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Senator Tom McClintock: The Plunder of Colfax



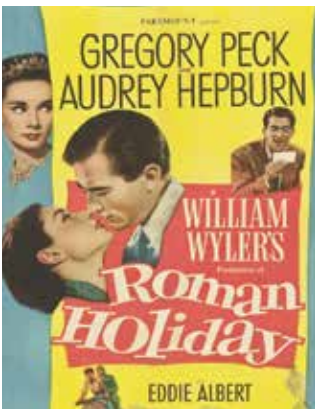
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Cinema at the State Theatre presents "Roman Holiday"



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Post Office to Change Service



Tough times mean tough changes for the US Postal Service. USPS photo.

The U.S. Postal Service announced December 5th it will move forward with its proposal to change service standards. This action is being taken in response to on-going financial challenges caused by

the dramatic and continual decline in First-Class Mail volume and the resulting revenue loss.

"The U.S. Postal Service must reduce its operating costs by \$20 billion by 2015 in order to return

to profitability," said David Williams, vice president, Network Operations. "The proposed changes to service standards will allow for significant consolidation of the postal network in terms of

facilities, processing equipment, vehicles and employee workforce and will generate projected net annual savings of approximately \$2.1 billion." This is part of the overall savings expected from the network optimization initiative, which is projected to save up to \$3 billion by 2015.

The size of the existing Postal Service network is dictated by the current overnight transit time in existing service standards. The Postal Service is 3 day—proposing, through the rulemaking process, to move First-Class Mail to a 2 standard for contiguous U.S. destinations; however, there would be an opportunity for mailers who properly prepare and enter mail at the destinating processing facility prior to the day's critical entry time to have their mail delivered the following delivery day.

On Sep. 15, the Postal Service announced it would begin studying 252 out of 487 mail processing facilities for possible closure. At that time, the Postal Service also announced it would be considering changes to service standards in an Advance Notice of Proposed Rulemaking published in the Federal Register. The Advance Notice filing was a formal effort to gather input from the public early in the process to ensure their views can be factored into the service change proposal.

The Postal Service will send to the Postal Regulatory Commission (PRC) a request for an advisory opinion regarding service standard changes associated with a significant rationalization of its mail processing network. Shortly thereafter, the Postal Service will publish a notice in the Federal Register soliciting public comment on the specific proposed changes.

The Postal Service receives no tax dollars for operating expenses and relies on the sale of postage, products and services to fund its operations.

Source: USPS.com

Donation Drive Collects Winter Coats



Over 3,100 coats were collected last year for One Warm Coat.

SACRAMENTO REGION — More than 3,000 people and children in need throughout the Sacramento region can now count on new, warm coats to get through the coming winter, thanks to an all-out effort by Lyon Real Estate agents.

Working with the national nonprofit One Warm Coat, Lyon's regional team of agents, brokers and support staff threw themselves into a month-long winter coat donation drive during October. Given their busy schedules, many in the company expected to hit the 500 mark. But when you have 17 regional offices full of dedicated, creative professionals, then stand back.

"When we added up coats collected from everyone's efforts, from offices in the Foothills to agents based throughout the Sacramento region, it came to a whopping 3,110 coats," said Lyon Real Estate President Pat Shea. "It was an amazing example of how a large group of people can achieve a great amount of good by working together."

The coat donation drive started out as an idea at Lyon's annual Fun Realtor Education Day — FRED for short. To supplement the coat drive, Lyon employees partnered with Kohl's Department stores to obtain 50 new children's coats for the Kids First organization in Roseville and Auburn and the Sacramento Food Bank's Mother Baby Program. Those coats, and all the donated coats, had to be either new or lightly used to qualify for donation.

Another truck load of coats were given to Sacramento Food Bank & Family Services. In all, more than 17 agencies received coats collected by Lyon agents and employees that will be distributed to people in need in Sacramento, Placer, Nevada, Sacramento and El Dorado counties.

Before distributing the coats, employees at the company's Sacramento headquarters converted their administrative offices into storage space for thousands of winter coats.

"We had mountains of them. It really brought home all the hard work our agent team did in reaching out to the community," said Lyon Marketing Director Christi McDowell, who helped organize the coat donation drive.

This year, we are on pace to collect and distribute our 3 millionth coat — and Lyon's 3,110 coats made a fantastic contribution to that effort," said Sybil Hunt, community outreach director for One Warm Coat.

With real estate agents in 17 regional offices in Sacramento, Placer, El Dorado and Yolo counties, Lyon remains the region's leading real estate company.

NID Recognized for Auburn Ravine Improvement

GRASS VALLEY — Leaders of Save Auburn Ravine Salmon and Steelhead (SARSAS) traveled to Grass Valley on November 30 to recognize the Nevada Irrigation District for its work in helping improve fish migration on Auburn Ravine Creek.

SARSAS President Jack Sanchez, Lincoln area steering committee representative Stan Nader and Newcastle consultant John Rabe thanked the NID Board of Directors for its support of the district's fish passage project on Auburn Ravine in Lincoln.

Rabe called the project "a work of art" and said it will allow fish access to spawning beds along an additional mile-long stretch of the creek.

The NID project has been under way for the past month and is nearing completion. It includes a series of rock chutes and step pools that mimic a natural stream channel. The project eliminates a fish migration

barrier at NID's Auburn Ravine water measurement station.

"We thank the board for your commitment to this project," said Sanchez, who founded the community group a decade ago with a goal of restoring salmon and steelhead migration in Auburn Ravine.

Sanchez praised the efforts of NID General Manager Ron Nelson and the district engineering staff in planning, coordinating and completing the difficult project, which had to be built during specific stream and weather conditions.

"You should be proud of your staff," Sanchez said. "They are high quality, professional individuals. We've been absolutely delighted."

The fish passage project is located in the Lincoln Crossing Nature Preserve just downstream from Highway 65. Water began flowing through the reconfigured stream bed last week, while work continues along the stream banks and in surrounding areas.

The fish passage project is a



SARSAS President Jack Sanchez, left, congratulates NID General Manager Ron Nelson on NID's successful completion of an in-stream improvement project on Auburn Ravine that will open an additional mile of the stream to migrating salmon and steelhead trout.

collaborative effort. Funding includes \$545,000 from NID, \$303,000 from the Cal-Fed Watershed Program, \$50,000

from the County of Placer, \$52,000 from the Dry Creek Conservancy and \$10,000 from the Granite Bay Flycasters.

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Ceremony Recognizes Youth and Community Leaders for Making a Difference

AUBURN – The Community Room of the Auburn Library was standing-room-only on November 16th as community leaders young and old came together to give thanks for making a difference in the lives of Auburn youth and their community.

A collaborative event between the Auburn Library and Auburn Hip Hop Congress, the first annual "Give Thanks" ceremony was a chance for like-minded community members to come together to recognize organizations and individuals who work hard to create positive opportunities for young people in the community.

The event was the brainchild of Natalie Pohley, Community & Youth Organizer, and Rocky Zapata, Business Manager, both of Auburn Hip Hop Congress. Said Pohley, "It is important to recognize those doing good in the community and to 'Give Thanks!'"

Attendees brought food to share as well as their excitement: "It's not every day that all of us can get together like this," said Sophie Bruno, Youth Services Librarian. "What an amazing opportunity for all of us here to recognize how important it is to support our young

people and allow their voices to be heard."

Over and over, award recipients and youth performers thanked Pohley and Zapata for the difference the two have made in the lives of Auburn youth, and for putting an event on to celebrate young people in a town that hasn't always embraced teenagers, much less hip hop culture.

"When I was a kid going to school at E.V. Cain and trying to get involved in hip hop music, I didn't have this kind of support," said Jarret Ras, musician and Artist Development Coordinator, now with two children of his own. "It means so much to me to see that these new generations of young people have supportive organizations like Hip Hop Congress available to them." During his speech, Ras was visibly emotional, and he wasn't the only one.

Over seventeen young artists performed, and almost all of them shared pieces that spoke from the heart – from loved ones they have lost, to the release their music brings them, to commentary on the world in which they live. Each performance brought plenty of applause and appreciation from the packed room.

In all, 22 awards were given out – including awards for a dozen young people whose work in the community ranged from the Boys & Girls Club, Placer Youth Commission, Maidu, Chana, and Placer High Schools, Key Club, and Auburn Hip Hop Congress. They included: Nelson Hawkins, Joseph Torres, Brandon Lopez, Ashlee Lopez, Samantha Dyer, Derek Ikeda, Brandon Barry, Vanessa Pohley, Brandon Greenhalgh, Blake Pilcher, Kendall Odom, and Adam Powell.

Community leaders honored were Tom Grayson of Sierra Life Skills; Jabari Wimbs of the Alliance for a Healthier Generation (formerly of Auburn Boys & Girls Club); Sophie Bruno of the Auburn Library; Kara Sutter of Placer County Health & Human Services; Jarret Ras, an Auburn Hip Hop Congress musician, teacher, and mentor; and Angela Tahti of PlacerArts.

For their work as caring community organizations, awards were also given to the 49er Lion's Club, Gold Country Fairgrounds, Friends of Auburn Library, and Academy Snowboard Co.

Event organizers hope to have an even bigger ceremony this spring.

The Plunder of Colfax



By Congressman Tom McClintock

Congressman Tom McClintock (R-Granite Bay) made the following remarks on the House floor, Washington, D.C. on December 1st, 2011. In the remarks the Congressman discussed legislation he will be introducing that will include reforms to protect local communities.

Mr. Speaker: In the Sierra Foothills in northeastern California lies the little town of Colfax, population 1,800, with a median household income of about \$35,000.

Over the past several years, this little town has been utterly plundered by regulatory and litigatory excesses that have pushed the town to the edge of bankruptcy and ravaged families already struggling to make ends meet.

Colfax operates a small wastewater treatment plant for its residents that discharges into the Smuthers Ravine. Because it does so, it operates within the provisions of the Clean Water Act, a measure adopted in 1972 and rooted in legitimate concerns to protect our vital water resources.

The problem is that predatory environmental law firms have discovered how to take unconscionable advantage of that law to reap windfall profits at the expense of working-class

families like the townspeople of Colfax. In the case of Colfax, an environmental law firm demanded every document pertaining to the water treatment plant from the date of its inception. It then poured over those documents looking for any possible violation – including mere paperwork errors.

By law, those documents include self-monitoring reports by the water agency itself, and any violation, no matter how minor, establishes a cause of action for which the law provides for no affirmative defense – even if the violation is due to factors completely outside of the local community's control, including acts of God or acts by unrelated and uncontrollable third parties.

