

Placer Sentinel

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Serving Auburn and Placer County since 1987

First Issue of March 2012

**Conservation Volunteers
Recognized by
Placer Land Trust**



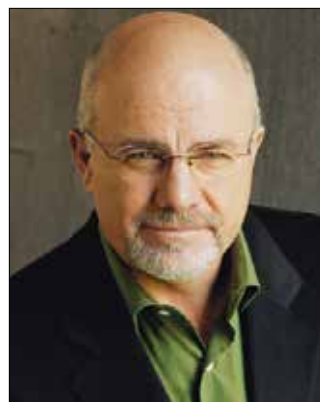
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Beware of Bogus Refund Schemes



IRS warns of bogus refund schemes abusing popular college tax credit; targets include seniors, working families and church members in California.

SACRAMENTO REGION – The Internal Revenue Service today warned senior citizens and other taxpayers to beware of an emerging federal tax refund scam tempting victims to file tax returns claiming fraudulent refunds. Bogus refund claims have been identified from California and at least five other states, including Georgia, Michigan, Louisiana, Alabama and Indiana. These schemes carry a common theme of promising refunds to people who have little or no income, and are normally not

required to file a federal income tax return. Promoters falsely claim they can obtain a tax refund or nonexistent stimulus payment for their victims based on the American Opportunity Tax Credit, even if the victim was not enrolled in or paying for college. Typically, con artists falsely claim that refunds are available even if the victim never went to college, or attended decades ago. In many cases, scammers are targeting seniors, people with very low incomes and members of church congregations with false promises of free money.

“Most of these scams involve promoters who prey upon people in need, building false hopes. When victims’ claims are rejected, their money and the promoters are long gone,” said IRS spokesperson David Tucker. “We want to warn the public to be on guard and stop this new scheme before more innocent people are victimized,” Tucker added. The IRS has already detected and stopped thousands of these bogus refund claims in recent weeks. The agency is actively investigating the sources of this

scheme, and its promoters can be subject to criminal prosecution. These schemes can be quite costly for victims as promoters may charge exorbitant upfront fees to file their claim. Some promoters of these scams have charged victims \$500 for a bogus \$1,000 credit. All taxpayers, including those who use paid tax preparers, are legally responsible for the accuracy of their returns, and must repay any refunds received in error, plus any interest and applicable penalties. Those who intentionally try to defraud the government may face criminal prosecution.

Taxpayers should beware of any of the following to avoid becoming ensnared in these schemes:

- Fictitious claims for refunds or rebates based on false statements of entitlement to tax credits.
- Unfamiliar for-profit tax services selling refund and credit schemes to the membership of local churches.
- Internet solicitations that direct individuals to toll-free numbers and then solicit social security numbers.
- Homemade flyers and brochures implying credits or refunds are available without proof of eligibility.
- Offers of free money with no documentation required.
- Promises of refunds for “Low Income – No Documents Tax Returns.”
- Claims for the expired Economic Recovery Credit

Continued on page 6

Here Comes \$6 Gallon Gasoline!



SACRAMENTO REGION, Average retail gasoline prices in Sacramento have risen 3.5 cents per gallon in the past week, (as of March 5th) averaging \$4.24/g yesterday. This compares with the national average that has increased 5.2 cents per gallon in the last week to \$3.71/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 41.3 cents per gallon higher than the same day one year ago and are 56.6 cents per gallon higher than a month ago. The national average has increased 27.8 cents per gallon during the last month and stands 24.1 cents per gallon higher than this day one year ago.

“Gasoline prices have spiked considerably higher in virtually every area over the last two weeks, and while I don’t expect the pace of the recent rise in prices to continue for the entire month, a similar jump may again occur closer to April Fools Day, and it won’t be a funny joke, it’ll be disgusting reality,” said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan. “The rise in price is so unbelievable that we may have to revise upward our previous gasoline forecast that had called for a national average of between \$3.75 to \$4.15 by mid-May, as the national average already stands at nearly \$3.72/gallon,” DeHaan said.

Source: GasBuddy operates SactoGasPrices.com.

Time to Stand Up and Fight for Our Water

AUBURN – In a move to protect Placer County’s water resources, directors of the Placer County Water Agency on Thursday (Mar. 1) increased their financial support for the Mountain Counties Water Resources Association (MCWRA).

The MCWRA is an advocacy organization that represents the interests of water purveyors and public agencies in an area of California that produces two-thirds of the state’s water supply. The MCWRA includes all or parts of 15 counties.

“It’s the only organization that represents our entire area,” said PCWA District 1 Director Gray Allen, who has also been active

with the MCWRA. “We need an active advocate.”

Water leaders in Northern California are increasingly concerned that local water supplies are being eyed to meet growing needs in the Sacramento-San Joaquin River Delta and in Southern California.

In a presentation to the PCWA board, MCWRA Executive Director John Kingsbury said his organization is making good progress in making the Legislature and other parts of the state aware of mountain county water issues.

He said that loss of water to downstream interests could result in economic loss, loss of clean

hydroelectric energy production, water supply losses, and impacts to recreation, tourism, wildlife and fisheries in Northern California counties.

Kingsbury was accompanied by Bill George, president of the El Dorado Irrigation District (EID), who also serves as president of the MCWRA. “At this time in our history,” George said, “it is important for us to stand up and fight for our water.”

Directors voted unanimously to support MCWRA’s proposal for enhanced advocacy efforts.

In other business, directors:

- heard a current water supply update from Director of Field Services Mike Nichol, who said

the recent storms have improved this year’s water outlook and will be carefully monitored in the weeks ahead. He said normal rain and snow for the rest of the season could result in a two-thirds of average precipitation year. A more in-depth report is expected at the board’s next meeting on Mar. 15.

- voted to market up to 20,000 acre-feet of water from the PCWA Middle Fork American River Project to the Westlands Water District this year. The sale involves American River water that is not needed for PCWA water users and could earn the agency up to \$3.5 million if Westlands takes all of the water.

• nominated District 1 Director Gray Allen to continue his service in a four-year term as a Special Districts commissioner on the Placer County Local Agency Formation Commission (LAFCO).

The next regular meeting of the PCWA Board of Directors will be held at 2 p.m. on Thursday, Mar. 15, 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.

Celebrity Chefs Serve Auburn: No One Went Home Hungry

By Paula Mosqueda

AUBURN – The 26th annual Celebrity Chefs Cooking for Community Service event recently took place in the Placer Building of the Auburn Gold Country Fairgrounds. Every year, this event brings areas cooks together with anyone who likes to sample various culinary creations. The Auburn 49er Lions Club hosts this savory smorgasbord to benefit other non-profit organizations and, by extension, the local community. This year’s recipient group is the local Forgotten Soldier Program.

Donna Arz, head of the Forgotten Soldier Program, had this to say about the evening,

“This was the most incredible event I have been to in a long time. The people were so vivacious and loving. Everyone joined together for service, given from the heart. Everything was wonderful, from the bread pudding to the beef brisket.”

It is impossible to list all the supporters of this event. Cooks come from near and not-so-near. There were chefs from the Auburn City Council, ARD, the Auburn Police Dept., Bel Air-Raley’s, Kiwanis, Bootleggers, Sugar Plump Fairies, Sutter Auburn Faith, and some ninety more.

Those in attendance were happy to sample tri-tip, truffles, Oahu friend rice, Maki meatballs,



Carolyn Metzker and a Sugar Plump Fairy.

lemon bars, Placer Farm Supply beans, shrimp, Gimmie Cake Too! cupcakes, meatloaf, chili, teriyaki

chicken, brownies ala mode, and more. There was something for everyone.

Once again, Doctor Bach and his Jazz Practitioners provided the music. An assortment of raffle prizes tempted many to test their good fortune.

It takes each and every chef and ticket holder to make the Celebrity Chefs Cooking for Community Service event a success. The Auburn 49er Lions and the Forgotten Soldier Program offer a big “Thank you” to all who participated in this year’s event.

We happily invite you to return again in March of 2013. See you then!

For more information about the Auburn 49er Lions, email them at auburn49erlions@gmail.com.



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Gold Country Broadband Consortium Update

By Brent Smith, CEO
Sierra Economic Development
Corporation (SEDCorp)

AUBURN – The “Gold Country” Broadband Consortium (GCBC) is delighted to inform you that SEDCorp was awarded a one-year \$150,000 grant to launch its public-private partnership aimed at increasing digital access and use in Nevada, Placer, El Dorado, Sierra and eastern Alpine counties! The new partnership is one of 14 regional consortia in the State funded by the California Advanced Services Fund Rural and Urban Regional Broadband Consortia grant program. The Consortium will enable us to leverage regional, state and national resources as an investment in broadband access.

Since this news has been a long time coming, we plan to “hit the ground running” with a meeting of the entire GCBC membership in the Auburn area on Thursday, March 29. Everyone needs to be there and come prepared to get some work done!

We’ve invited Sunne McPeak, CEO of the California Emerging Technology Fund (CETF)

and former Secretary of the State Department of Business, Transportation and Housing, to get us started with a perspective on how our efforts are a part of state-wide and nation-wide efforts. Then, we’ll break-out into the first of two planning sessions. The “subject matter stakeholders” (experts and practitioners) from across the region will get together to discuss the state-of-the-art versus the local reality for services via broadband in their respective disciplines (libraries, schools, public entities, etc.). The intent will be to develop cogent summaries to share with residents during community and neighborhood meetings so as to make them better informed consumers and to solicit their feedback. Each of the stakeholder groups will give a brief report-out on the results of their efforts. Following a quick, informal lunch, we’ll breakout again, the second time by counties to begin building the schedule of community and neighborhood meetings for the next quarter. While all of this is going on, we’ll be collecting information from all the attendees to begin building our master project map that we’ll

use to graphically portray our progress as we expand the broadband infrastructure serving our region. The many private individuals who have joined the GCBC will be free to join whichever stakeholder group they’d like in the morning and, of course, will be a vital part of the breakout by counties in the afternoon to plan the community/neighborhood meetings. The group of Internet Service Providers (ISPs) serving the area will also meet to discuss strategies for developing the business cases for their expansion projects and how the Consortium will be able to help find the funding needed to make them reality. It’s an ambitious agenda, but one we’re confident can be completed with your enthusiastic participation.

