

Placer Sentinel



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Teen Drivers At High Risk



A new study reveals that gaining experience is one of the single best ways to prepare teens to drive independently.

Parents of teen drivers are reminded to stay involved in their learning process even after the law allows them to drive without a licensed adult driver in the car. According to a new study from the AAA Foundation for Traffic Safety, teens are 50% more likely to crash in the first month of driving than they are after a full year of experience driving on their own, and are nearly twice as likely to crash as they are after two full years of experience. Teens have the highest crash rate of any group in the United States. “We know that young drivers’ crash rates decrease quickly as they gain experience,” says Cynthia Harris, AAA Northern California spokesperson. “What our new study tells us is that gaining experience is one of the single best ways to prepare teens to drive independently.” Crash data analysis of new drivers in North Carolina revealed that three common mistakes – such as

failure to reduce speed, inattention, and failure to yield – accounted for 57 percent of all crashes in which teens were at least partially responsible for during their first month of licensed driving. Researchers looked at specific types of crashes in relation to how long the driver had been licensed. They found that some types of crashes occurred at relatively high rates at first, but declined quickly with experience. The high initial inexperience was followed by rapid learning. Crash types that decline more slowly appear to result not from lack of understanding, but from failure to master certain driving skills. In a related study by the AAA Foundation, in-vehicle cameras were installed to monitor teens while learning to drive with parents, followed by the first 6 months of licensed driving without their parents in the car. The research found that while teens had their learners’ permits, routine trips on

familiar roads under relative easy driving conditions accounted for the bulk of the time spent behind the wheel. The study also showed a few instances of texting behind the wheel, distractions with other passengers, running red lights, and other potentially distracting or dangerous behaviors. **Tips for Parents to Improve Teen Drivers’ Safety as They Start to Drive on Their Own:** • Practice, practice, practice. Once teens have their actual license, continue to ensure that basic skills are mastered and to introduce varied driving conditions such as snow, heavy traffic and rural roads with an experienced driver in the passenger seat. • Keep passengers out. Teen drivers’ crash risks multiply with teenage passengers in the vehicle. Set limits and enforce them consistently. • Limit night driving. Reduced

visibility makes night driving riskier for drivers of all ages. For inexperienced teens, it’s even harder. Allow new teen drivers to drive at night only if truly necessary and to practice with a parent. • Keep setting rules. Establish and enforce rules above and beyond state laws. In addition to night and passenger limits, set rules for inclement weather, highways, cities, or other driving conditions in which a teen has not gained enough experience. Find a parent-teen agreement on TeenDriving.aaa.com that can help. *The findings pertaining to the crash rates of newly-licensed drivers are based on analysis of crashes of young drivers licensed in North Carolina between January 1, 2001 and December 31, 2008. For more information about teen driving see their website at www.aaa.com/teendriving.*

Placer County Gets Grant to Fight Underage Drinking

Placer County – The Placer County Sheriff’s Office now has more resources in the fight against underage drinking and alcohol sales to minors, thanks to a grant from the Department of Alcoholic Beverage Control. This growing problem was made apparent during a recent Sheriff’s Office decoy operation in the Lake Tahoe area, where 40 percent of the businesses visited by decoys sold alcohol to them. The \$40,000 grant will assist in providing awareness and training in alcohol-related crimes and their impact on schools, parents and students countywide. Anyone who sells or furnishes alcohol to a minor faces a fine of \$250 and up to 24 hours of community service. If it is a business, the Department of Alcoholic Beverage Control can take administrative action on the business’ alcoholic beverage license, impose a fine on the business or both.

During the recent minor decoy operation, underage decoys were sent into 15 businesses to see if any of them would be sold alcohol. As a result, employees at Tahoe City Shell, Tahoe City Chevron, Lake View Wine and Spirits in Tahoe City, Lanza’s Restaurant in Tahoe Vista, Sandy’s Pub in Squaw Valley and The Slot Club in Squaw Valley received citations for selling alcohol to a minor. The Sheriff’s Office will aggressively continue these types of enforcement projects in the future. The Sheriff’s Office will be offering Licensee Education on Alcohol and Drugs, or LEAD, classes throughout the year for retail licensees, their employees and applicants. The classes are a free, voluntary prevention and education program. Anyone interested in participating in the classes can call (530) 308-1552 or e-mail lbtenc@placer.ca.gov.