Prove one such violation – and remember, the law allows for no affirmative defense – and you have just guaranteed the attorneys all of their fees, which in this case were billed at \$550 per hour. As a result of this predatory activity, the town of Colfax is facing legal fees alone that exceed the town's entire annual budget. Families that are struggling just to keep afloat are fleeced by attorneys charging \$550 per hour.

But that's just part of the problem. The law requires constant upgrading of the facilities to meet ever-changing state-of-the-art regulations that have nothing to do with health and safety and with absolutely no concern for their prohibitive costs. In fact, Colfax is now required to discharge water certifiably cleaner than the natural stream water into which it is discharged.

In Colfax's case, this required a \$15 million expenditure divided among 1,800 working-class residents who are now paying \$2,500 per year just for their water connections. And once the town has met this standard, there's no guarantee that in five years it won't be told, "Sorry, the rules have changed and you'll need to start over."

It is time to restore some form of rationality back to this law, and to stop the plunder of small towns like Colfax. And Colfax isn't alone – any community that operates a wastewater treatment plant is in the same jeopardy.

No one disputes that we need to maintain and enforce sensible and cost-effective protections of our precious water resources. But legitimate environmental protections must no longer be used as an excuse for regulatory extremism and litigatory plundering of our local communities.

Today, I am introducing legislation to offer six reforms to protect other communities from going through the same nightmare as the people of Colfax: First, to limit private-party lawsuits to issues of significant non-compliance rather than harmless paperwork errors; Second, to shield local agencies from liability for acts beyond their control; Third, to give local agencies 60 days to cure a violation before legal action can be initiated; Fourth, to allow communities to amortize the cost of new facilities over a period of 15 years before new requirements can be heaped on them; Fifth, to require a cost-benefit analysis before new regulations can be imposed; And sixth, to limit attorney fees to the prevailing fees in the community.

Like many movements, the impetus for stronger environmental protection of our air and water was firmly rooted in legitimate concerns to protect these vital 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 and I am hopeful that we are now entering an era when common sense can be restored to the Clean Water Act in this session of the Congress.

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



**Publisher
Paul V. Scholl**

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

Residents Holding Benefit for Homeless Shelters

LOOMIS – Local residents will hold a benefit to generate additional and much needed funding for homeless shelters on Dec. 09, 2011, from 7:00 pm-11:00 pm (doors open at 6pm) with all proceeds going to The Gathering Inn and Loaves and Fishes; both 501(c) non-profit organizations benefiting the homeless in Placer County and Sacramento, respectively.

After reading an article about the lack of winter shelter funding for the homeless; Loomis residents Steve and Nancy Price decided to hold a benefit and give all the proceeds raised to the shelters. “The thought of people having no where to go on the cold winter nights compelled us to do something to help” says Price. “With Steve being a musician, holding a benefit concert just seemed the natural direction. Our friend Dana Papastathis joined us; and we have a lot of support from our friends; musicians and non-musicians alike who are donating their time, talent, and services. Skip’s Music has donated a guitar for the benefit that Steve is having signed and will be auctioned, which has inspired other local businesses to donate items for the raffle. We want to create an event where people can come and have fun; but also know by attending they

are making a difference in the life of another person”.

The event will take place at The Bluegoose located at 3550 Taylor Road, in Loomis, CA. Local entertainers will perform and fabulous items will be raffled during the event; which would make great gifts for the holidays. There will also be a silent auction for a Squire by Fender Guitar with amplifier, case and stand, autographed by numerous respected and noted artists in the music industry, which will be awarded to the highest bidder. Bids submitted at www.bethechange.cc.

The winner will be announced at 10:00 pm the night of the event; and will not need to be present to win.

The public is invited to this event, for a ticket price of \$15 per person in advance, \$20.00 at the door; with 100 percent of the proceeds from the ticket sales, raffles, silent auction, food, and drinks (soda, water, beer, wine, well drinks) going to the two foundations that will use 100 percent of the donations to provide shelter and hot meals to the homeless during the cold winter nights.

Entertainers scheduled to appear include local bands “Mr. December” with Dana Moret, Jim Papastathis, Ted Stancliff, Steve Dunne (Cold Blood) and Steve Price from Pablo Cruise;

and up and coming singer-song writer “Evan Zee”. Many local businesses have generously donated goods and services, and more are committing daily.

Tickets for the event are available for advance purchase at www.bethechange.cc, and at The Bluegoose Produce on 3550 Taylor Road, in Loomis; or at the door the night of the event.

The Gathering Inn- Each evening guests are transported by bus to one of the many hosting churches in south Placer County. These churches commit the use of their facilities on designated evenings to provide a safe and secure place for homeless individuals or families to have dinner, and sleep inside where they are protected and warm.

Loaves and Fishes- Without passing judgment, and in a spirit of love and hospitality, Loaves & Fishes feeds the hungry and shelters the homeless men, women and children. Founded in 1983, and governed by a board of directors selected from Loaves & Fishes and from the community at large; people who have demonstrated compassion and concern about the needs of the homeless and the indigent poor.

Please visit www.bethechange.cc for additional information or to make donations to the proceeds.



Around Town

with Loyce Smallwood

with a hot cinnamon roll and a cuppa served up by the artist’s proud matriarch Linda Lareau who always goes with the flow.

Looking to give back in the New Year? Attend the informative History Alive! Education segment at Friends of The Library on at Noon on January 20th where you’ll be apprised of the enriching docent program offered by Placer County Museums including the Old Town Auburn Walking Tour which meets Saturdays at the Historic Courthouse on Maple Street at 10am rain or shine, no charge.

Stalwart storyteller/volunteer docent Chery Anderson adorns herself in period costume and takes the helm on alternate Saturdays along with stints at Friends of The Library and at Open Microphone for The Spoken Word on the first Thursday of the Month at Mel’s Diner where talent is invited to share comedy, poetry, stories. Call Chery at (530) 613-1153.

Love to read? Volunteer as a reading coach at the Auburn Library through the Placer Adult Literacy Service. Call (530) 886-4530. Remember: The Center for Visually Impaired meets Wednesdays at 9:30am at 1212



Uke players/storytellers Joan McCammon (L) and Linda Kennedy.

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Call Dave Brown at (530) 637-4592. Itching to play that ukelele? Email me at the contact below for the uke connection which I will hope to have made with uke players/storytellers Linda Kennedy and Joan McCammon on our favorite community station, ACTV where the mirth meter is registering on high with stimulating local talent.

Check with station manager Paula Johnston at (530) 887-8778 for details on volunteering and/or producing. Just do it.

Questions/comments to loy@

Toot Sweet Brass Co. Offers Holiday Program

AUBURN – Friday, December 23 at 3:00 p.m, Toot Sweet Brass Co. will present a program of holiday songs in the sanctuary of Pioneer United Methodist Church, 1338 Lincoln Way in Auburn.

Traditional religious and secular Christmas carols, Hanukkah songs, and audience sing-along carols will be included, as well as a sing-along finale: Handel’s Hallelujah Chorus with brass and organist Marian Nowakowski. The public of all ages is invited to enjoy an afternoon of holiday brass music. A free-will offering will be taken to benefit the

Interfaith Food Closet and the host church building fund.

Toot Sweet Brass Co. is an Auburn-based quintet of professional and semi-professional brass musicians, formed in 2008. They are Mike Koons, trumpet (Colfax); Erik Rose, trumpet (Loomis); Diana Haynie, horn (Pilot Hill); George Preston, euphonium (Auburn); and Nate Brown, tuba (Rocklin).

For more information contact George Preston, (530) 888 1801 or brass@georgepreston.com; or Sue Dings, (530) 885 9009.



2011 Mandarin Queens

Teen Miss Mandarin Queen Allycia Pace (Top Left)

Mandarin Ambassador Lexy Ashford (Top Center)

Junior Miss Mandarin Queen Maia Dore (Top Right)

Young Miss Mandarin Queen Zola Grey (Bottom Left)

Mini Miss Mandarin Queen Aeslin Cameron (Bottom Right)



After performing talent routines, answering questions on stage and modeling in front of a live audience, these ladies were given the honor to represent the Mountain Mandarin Festival all year long. Each of these ladies

will receive a cash prize sponsored by the Newcastle Area Business Association.

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by James J. Scherer, MBA, CPA

Stacking Hay and Weathering the Winter

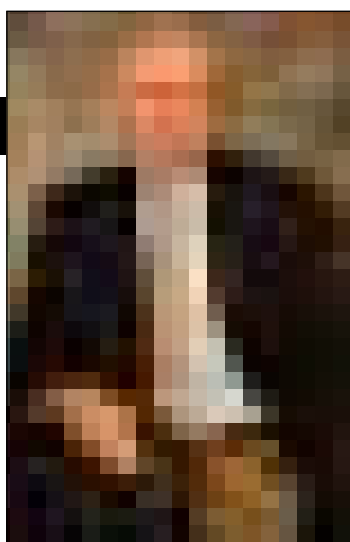
There was always work available on the farms in Southern Idaho. Merle, my friend, and I wanted to get some part-time work "stacking hay". Picking up the baled hay and hauling it to the haystack was mostly "hand work". The idea was to cut the alfalfa and rake it into rows. When it was dry it was ready to be baled and hauled away. Our job was to throw the eighty pound bales on a flatbed truck and stack them near the feed lot.

We made contact with a farmer out north of town. I remember he asked if we knew how to properly stack the bales of hay in a way that will endure the Idaho winters. Like any teenager we looked him in the face and said "No problem". Traveling back to town we realized there was a problem. We didn't know anything about stacking hay. So we hastily stopped by the local Ag Department for some advice. The official drew out a diagram and put an X on a corner bale. He said, "This is the cornerstone of the stack. Whatever you do, always start your second layer

here and overlap your bails (just like a brick layer). You should be okay." The next week we proceeded to do just that.

Sometime later we finished that first job. As we drove to town, we patted each other on the back for a job well done... Later in January we heard some rumors floating around the community that a stack of hay had toppled over. Of course we refused to believe it belonged to us.

So how does this story relate to your investments? Just think about it for a moment. A cornerstone is defined as "the first stone set and is the most important of all other stones. It determines the position of the entire structure. The foundation of your investment program must have a solid cornerstone. If the cornerstone is not the right anchor your investments may topple over in hard times. The truth is hard times are present now and your cornerstone must be re-examined. Is it withstanding the stress of this winter? Will it support your stack of investments? Can it withstand the constant snow fall of bad



political news from Europe and Washington DC? I believe now is the time to take action. Why let your financial dreams topple over in the storm? Give us a call. We can help!

