for hospice care and how it works. Hospice is a program of care and support for people who are terminally ill. The focus is on comfort, not on curing an illness. Hospice is intended to help people who are terminally ill live comfortably. If you qualify for Medicare's hospice benefit, you'll have a specially trained team and support staff available to help you and your family deal with your illness. You and your family members are the most

important part of the team. Your team may also include doctors, nurses, counselors, social workers, physical and occupational therapists, speech-language pathologists, hospice aides, and homemakers. The hospice team provides care for the whole person. That includes his or her physical, emotional, and social needs. Hospice services are

generally provided in the home and may include physical care, counseling, drugs, and medical equipment and supplies for the terminal illness, plus any related conditions.

Your regular doctor or a nurse practitioner can also be part of your team, to supervise your care. Who's eligible for Medicare-covered hospice services? You have to meet several conditions. For one, you must be eligible for Medicare Part A, which is hospital insurance. Also, your doctor and the hospice medical director must certify that you're terminally ill and have six months or less to live, if your illness runs its normal course.

You have to sign a statement choosing hospice care instead of other Medicare-covered benefits to treat your terminal illness. (Medicare will still pay for

covered benefits for any health problems that aren't related to your terminal illness.) And you must get care from a Medicare-approved hospice program. If you qualify, your doctor and the hospice team will work with you and your family to set up a plan of care that meets your needs. A hospice doctor and nurse will be on call 24 hours a day, seven days a week to give you and your family support and care when you need it. Medicare's hospice benefit allows you and your family to stay together in the comfort of your home unless you need care in an inpatient facility. Keep in mind that you have the right to stop hospice care at any time. Medicare will pay for a one-time-only consultation with a hospice medical director or hospice doctor to discuss your care options and how to manage

your pain and symptoms. After that, Medicare covers doctor and nurse services; equipment such as wheelchairs or walkers; supplies such as bandages and catheters; drugs to control pain or other symptoms; hospice aide and homemaker services; physical and occupational therapy; and social worker services. Medicare also covers dietary counseling; grief and loss counseling for you and your family; short-term inpatient care for pain and symptom management; and short-term respite care. Respite care is designed to help the caregiver for a terminally person. Often a spouse or other family member becomes the caregiver, and at some point they may need a rest. You can get inpatient respite care in a Medicare-approved facility (such as a hospice inpatient facility, hospital, or nursing

home) if your caregiver needs a rest. You can stay up to five days each time. You can get respite care more than once, but it can only be provided on an occasional basis. How much do you pay for hospice under Medicare? There's no deductible. You'll pay no more than \$5 for each prescription drug and similar products for pain relief and symptom control.

If you get inpatient respite care, you pay five percent of the Medicare-approved amount. For example, if Medicare pays \$100 per day for inpatient respite care, you'll pay \$5 per day. David Sayen is Medicare's regional administrator for California, Arizona, Nevada, Hawaii, and the Pacific Trust Territories. You can get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227)

Auburn Community

Health and Wellness Fair

DATE: April 26, 2012
TIME: 4:00 p.m.-7:00 p.m.
PLACE: Auburn Aesthetics Center
 3180 Bell Road, Auburn

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For more information, please call: 530.885.4151

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