The Consortium’s work is expected to commence on March 29, 2012 in Auburn from 10:00am - 2:00pm. Please save the date and stay tuned for more details on how you can get involved to help connect Gold Country consumers with broadband access! Feel free to email me at brent@sedcorp.biz, and thank you for your ongoing support.

Conservation Volunteers Recognized by Placer Land Trust

AUBURN – On Wednesday, February 22, Placer Land Trust presented two special volunteer awards to Anita Yoder, the 2011 Volunteer of the Year, and Deren Ross, the 2011 Land Steward of the Year. Placer Land Trust presents these awards annually to volunteers who have made exceptional service contributions to the organization.

Yoder has lived in Placer County with her husband Bill since 1976. She spent 20 years as the Public Information Officer for Placer County serving the Board of Supervisors before retiring in 2010. While working at Placer County, she had many opportunities to learn about land conservation, and she became especially interested in Placer Land Trust during the acquisition of the Bruin Ranch property, now called the Harvego Bear River Preserve.

Yoder began volunteering with Placer Land Trust last summer as one of the docents in the newly created docent-led hikes program. As a core member of the docent team she has provided valuable advice and guidance to help improve the docent hike program and played a significant role in its rapid expansion and success.

“The docent hikes are a great fit for my lifestyle,” says Anita. “I get to hike around the beautiful preserve and encourage other people to get involved in conservation and preserving land in Placer County.”

Ross is a native of Placer County and an avid conservationist and naturalist. He spent nearly 25 years working as a water treatment operator with the Placer County Water Agency and has been involved with numerous conservation organizations

throughout the years. Ross has a passion for discovering, studying, and protecting the flora and fauna of the Sierra Nevada foothills.

Ross spent numerous hours researching & studying the dogface butterfly population on Placer Land Trust’s Shutamul Preserve. The dogface butterfly enjoys special status as the California State Insect. Despite its celebrity status, little is known about the lifecycle of this butterfly: Deren has worked with Placer Land Trust and researchers from UC Davis since 2009 to help add to the body of knowledge.

“I learned about the California Dogface butterfly through the Bohart Museum of Entomology at UC Davis,” says Ross. “Dr. Art Shapiro at UC Davis told me there is still much to be learned about this butterfly. After studying them for a couple years, I discovered a remarkable breeding population on Placer Land Trust’s



Janet Voris, Deren Ross, Anita Yoder and Fred Yeager. Photo courtesy of Bill Yoder.

Shutamul Preserve.”
“Placer Land Trust is truly honored to have people as dedicated as Anita and Deren volunteering with us,” says Executive Director Jeff Darlington.

Placer Land Trust Board President Fred Yeager presented the awards at the organization’s annual Volunteer Happy Hour. Previous recipients include: Patty Ruud, Nancyjo Rieske, Bill & Georgia Flake, Gary Wells, and Karl Mertz.

Placer Land Trust is a private 501(c)(3) nonprofit organization incorporated in 1991 and dedicated to working with willing landowners and conservation partners to permanently preserve natural and agricultural lands in Placer County. To date the Trust has preserved 7,171 acres across Placer County for current and future generations. For more information, call (530) 887-9222 or visit www.placerlandtrust.org.

Enjoy the Placer County Orienteering Challenge

Try out the navigation sport of Orienteering either on foot or on a mountain bike at a Folsom Lake meet on Sunday, March 25.

Sponsored by Gold Country Orienteers (GCO), the meet takes place at the Granite Bay area of Folsom Lake State Recreation Area.

Orienteering is a fun and challenging sport for individuals and families. Using a detailed map, compass and a set of clues, you navigate from point to point to find a series of designated checkpoints.

The sport can be done as a competitive race or a leisurely hike (or ride) and is great for youth groups, hikers and other outdoors

enthusiasts, adventure racers and anyone seeking a physical and a mental challenge.

At this meet there will be the more common courses done on foot, as well as, for the first time, courses designed for mountain bikers. Beginning, intermediate and advanced courses will be offered for both foot and mountain bike orienteering (MTB-O). Beginner instruction will be available.

Registration will be from 9 a.m. to 12 noon. The courses can be started between 10 a.m. and 12:30 p.m. The cost is \$5 for GCO members and \$7 for nonmembers for individuals, plus \$2 for each additional member in a group. The long

MTB-O course will require two maps and will have a \$2 higher fee than all other courses.

To get to the park, take Interstate 80 to Roseville and exit at Douglas Boulevard. Go east for about six miles; the road takes you right into the park. Or you can take Hazel-Sierra College Boulevard or Auburn-Folsom Road north to Douglas and turn right. There is a \$10 park entry fee. Look for orange-and-white GCO orienteering signs.

For more information, visit www.goldcountryorienteers.org or contact Paul at paul4@earthlink.net or (209) 295-6261.

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

Publisher
Paul V. Scholl

Jack Naves Presents Spring Striper Trolling on the California Delta

AUBURN – Jack Naves, Sacramento native and 30+ year fisherman, will be the guest speaker at the Friday, March 16, breakfast meeting at the Auburn Elks Lodge, 195 Pine St., Auburn, 95603. The doors at the lodge open at 7 AM with a fantastic \$12 buffet breakfast served from 8 to 9 and the presentation by Jack begins at 9.

Jack Naves of BassJack.com will be speaking about spring striper trolling on the California Delta. He will be covering tides, locations, tackle, lures, tips, and techniques. The stripers will soon be concentrating in their preparation to spawn, so the spring is an ideal time to rig up your trolling gear and hit the water. Jack is

an avid sportsman, has been fishing the Central Valley for over thirty years and has a wealth of knowledge which he shares on his BassJack.com website.

Rich Bernoudy, GVF Lures, will have a display of his lures at the meeting. GVF Lures (Garden Valley Fisher) are custom hand-made trout and kokanee lures made in the USA from components made in the USA. Rich is a member of the Rooster Tails Fishing Club and is looking forward to showing his products to the members.

The 28 year old, 130+-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.roostertails-fishingclub.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.



Around Town with Loyce Smallwood

Barry Stigers was seen groovin' his swing on the range where it was good to see Ridge Pro Shawn Kelly who informed me that The Ridge dining room will be re-opened to the public and perhaps well in time for Easter.

Also reveled in the tasty eats and outdoor patio dining at Wings at the Auburn Airport where the service is always good and stimulating to drive by and take in the fabulous outdoor sculptures of Doug Van Howd adjacent to his gallery on New Airport Road.

Speaking of playing, reach me for The Uke Connection as Strum Bums leader/virtuoso Dan Scanlan informs me he's planning a uke festival here in Auburn sometime in August. In the interim, an open invitation is extended to enthusiastic uke players to join we merry ukephiles as we give way at The Red Bike Café Mondays at 11am where the colorful CELEBRANTS gather to celebrate their good fortunes in The Arts including writing, painting, music.

Remember to stop by the Auburn Library for BYOB and bring your own book and share as well as enjoy selected reads by the enthusiastic librarian. Check



Left to Right: Bonnie Gibson, Mike Holmes, Loyce!

with the library for details and consider donating time to volunteer at the library or go for broke and also volunteer at Friends of Placer County used bookstore at Raley's to help organize and sell books to raise funds for the homeless pets. Felines on the premise await adoption and book donations appreciated.

Craving zesty Chinese? Try the satisfyingly, deluxe portions of Kung Po Shrimp at Hunan Restaurant on Combie Road, Auburn.

Congrats to OT Auburn Used Saddle Connection owner/horse lover Shawna Gloriosa who celebrates her one year anniversary in her current location on Sacramento Street.

Comments/questions to loy@foothill.net.

Auburn Area Republican Women Holding Series of Roundtable Meetings

The Auburn Area Republican Women are launching a series of Roundtable meetings, addressing political issues of interest to area Republicans. The first in the series will be held on

Sunday, March 18, from 2:00 p.m. to 4:00 p.m. at the Auburn Library's Beecher Room, 350 Nevada Street, Auburn. Mark Montgomery, popular host of Small Business Talk Radio on

KTKZ will speak. Refreshments will be served. Women and men are invited to attend.

Contact Leah at (530) 367-4513, for more information.

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NID Faces Delay on North Auburn Water Project

GRASS VALLEY – A major pipeline project in the North Auburn area is facing delay after construction bids came in substantially higher than budgeted, it was reported at Wednesday's (Feb. 22) meeting of the Nevada Irrigation District Board of Directors.

The North Auburn Highway 49 Transmission Line Project would improve fire flows in the Highway 49-Bell Road area. The new pipeline would carry water from NID's North Auburn Water Treatment Plant off Locksley Lane.

NID project engineer Tonia Tabucchi Herrera said the district received four construction quotes

on the project but the lowest quote, \$732,647, was \$282,000 over budget.

Chief Engineer Gary King said the project has been in planning for several years and has faced setbacks due to finances and lengthy permitting processes for road and stream crossings. King said he would not recommend a budget transfer but said further delays could increase costs.

Directors have worked this year to keep costs down and have cut back on several projects. Board members expressed reluctance to increase spending.

Seeking to keep the project on track, the board authorized

King and General Manager Ron Nelson to meet with landowners and developers in the area to see if they would be willing to help meet the increased costs.

In other business, directors:

- agreed to review the district's standby charge and notification process after residents of the Cement Hill Road area near Nevada City said they were not notified in advance of standby charges. The monthly standby charge of \$6 is charged to property owners whose land fronts an NID water main line but who do not connect to the system. The standby charge guarantees water capacity and the landowner's

ability to connect whenever he or she desires. It can be deferred and paid at the time of connection.

- agreed to annex 21 parcels totalling 17 acres near the Nevada County Fairgrounds into district boundaries. The land, including the McCourtney Road parcel where a future California Highway Patrol complex is planned, had never been formally annexed into NID boundaries.
- held a 90-minute executive session to discuss the potential purchase of the South Yuba Canal system from the Pacific Gas & Electric Company. The system carries water from Lake

Spaulding through the Deer Creek watershed to NID's water distribution system. Talks about the possible acquisition have been ongoing.