PCWA Moves Forward on Countywide Master Plan

Auburn – The Placer County Water Agency has identified areas in many parts of the county where safe drinking water needs are unserved or underserved, it was reported at Thursday’s (Oct. 6) meeting of the PCWA Board of Directors. The areas—mostly in the foothills and Tahoe Basin—have been studied as part of a countywide master planning process authorized last year by the PCWA Board of Directors. In a progress report, PCWA Deputy Director of Technical Services Brent Smith said the agency has been working closely with the Placer County Dept. of Environmental Health and the Placer County Local Agency Formation Commission in contacting approximately 100 public and private water suppliers that serve various parts of the county. Placer County Director of Environmental Health Jill Pahl attended the meeting and expressed support for the master planning effort. She said it could lead to opportunities for improved availability of drinking water to many Placer County residents. The master planning process has included local water utility surveys, identification of unserved and underserved areas, and setting priorities for water system improvements.

Smith said that survey results show that many of the underserved foothill areas are far from existing public water infrastructure and that extending service to many of these areas is very expensive. He said PCWA engineers envision an expanded “backbone” of the water system from which future extensions and water service could become available. The northern and western shores of Lake Tahoe are presently served by 23 water utilities, some public and some privately-owned, Smith said. He described efforts to link the various systems for better water service and improved fire protection. The presentation drew a small audience from the Colfax-Meadow Vista area, where residents have sought affordable water system improvements. Three speakers thanked the water agency for its progress on the master plan. Smith said the water agency is about midway through the two-year planning process. The master plan was authorized in September 2010 by the PCWA board. Directors at that time indicated that future hydroelectric power revenues from the Middle Fork American River Project would be considered in helping to fund some of the water system improvements.

Toast Community Outreach at Gold Country Rotary’s Oktoberfest

Auburn – Raise a glass in support of community outreach at Gold Country Rotary’s Oktoberfest fundraiser on October 21, and get a free entry to win two round-trip tickets to anywhere Southwest Airlines flies plus other door prizes. This authentic Oktoberfest celebration rivals the Bavarian original. There’s an oom-pah band, Bavarian folk dancers, German cuisine, and traditional Oktoberfest beer from Munich’s Spaten brewery. Wine lovers can sample the vino from local wineries Bonitata Boutique, Fawnridge, and Vina Castellano. For the young and the young at heart, this year’s event also features live entertainment from A-Train, the high-energy rock and roll tribute band that plays music



Gold Country Rotarian Jeff Moore raises his glass to toast the community members and sponsors who attended last year’s Oktoberfest and helped the club raise money for scholarships and outreach programs.

sauerkraut, and German potato salad, check out the silent auction. Up for bid is a wide selection of items donated by local professionals and businesses. Just in time for the holidays are unique items that make great gifts, such as wildlife photography from Van Howd’s studios, a stay at the Donatello luxury hotel in San Francisco, and a family membership to CALSTAR’s helicopter emergency services. This family-oriented food and brew fest is celebrating its twenty-fourth year, and will be held at Auburn’s Gold Country Fair Grounds. Festivities kick-off at 5pm, dinner is served from 5:30 to 8:30. Music and dancing continue into the evening until 10pm. Tickets are \$22 for adults (\$25 at the door), and \$10

for kids under thirteen. Proceeds benefit community projects in Auburn and surrounding areas. This event funds scholarships to trade schools and colleges as well as programs for children and seniors. Gold Country Rotary works with other organizations such as Interfaith Food Closet, The Gathering Inn, Women of Worth, and the ShelterBox disaster relief charity, to name a few. Get tickets from any Gold Country Rotarian, or call Rotary President Jimmy Mullenix at Master Technicians, (530) 889-9682. There’s a good chance you’ll be attending two Oktoberfest celebrations next year—the one close to home, and the other in any city where Southwest Airlines flies. Prost!

Gas 64.6¢ More Than Last Year

Sacramento Region – Average retail gasoline prices in Sacramento have risen 2.3 cents per gallon in the past week, averaging \$3.74/g last week. This compares with the national average that has increased 6.3 cents per gallon in the last week to \$3.49/g, according to gasoline price website SactoGasPrices.com. Including the change in gas prices in Sacramento during the past week, prices were 64.6 cents per gallon higher than the same day one year ago and are 10.6 cents per gallon lower than a month ago. The national average has decreased 12.0 cents per gallon during the last month and stands 66.3 cents per gallon higher than this day one year ago. “Highlighting what I’ve reiterated for weeks, we’re seeing gasoline prices continue their volatile trend, and this time that trend is upward,” said Patrick DeHaan, GasBuddy.com Senior Petroleum Analyst. “So far, the national average hasn’t taken off like the number of Detroit Lions

football fans, but I do expect that over the next week, we’ll see a continued rise in gasoline prices. Prices will rise slowest in the Rockies, while moving fastest in the Great Lakes, as we’ve already witnessed. It’s important to note that wholesale gasoline prices are now at their highest since early September, when the national average was \$3.66/gallon,” DeHaan added.