This article is not intended to provide specific investment or tax advice for any individual. If you have specific questions consult your financial advisor, tax advisor, or give me a call.

James J. Scherer, is a founder of Towne Scherer Private Wealth Management, Inc., is, also, a financial advisor with, with securities and advisory services offered through LPL Financial RIA, Member FINRA/SIPC (CA Insurance License #0C20370. He can be reached at 916-797-1188 or email at james.scherer@townescherer.com.

Christmas with Placer Pops Chorale

Capture the spirit of the season with new and innovative arrangements of timeless and heartwarming Christmas classics, such as "White Christmas", "The Little Drummer Boy," "Believe," and much more! The Placer Pops Chorale (formerly Sierra Community Chorus) and its orchestra present an unforgettable concert, featuring the very best and most beloved holiday favorites. Join us and make this your best holiday ever!

December 17 at 8:00 p.m.
December 18 at 2:00 p.m.
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The holidays can be a difficult time when think of those we have loved and lost. Our goal at East Lawn is to ease your grief by offering a free holiday gift that can help. This no obligation gift is available at each of our six locations. You will not be asked for any contact information. We simply want to make you a happy and peaceful holiday season. Supplies are limited so please stop by soon to pick up your free holiday gift!

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Promotions in Placer County Sheriff Department

PLACER COUNTY – Sheriff Ed Bonner is proud to announce four promotions.

Promoted to the rank of lieutenant were Sgt. John Poretti and Sgt. Andrew Scott. Lt. Scott has been with the Sheriff’s Office for 21 years and he most recently served as the Colfax station commander. He has assumed the role of patrol administrative lieutenant and is assigned

to headquarters in Auburn.

Lt. Poretti was hired by the Sheriff’s Office in 1992 and most recently served as the detective sergeant in charge of Special Operations. He is now serving as a lieutenant in the Auburn Jail.

Deputies Paul Long and Nelson Resendes were both promoted to the rank of sergeant. Sgt. Long has 10 years of experience and

most recently worked in the investigations unit, specializing in high-tech criminal investigations. He will soon transfer to the North Lake Tahoe substation.

Sgt. Resendes has 11 years of experience and is currently a Special Enforcement Team member and is also a field training officer. He is now assigned to Auburn patrol operations.

LaMalfa Dismayed at Governor Browns Increased Rural Fire Tax

SACRAMENTO – Senator Doug LaMalfa (R-Richvale) issued the following response to Governor Brown’s insistence on increasing taxes on rural Californians by passing a constitutionally questionable increased fire tax through the Board of Forestry and Fire Protection. This after California’s elected lawmakers rejected an increase earlier this year. Governor Brown turned to an appointed board he controls to pass the unpopular tax increase.

“This new tax on rural Californians has been deeply flawed from the very beginning,” stated Senator LaMalfa. “It is not the responsibility of those living in nonurban areas to bear the cost

of fighting fires in California’s mismanaged forests.

Frankly, I find it un-American that our government leaves such weighty decisions to unelected and unaccountable boards and commissions. The legislature should determine whether there should be a fire tax and how much it should be, not appointees who cannot be held to account by voters.” Earlier this year, the Democratic majority in the legislature granted the California Board of Forestry and Fire Protection the power to impose a tax up to \$150 a year on Californians living in a state responsibility fire area. Previously, the Board set the fee at \$90 a year and included allowances so that many families would only pay

\$35 a year. A last-minute proposal to increase the fee to a mandatory \$175 per parcel and additional \$1 per acre was defeated with bipartisan opposition.

“This type of government by fiat is why citizens lose faith in the political process,” continued LaMalfa. “I still believe that this fire tax is unconstitutional on its face and continue to work with the taxpayers to see it overturned.”

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

High-Speed Rail Concerns Echoed by Analyst

SACRAMENTO – Senator Doug LaMalfa (R-Richvale) issued the following statement in response to the release by the Legislative Analyst’s Office of a report finding that California’s high speed rail will deepen the state’s budget woes, misleads lawmakers and could violate state law: “The nonpartisan Legislative Analyst’s report that high speed rail diverts billions from education and public safety should be a wake-up call to the project’s dwindling supporters,” stated Senator

LaMalfa. “At a time when the state is struggling to provide core services to Californians, it’s irresponsible to spend money on luxuries we will neither need nor use. “The Authority’s claim that the project is less expensive than maintaining roads has been roundly ridiculed. How can we trust the Authority on road and airport costs when it can’t keep its story straight on rail costs?” asked LaMalfa. “The LAO found the Authority’s plan to be so misleading that it prevents policymakers from making informed

decisions, just as a state court found that voters were misled in 2008.” LaMalfa has authored Senate Bill 22 to freeze high speed rail funding and plans to introduce a measure returning the project to voters when the legislature reconvenes.

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

Ratio of California Women’s to Men’s Earnings 2nd Highest in Nation

The latest BLS News Release showing women’s earnings in California is now available online at www.bls.gov/ro9/cawomen.pdf. This data is from the Current Population Survey, which provides a wide range of information on the labor force, employment, and unemployment.

In 2010, California women had median weekly earnings

of \$747, or 88.9% of the \$840 median weekly earnings of men.

Nationwide, women earned \$669/week, or 81.2% of the \$824 median for men. At 88.9%, women’s earnings as a percent of men’s in California was the 2nd highest in the nation, trailing only Delaware at 91.3% To view national data showing women’s pay in detailed occupations visit

www.bls.gov/cps/cpsaat39.pdf.

Office and administrative support occupations had the highest women’s earning as a percent of men’s at 93.3% among major occupational groups. The percent was lowest in legal occupations with women’s earnings at 58.2% of men’s.

Source: Bureau of Labor

ARC Winter Programs 2011-2012

Basics of Energy Permaculture – introduction (spring classes to follow) • Thursday, January 5th 6:30-7:30 pm followed by Q&A

Come learn about applying the basic twelve permaculture principles to reaping your own local renewable energy. We’ll go through site assessments and energy resource inventories, linking energy flows, appropriate energy needs and wants, 2000 watt/person/day, prioritizing available energy, energy storage and smart controls, and community micro grids. Included are learning about solar HW + PV; Wind, small hydro + geothermal; Biomass + Biogas; Waste, distribution + control, and other micro grid issues. This series (more to follow in the Spring) will be a combination of demonstrations and “doing” things with a bit of lecture thrown in. There will be homework – no worries, it’ll be the fun and easy type. Fred Klamm teaches at CSUS and in Europe on green building, sustainability, net zero energy and green chemistry. He is also an electrical engineer and business entrepreneur. He has designed and built three passive solar homes. Contact ARC to

sign up and for meeting location (Coloma are). Suggested donation: \$10.

Origami Peace Birds – Good Wishes for the World Sunday, January 8th 1 – 2 pm

Susan Keale, a local artist and ARC volunteer, will teach participants to make two Origami birds on which they have written good wishes for the world. One bird will stay at ARC/Wakamatsu and the other they can take home. Susan Keale has an M.A. in Art and avid art enthusiast. “There is no must in art because art is free.” ~ W. Kandinsky Ages 8+ welcome. Please call for meeting location (Coloma area) and to sign up. Cost: \$5/per person.

KDD-Little Hikes for Little Folks • Saturday, January 14th 10 – 11:30 am

Wonderful Winter Water! Join “Sunflower” Sarah Canfield, local outdoor educator and ARC volunteer, for games, songs, puddle exploration and even act like a raindrop. Heavy rain cancels, but light rain means bring your adorable rain boots and umbrellas. Hope to see you there! All ages welcome. Please call for

meeting location (Dave Moore Nature Area) and to sign up. FREE-Donations appreciated.

Mushroom Presentation and walk • Saturday, January 21st 10 am – 1 pm

Robert Mackler, an ARC volunteer naturalist, will offer this extended question and answer session to answer any and all questions you may have about mushrooms. From history and culture to recipes and which mushrooms to avoid, he’ll have the answers. There will be a show-and-tell for participants who are asked to bring in whole mushroom specimens in good condition or good photos. Weather permitting, we’ll take a walk in the park to see living examples of fungi. Responsible teens and older welcome. Please call for meeting location (Coloma) and to sign up. Cost: \$5/members, \$10/non-members.

Double Feature Movie Night – “See Ya on the Auburn SRA Trail” and “Mother: Caring for 7 Billion” • Thursday, January 26th 6:30 – 8:45 pm

Bill Mash provides a compelling look at our 30,000-acre gem of a park that is the fabric of our community. Explore life on the Middle and North forks of the American River through outdoor adventure, recreation and quiet reflection. Film will be presented in five short chapters with a short Q&A in-between. Bill is a 50-something Rocklin resident and advocate for our canyons, who organizes a popular hiking group, Foothill Hikers, that gets people outdoors on compelling local hiking trails. Ages 10+ welcome. www.meetup.com/Sierra-Foothill-Hikers/Mother: Caring for Seven Billion http://motherthefilm.com/ Film shows how unparalleled world population size (7 billion) and its rapid growth (200,000 a day), along with wasteful consumer habits, combine to negatively impact our environment. On a hopeful note, the film points out how individuals can help reduce future environmental damage due to these factors, and that a key is global empowerment of women. Presenter: The Sierra Club, Mother Lode Chapter, Committee for a Sustainable World Population (CSWP). The film will be introduced by Evan Jones, retired teacher and member of CSWP. Contact ARC to sign up and meeting location (Coloma area). Suggested donation: \$10/members, \$15/non-members.