- received accolades from physician and bicyclist John Pritchett, representing Bicyclists of Nevada County (BONC), who thanked the district for its participation in the Scotts Flat Trail project, a new trail that is now under construction between the Old 5-Mile House and Scotts Flat Reservoir. The trail is a cooperative effort of BONC, NID and the U.S. Forest Service.
- welcomed three new employees to the district; Customer

Account Assistants Aurora Tipton and Maryann Bailey; and Storekeeper James Belleque.

- adjourned the meeting in honor of the late NID retiree Delbert R. Hedges, who died Sunday (Feb. 19) at age 84. Mr. Hedges was a 36-year district employee who retired in 1989 as the district's water operations manager. He resided in Grass Valley.

The next regular meeting of the NID Board of Directors will be held at 9 a.m. on Mar. 14, at the NID Business Center in Grass Valley. NID board meetings are open to the public.

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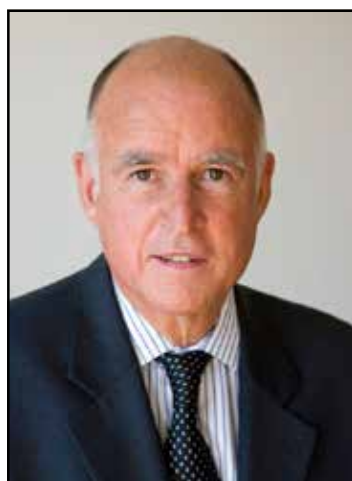
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Governor Brown Announces Appointments



Governor Edmund G. Brown Jr.

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

Michael Richwine, 53, of Rocklin, has been appointed assistant state fire marshal at the California Department of Forestry and Fire Protection. Richwine has worked at the

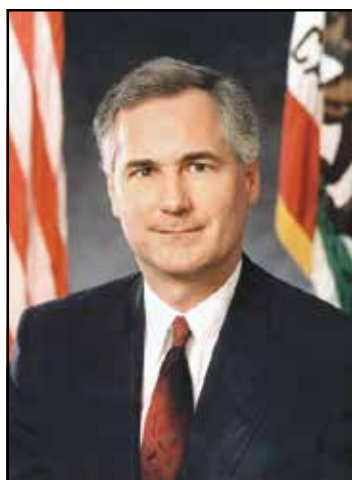
Office of the State Fire Marshal in multiple positions since 1986, and has been the division chief of State Fire Training since 2005. This position does not require Senate confirmation and the compensation is \$105,420. Richwine is a Republican.

Lisa Silverman, 45, of Pilot Hill, has been appointed executive officer for the Office of Public School Construction at the California Department of General Services, where she has served as acting executive officer since 2010. Silverman served as senior management auditor and chief of fiscal services at the Office of Public School Construction from 2006 to 2010 and was a business tax specialist and associate tax auditor for the Board of Equalization from 1997 to 2006. She was an associate tax auditor and hearing officer for the Franchise Tax Board from 1984 to 1997. This position does not require Senate

confirmation and the compensation is \$110,580. Silverman is a Democrat.

Tracy Rhine, 39, of El Dorado has been appointed deputy director of Legislative and Policy Review for the California Department of Consumer Affairs. Rhine has served as assistant executive officer and staff to the Board of Behavioral Sciences since 2008. She served as a consultant to the California State Assembly Committee on Business, Professions and Consumer Protection from 2005 to 2008 and as a consultant to the Speaker's Office of Member Services from 2002 to 2005. She was a graduate research assistant in the Governor's Office of Innovation in 2002 and a program coordinator at Changing Courses from 1988 to 2001. This position does not require Senate confirmation and the compensation is \$103,008. Rhine is a Democrat.

A Deal is A Deal



Senator Tom McClintock

McClintock On the Rule for HR 1837

House Chamber, Washington, D.C. on February 29, 2012

Mr. Speaker:

In 2009 and 2010, hundreds of billions of gallons of contracted water were diverted away from California farms and instead dumped into the Pacific Ocean in the name of the Delta Smelt. This tragic policy followed hundreds of thousands of acres of some of the most fertile and productive farmland in America.

It threw thousands of hard-working families into unemployment. It devastated communities throughout the region. And it created the spectacle of unemployed farm workers standing in food lines to receive carrots imported from China -- in a region that just a short time before had produced much of American grown fruits and vegetables. And it contributed to rising grocery prices that families felt far beyond the Congressionally-created dustbowl of California's Central Valley. In the last Congress, the then-minority Republicans begged and pleaded for hearings to address this catastrophe, but to no avail.

Last year, we returned as the new House Majority to take testimony on what could be done to correct this disaster. The result

is the bill by Mr. Nunes that this rule brings to the floor.

This bill restores the water allocations established under the Bay Delta Accord in 1994. When that agreement was signed, Interior Secretary Bruce Babbitt assured all parties that – quote – “a deal is a deal, and if it turns out there is a need for additional water it will come at the expense of the federal government.”

The water diversions shattered that promise. This bill redeems it. The Federal Central Valley Project is part of a coordinated operating agreement with the State Water Project at California's request and consent. The two are inseparable and in order to protect the water rights of every Californian, this bill brings the full force of federal law to protect those rights so that there is no ambiguity. This protection has earned this measure the support of the Northern California Water Association, representing the senior water rights holders. Opponents say, “this pre-empts state water rights.”

It doesn't pre-empt state water rights – it specifically invokes and protects state water rights against infringement by any bureaucracy – local, state or federal – a legitimate Constitutional function of the federal government established under the 14th Amendment and made essential by the terms of the state-approved joint operating agreement of these inter-twined water systems. The bill also restores common sense and practicality to protections for endangered native species like Salmon and Delta Smelt.

One of the greatest threats to these endangered native species is non-native invasive predators like the striped bass. Indeed, it is common to find striped bass in the Sacramento Delta gorged with endangered salmon smolts and delta smelt.

This bill allows open season on these predators. And it encourages the use of fish hatcheries to assure the perpetuation of thriving native populations of salmon and smelt. It replaces the cost-prohibitive provisions of the San Joaquin River Settlement Act which contemplates spending an estimated \$1 billion to achieve the stated goal of establishing a population of 500 salmon below the Friant Dam – that comes to \$2 million per fish. This bill replaces the absurd mandate of a year-round cold-water fishery on the hot valley floor with a warm-water fishery that actually acts in concert with the habitat.

It removes disincentives in current law that discourage ground-water banking in wet years. It allows the re-cycling of environmental flows by communities once they have achieved their environmental purpose. The movement for stronger environmental protections began over legitimate concerns to protect our vital natural resources. But like many movements, as it succeeded in its legitimate ends, it also attracted a self-interested constituency that has driven far past the borders of commonsense and into the realms of political extremism and outright plunder.

This bill replaces the cost-prohibitive and unachievable dictates that caused so much human suffering in California with workable, affordable and realistic measures based on real science and not on what one federal judge rightly called the “ideological zealotry” of rogue bureaucrats.

This debate will determine if we are about to enter a new era when common sense can be restored to our public policy and a sensible balance restored between environmental and human needs.

I welcome that debate, and ask for adoption of the rule to bring it forth.

Free Web Conference Helps Family Caregivers Identify Depression in Aging Parents

The nonprofit National Private Duty Association (NPDA), along with its chapters, has announced that it will host a consumer education web conference entitled Depression and Older Adults – What Every Caregiver Should Know on March 13, 2012, at 8 p.m. EST (7 p.m. CT). The live and interactive program will provide advice on how family caregivers can work with professionals to identify this condition and develop an effective plan of care for a loved one with depression. Caregivers will learn how to identify key issues and problems, locate needed experts and resources, and outline a plan to provide the best care for a parent. The event is free of charge to participants.

The web conference topics include diagnosis of depression, association between depression,

anxiety and memory loss, understanding which medications are safe and effective, along with resources and tools for monitoring treatment and improvement.

“One out of three older adults suffers from major depression,” said Sheila McMackin, president of NPDA. “Our goal is to provide information to help family caregivers increase the quality of life and identify beneficial treatment and care options for their loved ones.”

The event's expert presenter is Steven C. Fox, D.O., Medical Director, Wellspring Personal Care. For the past 30 years, the primary focus of Dr. Fox's clinical practice, teaching and research has been on the care and treatment of the elderly and disabled. He has been a trend-setter in the area of geriatric and Alzheimer's care since the mid 1970's. Dr.

Fox provides hands-on consultation and oversight for families to assess a loved one's limitations and capabilities and create a plan of care that will enable the person to stay in his/her own home. Dr. Fox was the founder of Wellspring Gerontological Services in Chicago in 1985. He is an active member of several medical associations addressing aging and health issues.

Pre-registration for the event is required. Sign up today by visiting the registration link at www.private-dutyhomecare.org.

The NPDA is the first and only association in the country dedicated exclusively to private pay home care providers. The NPDA, a nonprofit organization, currently represents more than 1,300 home care agencies in forty-four states and Puerto Rico.

Business Owners Invited to ADA Compliance Workshops



By Senator Ted Gaines

Tens of thousands of lawsuits have been filed against small businesses throughout California in the past few years over the Americans with Disabilities Act

(ADA). Ninety-eight percent of small businesses may have one or more compliance issues which could lead to these claims, including round door handles, unsecured floor mats, and more. Business owners are invited to attend a workshop to get an update on state and federal ADA laws and to learn about guidelines for properly following the laws and avoiding costly non-compliance lawsuits.

Senator Gaines hosting a series of four workshops in partnership with Assemblywoman Beth Gaines, local chambers of commerce, California Citizens Against Lawsuit Abuse, and David Warren Peters, an attorney who has been consulted in more than 850 lawsuits throughout the United States.

If you are a business owner, you can't miss out on this opportunity! For more information, please call Senator Gaines' district office at (916) 783-8232.

TOWN HALL MEETING SCHEDULE

Join Senator Ted Gaines for a Town Hall Meeting to discuss goals and priorities for 2012, share concerns about state issues and learn how my Senate Office can provide resources and services. The schedule for the April workshops and town hall meetings can be found online at www.senate.ca.gov/GAINES.

For more information, please call Senator Gaines' district office at (916) 783-8232.

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A Sorry Mess: Presidential Apologies and Pardons

Commentary By
Dr. Earl Tilford

Much ink has flowed over the recent apologies from President Barack Obama, Secretary of Defense Leon Panetta, Secretary of State Hillary Clinton, and General John Allen, commander of NATO forces in Afghanistan, following the burning of copies of the Koran and their careless disposal. An apology may have been justified. A national mea culpa was not.