Historical Sites Artwork Now On Display

Auburn – An art exhibit of historical sites and buildings in Placer County is now on display in the Beecher room of the main Auburn library. The paintings are by six local artists, and depict sites as varied as an Indian grinding rock, the Old Newcastle winery and a familiar Victorian home in Auburn. There are 14 paintings in all.

Displayed along with the artwork are drawings of the Auburn courthouse, by the third grade class of Heather Watkins Koolhof, 2010 at Skyridge school.

The show is on display until Dec. 1 during regular library hours: 10-6:00 Mon. and Fri.; 11-7:00 Tues., Wed., and Thur.; and 10-5:00 Sat. The library is located at 350 Nevada St. The exhibit is sponsored by Friends of the Library.



Lois Owsley submits her painting of an area historical site to the Auburn main library. The oil painting depicts an Indian grinding rock in Rocklin.

Longhorn Meats Says "Here's The Beef"

Auburn – Longhorn Meats recently donated 150 lbs. of fresh hamburger to the Auburn Interfaith Food Closet, which distributes food each month to thousands of people in the local community. (From L to R:) Joyce Smith, AIFC; Max Kane, AIFC; Ashley Countryman, Longhorn Meats, and Phil Kattenhorn, owner, Longhorn Meats.

The Food Closet relies heavily on donations, as their workforce is entirely volunteer. The Food Closet is running a deficit at this time, due to the significant increase in clients, people who need food, as well as the rising cost of food. They serve over 1,000 families each month now, which is about 3,500 people. Contributions like this from Longhorn are very much appreciated!



(From L to R:) Joyce Smith, AIFC; Max Kane, AIFC; Ashley Countryman, Longhorn Meats, and Phil Kattenhorn, owner, Longhorn Meats. Photo by Joe Irvin.

U.S. Forest Service Starts Fall Prescribed

Placer County – The American River Ranger District will be starting their fall prescribed burn program. Fall and winter burning will include roadside hand piles, large machine piles, and up to 700 acres of under burning. The exact timing of these burns is difficult to predict due to specific conditions required to reduce the possibility of escape, manage smoke concerns, and have the best possible fuel consumption.

Burning may occur throughout the Foresthill Divide and Mosquito

Ridge areas. Visibility may be diminished due to smoke in these areas. Anyone traveling into the forest should stay alert for signs warning of prescribed burning or smoke on the road. If you are traveling through a prescribed burn area please turn on your headlights and be aware that there may be personnel working along the road.

Fire management personnel work with the Redding Fire Weather Center and Placer County Air Pollution Control District

to plan prescribed burns so that smoke impacts to communities are minimized. While burning is planned to minimize smoke impacts, some smoke may settle into the valleys during the evenings and mornings until atmospheric conditions allow for smoke dispersal.

For current updates, or if you have any questions concerning the fall burn program, please contact fire management staff at the Foresthill Ranger Station at (530) 367-2224.



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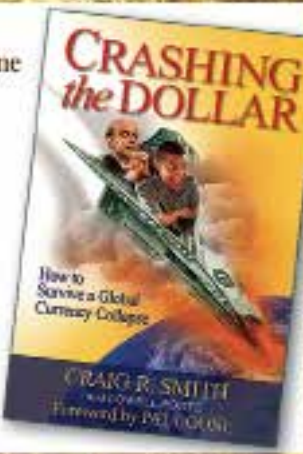
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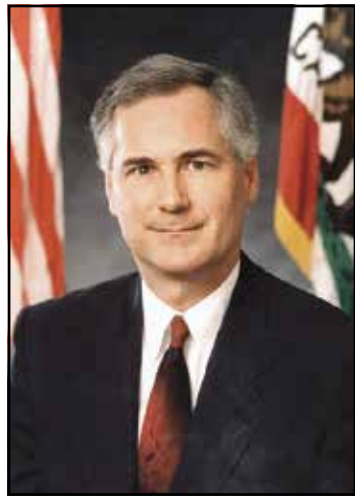
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Honoring Army Specialist Garrett Fant



Congressman Tom McClintock

From Congressman Tom McClintock

House Floor Remarks in Memory of Army Specialist Garrett Fant House Chamber, Washington, D.C.

Congressman Tom McClintock October 13, 2011

Mr. Speaker:

Forty years from now, a beloved high school history teacher at Tahoe High School named Garrett Fant should be celebrating his retirement surrounded by generations of his students and by his children and grandchildren. They would have all told affectionate stories of how Mr. Fant inspired them or helped them and wished him a happy and well-deserved retirement.