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CLUES

ACROSS

- Happens in back
- “Santa Claus is Coming to Town” originally aired on this network
- Popular white fish
- Before Part II
- Follows soh
- “Put your thinking _____”
- Madama Butterfly’s sooi, e.g.
- a.k.a. Tokyo
- Not together
- “Boy who’s told, “You’ll shoot your eye out, kid”
- “Misfit ungulate
- Actor _____ Holbrook
- _____ in captivity
- Western European Union
- 100 centavos in Mexico
- Start of basketball game
- Chunk or lump
- Rounded protuberance
- Young eel
- Ayatollah Khamenei’s home
- “World” in Italian
- Troubled currency
- Drinker
- Thick, messy substances
- ____ Alda
- Attitude of admiration
- Place for mutinous sailor, e.g.
- Old age, archaic

DOWN

- Boxer training
- “For” in Spanish
- Seed cover
- Type of infection
- Unfortunate outcome
- Toward the lee
- “Like Billy Bob’s Santa
- Laundry, e.g.
- Chief or top dog
- October stone
- Village or hamlet in South Africa
- Attendant to Tiger, e.g.
- ____ degree
- Part of small intestine
- Last month

ACROSS

- Kids often say this to claim something
- “But I heard him exclaim, _____ he drove out of sight, Merry Christmas to all ...”
- “This happened on 34th Street
- Koko or Sampson, e.g.
- Lobe at back of palate
- “To Kill a Mockingbird” author
- “The _____mare Before Christmas”
- Lively dance
- Not in good health
- _____ as a whistle”
- Maiden name indicator
- Newt in terrestrial stage
- Laughing predator

DOWN

- Rubs elbows with
- “Like Bing Crosby’s Christmas
- Plural of #43 Across
- Unfit or inappropriate
- Smoke plus fog
- Type of bargain
- Immature ovum
- Like domesticated cat gone wild
- Compound leaf of a fern
- Location of MCL
- O in B.O.
- Twig of a willow tree
- Member of military police in Britain
- One thousandth of an inch
- “His heart was two sizes too small
- Misrepresent
- Poet Dickinson
- Type of shot to criminal
- Director Reitman
- _____ of thumb
- Medicinal plant
- Pepper or bombard
- “A Death in the Family” author
- Conjunction used in comparatives
- Sicilian volcano
- “Will Ferrell character in 2003

For Solution See Page 7

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"Keeping the Faith"

By Ronnie McBryer

In the town of Madison, Florida, you can find the Colin P. Kelly memorial, a striking sculpture of four angels, their wings unfurled in the wind. The memorial was dedicated in 1943 to the name and heroics of a B-17 pilot whose plane was shot down just days after Pearl Harbor.

Pilot Kelly did not survive the crash, but thanks to his courage and skill, all his crew did, jet-tisoning safely from the plane. After the memorial was dedicated in Madison Square Garden, it was then moved to Kelly's hometown — Madison — where it remains today. Few people know the angelic statue's namesake, however. It is better known as the "Four Freedoms Monument."

The statue is a representation of President Franklin D. Roosevelt's Four Freedoms that he articulated in his 1941 State of the Union address. Roosevelt said, "We look forward to a world founded upon four essential human freedoms: Freedom of speech, freedom of every person to worship God in his own way, freedom from want, and freedom from fear."

As idealistic and as hard as all these freedoms are to achieve in this world, that last one maybe the hardest: The freedom from fear. There is plenty to be afraid of today, everything from terrorist attacks and

Freedom from Fear

spiders to economic collapse and newly harvested cantaloupes. Getting free of fear seems to be a pipedream.

I have no political, social, or economic plan to achieve freedom from fear, no one does; not even an esteemed statesman such as Roosevelt. Fear is the currency of the world in which we live, but as citizens and people of a kingdom "not of this world," we have at our disposal a peace that displaces fear, a peace that "surpasses all human understanding."

From where does this peace come? Better fiscal policy? More powerful weapons? A hulking stockpile of canned food, bottled water, and ammunition? I doubt it. No, the only source of peace is love. When you know you are perfectly and completely loved, there is nothing left to fear, for perfect love dispels all fear.

The Apostle Paul once asked a rhetorical but significant question: "Can anything ever separate us from Christ's love?" In other words, will God's love for us really last? Can we count on it in face of multifarious threats and dangers? When the world seems to be flying off its axis and the fabric of everything we ever trusted is in shreds, will God's love be there for us in the end?

The answer is an emphatic "yes!" With some of the more magnificent words in the Christian Scriptures, Paul responds to his own question with a comprehensive list of possible dangers: Trouble, calamity, persecution, hunger, destitution, threat of murder, violence, life and death, angels and demons, fears for today and worry for tomorrow, the power of hell,

powers above and below — it is as broad and as exhaustive a list as one could construct.

And then he concludes, "Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord." Nothing in this life or the life to come; no spiritual powers, good or evil; nothing in the present moment and nothing tomorrow; nothing now, and nothing later; the powers that be — governmental, spiritual, judicial, religious, economic, earthly or otherwise — none of these have the power or ability to take God's love away.

It is sure. It is strong. It is eternal. It is ageless. It will not wax and wane. It is the one unvarying element in the cosmos, able to overcome everything, including our fears. If the created universe can contain it, God's love can outlast and defeat it.

This includes the worst of your sufferings, the worst of your personal failures, the worst crimes you have committed, the worst of your decisions, your divorce, drug abuse, emotional baggage, arrest record, selfishness, adultery, rebellion, addiction, dishonesty, stupidity, your bone-headed decisions — fill in the blank — nothing can separate you from God's love. That will set you free from fear.

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

Visiting My Family is a Relative Experience

By Rev. James L. Snyder

I was reminded recently that the only thing growing in my family tree are fruits and nuts. Personally, I am not sure if I am a fruit or a nut. Just do not ask my wife.

I had been away for so long I had forgotten many things about my family. My recent visit served as a refresher course reminding me why I had moved away in the first place. Memory sometimes pays little tricks causing us to remember the "good old days" and forgetting that sprinkled in among the good are ample portions of what I call good-challenged moments and characters.

I cannot speak about anybody else's family; my family seems to run the gamut between good and bad. I certainly have some wonderful relatives but then, I also have those who are on the other side of that description. Overall, they serve to make my family what it is today.

I enjoyed visiting with some of my relatives I had not seen for years. In fact, I could not remember the last time I had seen some of them. For the most part, it was a wonderful time of family reunion.

I had really forgotten about good old aunt Bessie. She has always been one of my favorite aunts. Nobody knows how old she really is, and she ain't telling. Conferring with some of my older relatives none could remember a time when good old aunt Bessie was not around. Some of us have guessed her age and we figure she is probably our oldest living relative.

One of the oddities about good old aunt Bessie has to do with her physical appearance. As far as anybody could remember, she was always consumed with her looks. Not just her clothing but her face as well. The one thing that was anathema to her was a wrinkle. She has what we all said behind

her back, a wrinkle-phobia. If I had the money she spent on wrinkle creams I could retire and live a life of luxury.

I do remember a time (and I had forgotten it until now and I just hoped she did) when I was not aunt Bessie's favorite nephew. It was years ago and I had not seen her for a while and when I did see her, I said, half jokingly, "Is that a new wrinkle, aunt Bessie?"

You would have thought I had shot her only child. She shrieked and then went to the bathroom to examine her face. She was so irate with me that she did not speak to me for over a year. Of course, looking back, there was no downside to that. I was tempted to remind her of that incident, but I remembered the old hymn, "Yield not to temptation, for yielding is sin."

Then there was Uncle Harold. I had not seen him for I cannot remember how long. When I saw him, I noticed he had not changed. I think he was wearing the same suspenders he wore the last time I saw him. His suspenders were a fashion statement, according to him, but nobody knew exactly what they were saying.

The great thing about Uncle Howard was his stories. He had a repertoire of stories that he repeated ad nauseam. Behind his back we often said, "Uncle Howard will tell no stories he hasn't told a thousand times before." Probably the most amusing thing about his stories was the fact that he often confused the punchline of one-story with the punchline of another story. None of his punchlines ever went with the story. That made them even funnier. We laughed, he thought we were laughing at his story, we were really laughing at him.

Just before I was ready to leave, who should come in but dear old Aunt Sylvia. As soon as I saw her, I smiled. Not only was I glad to see

her, but I remembered her. If anybody was the cat's meow, it was Aunt Sylvia.

She loved to go out to eat, particularly with a group. I thought of the last time we all went out to eat together and Aunt Sylvia was with us. One of her peculiarities was along the line of tipping the waitress. She was the self-appointed guru of making sure the waitress got a good tip. When everybody finished eating and the bill had come, Aunt Sylvia would take charge.

She would collect money from each person for the tip. If you did not give enough, she made you dig into your pocket again until you came up with an amount she was happy with to give to the waitress. With appropriate pomp and circumstance, she would call the waitress over to our table and present her with the tip of the evening.

As I was flying home, a thought tugged at my mind; if the world is made up of such people like my relatives, what chance does the world really have?

The world, as God has designed it, is made up of all kinds of people that He loves with an everlasting love. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16 KJV).

Thinking of my family on the plane coming home I thought, why am I the only sane person in my family? Then another thought emerged. Or, am I?

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.



By Marlys Norris, Christian Author

The problem IS the world's concept of God is too small and limited! God always was and He always existed. He is the Alpha and Omega, the beginning and without end.

The world's idea and limited concept of God have to do with what man can do, especially when they hear Jesus was God's Beloved Son who came to earth to reconcile sinful man back to Father God. All have sinned and fall short of the Glory of God. They do not understand that Jesus was both God and Man. The Old Testament Abraham sacrificing Isaac is the prophetic picture of the Son as the Lamb of God to die a horrible death shedding His blood to purchase our souls, so we can be reconciled back to the Father/

Living In A Spirit Of Forgiveness

God. Accepting Jesus as Savior accomplishes this. There was no other way this could happen!

Remember! Jesus was with the Father as recorded in Genesis when our world was created. Adam and Eve disobeyed and their sin fell on everyone born afterwards. Remember God said, "Let us make man in our image" indicating God as a triune entity. God is so much more than man's idea and man cannot understand or truly comprehend His magnanimous nature and power. This faith and knowledge only comes after one has decided to surrender and commit their lives into His care. Even then, it is a progressive process called "Sanctification." This is a process of teaching that accompanies the individual's knowledge of the Bible and obedience to its instruction.

Forgiveness can only be understood and is closely tied to the loving grace God provides through the urging of the His Holy Spirit in a heart of a believer. Most probably there is a time in most every day we need

to apply the spirit of forgiveness. Unfortunate things are said and done by others (and ourselves) we don't expect, but they do happen. Living in the Spirit of forgiveness takes daily practice. When one is aware someone has offended knowingly or unknowingly there are always times when people need to be accountable for their words and actions, followed by a sincere apology. It is awesome when God's presence of love and forgiveness within is so intense -- one "doesn't even notice" when offensive things are said and done. This is God's Agape (unconditional) love within the believer who is profoundly living in the Spirit of Forgiveness. May we all strive to become more like the One who became the Way, Truth and Life, our Lord and Savior?