When the president of the United States speaks for the nation, a national apology for the misguided acts of soldiers on the other side of the world has little meaning other than to feed the suspicions and hatreds of an enemy who hates the United States anyway. Implying that “we the people” are somehow to blame only legitimizes retribution on a potentially greater scale. Follow-on apologies by the secretaries of defense and state potentially extends that culpability to U.S. service personnel and members of the State Department.

This compounds the threat to Americans posed by religious fanatics in this global war against al Qaeda and its confederates.

What is in order is an examination of the purpose and results of our strategy in the War on Terror generally and Operation Enduring Freedom more specifically. These apologies weaken the United States in the eyes of the Taliban, further jeopardizing our troops, who are already facing the daunting task of withdrawing to meet a temporal deadline driven by domestic political considerations rather than strategic reality. An army in retreat faces the twin threat of an emboldened enemy anxious to exploit perceived weaknesses and a force whose mindset is on disengaging and going home and not on fighting to win. No one wants to be killed on the day we turned out the lights at Bagram Air Base.

While controversy rages over the apologies, questions concerning this sorry mess remain unanswered. Who was responsible for disposing the Korans? When it was discovered that

prisoners were communicating through messages written in the Korans made available by the prison library, who made the decision to burn the books? Did anyone think that these messages might hold intelligence value? What might have been learned had the messages been copied and analyzed? Did anyone think to slap a security classification on those Korans and then send them in secure pouches to CIA headquarters for exploitation? Had this been done under proper security, not only might we have gained valuable knowledge about the Taliban and al Qaeda, it would have been far less likely this sorry mess would have ever arisen.

On the other hand, if the decision was to dispose the Korans, why wasn't that done in a proper manner consistent with Islamic laws and traditions? In this kind of war, it is imperative that our warfighters understand the culture within which they are operating, especially concerning religious matters. Our enemies unabashedly acknowledge the

nature of this conflict as a religious struggle—a jihad. When we deny that fact, we give the enemy a strategic advantage. Additionally, the otherwise “politically-correct” and “culturally-sensitive” U.S. armed forces seem to have their quota of chaplains for every possible religious faith, even wiccans. It is hard to believe there is not a Muslim chaplain assigned to NATO headquarters in Afghanistan. If so, was he consulted on the proper way to dispose Korans? Did that occur to anyone?

These oversights and mistakes, as consequential as they have become, do not rise to the level of an apology required by the president of the United States. Due to a needless kneejerk reaction in Washington, a level of culpability probably not exceeding a letter of reprimand in a junior-level officer's file has escalated into a sorry mess with enormous political and military implications. Several Americans were needlessly killed. High-ranking officers may suffer career-ending consequences.

In March 1968, a handful of American GIs commanded by Lt. William Calley murdered 501 South Vietnamese women, children, and old men. Calley eventually stood trial, was convicted of several counts of murder, and sentenced to life in prison at hard labor. He served one night in the post jail before receiving a presidential pardon. No one apologized to the Viet Cong—certainly not the president nor secretary of defense, neither of whom were in office when the incident occurred.

This My Lai massacre occurred at the start of the U.S. withdrawal from Vietnam. Troop morale was plummeting. Military leadership, from the top down, was out of touch with the true nature of the war.

History should not be ignored. Apologizing to the enemy reflects a gross misunderstanding of the purpose and realities to which “we the people” commit our armed forces in our national interest. We go to war with regret, but without debasing ourselves in what are, essentially,

meaningless expressions of hand wringing. The real sorry mess is in our strategic assumptions and those who are responsible for articulating them.

Dr. Earl Tilford is a military historian and fellow for the Middle East & Terrorism with The Center for Vision & Values at Grove City College. A retired Air Force intelligence officer, Dr. Tilford earned his PhD in American and European military history at George Washington University. From 1993 to 2001, he served as Director of Research at the U.S. Army's Strategic Studies Institute. In 2001, he left Government service for a professorship at Grove City College, where he taught courses in military history, national security, and international and domestic terrorism and counter-terrorism.

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David Pakman: Political Opposition Research

A memorable interview on The David Pakman Show took place earlier this month with Alan Huffman, co-author of the book *We're With Nobody*, a compelling, scary, sad, and exciting depiction of political “opposition research.” Huffman told me about the ways that he and his partner, Michael Rejebian, do research on and obtain information about political candidates. Sometimes it's research about their client, while sometimes it's research for their client about their opponents.

Huffman and Rejebian work mostly for Democrats, although they've been hired by Republicans to do primary research too, but Huffman explained that their work would be identical no matter who they're working for. Whether they're doing research for or on a Democrat, they have to present the skeletons they find in the closets they scour, whether

it's about their client, or their opponents.

The book tells stories in gripping detail about showing up in small towns looking for tax records or obscure court documents, to be told by a clerk or records agent that someone else was days – even hours – ahead of them standing in the same spot, asking for the same documents. While they write in *We're With Nobody* that they've never actually bumped into their opponents' researchers, they know they've been close, maybe even in the same small town restaurant having a beer just a few tables away.

I asked Huffman whether outrageous, shocking histories that he and his partner have uncovered have ever not made it into the news — whether significant skeletons have stayed in the closet — and there have been. One story involved allegations of

child sexual molestation against a candidate, and another about court documents indicating a candidate had thrown a pipe bomb during his high school years.

With regard to the 2012 election and the current Republican primary race, I offered Huffman the opportunity to present some yet-unknown details about Rick Santorum's past, but unfortunately Santorum is not one of the individuals he and Rejebian have researched. He did mention that since there's no question the opposition research on Santorum has been done by both fellow Republican challengers, and by those on the Democratic side, the real question is whether what the state of that research is. Is Santorum really is clean, are operatives holding on to damaging information for the future, or have records been occulted, hidden, or destroyed? Time will tell.

The interview was entertaining

and fascinating, both to participate in and to watch later, but in thinking back to opposition research, it raises real questions about our political system. Huffman eloquently explained that he and Rejebian's view is that we should assume no candidate is fit to lead, unless it can be proven otherwise, rather than the other way around. I agree with this, and understand Huffman's explanation that just about every document they turn up is a public document to which they legally have access. At the same time, there's a negative feeling that's hard for me to qualify regarding opposition research that gives me a “race to the bottom” sense of our vetting system. How minor a past transgression will enter the dialogue about political candidates as opposition research becomes more and more nuanced and detailed?

This isn't a black or white

issue, but really an issue of unending shades of gray. Past allegations of sexual molestation would garner consensus as an important issue from most – although some would still argue, more likely if it was their guy, that allegations or charges with an acquittal or dismissal should be the same as no allegations at all. On the other hand, juvenile charges for lighting illegal fireworks at age 14 would be broadly thought of as irrelevant. But what about reckless drunk driving at age 20? What about a 3 year period after college during which taxes were evaded, or a candidate who didn't vote for 8 years during his 20's with no real explanation why?

If opposition research didn't exist, it stands to reason that a candidate with a good field team and well-produced commercials could avoid scrutiny of significant past transgressions that would

appropriately affect voters' assessments of their fitness to lead. However, with a limited amount of discussion about and consideration of any particular election, every minute spent on a candidate's past is a minute not spent on discussing the future, although without question, how one has led their life up to the point of the election is a real indicator of how they would be if elected.

What's your thought on opposition research? Is there a fine line for you, or is it shades of gray, particularly tainted by political orientation and double standards? Send me your thoughts.

David Pakman, host of the internationally syndicated political talk radio and television program, “The David Pakman Show,” writes a monthly column. He can be reached at www.davidpakman.com.

IRS Bogus Refunds

Continued from page 1

Program or for economic stimulus payments.

- Unsolicited offers to prepare a return and split the refund.
- Unfamiliar return preparation firms soliciting business from cities outside of the normal business or commuting area.

These refund schemes feature many of the warning signs IRS cautions taxpayers to watch for

when choosing a tax preparer.

For advice on choosing a competent tax professional, see Tips for Choosing a Tax Return Preparer on IRS.gov. To get the facts on tax benefits related to education, go to the Tax Benefits for Education Information Center on IRS.gov.

Source: IRS

Large Scale Train Meet

The Sacramento Valley Garden Railway Society (SVGRS) will hold workshops and clinics for model railroaders from 9 a.m. to 3 p.m. on Saturday, March 10, at Bancroft Elementary School, 2929 Belmar St, Sacramento.

There will be operating live steam and electric trains all day, as well as demonstrations and presentations on plants for your garden railway, creating mountains and retaining walls, and making buildings from ordinary materials.

Other clinics will include transforming your Christmas train into year-round railroad, adding LED

lighting to your cars, easy painting with spray cans, and a hands on workshop and demonstration of still and video photography in the garden railway.

Bancroft Elementary School is located in College Greens, just north of Folsom Blvd and Wissemann Drive. Admission and parking are free.

The Sacramento Valley Garden Railway Society has over 100 members in Sacramento, Yolo, El Dorado, Placer and neighboring counties.

For more information about SVGRS, visit our website: www.svgrs.org.

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By Ronnie McBrayer

A Dog's Life

worse, deranged with panic, and wanted to crawl over the rail to rescue the pup. I understood that if this disaster were not averted, I did not have enough pastoral skill, fatherly wisdom, Valium, or hard liquor to assuage the suffering.

So, with the boys in place below, ready to exercise their burgeoning football catching skills, my hand firming holding my wife by the belt loops at the railing, and aiming every prayer at heaven I could muster, I gently called, "Toby...come here, boy." He loped over to me as if it were a day at the dog park, and tragedy was dodged (If someone ever writes that parenting handbook please include this nutty story as "Exhibit A" in what can go unpredictably wrong around the house).

But as crazy as this story is, here is the craziest thing of all: While our entire family mobilized to protect and save this precious little dog, Toby was completely, totally, and blissfully unaware of our efforts. Hands were shaking. Tears were forming. Railings were being scaled. Catch nets were being weaved. Meanwhile, he was sniffing leaves, enjoying the view, and inspecting the strange metal floor beneath his feet.

Toby doesn't understand this, but he doesn't have to; he simply lives a dog's life in the loving arms of those who always look out for him. Sometimes I perceive God working the same way. I sense him hanging in the atmosphere around us; ethereal, intangible, but very real just the same.