Sadly, history has willed a different story. Army Specialist Garrett Fant instead returned to South Lake Tahoe last week as a fallen hero at the age of 21. This young man sacrificed all those years, all those memories, all those pleasures – all that life – in the service of his country.

He loved the Army and had a plan for his life – he'd serve his country as a soldier for twenty years, and then he'd come home and serve his community as a high school history teacher.

From everything I've learned about Garrett Fant, he would have made a great history teacher. His mother told a reporter that "His thought was that high school was the last stop for kids, and he wanted to influence people."

He would have been a great family man. His older brother remembers looking up to Garrett as if Garrett were the older brother. Knowing full well the dangers that surrounded him in Afghanistan, his foremost attention went to reassuring his family that he was safe and secure. His mother said "He always tried to protect me from the dangers of being over there...He was just someone that if you were his family or his friends - or his country - he gave you his all and loved you with everything."

Above all, Garrett Fant wanted to be a soldier. His brother tried to get him to enlist with him in the Navy, but Garrett would have none of that. He was all Army and had known from the time he was a little boy that's what he most wanted to do.

On Facebook, he listed his occupation as "grunt," telling friends, "You can't spell 'Infantry' without 'Fant.'" He was the top marksman in his class of 1,000.

I wish I'd have known him. I wish my grandchildren might one day have been in his high school history class.

Instead, Army Specialist Garrett Fant takes his place in history, among nine generations of American heroes who sacrificed all those precious years to protect those who couldn't protect themselves, to stand up to the bullies of the world, "to proclaim liberty throughout all the land and unto all the inhabitants thereof."

In his farewell address at West Point, General Douglas MacArthur turned his attention to fallen heroes like Army Specialist Garrett Fant and with searing insight observed,

"Their story is known to all of you. It is the story of the American

man at arms. My estimate of him was formed on the battlefields many, many years ago, and has never changed. I regarded him then, as I regard him now, as one of the world's noblest figures; not only as one of the finest military characters, but also as one of the most stainless.

"His name and fame are the birthright of every American citizen. In his youth and strength, his love and loyalty, he gave all that mortality can give. He needs no eulogy from me, or from any other man..."

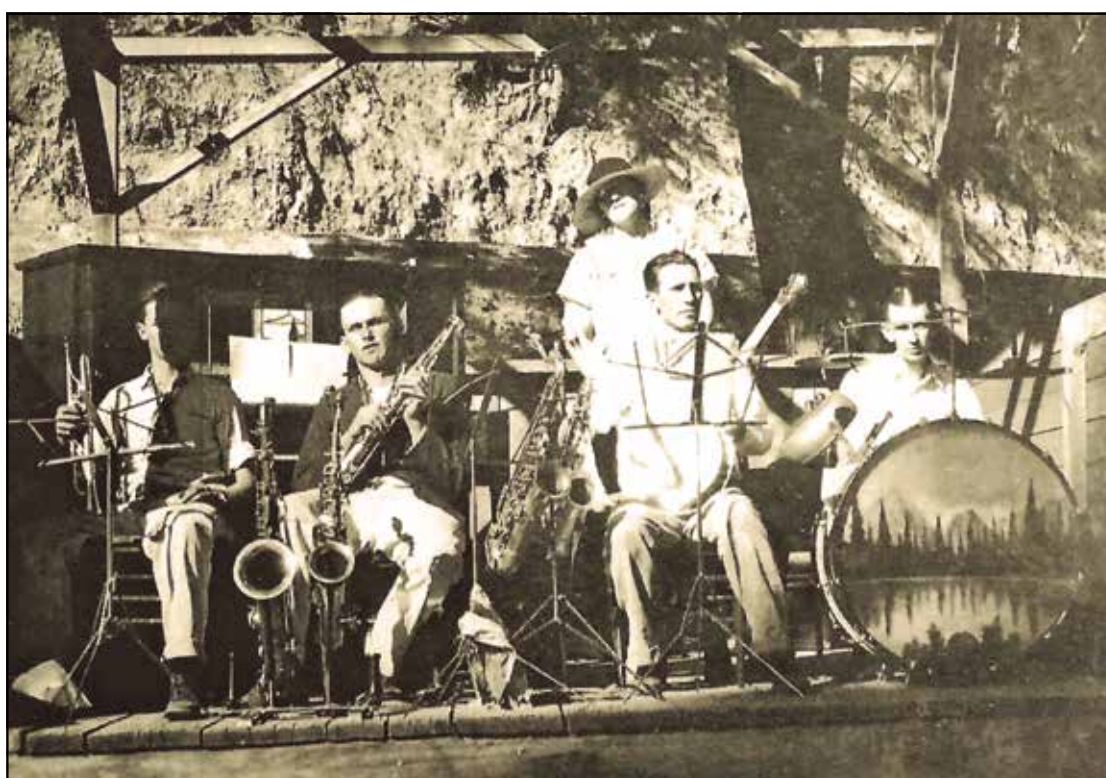
"But when I think of his patience under adversity, of his courage under fire, and of his modesty in victory, I am filled with an emotion of admiration I cannot put into words. He belongs to history as furnishing one of the greatest examples of successful patriotism. He belongs to posterity as the instructor of future generations in the principles of liberty and freedom."