Marlys Johnsen Norris, Author Marlys5934@sbcglobal.net "Intimacy Begins Going God's Way" "God Moves Mountains, It was a Miracle"

Prepare Your Dog for the Holidays

With the holidays fast approaching, it is time to prepare your canine family member for the festivities to come. Whether your pet is a veteran of the holiday season or a new puppy, there are many things you can do to make this time joyous without the anxiety of pet-related problems.

One thing I like to do is introduce my pet to all the new sights and smells that will enter the home. When the perfect tree arrives, I take Fifi out to have a sniff and inspect our selection. When it has her stamp of approval, it is prepared to be brought into the home.

This inspection is done only with my permission and supervision. Without this the little

darling will think it's a new toy acquired for her pleasure. It also familiarizes the dog with the item, satisfying her curiosity.

"Leave it" is a good command to reinforce. With repetition, using several different items, you'll send the message, "I am the boss. I dictate what and when you may inspect in this house." With so many new items in the home that may be harmful, it is obvious "leave it" will come in quite handy.

Keep things picked up. Paper, foil, and tinsel are all potential hazards. Food and seasonal plants should also be placed out of reach or put away. Fatty foods, turkey bones, and chocolate are dangerous as well. These and a long list

of others can necessitate a visit to the vet. It's best to only give doggie treats, chew bones, and chew toys that you've given your dog previously. Changing a dog's diet even with treats alone can cause diarrhea and other problems.

Start early and have your pet spend increasing amounts of time in her crate in a quiet area of the house. This will give her sanctuary away from loud voices and music. If this is a new place, be extra diligent to give her enough time to become comfortable. Supply her favorite snugly blanket and toy to add familiarity.

Following these simple steps will lead to a joyous holiday season for all!

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United Way Grants \$1.1 Million to Nonprofits

SACRAMENTO – United Way California Capital Region will make grants totaling \$1,168,008 to 13 local nonprofits, United Way president and CEO Steve Heath announced today. Funded partners serve people across Amador, El Dorado, Placer, Sacramento and Yolo counties and participate in United Way's projects: STAR Readers, SenSe-Ability and Fit Kids.

"All of our funded partners have proven their incredible abilities to produce profound change in our community," Heath said. "They know how to achieve measurable outcomes on important issues, and we're excited to see what they do in the very important areas of children's education, financial literacy and childhood obesity."

United Way's STAR Readers project is working to ensure all children are reading at grade level by fourth grade, a key indicator of whether or not a child will eventually graduate high school. The project uses a three-pronged approach: after-school tutoring to at-risk children from kindergarten through third grade, tools and resources for parents to involve them in their children's reading, and summer reading programs for children.

STAR Readers partners are Amador-Tuolumne Community Resources (\$48,903), Boys & Girls Clubs of El Dorado County Western Slope (\$82,000), New Morning Youth and Family Services (\$54,281), Boys & Girls Clubs of Greater Sacramento

(\$50,000), Sacramento Children's Home (\$70,000) and Sacramento Chinese Community Services Center (\$94,283).

United Way's SenSe-Ability project is working to ensure low-income households are financially literate so they can meet their current obligations and maximize longer-term financial well-being. United Way partners are providing financial education and follow-up support on bank services, budgeting, saving, debt management, retirement planning and insurance.

Several SenSe-Ability partners are working specifically with foster youth to create Individual Development Accounts so they can be self-sufficient when they leave the foster care system. These special bank accounts earn one dollar for every dollar the foster youth saves, and the matching funds can be used to purchase specific items. While earning, foster youth take financial literacy classes and receive financial counseling.

SenSe-Ability partners are Amador-Tuolumne Community Resources (\$81,791), Koinonia Family Services (\$40,175), Child Abuse Prevention Council of Sacramento (\$81,836), Community Link (\$94,070), Women's Empowerment (\$40,000), New Morning Youth and Family Services (\$27,500) and Yolo Family Resource Center (\$70,000).

United Way's Fit Kids project is working with several nonprofit partners to address the rise in obesity and challenges related

to weight gain so that more people will live a healthy lifestyle and fewer people will battle obesity and its corresponding health challenges. Fit Kids partners are teaching kids about nutrition and physical activity and providing opportunities for healthy eating and exercise.

Fit Kids partners are YMCA Superior California (\$40,160), Child Abuse Prevention Council of Sacramento (\$72,347), Sacramento Chinese Community Services Center (\$63,429) and Health Education Council (\$197,393).

United Way is the region's leading provider of innovative solutions on the community's most pressing issues, including high school graduation rates, household financial stability and obesity. United Way's team of nonprofits, businesses, donors and volunteers work together to provide positive, measurable results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org

Source: Kristin Thibaud Communications

NID Board Pleased With Low Interest Rate

GRASS VALLEY – Directors of the Nevada Irrigation District on Wednesday (Nov. 30) learned that the interest rate for repayment of its pending \$27 million revenue bond issue would be less than anticipated.

As recently as two weeks ago, directors had anticipated an all-in cost of about 3.99 percent but bids from seven underwriters submitted on Wednesday went lower. Low bidder Hutchinson, Shockey, Erley & Co. of Chicago quoted the low rate of 3.81 percent. The all-in cost includes an interest rate of 3.697 percent plus fees for the bond sale.

The bond sale is expected to be completed over the coming two weeks, with pre-closing and closing on Dec. 12-13. The district anticipates receiving the bond proceeds by the end of the year.

NID plans to use the money to fund major water system improvement projects – including the current Banner Cascade Pipeline Project – to replenish district reserves, and to refinance existing debt at a lower interest rate.

The district's good credit ratings contributed to the low interest rate. NID received a AA+ rating from Standard and Poor's and a AA rating from Fitch. The ratings are based on financial considerations including the fact that NID provides an essential service in a stable economic area, has affordable water rates, an ample water supply, diverse revenue sources, strong debt service coverage and strong liquidity levels, according to a First Southwest report.

NID will repay the debt at

\$1.34 million per year over a 25-year period.

In other business, directors:

- adopted a final 2012 budget of \$61.5 million. The overall spending plan includes a \$48.4 million Water Division budget, \$10.2 million Hydroelectric Division budget and \$1.2 million Recreation Division budget. The district's work force will remain at reduced levels. The 2012 budget includes 177 employment positions, down 15 positions from the previously authorized level of 193.

The next meeting of the NID Board of Directors will be held at 9 a.m. on Wednesday, Nov. 30, at the NID Business Center in Grass Valley. NID board meetings are open to the public.

PG&E Says Stay Safe and Save Energy While Stringing Holiday Lights

As customers decorate homes and trees this holiday season, Pacific Gas and Electric Company (PG&E) encourages them to keep safety and energy efficiency in mind. Holiday lights bring joy to the season, but they can also bring hazards and added costs to your energy bill. PG&E offers the following holiday lighting tips: Holiday Lighting Energy Efficiency:

Purchase energy-efficient LED (light-emitting diode) holiday lights. LED lights can reduce energy consumption by as much as 90% when compared to traditional holiday lights and can shine brightly for up to 20 holiday seasons.

- A string of 300 LED holiday lights can cost less than \$0.50 to operate during the holiday season, compared to nearly \$70.00 for a string of 300 large incandescent holiday lights.
- LED holiday light strings are available at many retailers in Northern and Central California.

For more information about LED holiday lighting, visit www.pge.com/myhome/saveenergymoney/savingtips/seasonaltips/winter/led/index.shtml.

Holiday Lighting Safety

- In addition to being shatter-proof and shock resistant, LED lights produce almost no heat, making them safe to touch and greatly reducing the risk of fire.

- Look up and live! Before stringing outdoor lights, check for overhead power lines. Never place yourself or any object – like a ladder – in a position where you or it may come in contact with a power line – the result can be fatal. Keep at least 10 feet away from overhead lines.

- Before stringing lights on outdoor trees, make sure tree limbs haven't grown into or near power lines. Branches, entire trees and even the ground adjacent to a tree can become energized when trees contact power lines.

- Make sure lights used to dec-

orate the outside of the house are approved for outdoor use. Never use indoor lights outdoors.

- Follow the manufacturer's limits for the number of light strings that can be connected together safely.

- Check all light strands for cracked or broken plugs, frayed insulation or bare wires. Worn cords can cause fires, so discard damaged sets of lights.

- Route cords inside your home so they won't trip anyone. Don't place them under rugs, furniture or other appliances. If covered, cords can overheat or become frayed, increasing the risk of fire.

- Always turn off decorative lights – indoors and outdoors – when leaving the house and before going to bed.

- Do not place your tree near a heat source such as a fireplace or heat vent. The heat will dry out the tree, making it more susceptible to fires caused by heat, flame or sparks.

Sons in Retirement Golf Club Looking for Members

AUBURN – Sons In Retirement Area 33 (Auburn) is inviting new golf members to join Northern California Golf Assn. and also join SIR Golf Club for \$43. The golfer may establish a handicap index and participate in weekly 9 hole events at Black Oak GC or

monthly tournaments at other local courses. The open enrollment period lasts until Jan. 14 at that price and then will be \$53 after that date. So if you haven't played in a while and would like to resume or if you've never played golf but want to try it, this is a great opportunity.

For anyone not interested in golf, but would like to fish, bowl, bocce, putt, or use computers, SIR has all of that, too.

For more information about SIR and all of the activities call Big SIR, Ken Hansen, at (916) 663-4716.

NARFEA Annual Christmas Party

AUBURN – The National Active and Retired Federal Employee Association will have their annual Christmas Party on December 15 beginning at 11:30, at the Sizzler on Lincoln Way in

Auburn. There will be no business meeting except for the installation of officers for 2012.

There will be no gift exchange. Members are asked to bring a donation for the Salvation Army

Food Closet. There will be a raffle and door prizes.