Occasionally, I glimpse him lurking within and brooding over the circumstances of life, sometimes gently calling, but most of the time just ready to catch us when we fall; or to save us from ourselves when we've crawled too far out on the ledge.

We are like a baby resting in her mother's arms, completely incapable of communicating the affection that surrounds us, but just as absolutely aware of it. We are like a teenage son who fights his father at every turn, kicking against every boundary, but deep inside we know that our father loves us no matter what — even when we don't understand — and we are grateful to have someone on our side.

We are like a driver, blissfully driving down the highway, perfectly ignorant of the fact that the red lights that stop us or the wait to get that morning cup of coffee, have actually saved us from danger somewhere else down the road. We are like a dog on the roof, even while our well-being is in jeopardy, we are enfolded by a protecting love.

Yes, I believe there is a mysterious, unseen, hovering God in the universe that we cannot always understand, see, or otherwise tangibly perceive. But we know he is there. His enveloping love for us is very real, and yes, it is very good.

Ronnie McBrayer is a syndicated columnist, speaker, and author. His books include "Leaving Religion, Following Jesus" and "The Jesus Tribe." Visit his website at www.ronniemcbrayer.net.

Just Because it's Free Doesn't Mean it's Free

By Rev. James L. Snyder

Whenever somebody mentions the word "free" in my presence my right eye turns a vivid jaundice. It is not that I have anything against the word free; just the person who is trying to use it to gain some kind of an advantage over me. I know anybody employing this mono-verbiage, is hiding some very long strings.

My father taught me a long time ago that there are no free lunches. Occasionally somebody will advertise a free lunch and I go and find out the lunch is free but they are going to charge you to get out of that restaurant. In the end, it would have been cheaper to buy my own lunch.

My philosophy is simply this; if I cannot afford it, I do not want it. In my vast experience down through the years, I have discovered that I cannot afford free. And I think I know why. My understanding of the word "free" and the person employing that word is not the same.

When I use the word "free," I am insinuating that there is absolutely no cost associated with this product whatsoever.

When others use the word "free," they often are insinuating that I am just a free market for them to take advantage of in the neighborhood of my money. Unfortunately, I do not live in that neighborhood anymore.

I especially do not accept any "free offers" via the telephone. If someone has something to give me for nothing, let him come to my door, hand it to me, shake my hand and get out of Dodge. To me, that's what free is all about.

Just the other day I received one of those telephone calls. I must confess that I was in a rather curmudgeon attitude and was just looking around for someone on which to spit my scorn.

Then the telephone rang. When I answered the phone, it turned out to be someone offering me, absolutely free, with

no cost to me absolutely, a free crime prevention program for my blessed domicile.

"No thank you, sir," I said as politely as I could. "I'm not really interested."

I assure you I have no PhD or DD attached to my name whatsoever and yet as simple as I am, I understood what the phrase "I'm not really interested" was all about. Not so my affable telephone caller.

"But I assure you, sir, that this program is absolutely free to you. It's our way to say thank you to some of our customers." He rattled on as though we were having only a one-way conversation. If this is going to be a one-way conversation, who will take up the offering? I think I know.

After five long minutes of him telling me how important it was for me to have security in my home and how his product was absolutely free to me, I finally got a word in edgewise.

"But I have my own security system, thank you."

There is a slight pause and then he said, "What is your home security system, if I may ask?"

All right. I will confess right now that I had a wee bit of naughtiness on my mind, but in my own defense the telephone caller opened the door. I always believe where there is an open door somebody ought to step in.

"My home security system is called, Napoleon-two-Claws, and furthermore I'm quite satisfied with it."

There was another pause on the other end of the phone and I heard someone clear their throat and then ask, "I've never heard of that program. What is 'Napoleon-two-Claws'?"

You know what it is like when you are trying not to laugh and it is about all you can do not to laugh? For a brief moment, I felt a little bit guilty but then I remembered who was on the other end of the phone. Somebody that was trying to

con me with some kind of free thingamajig.

"The 'Napoleon-two-Claws' home security program that I have in my house is my cat. I call him Napoleon because he walks around with his right paw stuck in his coat between two buttons."

There was an extended pause on the other end of the phone and finally he said, "What would you do, sir, if someone broke into your house?"

"I'd send flowers to the funeral."

"The funeral? Who's funeral?"

"Why, the funeral of the guy who tried to break into my house while 'Napoleon-two-Claws' was on duty. The first moment an intruder would enter into my home, good old Napoleon would claw that sorry person to death."

Then feeling good about my momentum at this point I continued, "I live there and I have a hard time getting in my house without being clawed to death by Napoleon. And I feed the cat. My cat is the meanest, grumpiest, cantankerous animal on God's green earth. If anybody, and I mean anybody, can get past Napoleon they can have anything in my house. Absolutely free."

At that moment, I heard a distinctive "click" and I realized our conversation was over. I guess whatever he had that was free did not measure up to good old 'Napoleon-two-Claws'.

The only one I trust to give me something is God. "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28).

What Jesus gives is absolutely free.

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.

When my wife and I carried our newborn child through the sliding glass doors of the maternity unit, we were not given an instructional manual. No type of handbook accompanied the second or the third child either. Like all parents, we were directed to the exit sign clutching our new wrapped-in-blue bundle, with little more than a slap on the rear end, like a coach sending in his second-string substitutions.

We were those kids with plenty of eagerness to play the game, but not a lot of knowledge about the playbook. We simply were not prepared for or coached up on every possible situation that would arise in our family-building career.

Case in point: Our three boys were playing football in the backyard this winter when one of them called to me with words I could have never anticipated. Casually, as if he were making a weather observation, he said, "Dad...the dog is on the roof." I exploded onto the upper deck to discover that my son was alarmingly correct.

Our new little Shih Tzu — Toby — had inexplicably crawled beneath the deck railing and was fifteen feet across off the ground. I was horrified. My dear wife was



By Marlys Norris, Christian Author

Testimony - What God has done for Me - He will do for You

knowledge or intimacy in really "knowing" God or having a personal relationship with Him. It was not until I was thirty-four years old when I was born-again, did I surrender and commit my life and began my journey toward His direction in obedience to as I learned.

It is never too late to return to God and/or begin your personal journey to follow Him. He patiently waits as He knocks time and again at your door just waiting to be invited into your heart and life. (Revelations 3:20) "Behold I (Jesus) stand at the door and wait" And not until you are truly ready does it happen. He is our patient Father/Creator/God and He (three-in-One) loves you

I would not trade the past forty plus years for anything. God has given me power to live my life in

a freedom I never enjoyed before. He has enabled me to slip out of a passive timid inadequate existence into one that is capable of giving a message of His love, grace and mercy speaking in front of a group of people. He inspires me to write about His love for you, my reader. He blesses to serve others as He provides me with ideas and answered prayers to bless others in their journey. Yes, it has been an adventure! I would not trade one day away from My precious God/Savior/Lord and King. He IS my All in All, and to Him alone go all Honor and Glory.

Maryllys5934@sbcglobal.net

God Moves Mountains, It was a Miracle!

Intimacy Begins Going God's Way.

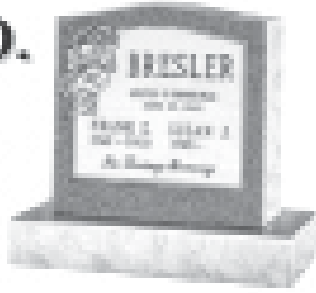
There was a time forty plus years ago when I knew very little about the truth (Scriptures) recorded in the Word of God, the Holy Bible. Yet, I had been taught the basic principles by my parents, who grew-up in different church denominations. I did not know that those wonderful sustaining values were based on Scriptures.

I first accepted Jesus as my Savior when I was twelve years old. One Sunday my cousin Marge knew what I needed to do and nudged me to go forward. However, I did not grow in my

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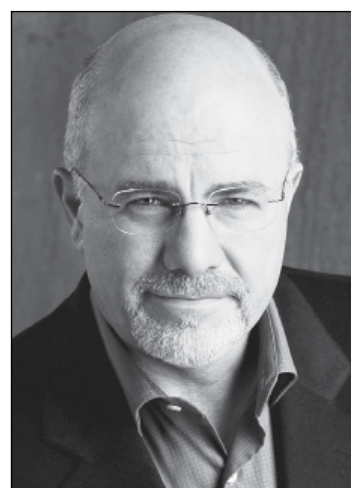
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Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers — *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Get your Priorities Straight

Dear Dave,

My husband's company recently told everyone that massive layoffs are coming, and they should start looking for other jobs. Right now, all of his options are out-of-town. A real estate agent told us we'd have to remodel our kitchen in order to sell the house. We've got \$3,500, but remodeling would take about

Dave Says

\$2,000. Should we get a second mortgage to get the work done?
- Pamela

Dear Pamela,

You might want to get another opinion. Sure, a new kitchen would be nice, but is that the end-all, be-all? Either way, there's no way I'd go into debt to make this happen. Your house isn't even on the market yet. There's no reason to fix up a house that's not for sale, especially when you only have \$3,500 to your name!

There is, for sure, a financial storm brewing on your horizon. Start right now living on rice and beans and saving up piles of cash to build a bigger umbrella.

Wait until he actually lands another job before you make any big decisions. What if something pops up where you are? If you end up moving, then you might take \$2,000 from savings to fix up the kitchen and get the house sold. Don't do it unless you're going to pay cash, though! You don't want a second mortgage hanging over your heads, making everything even more difficult.

- Dave

Leave the 401(k) Alone!

Dear Dave,

My husband has been transferred again in his job. Right now, we have three houses and

about \$60,000 in other debts. He just found out that he can borrow against his 401(k) without hardship at the beginning of the year. Is this a good idea?
- Yvonne

Dear Yvonne,

Three houses? Do you buy a new house every time you move? You guys need to stop doing that. The "other debt" isn't the problem. It's those houses that are killing you!

I would never recommend that someone borrow against their 401(k) just to pay bills. It might be a different story if you were facing foreclosure or about to file bankruptcy, but that doesn't sound like the case here. I think you've just made some really bad decisions, and these decisions are following you around and messing up everything else.