And so Garrett Fant became a teacher after all. As Shakespeare said, "this story shall the good man teach his son."

Succeeding generations of students at South Lake Tahoe High School, and also at Valley Oak High School in American Canyon, which Garrett also attended, will know his story. Every Memorial Day in his home town, his name will be read with a special pride that his friends and neighbors will share. For centuries to come, strangers will pass by his honored grave, adorned with flags and flowers and note the few years he had and the sacrifice he made, and be humbled by it and perhaps inspired by it to become better citizens. No history teacher can do more than that.

To his grieving family, on behalf of a grateful nation, I can only say that you do not mourn alone. Your pride in Garrett is shared by your community, your country, and by many history teachers who will tell his story to the latest American generation.

I Remember Auburn



Howard's father, Martin Rogers, and his band at Forest Hill, circa 1930. Photo courtesy of Penny Howard.

By Penny Howard

Thomas Wolfe said, "You can't go home again". But, what did he know? He was only 38 when he died. Had he lived a bit longer he might have had a different perspective on life.

I always gave great credence to that quotation, until May of 1998. That is when the old Auburn Union Grammar School on Lincoln Way converted one of its class rooms into a museum and named it after Ben Welty, the beloved principle there from 1924 until 1944. I hadn't been inside the school since December of 1935, when our family moved to San Francisco. Nor had I been in the house we lived in since that date.

By sheer chance, at about the same time of the opening of the school room museum, I had been put in touch with the couple who lived in our old home at 446 Linden Ave. They had seen a picture of the house in an article I had written for a magazine and recognized it. They called the editor of the magazine who then sent me their phone number. So, of course, I called them and we made date for a visit. My sister, Julia, was coming to visit me from Las Vegas, so we would both be traveling down Memory Lane as we visited the school room and then on to our old house.

That trip to the school room and our house opened up a whole plethora of memories for us. First, is Mr. Welty. He was a big man, and someone once dubbed him, "The Gentle Giant". I can still see him patrolling the playground during lunch or recess with his big green megaphone, shouting, "Get out of that tree before you fall and break a leg", or "Stop shoving at the drinking fountain". I even saw him plow through a crowd of kids rooting on two eighth grade boys punching the lights out of each other. He grabbed them both by the scruff of their necks and marched them into his office where they were probably smacked again by the big wooden paddle he kept by his desk. Yes, he used it whenever he thought it was necessary, and no parent ever sued him for abusing their child. Instead they usually heard about it before the child got home, and then he was punished again. In spite of his stern discipline, every child loved him, and he loved all of them.

But, my most vivid memory of him was preparing a group of us students to visit the USS Constitution, nicknamed "Old Ironsides", which was on temporary display at San Francisco. I was in the sixth grade at the time. Mr. Welty had us organized into squads of about eight or ten students with an eighth grade boy in charge of each squad. There were probably four squads in all. For several days after school we practiced. When Mr. Welty blew his whistle we each gathered behind our squad leader. When we were all accounted for the leader signaled Mr. Welty.

The round trip train fare to Oakland was \$2.50 plus 10 cents for the Ferry to San Francisco. We had to board the train at 2:30 in the morning. I know my parents couldn't afford that for my sister and me. I think our great-aunt and uncle and Grandmother provided the means for us to have a memorable experience. Two or three teachers went along as chaperones, but, Mr. Welty was the "General". What a sight it must have been to see all those wide-eyed country kids marching up Market Street gawking at the tall buildings while Mr. Welty marched ahead of us carrying his large megaphone.

We actually got to go aboard "Old Ironsides" and explore every nook and cranny. After a full day in the city we headed home. We were a bunch of tired, but happy, kids when our parents picked us up

in the wee hours of the morning.

Without television or cell phones and all the gadgets today's kids have, what did we do for entertainment? On warm summer nights we gathered under the street light at the corner of Linden and Boardman streets to play "hide and go seek", "tap the finger", "kick the can" and other games. On other evenings we would go roller skating on the sidewalks down town. While there, we would sometimes follow old Mr. Chase, the night watchman, on his rounds as he tested the handles on the doors of the stores to see if they were locked.