Party starts at 11:30. Come join the fun! Information: (530) 885-7320

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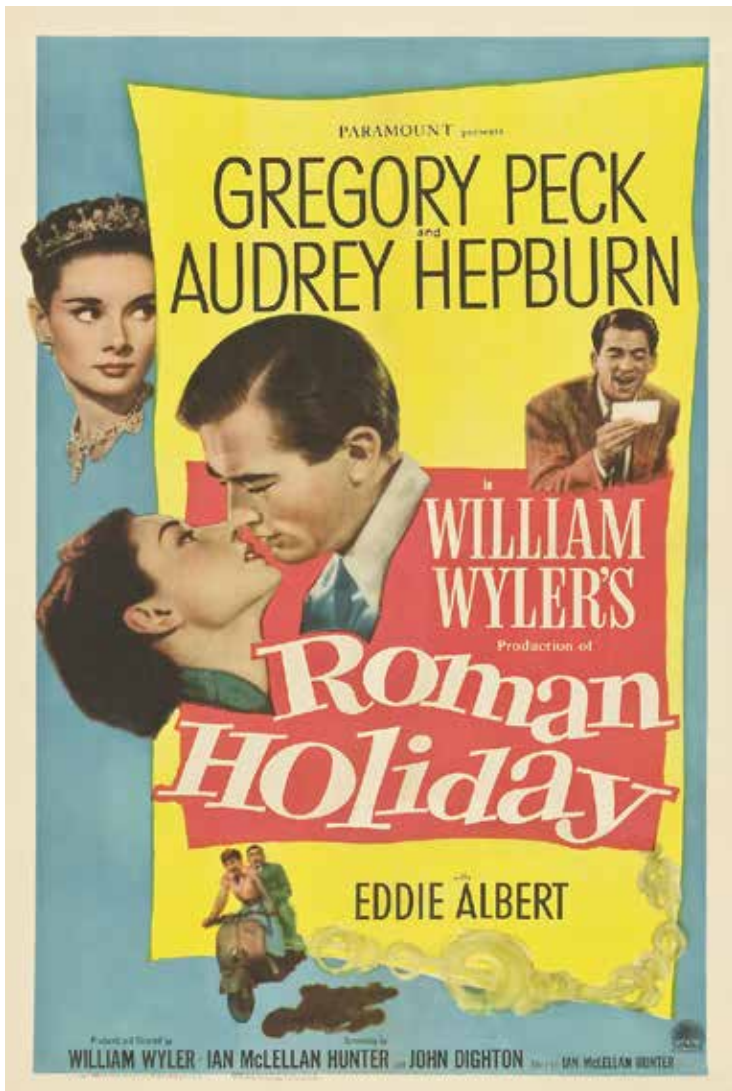
The State Theater to Show Academy Award Winning "Roman Holiday"

AUBURN – The Auburn Placer Performing Arts Center announces its Cinema at the State Film Series selection for Thursday, December 15, 2011 and Sunday December 18, 2011 - "Roman Holiday" starring Audrey Hepburn and Gregory Peck.

"Roman Holiday" is an important film for many reasons, probably most for introducing the world to the incomparable Audrey Hepburn in her first major starring role, and one which won her an Academy Award. Hepburn portrays a bored and sheltered princess who escapes her guardians and falls in love with an American newsman in Rome.

With oodles of cast chemistry, inspired direction by veteran William Wyler (Ben-Hur, The Best Years of Our Lives), and impressive locale work, shot completely on location in Rome, this ranks as one of the best romantic comedies ever made. "Roman Holiday" set the standard for the modern romantic comedy!

"Roman Holiday" is a cinematic treasure, and essential viewing by anyone who loves great romantic comedies, classic films, William Wyler, Gregory Peck, and especially, anyone who loves Audrey Hepburn. It's a near perfect story, with a beautiful ending, and every bit the modern fairy tale it sets out to be. As the years go by, "Roman



Holiday" remains ageless, a true timeless classic.

Tickets are \$8 at the door, with a limited number of seats available for advance purchase online at www.livefromauburn.com. Or, call the Box Office at (530)

885-0156. The box office opens 90 minutes before show time for each performance.

For a full schedule of upcoming films at the State, go to: www.LiveFromAuburn.com.



by David Dickstein

Family Films

The Adventures of Tintin: Secret of the Unicorn
Opens Dec. 23, rated PG
tintin.com

Steven Spielberg sits in the director's chair for the first time since "Indiana Jones" No. 4 in 2008. Filmed in 3-D motion capture, this adaptation, a combination of four French "Tintin" books, is also Spielberg's first-ever animated feature. Jamie Bell ("Billy Elliot") takes on the title role of an intrepid young reporter whose relentless pursuit of a good story thrusts him into a world of high adventure, and Daniel Craig plays nefarious pirate Red Rackham.



Alvin and the Chipmunks: Chip-Wrecked
Opens Dec. 16, rated G
munkyourselves.com

Maybe this is 20th Century Fox's sneaky way of turning people off to Disney Cruises because the third CGI-live action "Alvin and the Chipmunks" movie has rodents infesting a luxury liner, and not one is Mickey Mouse. Helium-voiced Alvin, Simon, Theodore and the Chipettes (from the first sequel)



Movies and DVDs for the Whole Family

are vacationing on the high seas until the ship runs aground on a not-so-deserted island. Jason Lee returns as the singing squirrels' ever-agitated manager Dave.

We Bought a Zoo
Opens Dec. 23, rated PG
weboughtazoo.com

Bring plenty of Kleenex for this drama about a widower who purchases a dilapidated zoo in the English countryside in hopes of bringing his family back together. Their life savings now put into a rundown facility where 200 exotic animals need extraordinary care, the family readies the zoo for a grand reopening while grieving over a wife and mother who has died from brain cancer. Matt Damon portrays Benjamin Mee,

hours of edutainment in this six-DVD collection. Love the child-empowering direct-play feature that enables little ones to insert a DVD and watch without help. Hot (big red) dog! *Grade: A*

Dolphin Tale (ages 5-15, released Dec. 20, rated PG): Well-done inspirational story about a boy who befriends an injured dolphin named Winter and inspires grown-ups to help rehabilitate the maimed fellow mammal. Predictable as movies of this genre usually are, this true-life tale still delivers thanks to a heartwarming story and solid cast led by Harry Connick Jr., Ashley Judd, Morgan Freeman and, playing herself, the real Winter. *Grade: B+*

Super 8 (ages 11 and older, just released, rated PG-13). It's Steven Spielberg's greatest hits from director J.J. Abrams. This instant classic of a sci-fi monster movie is a near-perfect patchwork of styles and scenes from "Jurassic Park," "Close Encounters," "War of the Worlds" and "Jaws," but mostly "E.T." The result is a riveting adventure as told through



a group of adolescents who risk their lives after witnessing the unfathomable. Terrific Blu-ray bonus is a deconstructing of the jaw-dropping train crash scene. *Grade: A*

Thomas & Friends: Holiday Favorites (ages 2-8, just released, not rated): A 157-minute televised train trip is the ticket for all Thomas-loving tykes with this three-disc gift set. Holiday-themed episodes from the popular TV series are combined from three previously sold Thomas & Friends DVDs: "Merry Winter Wish," "Ultimate Christmas" and "Holiday Express." HIT Entertainment also recently released three-disc holiday gift sets featuring Barney, Shaun the Sheep and Angelina Ballerina. *Grade: A-*

Don't Miss "A Christmas Carol: A Live Radio Show"

AUBURN – Auburn Placer Performing Arts Center will present a unique Christmas celebration combining festive music and dance together with the life affirming story of Dicken's "A Christmas Carol" at The State Theater December 9, 10, 11. This show will be done in the format of a live radio show by Tony Palermo with special music and dance directed by Glenda Gonzalez.

Long time Auburnite and Placer High School teacher, Glenda Gonzalez, brings the charming

live radio show style to the stage for the third year; the first time, however, for "A Christmas Carol." Done in full costume with live sound effects, the cast of 21 plus additional musicians and dancers, this year's show adds the element of a musical revue which precedes the radio show. The musical portion will showcase traditional Christmas music and the dance of Roseville High School's dance alumni.

Saturday's matinee is a special family show where children who come in their pajamas get in for

the low price of \$2.

Evening shows at 8 pm on Friday and Sat. December 9, 10.

Matinees at 3 pm on Sat. and Sunday December 10, 11.

Tickets: adults \$15, students \$10, children \$5 (except pajama day matinee.)

Seating at The State Theater is very limited and previous shows have sold out; we suggest you plan and purchase tickets early.

For a full schedule of upcoming events at the State, go to: www.LiveFromAuburn.com.

Local Animal Welfare and Sheltering Organizations Join Forces

Our Animals Need a Home for the Holidays!

PLACER COUNTY – During the month of December, animal rescue and sheltering organizations from throughout Placer County will work tirelessly toward finding permanent loving homes for the animals in their care.

Placer SPCA, Placer County Animal Services, Friends of Placer County Animal Shelters, Angels Rescuing Kritters, A New Hope Animal Foundation, Humane Society of the Sierra Foothills, Auburn Area Animal Rescue Foundation, and Field Haven Feline Rescue will offer

adoption fee rebates for specially selected adult cats and while funding is available. This is possible thanks in part to a grant from the Placer County Animal Trust Fund.

"We have many wonderful animals available for adoption and our collective wish is they all have a home for the holidays," states Placer SPCA CEO Leilani Vierra on behalf of these groups. These Placer County organizations know that acquiring the right pet can be an uplifting and magical experience

and encourage residents to make a difference in the life of a homeless animal right here in their own community.

Vierra adds, "Certainly, there are some folks who aren't in a position to adopt but there are other ways to support the efforts of these local groups, consider donating, volunteering or temporarily fostering an animal." For questions about Rebates for Rescues, please contact (916) 782-7722, ext. 106, (530) 885-7387, ext. 106, or administration@placerspca.org.

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with Mary Jane Popp

1) RELEASE—A single intensive week of stripping away negative eating patterns and attachments, breaking free of food cravings, letting go of all memories of past diets and disappointments, and jump-starting weight loss. This is a new day, a new program. You have to reprogram your appetite and tame those heavy snack demons.

You don't have to worry about carbs and calories. You also need to eat on a schedule and pre-plan for your meals. If you get hungry, you are more likely to grab something processed or sugary or fatty.

2) RELEARN—Two weeks devoted to laying down a new foundation of positive eating patterns, including making smart and slimming food choices, controlling portions, and exploring fresh tastes, from whole grains to spices. You can expand your approved foods. Moderate amounts of artificial sweetener are now allowed. You now have the option to eat a prepared frozen meal for dinner, as long as it contains no more than 350 calories per entrée. And guess what? You may now enjoy a pre-approved treat once a day.