Most of the time in situations like this I have to say: "Sell the car!" In your case, it's: "Sell the houses!" I know the market isn't great in some areas, but these things are eating you guys alive. You've got to put some effort into getting rid of them. Then, start living on a really tight budget and clean up the other debt!

- Dave

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

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Business opportunity ...

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Business services ...

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Cable TV offer ...

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Cable/Internet services ...

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Cars for sale ...

Chimney Sweep

Chimney sweep services ...

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Computer services ...

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Counseling services ...

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Credit card relief services ...

DISH Network Special

DISH Network special offer ...

Electrical Services

Electrical services ...

Fencing

Fencing services ...

Financial

Financial services ...

For Rent

Properties for rent ...

Gardening Classes

Gardening classes ...

Health & Beauty

Health and beauty services ...

Help Wanted Sales

Help wanted sales ...

Home Health Care

Home health care services ...

Housekeeping

Housekeeping services ...

House Painting

House painting services ...

Helping with the Cost of Living

Helping with the cost of living ...

Heating & Air

Heating and air conditioning ...

Help Animals

Help animals find homes ...

Help Wanted

Help wanted general ...

Help Wanted Medical

Help wanted medical ...

Help Wanted Drivers

Help wanted drivers ...

Home Health Care

Home health care services ...

Housekeeping

Housekeeping services ...

House Painting

House painting services ...

Landscaping

Landscaping services ...

Legal Services

Legal services ...

Medical Equipment / Supplies

Medical equipment and supplies ...

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Real Estate Land/Lots for Sale

Real estate land and lots for sale ...

Reverse Mortgage

Reverse mortgage services ...

Schools / Education

Schools and education services ...

Miscellaneous Items for Sale

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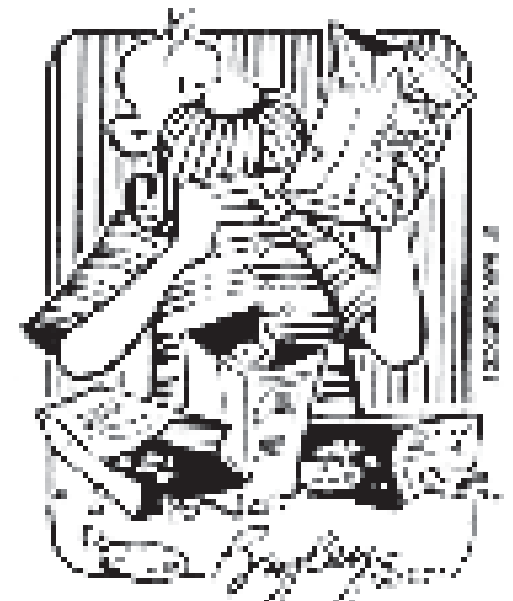
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L	A	E	R	G	U	C	L	A				
A	D	O	R	E	A	P	E	S	L	A	I	N
M	A	G	I	C	S	I	N	T	A	L	L	Y
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T	H	R	O	B	A	F	A	R	F	O	U	R
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Crossword Puzzle on Page 8

Sniffing out Local Jobs is a Lot Easier with the Community Employment Connection



Local employment can be doggone hard to track down these days. That's why our website is linked to the **Community Employment Connection**. With a couple of clicks, you'll be hot on the trail of employment information, upcoming job fairs, career resources and job listings from local media, as well as nearby employment centers.

The **Community Employment Connection** is part of our new, enhanced employment content provided by Northern California's most-respected career and employment resource, **JobJournal.com**. When you need the most comprehensive information on local employment opportunities, job-search strategies, career planning and workplace issues, this is the place to start nosing around.

Placer Sentinel
www.PlacerSentinel.com

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

Sudoku Puzzle on Page 8


SUDOKU
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VolunteerMatch.org
Where volunteering begins.

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.
Come back every week for Sudoku! For Solution See Page 7.



Outdoor World

BOAT SHOWS
The best thing about attending a boat show is that you can shop and compare without driving all over spending your valuable time and money. Take your list of question to the boat show and don't hesitate to bring them up to the knowledgeable salespeople and manufacturers' representatives.

One obvious advantage of a boat show is that it allows you the opportunity to make comparisons. Get in the boats to see if there is enough room to be comfortable. Can you fit all the people in you want to? Will it be easy to get in and out of? Are the controls readable and easy to get to?

Buying a boat is a big investment but just remember the lowest price is not necessarily the best buy.

Boat shows are a great place to escape the winter weather and dream about warmer days ahead.


Keith Kavajecz is a member of the National Fresh Water Fishing Hall of Fame
For more tips, log onto basspro.com

STATEPOINT CROSSWORD • MARCH MADNESS

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
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64					65	66			67				
68					69				70				
71					72				73				

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CLUES

ACROSS

- Frosting on a cake, e.g.
- Heat or energy unit
- *School with most championships
- Love intensely
- Dr. Cornelius in sci-fi movie classic, e.g.
- Like dragon after knight's conquest
- Copperfield's domain
- Eating of forbidden fruit, e.g.
- Total amount
- *Game tracker
- In an open way
- Not vertical, abbr.
- Be sick
- Emergency responders
- Home to Stags Leap and Wild Horse
- Superlative of "yare"
- Reluctant, usually followed by "to"
- A tall one is not true
- The present occasion
- U.N. civil aviation agency
- Rossini's opus, e.g.
- It travels through air
- Pulsating pain
- At a great distance
- *Final
- Some give this when upset
- Drug abuser
- Dry, as in humor
- Eagerness
- Clinton ___ Rodham
- Famous for its coffee
- *Goes with March
- NBC's "The ___"
- "___ to Joy" by Friedrich Schiller
- Become one
- On the move
- Julie Andrews in "The Sound of Music"
- Holy See's administering body
- *Ranking
- Apollo to ancient Greeks
- Levels

DOWN

- Its fleece was white as snow?
- Sixth month of civil year
- Downward and upward dogs are part of this
- ___ Maria Remarque
- Suppose
- *Georgetown's conference, "The Big ___"
- *Ranking based on strength of schedule
- Major Italian seaport
- ___ Bator, Mongolia
- Collect telephone ___
- Monet's water flower
- "___ day now"
- Novelist ___ Zweig
- Muse of love poetry
- Be nosy
- Deadly or sinister
- *Like last eight
- Sweet coffee drink
- A Beatle
- Daddy
- Over your head?
- To give an income or property
- Scrub or purge
- Towel cloth
- Ungulate's foot
- Victorian or Elizabethan ones, e.g.
- *Kentucky's Rupp ___
- * ___ beater
- "Big Island" flower necklace
- Simplify
- Movie "___ Came Polly"
- Boredom
- Speaker type
- Baptism, e.g.
- Important battery component
- *Cobbler, cobbler, ___ my shoe"
- Republic of Ireland
- Done in a pot
- Ligurian one and Adriatic one
- Military hospitals
- Simon & Garfunkel, e.g.

For Solution See Page 7

Placer SPCA Funny Bones

PLACER COUNTY – Placer SPCA's 11th Annual Funny Bones will be held on Friday, April 27. The evening includes a silent and live auction, full dinner, Hero Awards presentations honoring human and animal heroes, and a performance by a national headliner, comedian Dan St. Paul.

Those interested in attending Funny Bones are encouraged to act quickly, as tickets typically sell out weeks before the event. Individual tickets can be purchased for just \$75 if purchased by March 31 or \$100 if purchased after April 1. Funny Bones will be held at the beautiful Timber Creek Ballroom at Sun City, Roseville (7050 Del Webb Blvd., Roseville) on Friday, April 27 from 5:30 – 9:30 p.m.

The Placer SPCA is a local, independent nonprofit organization. Local companion animal welfare experts, the proceeds from Funny Bones will help the Placer SPCA continue its work in enhancing the lives of companion animals and people through its programs and services. Event sponsorships are available.

For more information, please contact the Fund Development office at (916) 782-7722 x 102, (530) 885-7387 ext. 102 or visit us on our website at www.placerspca.org. Funny Bones is made possible in part by a Sidesplitting Sponsorship by the Erich Lyss Family Trust.

Hero Sponsors are SureWest Foundation, Wells Fargo, and Ayrshire Farm. Funny Bones sponsors at the Hysterical level are Mann, Urrutia & Nelson CPAs; Westlake, Grahl & Glover; Al Johnson Consulting, LLC; Folsom Lake Bank; Integral Financial Consulting; Barbieri Consulting; and The Buzz Oates Group of Companies. Sponsors at the Hilarious level are West Roseville Veterinary Hospital, Resort & Grooming; Roseville Automall Association; Wallace Kuhl & Associates; Gurnee & Daniels, LLP; and Pacific Gas & Electric Company.

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Reservations Required RSVP to Lisa West @ (916)732-2020

Teachers and Volunteers Benefit from Soroptimist Awards

LOOMIS – Soroptimist International of Loomis Basin (SILB) presented community awards on Wednesday, February 29 at the Train Depot in Downtown Loomis. The club's fundraising efforts, such as the upcoming Tostada Bingo on March 24, enable the club to fund these awards. Soroptimist supports women and children locally and throughout the world.

Violet Richardson Award

Rena Leveille, a Del Oro High School student, received the Violet Richardson Award that recognizes young women who make the community and world a better place through volunteer efforts. She volunteers for JDRF, a global organization focused on type 1 diabetes (T1D) research. Rena recruited teams for the annual Walk to Cure Diabetes and raised over \$6000 for diabetes research. She also volunteers as a Diabetes Teen Support Group Leader. She wrote that "having diabetes shaped who I proudly am today. ... I am to be able to live with diabetes and still do the things I love." Rena selected JDRF to share her award.

Women's Opportunity Award

Leslie Clark won the Women's Opportunity Award that aids women who must support their families and need additional training to upgrade their employability. Leslie was a stay-at-home mom for 18 years and is now reentering the workplace to support herself and her daughter. Building on her previous experience as a commercial interior designer, she is training to become a decorative painter. She is currently participating in an internship, plans to become certified in plaster work and cabinet transformation, and is preparing for her C-33 Contractor's License. Joy Smith, President, FieldHaven Feline Rescue, where Leslie has contributed her design talents, wrote: "Never one to look for sympathy, Leslie continues forward, looking for ways to reinvent herself while providing love, guidance and support to her daughter."