During the day we played "Cops and Robbers" or "Cowboys and Indians", using our homemade rubber guns. These were pieces of wood shaped like a gun, with a spring clothes pin on the back. The ammunition was a rubber band cut from an old inner tube. One end was held in the clothes pin while the other end was stretched over the end of the barrel. When the clothes pin was squeezed the band flew off to hit its target. When you got hit with that after it had been stretched over a long barrel you were ready to say, "I give. You win".

Across the street from our house was a large vacant lot with several oak trees. The movie, "Tarzan" had just come out, so we wasted no time in tying ropes to the tree branches so we could emulate Tarzan by swinging from one to the other letting loose with that famous Tarzan yell.

We also had a tree house built with "hot" lumber. After playing our games in the evenings under the streetlights, we managed to pick up a few pieces of lumber where a new house was being built in the neighborhood. The tree house was built in stages as we acquired the lumber. It served many purposes. Sometimes it was a fort, as we played cowboys and Indians. It changed possession off and on, depending on which group had the deadliest arsenal of rubber guns. Other times it was a club meeting place or a play house when some of us girls wanted to have a tea party for our dolls.

Another favorite summertime activity was swimming in the American River. The closest place was called "Clark's Hole", just beyond where the North Fork joins the Middle Fork near the bridge to Cool. But, the best swimming area was Rattlesnake Bridge, also on the American River. That was before Folsom Dam was built. It now lies under the far reaches of Folsom Lake. It was a great place for families. We always packed a picnic lunch and made a day of it with other families.

My two sisters and I loved to dance, even when we were quite small. Our father had a little 5 piece orchestra, "Marty Rogers and His Band". He played the Banjo. The band played at several locations in Auburn, and also many out of town spots, such as Cool, Forest Hill, and others. My mother and my sisters and I usually went with the band. Many couples took their children, and we all got out on the dance floor, too. My sisters and I had a lot of help in learning to dance. Our Aunt Bobbie was a "Dime-a-Dance" girl at one of the dance halls in Sacramento. We were just little kids doing the "Charleston" and "The Black Bottom", which were all the rage then. It was a lot of help as we graduated to "Jitterbugging" in our teens.

I remember when the State Theater opened in the early 1930's. Everyone was thrilled with its beauty. Before that, we went to the movies at the old Auburn Opera House, owned by Mr. Jacobs. The movies were the old silents. Our mother read the captions for us so we could follow the plot. Then came the talkies. What an improvement. It cost a dime to go, but we certainly got our money's worth.

It started out with a newsreel followed by coming attractions, a cartoon, and a comedy. Then came the main feature. On Saturdays there was a serial that always left the hero or heroine in a drastically perilous situation, to be continued the following Saturday. They knew how to keep us coming back.

We always walked to school, even in inclement weather. However, if it snowed a few inches school was closed. That's because the school buses couldn't get out to pick up the many students who lived on farms or ranches out of town.

Walking home from school we passed the building where the Auburn newspaper was printed. There was a large window in front so we could watch a man meticulously putting the letters in the linotype. A few doors beyond that was Waddle's meat market. Sometimes we would go in and casually look at the wares. If we were lucky, the proprietor would give us a wienie to eat on the way home.

We nearly always took our sack lunch to school, but about once a month our big treat was to eat out. We would go to the Sugar Plum, a soda fountain and restaurant, which was almost across the street from the Auburn Hotel on upper Lincoln Way. There we ordered our favorite repast, a toasted Tuna sandwich with pickles olives and potato chips, and a huge thick chocolate milkshake, all for twenty-five cents.

What is now called Old Town Auburn, with its antique shops and upscale restaurants, we called lower town. That is where the Chinese population of Auburn lived. One of my good friends was Mable Wing. She lived in lower town. I wonder where she is now.

We lived near the railroad tracks, and there was a Hobo camp in a copse of woods next to the tracks. Occasionally one of the hobos would knock on our door and offer to do any chore in exchange for some food. We were poor and had very little for ourselves, but my mother would always make them a peanut butter and jelly sandwich.

This was during the depression and many people were out of work. Even my father was out of work often. Although he had his little band, they only had a gig about once a month. But, my mother had a job as a sales clerk at Lee's Department store. It was on the bottom floor of the Masonic building across the street from Waddle's Market on the Central Square. My mother had an old winter coat to wear outdoors, but she didn't own a sweater, and the store was cold during winter months. So, Mr. Lee was kind enough to loan her a sweater off the rack while she was at work.