3) RESHAPE—An extended phase that lasts until each unique dieter reaches his or her goal weight. Along the way, dieters

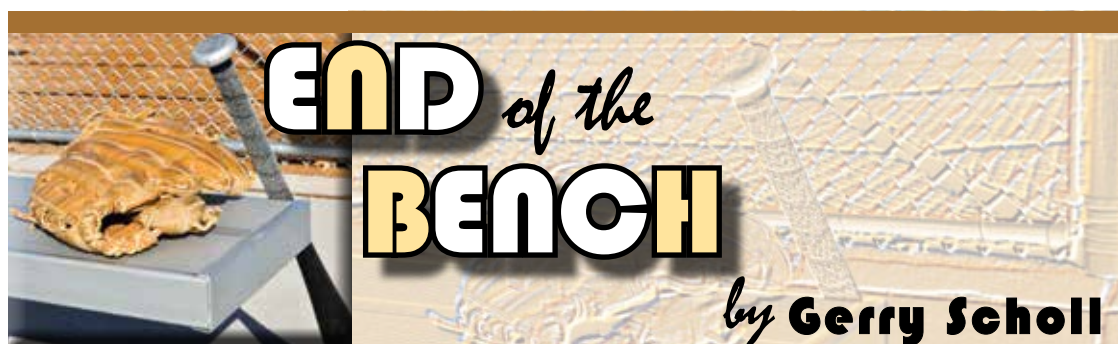
will find ideas to reenergize their spirit and workouts to rev up their bodies, as well as more practice in mastering and enjoying nutritionally sound eating.

Starches make a comeback with dinner, which means you are sometimes allowed to enjoy favorites like potatoes, rice, and pasta.

4) REVEAL—The final phase for every "Life Dieter" is maintaining that beautiful, healthy new body and optimism for the future. Joy shares strategies for safely splurging on special occasions and finding a comfortable plan for **LIFE**.

Joy also goes into exercise for both physical and emotional benefits. And she claims it's simple and effective and do-able for everybody...a real breeze. I could only touch on a few ideas from Joy Bauer's book "**Joy's Life Diet**." If you want more info, you can check out her website www.joybauer.com. There's also a companion program to the book, **Joy's Life Diet online** available on the same website. Make your New Year's wish early this year! Looking GOOD!!!

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



Thanks For a Lot of Stuff

No sooner had most red-blooded Americans taken a brief timeout to give thanks for what they, their families and friends have and share, than far too many of them morphed into cold-blooded shoppers hell-bent on hustling about for more and more stuff.

With many retailers expanding on the Black Friday idea, creating Dark Thursday Evening, the thankful reflection phase of the Thanksgiving experience shrunk to an all-time low.

The crazy frenzy of that holiday steeplechase/wrestling match is one sport I have no time for — No thanks! I did take time, though, to reflect on a few things in sports deserving a "Thank you."

First, thanks to Coach Jim Harbaugh and the 49ers (10-2) for reaching the playoffs for the first time in cons, after beating the St. Louis Rams, 26-0, Sunday. It's much more entertaining to follow a team that wins once in awhile.

Thanks for the emergence of quarterback Alex Smith as a leader and winner. He's no Joe Montana, but he's no longer Joe Schmo either. Thanks for RB Frank Gore's perseverance in attaining a new franchise record rushing total (7,396 yards). Thanks for DE Aldon Smith's style. After sacking the quarterback, he jumped up, raced to the sideline, and with just the right emphasis removed his helmet, placed it down and took a seat on the bench — a funny, appropriate celebration — with no penalty.

Despite the passing of Hall of Fame owner Al Davis, there's new life within Oakland Raider Nation thanks to Coach Hue Jackson and his charges. At 7-5 after losing 34-14 in Miami, the Raiders and their fans won't have to endure an eighth straight double-digit loss

season and still might make the playoffs.

Around the NFL... Thanks for Green Bay QB Aaron Rodgers and the rest of the 12-0 Packers. Though a long-time nemesis of the 49ers, they are exciting to watch perform at a currently unmatched level of excellence. Thanks for the New Orleans Saints and Drew Brees, the first QB to surpass 4,000 yards in the first twelve games of a season, after lighting up the New York Giants and Detroit Lions.

Thanks for Devin Hester of the Chicago Bears and all the highlight film he keeps producing with his 17 career kick returns for touchdowns. Why does anybody ever kick to him? (No thanks, to the new kickoff rule that limits players like Hester from doing their things as often.)

As for kicking, thanks for the great place kicker/punter combos in the Bay Area (David Akers/Andy Lee, 49ers; Sebastian Janikowski/Shane Lechler, Raiders) for reminding us the "foot" in football can be an impressive element of the game.

Thanks for the Tim Tebow story — an interesting saga, at least. Thanks for putting Ndamukong Suh of the Lions in his place with a two-game suspension resulting from his cheap-shot antics, and reminding players there are some limits to bad behavior.

Speaking of which, as hard as it is to acknowledge, thanks for outing some of the criminals and other culprits for their bad behaviors in sports over the recent past. It's no fun to learn about, but exposure may help to reduce or eliminate such egregious violations in the future.

Thanks to the NBA for settling its labor disputes, for the

simple fact I'm tired of the incessant updates on the negotiations. And I don't particularly want a regular-season basketball game for Christmas, thank you.

Thanks to the Veterans Committee for voting Chicago Cubs third baseman Ron Santo into the Hall of Fame (great glove work should stand for something, too), though it should have happened while he was still alive to appreciate it.

Thanks to the Giants for adding outfielder Melky Cabrera to the lineup. What else have you got?

Now if I were to do any shopping... after I ordered a 49ers-Packers playoff game, the next thing I'd look for would be a 40-homer, 100 RBI left fielder to bat cleanup for the Gigantes. Without the same prevalence of steroids and human growth hormones, etc., there aren't quite as many of those guys around.

Finally, thanks so much to the computers of the BCS for selecting a rematch of LSU and Alabama for the upcoming Field Goal Bowl to decide the collegiate Division I football championship. While we watch two great defenses stifle two lousy offenses, we will have plenty of time to review the scores of a bunch of relatively meaningless bowl games, and a lot of lower division actual playoff games. There's something I'd shop for — an 8-team playoff in Division I football.

Maybe LSU's Tyrann "Honey Badger" Mathieu will run a kick or interception back for another touchdown to snap us all out of our doldrums. We might all be mailing out "Thank You" notes to him along with our Christmas cards.

Readers: Thank you, for letting me be myself, again.

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 Noon - 1pm: The KAHI Noon News Plus 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
 7 - 10pm: Nick & Artie Sports Talk
 10pm - 12am: Poppoff with Mary Jane Popp

Thursdays
 4:30 - 4:45pm: Auburn Honda Gold Country Golf Show with Jay Cooper and Mike Remy
 4:45 - 5pm: Auburn Autohaus Auto IQ Show
 6:05 - 6:30pm: Leaders Without Limits with David McCauley
 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

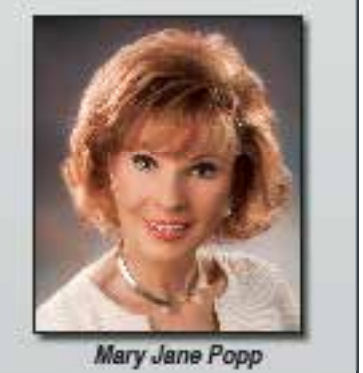
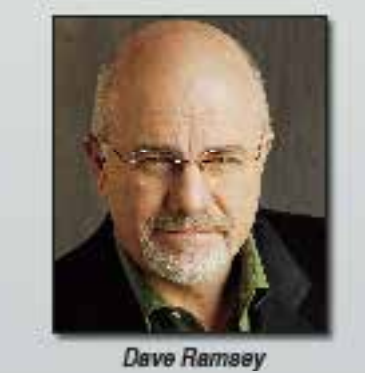
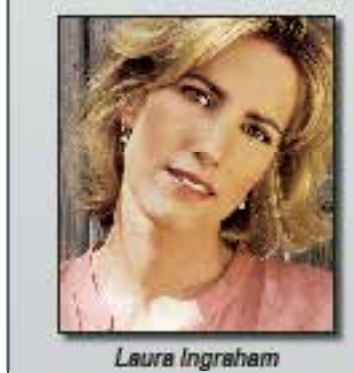
Sundays
 7:30 - 9am: Cruisin' Garage & Swap Meet
 9 - 9:30am: Bayside Auburn Church Service
 9:30am - 7pm: Sinatra & Friends Music
 7 - 8pm: A Way With Words
 8 - 9pm: Hearts of Space

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Home for the Holidays
 Celebrate the Christmas season

New seasonal works for full orchestra and chorus will add to the magic of the SCSO's standing-room only Christmas tradition at Mondavi.

UC Davis Mondavi Center
 One Shields Ave, Davis

Saturday, December 10, 2011 at 8:00 PM
 Sunday, December 11, 2011 at 2:00 PM

Tickets
 Mondavi Box Office | 1 866.754.2787
 Purchase tickets online | MONDAVIARTS.ORG

English Grandeur
 Ralph Vaughan Williams | *Song of Thanksgiving* | *Five Mystical Songs*
 William Walton | *Belshazzar's Feast*

Clayton Brainerd, Bass Baritone Special Guests: Sacramento Children's Chorus

Sacramento Community Center Theater 1301 L Street, Sacramento
 Saturday, April 14, 2012 at 8:00 PM Pre-talk at 7:00 PM

Tickets | Community Center Box Office | 916.808.5181 or online | TICKETS.COM



Sacramento Stained Glass Concert II
European Traditions

Fremont Presbyterian Church
 5770 Carlson Drive, Sacramento

Saturday, June 2, 2012 at 8:00 PM

Tickets
 online: SACRAMENTOCHORAL.COM
 or by phone: SCSO office | 916.536.9065

SacramentoChoral.com



Delicious and Aromatic, These Holiday Dishes Delight

There is something about these holiday dishes and the aromas of a fresh preparation that are really being loved more than ever. This season, the sophisticated holiday menu features a mix of new and old dishes made with quality ingredients to create a harmonious blend of flavors with your family.

For the best holiday recipe ideas, visit our holiday dishes e-newsletter, please go to www.PlacerSentinel.com. This new holiday e-newsletter website will be a great resource for you.

Spicy Shrimp Queso
Yield: 4 cups

1 package (16 oz) of frozen shrimp
2 1/2 cups of cheddar cheese
1/2 cup of green onions
1/2 cup of jalapeno peppers
1/2 cup of cilantro
1/2 cup of lime juice
1/2 cup of olive oil
1/2 cup of salt

Instructions: In a large pot, boil the shrimp for 3-4 minutes. Drain and rinse. In a large bowl, combine the shrimp, cheese, green onions, jalapeno peppers, cilantro, lime juice, and olive oil. Mix well. Season with salt to taste.