Ruby Award

Tracy Neill won the Ruby Award for Women Helping Women that is given to those who improve the lives of other women or girls through their professional or personal activities. Tracy has volunteered for numerous organizations including 13 years with St. Vincent de Paul preparing hot meals for the homeless in Roseville and entertaining underprivileged children at the

People to People Thanksgiving meal in Sacramento. Starting in 1999, she organized the Dear Santa program supplying toys, clothing, food and household items to families in Placer and Sacramento counties and now uses a U-Haul to make all the deliveries. She helped with Hurricane Katrina Relief in New Orleans and has volunteered in Uganda as well as raised funds to place five water wells in villages.

Woman of Distinction

Jenny Knisley, co-president of Soroptimist International Loomis Basin, received the Woman of Distinction Award for her extraordinary dedication to charitable organizations, active support of Soroptimist projects and many contributions to the Loomis community. She is also on the Senior L.I.F.E. Center Board and the Loomis Parks and Recreation Committee, serves as state coordinator of the Northern California Professional Disc Golf Association, and works as manager of the Loomis Chamber of Commerce and in two family businesses. According to fellow Soroptimist, Chris Hebard-Summers, Jenny has been in Soroptimist for over 15 years. "Jenny's heart is gigantic. She loves the Loomis community and you can always count on her to jump in and take charge," said Hebard-Summers.

Sanford J. Weinberg Reader Award

Bebe Lee received the Sanford J. Weinberg Reader Award, given to a volunteer who reads to students. She has been volunteering at Franklin School six hours per week in the first and second grades for two years. Jane Ryan, who nominated Bebe, wrote: "She not only builds their self-confidence, she builds their phonics skills ... [and] teaches these children the tools that they need to become successful readers ... [with] warmth, patience and love."

Teacher Grants

SILB provides small grants to help fund teachers' long-term projects that will benefit numerous classes over time. **Laurie Balsano**, 8th grade teacher at H. Clarke Powers School, received a grant to purchase non-fiction books that tell unforgettable accounts of American and world history through biographies, autobiographies and memoirs. **Danielle Duffet**, 1st grade teacher at Loomis Basin Charter School, will use her grant for an International Pen Pal Project

with Korea. The grant will be used to purchase video cameras so her students can make movies to share their culture with the Korean students. **Brooke Haydu**, 1st grade teacher at Penryn Elementary School, was awarded a grant to purchase MP3 Players that enable students to hear fluent reading of text to improve their comprehension, motivation and vocabulary. **Julie Hupp, Amy Nash and Jen Tverberg** are first grade teachers at Loomis Grammar School. Julie will use the award for the Author's Tea project. Students write, laminate and produce books and read them aloud to parents at the tea. Both Amy and Jen will purchase books for the "Daily Five," a program that encourages literacy by giving students a choice of reading materials at their level. **Kristine Sohrakoff**, 7th grade teacher at Loomis Grammar School, will use her award for a permanent, centralized storage shed for props, equipment and drama sets that are needed for the school's Broadway musical and dance productions. **Traci Wade**, 4th grade teacher at Loomis Grammar School, was given a grant for non-fiction books to help prepare students for the STAR test that uses a non-fiction format to test comprehension.

Special Recognition

Fred & Acsa Hitchen received a grant to continue their work at the Senior L.I.F.E. Center of Loomis, a place where adults over 55 years of age can enjoy leisure through social and educational activities. Soroptimist International Loomis Basin helped establish the center and has supported the program since its inception. **Vivian E. Adams and Carole Larsen** received recognition for establishing the Second Blessings Thrift Shop that funds affordable childcare for low income single mothers. **Bill Ryland** of Koinonia received a Special Award to replace basic language arts and grammar books for teaching 9th - 12th grade students.

To learn more Soroptimist International of Loomis Basin, contact Nancy Hogan, co-president, at (530) 613-1541. Meetings are held weekly on Wednesdays at 8 AM at the Train Depot at the corner of Taylor and Horseshoe Bar Roads in Loomis. Soroptimist International of Loomis Basin is a 501(c)(3) organization. The club supports Loomis LIFE center, women's transition home and other community projects.

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with Mary Jane Popp

added that President Clinton was a prime example that by eating the standard American diet (SAD) and taking on a whole lot of stress will often lead to heart disease, the world's number one killer.

Kirk has been instrumental in guiding his patients and clients toward the path of optimal health since 1983, and now comes his book "Staying Healthy in the Fast Lane." In his book, he directs us to nine simple steps to optimal health. It's a Triad Wellness Program with three phases and three steps in each phase.

I TRIAD DIET PROGRAM:

- 1) Eat whole unprocessed foods (90% or more as plant food, if not all plant food).
- 2) Eat at least half your food intake as vegetables.
- 3) Eliminate All Dairy Products or eat from the Basic Elimination Diet (BED) for at least once month.

II TRIAD EXERCISE PROGRAM:

- 4) Do a half hour minimum of daily aerobic exercise.
- 5) Do Strength Training (circuit training) fifteen to thirty minutes, three to four days per week.

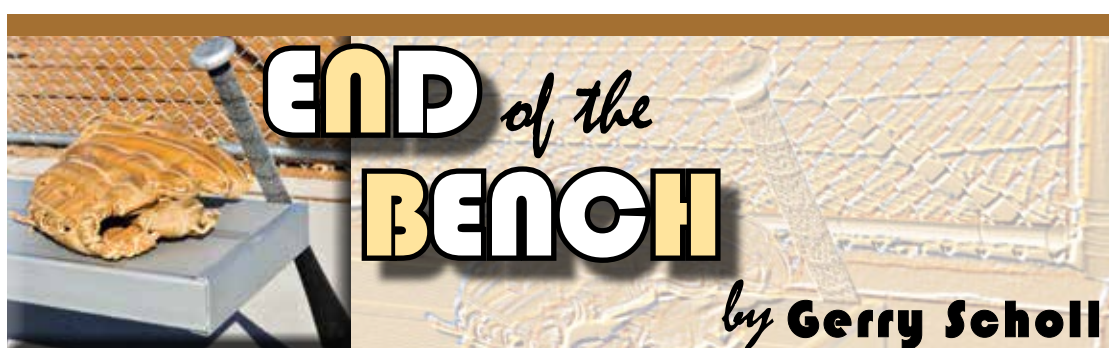
6) Do flexibility Training (tai chi, yoga, Pilates, stretching) ten to sixty minutes daily.

III TRIAD MIND-BODY

- 7) Be Thankful for five minutes, morning and evening.
- 8) Sit Quietly for fifteen to sixty minutes daily.
- 9) Imagine your ideal health and life daily for five to fifteen minutes. Think about what you want, not about what you don't want. Write it down. Picture it!

Kirk explains how it's imperative to the health and vitality of the nation that we implement a paradigm shift where eating and living well becomes the norm through science and common sense and not the reliance on insurance coverage for treatment for chronic diseases that are ultimately preventable. You can join Kirk's free health letter "Staying Healthy Today" with Kirk Hamilton at www.Prescription2000.com. He aims to make America healthy in "Staying Healthy in the Fast Lane." Time to take your life into your own hands!

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



Much Ado About Nothing

Over recent days a family member and a couple of friends have asked about how the column is going. They hadn't been able to keep up. Shame on them.

I pointed out that it has been just over a year now and handed out a couple copies of my "Happy Anniversary, Sports Fans" effort of a couple weeks ago.

I was asked, "How do you come up with ideas?" "How do you decide what things to choose from?" "Do you ever have trouble getting started on something?"

Reminding them that we're talking about sports here, I noted that there's always something new going on. Something always seems to rise to the surface.

But, that doesn't mean it's easy. There is a time-sensitivity issue to deal with — there is at least a couple days between the writing and the reading of the weekly offering. Much has been, or will be, said or written about most of the more popular topics of the week — I need another different or unusual angle. Who wants to write or read something that has been banded about for days already?

I told these guys that I read a few newspapers, listen to a number of shows, watch some games and some Sports Center and just kind of let a theme come to me. Any type of influence is welcomed...

For instance, the stories and talk last week surrounding the 50th anniversary of Wilt Chamberlain's 100-point game in the NBA for the Philadelphia Warriors, March 2, 1962, got me thinking. Where was I that day? Probably practicing my fade away bank shot in the backyard.

That led me to feeling nostalgic about my early days following

the Warriors and Wilt's two-plus years here after they moved to San Francisco for the '62-63 season. I remembered nights laying on my bed listening to the great Bill King call the games on the radio and picturing Wilt's finger-roll, Guy Rodgers' wrap-around pass (he had 20 assists in the famous game), St. Mary's own Tom Meschery, and Al Attles, The Destroyer. I could keep score from King's classic detailed accounts and check the paper the next day for a near-perfect match in the box scores. I still have a box score I cut out of a Warriors-Lakers game I went to at Civic Auditorium (with the massive overhead chandelier) with the likes of Rick Barry, Nate Thurmond, Jerry West and Elgin Baylor in the lineups.

A good mood might get me started on my affinities for college basketball and how I love the great atmosphere of a classic matchup, such as St. Mary's winning the WCC title at USF, or Cal losing a share of the Pac-12 regular-season championship by falling to Stanford, 75-70, Sunday at Maples Pavilion.

That last one kind of put me in a foul mood... a mood that might set me off to railing about the state of officiating in basketball, or other sports for that matter. I could get into the proper use, and misuse, of instant replay in sports — that old discussion of "getting it right vs. disrupting the flow of the game." I could get into how I hate it when the officials make themselves too big a part of the game.

Enough of that talk can turn me into a disgruntled fan and sarcasm will begin to spew forth. Sarcasm is so easy. I might say how Kobe Bryant's broken nose by way of Dwayne Wade's hard

foul in the All-Star Game couldn't have happened to a nicer guy. Or, maybe, how Milwaukee Brewer Brian Braun, avoiding a suspension (on a ridiculous technicality) for use of performance-enhancing drugs during his MVP season last year, is all brawn, no brains and not half the man he appeared to be. Or, I could wonder why the New Orleans Saints players had to be inspired with added monetary bounties for knocking the opponents' key players out of games when that's what their million-dollar salaries and potential future contracts are supposed to do.