Although we were poor, my sisters and I had a happy childhood. When my parents couldn't pay the electric bill our electricity was turned off. So, we used kerosene lamps. My mother cooked on a little propane stove. For our Saturday night baths she would heat a couple of kettles of water on the stove and carry them upstairs to pour into the bathtub. She'd add some cold water and all three of us girls took turns bathing in the same water. We didn't complain.

Yes, I have many fond memories of growing up in Auburn when it was a small town and you seemed to know just about everyone. I'm grateful for those memories.

In case anyone is still around who remembers the 1920's and 1930's, this was my family: My parents were Martin and Aletha Rogers, and I had two sisters, Julia and Patty. I was the middle one and my name was Naomi. I didn't get the nick-name of Penny until after we moved to San Francisco. But, that is another story. Penny Howard now lives in Fair Oaks.

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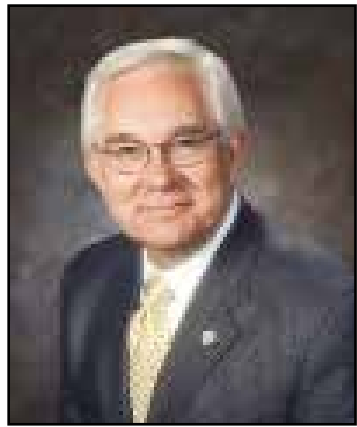
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A Focus on Breast Cancer In October



By James N. Martin, Jr, MD
President, The American Congress of Obstetricians and Gynecologists

pregnancies or first pregnancy later in life, starting periods before age 12 or menopause at age 55 or after, obesity, alcohol intake, and use of some types of hormone therapy can also increase a woman's risk.

While some risk factors including age and family history are beyond your control, others such as weight and the amount of alcohol you drink, can be improved. You can learn more about your risk of breast and other cancers at understandingrisk.cancer.gov.

Women with breast cancer have up to a 98% survival rate when it is caught at an early stage. Earlier detection and advances in treatment have led to the gradual decrease in breast cancer deaths. Mammography screening remains the best available method to detect breast cancer early. Regular mammograms are crucial to identifying tumors when they are most treatable, but unfortunately, many women skip being screened.

ACOG recommends that all women ages 40 and older should have a mammogram annually. If you have certain risk factors, such as being a carrier of the BRCA1 or BRCA2 gene, your doctor may suggest mammography

screening at a younger age. High-risk women should discuss their prevention options with their doctors. For information on where you can find free or low-cost mammography screenings, go to cdc.gov/cancer/nbccedp.

Women ages 40 and older should also have their breasts examined by their doctor annually. Women ages 20-39 should have this done every one to three years. Additionally, all women ages 20 and older should become familiar with the normal appearance and feel of their breasts and tell their doctor if they notice any changes.

There are currently a number of effective treatment options available for breast cancer. Ultimately, a woman and her doctor will choose the treatment that is right for her, based on the location and extent of the cancer, her age and preferences, and the risks and benefits of each treatment.

As a national sponsor of National Breast Cancer Awareness Month in October, ACOG encourages women to focus on breast health now. For more information and resources on breast cancer, treatment options, and where you can find support, go to nbcam.org.



Around Town

with Loyce Smallwood

settle into a serene/luxurious/comfortable scene, weekdays. More foodie delights at Local Heroes, High Street DT Auburn where I've indulged myself with the black bean gardenburger complete with fries.

Congrats to dynamic entrepreneur Tango Yogurt Owner Lisa who's provided a colorful dining scene both inside and out for both establishments.

Work off the pesky calories and walk over to the Karma Gallery on Lincoln Way DT where you can feast your eyes on the strikingly vivid art including that of Ana Luisa Rincon whose brochure lists human and animal portraits/photography/murals/art lessons among her offerings. Docent/storyteller Chery Anderson reminds us to attend the Auburn Library Noon programs

and Anderson plans a storytelling event for November 18.

What to do with all that free time? Call the Auburn Library to volunteer as a reading booster and support the Literary Support Council of Placer County. Sentinel salutes to spunky/stalwart artist/author Suzanne Blaney who took a tumble during a recent book signing and showed up with arm in sling ready for mirth at our recent CELEBRANTS grouping on a rainy morning. Blaney is unstoppable in promotion of her new book on artist Anita Wolf, a beautiful book it is which fan/art lover Linda Lareau commented on recently. Yes, beauty abounds all around in our beguiling hamlet. Comments/questions to loy@foothill.net; www.connection-sloyce.wordpress.com

Protecting Placer County Water Resources

Auburn - Local efforts to protect Placer County water resources are being greatly stepped up as downstream interests that divert water through the California Delta look to take more water for Southern California and South Bay Area customers.