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How to Buy Your Happiness



By Linda Frederick Yaffe

That equipment I bought last year – the shiny, new piece of gear that seemed so important at the time – now sits forlornly in the back of my closet. Spending money on tangible goods for ourselves rarely brings much real satisfaction. After a brief flush of excitement, the many things

that we buy can sadden us and sap our energy. But money can provide lasting fulfillment if we share it with others. Spending money on others stores up “social capital,” improving our happiness while aiding our beneficiary...and strengthening all of society.

Writing in the *Journal of Consumer Psychology*, professors of psychology and experts on the science of happiness explain that money itself does not bring happiness, “because people don’t spend it right.” Their advice is simple: “spend money on others.”

In addition to monetary gifts, even greater social capital can be earned through regular social interaction, including such simple activities as once-a-month meetings. Participating in such group efforts, especially volunteering for nonprofit organizations that help others, delivers a huge

return on our time. University of London Professor Nattavudh Powdthavee, in the *Journal of Socio-Economics*, tells us: “I find that an increase in the level of social involvements is worth up to an extra £85,000 [132,440 U.S. Dollars] a year in terms of life satisfaction. Actual changes in income, on the other hand, buy very little happiness.”

As David Brooks explains in his new book, *The Social Animal: What the Science of Human Nature can Teach Us*, “Research over the past thirty years makes it clear that what the inner mind really wants is connection. ‘It’s a Wonderful Life’ was right. Joining a group that meets just once a month produces the same increase in happiness as doubling your income.”

“Altruism, volunteering, and philanthropy – our readiness to help others – is by some interpretations a central measure

of social capital,” according to Robert D. Putnam in *Bowling Alone: the Collapse and Revival of American Community*. “Giving time and money to help others is a long and distinguished tradition in American society. Both philanthropy and volunteering are roughly twice as common among Americans as among the citizens of other countries.”

The Literacy Support Council of Placer County needs your help. Join us; uphold our proud American traditions of philanthropy and volunteering. We are a non-profit 501(c)(3) organization that provides vital assistance to the Placer Adult Literacy Service (PALS), a program of the Placer County Library since 1985. Increase your social capital. Consider a gift – of time and/or money – a gift that will help adults in our communities learn to read...and, at the same time, boost your own “life satisfaction.”

Send a monetary contribution to the Literacy Support Council of Placer County, PO Box 5291, Auburn, CA 95604-5291, or contribute online at <http://lscplacer.blogspot.com>. Become a member of the Council – a Reading Booster. You can become a Reading Booster at whatever level you choose; all donations are valued. And membership in the Council makes a thoughtful gift for friends and relatives who value reading as much as you do. All of your donations and membership dues go toward the outreach, materials, and supplies that directly help adults throughout Placer County to improve their reading skills.

You can also help by becoming an active Reading Booster. Stop by the next meeting of the Literacy Support Council on Tuesday, January 24, 1:00 PM, at the new Rocklin Library, 4890 Granite Drive, Rocklin. Join us.

Meet and network with other Reading Boosters. You can help spread the word: free, one-on-one confidential reading help for adults is available throughout Placer County. You can contribute by advocating for literacy, helping with office work, field work, and events, and – most of all – by sharing your creative ideas in a congenial setting.

And you can generate an enormous amount of social capital by teaching someone to read. The ability to read lifts up not only the new reader, but also their family, friends, reading coach, and their entire community. Complete the enjoyable, informative Reading Coach training; then share the excitement of helping an adult in your community to change their life through reading. Volunteer today. Contact the Placer Adult Literacy Service: (530) 886-4530 or PALS@placerlibrary.org.

Deer Season a Half Century Ago

Commentary By
Dr. Paul Kengor

This season hunters across America storm the woods loaded for deer. For yet another indication of how times have changed, consider this account of Deer Season a half century ago:

My mother’s family lived in Emporium, Pennsylvania, as did dozens of their relatives. Emporium is a tiny town nestled in the mountains near the north-central part of the state. Back in the 1940s, when my mother was born, my grandmother had worked as a Rosie Riveter at the Sylvania plant. Some reading this article will remember owning a huge, heavy Sylvania TV—back when you got only three channels.

Sylvania employed half the town. Farming was another means of employment, which my

grandfather and his parents and nine siblings had done down the road in Rich Valley.

Still, neither Sylvania nor farming nor anything else did much to populate tiny Emporium.

Once a year, however, the place was flooded with people. That time of year was Deer Season, when out-of-town hunters arrived like an incoming Army, loaded with rifles and bullets. “Army” is a good metaphor, given that a large portion of the hunters were World War II vets. They came from the mills and mines of Pittsburgh and Western Pennsylvania. They came to shoot a deer.

During that special week, Emporium’s streets were bustling, the bars were jammed, and churches had more people than usual, including St. Mark’s, where hunters sought out the priest for a blessing before

heading into the woods.

The lone hotel was full, leaving hunters looking for lodging. Some packed into makeshift hunting camps. Some slept in their cars. Sleeping in a car was no big deal to guys who had fought in Germany, France, the Battle of the Bulge. Nonetheless, they searched for a place with a roof, heat, a bathroom—which brings me to my main focus:

My grandmother always took in boarders during Deer Season. In fact, the whole town did. Up and down every street, hunters knocked on doors asking if the home was taking boarders. Bear in mind, these were complete strangers carrying guns and lots of ammunition. And yet, there was never any fear that they were a threat to a household.

“I never heard of any problems anywhere,” recalls my mother, who was a little girl when the

hunters stayed at her house. “There was never any concern about the safety of anyone, including the kids. Today you can’t trust anyone. It was different then.”

It was very different. There was also a general trust of hunters, a trust I believe is still merited and shared in those areas. My Uncle Carl, my mom’s brother, says, “I still think that hunters are a special breed and even though they kill animals most are very caring, trustworthy, and law abiding.”

My uncle remembers my grandparents taking in so many people that he lost track. “During hunting season our house was a zoo,” he says.

For a few dollars per person, my grandparents hosted two or three hunters per night, giving them a bedroom and maybe the backroom. The hunters marched inside with all their gear. As

evening fell, early in the winter, my grandmother made dinner for everyone. They all shared a meal. The hunters talked and played and joked with the kids. After dinner, they got their equipment in order and went to bed—snoring loudly through the night.

Around 5:00 a.m., my grandmother made breakfast for the hunters, typically bacon and ham and eggs.

The meals were special. “I enjoyed the stories at night and breakfast in the morning as much as the hunting,” says my uncle.

Then they were off to the woods. If they shot a deer early, some headed straight back to Pittsburgh, hoisting the gutted carcass atop the Oldsmobile. Others, if they got a deer late, might return to the house, where my grandmother cooked up some venison. If they had no luck, they stayed another night or two.

This scene was repeated in house after house in Emporium. My Aunt Della, who lived across the railroad tracks and river, took in boarders in an apartment above her garage. She tended to get the same guys year to year. I’m sure her Rigatoni and meatballs were a factor.

Can you imagine this today? Any of this?

Yes, the culture has really changed. America has changed.

Dr. Paul Kengor is professor of political science at Grove City College and executive director of *The Center for Vision & Values*. His books include “The Crusader: Ronald Reagan and the Fall of Communism,” and his latest release, “Dupes: How America’s Adversaries Have Manipulated Progressives for a Century.” www.VisionAndValues.org

Seniors Need To Know

By Irwin A. Herman, MD

“How do I love thee, let me count the ways,” so wrote Elizabeth Barrett Browning to her husband Robert in 1850.

So what does that have to do with Seniors and medical issues? It actually needs a little tweaking; just change the “thee” to “me” and you might figure it out. I’ll get to it in a moment, but first, you may have noticed that I’ve been after you with messages helping to protect your health and encouraging pro-active preventative measures. That’s where the “me” comes in; only you can be your own best lover if you lead the lifestyle to keep you feeling good and staying in good health with exercise, proper diet and mental stimulation.

Now there is a new added wrinkle that is growing worse every year and which some have already encountered, myself included, and that is the search for medical care access if your doctor retires or reduces his practice for one reason or another, either illness, burn-out or financial considerations.

In a recent article in the bulletin of the county medical society where I practiced, a report from the California Medical Association (CMA) headlined a study about the current status of the alarming decrease of practicing physicians, which has been accelerating in the past several years. There are many facets causing this, notably growth in population, especially among the “baby boomers” who are now beginning to experience some of

the age related medical problems that occur, along with a marked actual decrease in the number of newly trained physicians entering the work force.

Demographics as of 2008 indicate that of the 119,000 licensed physicians in California, only 66,500 actually spent more than 20 hours per week in patient care. While this barely falls into the acceptable ratio of doctor/patient relationships (only 1/3rd are primary care MDs) the problem is exacerbated by a skewed distribution factor; most physicians migrate to the larger urban areas creating a shortage in 74% of California counties!

In order to offset the small number of doctors either graduating medical school or finishing residencies, fully 30% of primary

care physicians are foreign graduates. Further compounding the deficiency, data indicates that 30% of actively practicing doctors are over 60 years old, which generally puts them in either the “winding down” category or the “let’s call it a day” group.

Finally, the financial and accessibility impacts have created a larger obstacle to encourage growth of new incoming professionals. It is estimated that the average medical school student now graduates with \$150,000 of debt. Finishing a 3-4 year residency program adds appreciably to that total, in addition to the fact that most residents are by that time having families after having gotten married “on credit.”

There are also several other “bottlenecks” affecting physician

growth that impact the numbers of students entering the medical field. In 2008 there were over 45,000 applicants for only 1,084 openings in California’s 8 medical schools, and the 9,000 medical residents in training were only 25 per 100,000 population compared to a national average of 35 per 100,000. Since most residents tend to stay in the state where they train, California has a continuous drain on its native students who go to other states for school and training.

I think by now, the picture is hopefully becoming clearer. If you get sick, who will be there to take care of you, especially since the problem is now being compounded by decreasing reimbursement rates from health plans, including Medicare, and

increasing overhead expenses?

So, the message I left for you at the beginning, is also clear – love yourself by taking responsibility for your health and don’t end up knocking on the door of an empty office where there is no one there to help you!

The Older Adult Advisory Commission is responsible for advising the Department of Health and Human Services and the Board of Supervisors on the needs of Placer County’s older adults. Meetings are held the 3rd Tuesday, at 1:00 PM.

More information may be found online at: www.placer.ca.gov/Departments/hhs/adult/olderAdultAdvisoryCommission.aspx or by calling the Public Authority at (530) 886-3680.

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