Sometimes, when I might get myself too worked up, I'll take a little break from it and go out in the yard for some fresh air. Ahhh, the fresh air of the oncoming spring. It undeniably brings me to romanticizing about baseball and spring training. It was great to see a picture in the paper of Buster Posey swinging a bat and to hear Giants baseball on the radio again, even if they did spend forty minutes talking about swarms of bees around the diamond. When you go to the park you're likely to see something you have never seen before, like the Atlanta pitcher who gave up six hits, all home runs (he probably won't make the team).

Yes, sports fans, it would appear to be so simple. And yet, thanks to the power of suggestion by one of my closer fans, "writer's block" can creep into the mix.

There are times when I can have a bit of trouble zeroing in on a theme or a topic to begin extrapolating, expounding, expanding and exaggerating.

When that happens I could take a couple pages out of Jerry Seinfeld's book and write a story about nothing. Excellent.

"Party in the Park" Vendor Registration Now Open

AUBURN — The Auburn Recreation District is accepting registration from vendors wishing to participate in the 2012 Party in the Park.

The event will be held Friday June 15 at Regional Park from 5:30-9:30pm.

Each year the Party attracts 2-3,000 people from the greater

Auburn area. This event is free to the public.

For more information visit our website www.auburnrec.com. or call (530) 863-4615.

Grief Support for Widowed People

AUBURN — Grief Support for widowed people will hold a meeting for volunteers on Friday, April 29 at 1:00 PM in Auburn.

This organization Has trained volunteers who help widowed people understand their grief and find redirection in their lives.

They take in the area from

Colfax and Foresthill to Roseville and beyond.

For location of this meeting and for more information call (530) 885-8298.



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Weekdays

- 6 - 9am: The KAHI Morning News with Barry Stigers and the KAHI News Team
- 9am - Noon: The Laura Ingraham Show
- Noon - 1pm: The KAHI Noon News with Mary Jane Popp and the KAHI News Team
- 1 - 4pm: The Dave Ramsey Show
- 4 - 6pm: The KAHI Afternoon News with Dave Rosenthal and the KAHI News Team
- 6 - 7pm: The Drive Home Show with Dave Rosenthal
- 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 KAHI Corral
- 9 - 10am: The Garden Guru
- 10am - 7pm: Sinatra & Friends Music
- 7 - 8pm: A Way With Words
- 8 - 9pm: Rewind with Jimmy Jay

Sundays

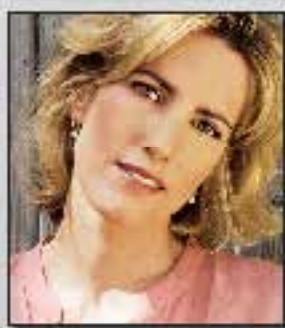
- 7:30 - 9am: Cruisin' Garage & Swap Meet
- 9 - 9:30am: Bayside Auburn Church Service
- 9:30am - 7pm: Sinatra & Friends Music
- 7 - 8pm: A Way With Words
- 8 - 9pm: Hearts of Space

Tune into KAHI Radio each weekday for seven hours of locally produced and locally focused programming plus the best in nationally syndicated talk radio programming.

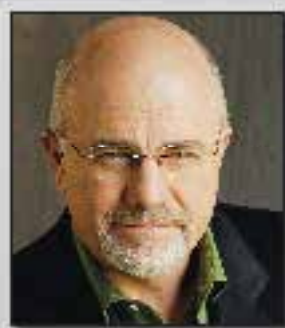
KAHI is also the foothills home of Sacramento Kings Basketball, Oakland A's Baseball, San Jose Sharks Hockey.

Most of our locally produced programs are available for replay or podcast download at the 'Audio On Demand' page at www.kahi.com.

Sinatra & Friends Music - Now on Saturdays and Sundays on KAHI..



Laura Ingraham



Dave Ramsey



Mary Jane Popp



Photo: iStockphoto.com

Drink to Your Health

HYDRATION
 Getting to and from school every day is a busy time for you. You're probably wondering if you're getting enough water to stay hydrated. It's important to know how much water you need to drink each day to stay hydrated. The amount of water you need to drink depends on your body size, activity level, and the weather. A good rule of thumb is to drink about 8 cups of water each day. If you're active or it's hot outside, you may need to drink more water.

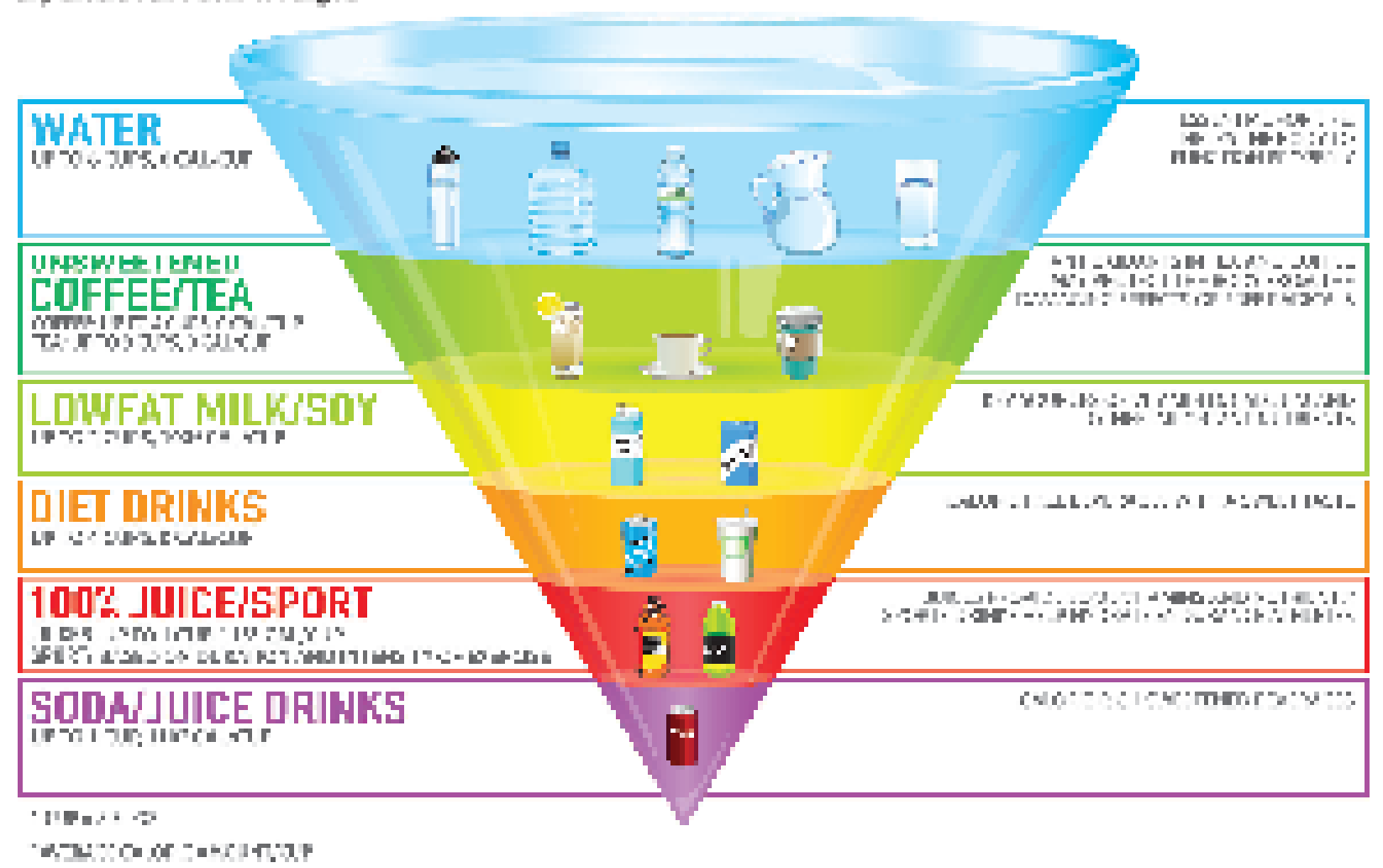
Staying Hydrated at School
 Drinking water is important for your health. It helps your body stay hydrated, which is important for your brain and muscles to function properly. Drinking water also helps you concentrate in class and stay energized throughout the day. Make sure you have a water bottle with you at all times and take frequent sips of water throughout the day. Don't wait until you're thirsty to drink water.

Easy Ways to Stay Hydrated
 There are many ways to stay hydrated. Here are some easy ways to get more water into your diet:
 • Drink water with every meal and snack.
 • Carry a water bottle with you everywhere you go.
 • Drink water when you wake up in the morning and before bed.
 • Drink water when you feel thirsty.
 • Drink water when you're exercising or playing sports.
 • Drink water when you're stressed or nervous.

Drink to the Point
 It's important to know when to stop drinking water. Drinking too much water can be dangerous. This is called hyponatremia. It happens when the amount of sodium in your blood becomes too low. Symptoms include nausea, vomiting, headache, and confusion. If you experience any of these symptoms, stop drinking water immediately and seek medical attention.

The Beverage Pyramid

The beverage pyramid shows how many calories "fill" in beverages and provides a guide to how many calories you should make from beverages.



Food	% Water
Lettuce (1 1/2 cups)	93
Watermelon (1 1/2 cups)	92
Strawberry (1 1/2 cups)	91
Grapefruit (1 1/2 cups)	91
Milk (1 cup)	89
Orange juice (1 1/2 cups)	88
Corn (1 1/2 cups)	87
Yogurt (1 cup)	85
Apple (one medium)	84

Information from the American Dietetic Association

Occasion	Amount of ...	Calories	Try ...	Calories
Morning coffee/tea	16oz coffee in the (1 1/2 cups) made with hot water	140	Small coffee latte (12 oz) made with decaf milk	120
Lunchtime combo meal	20 oz combo meal of non-diet soda with your lunch	320	Bottle of water or diet soda	0
Afternoon break	6 oz sweetened iced tea from the vending machine (1 1/2 cups)	180	Sparkling water or diet natural lemon-flavored (not sweetened)	0
Dinner time	A glass of sweetened ginger ale with your meal (1 1/2 cups)	124	Water with lemon or lime, or diet soda with a splash of 100% fruit juice	0
Total beverage calories		764		120-180

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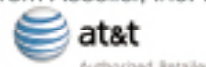


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