This was the message at Thursday's (Oct. 6) meeting of the Placer County Water Agency Board of Directors by PCWA General Manager David Breninger, and Director of Strategic Affairs Einar Maisch. They were joined by Mountain Counties Water Resources Association (MCWRA) Executive Director John Kingsbury.

Breninger has been among north state water leaders consistently expressing grave concerns for many years about the state's attempt to usurp local water supplies for use in other areas of California. The current concern focuses upon a state agency formed in 2009 called the Delta Stewardship Council. Breninger says the Council "is far exceeding its authority and is on the wrong track with its water grab mentality."

Breninger, along with Maisch, and others of PCWA are attending numerous meetings to advocate for protecting Placer's water resource interests. Maisch is giving presentations to local governmental and

community groups on how the currently drafted Delta Plan will negatively impact water supplies in Placer County.

Kingsbury, whose organization represents 14 mountain counties and water suppliers, including PCWA, said MCWRA has likewise greatly increased its lobbying efforts. "We're part of several coalitions networking and conveying the important interests and needs of cities and counties depending upon Sierra Nevada water resources," Kingsbury said.

The association's increased activity is budgeted at \$65,000 for this year and Kingsbury has been approaching member agencies for financial support. The PCWA board unanimously committed \$10,000 to the effort.

"Northern California doesn't have the political clout in this latest water grab as we're statistically outnumbered by Southern California votes and money," said PCWA Board Chairman Lowell Jarvis, who also serves on the MCWRA board.

In other business, PCWA directors:

- heard an update on current and planned water system improvements. Engineer Tony Firenzi outlined a program that includes an investment of \$65 million in

35 water and power projects of the Agency.

- heard an update on an Agency initiated County-wide water master plan that was presented by Brent Smith, Deputy Director of Technical Services.

- confirmed support of the Truckee Donner Public Utility District, which is opposing a move initiated by the Nevada County Local Agency Formation Commission to reduce the size of the district's sphere of influence. The TCPUD serves customers in both Nevada and Placer counties.

- agreed to provide a \$500 sponsorship to Leadership Auburn 2012, an education and training program that promotes community leadership. Bruce Cosgrove, CEO of the sponsoring Auburn Chamber of Commerce Foundation, said that over the past 13 years the program has graduated more than 260 potential community leaders.

The next regular meeting of the PCWA Board of Directors will be held at 2 p.m. on Thursday, Oct. 20, at the PCWA Business Center, 144 Ferguson Road, in Auburn.

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

Auburn - Good programming coming up on ACTV CONNECTIONS program as on Oct. 20 local photographer/musician/ACTV volunteer Bill Mael guests; then to be followed on Oct 27 by colorful Blues harmonica player/vocalist Mark Steinmetz aka Two Tone Steiny, dressed in his red suit per request. Email me for scheduled times or call ACTV at (530) 887-8778 to volunteer and/or produce your own programs at Placer High where I am told Steinmetz graduated.

And speaking of transitions, good luck to retail crafter Kathryn Santiago who will move her Creative Endeavors gift/craft shop from DT Auburn up to Sacramento Street in Old Town. Santiago's inventory includes a variety of loose beads/findings which should help fill the need for all those jewelry makers. The mirth factor is vibrating what with piccolo player/author Julia Riley and her fellow Flutecakes who will play their special blend of music at Lily's Place, Cedar Ridge at 5:30 pm on Oct. 30th.

And special thanks to Red Bike Café owner Linda Lareau for extending a big welcome to our CELEBRANTS group, meeting regularly at the comfy/spacious digs where colorful/splashy art by Daughter Allison adorns the walls so stop by; grab a tasty turkey/cranberry sandwich and a cuppa and



Julia Riley and Fellow Musicians.

Sierranaders Cabaret Show

Auburn - The Sierranaders are having their annual Cabaret dinner show coming October 21 in Auburn (Grange Hall, 3185 Bell Rd.) and on October 22 in Grass Valley at the old senior center/fairgrounds/11350 McCourtney Rd. Dinner starts at 6:30 PM. So that's a dinner and a show for \$15 (Children under 12 are \$12). The dinner, served to you at your table, will be lasagna, and will include salad, French bread, dessert, and water or coffee. Other beverages are available for a fee, including soda-beer-wine-cocktails.

The theme of the show is "Garage Sale" (no items really for sale)...and who doesn't like a garage sale?...there will be some



The Sierranaders

corny (but fun) humor associated with that. Expect some surprises!!

We sing A Cappella- no instrumental background- in 4-part harmony and the show will include chapter quartets, as well as the chorus. Song selection will vary from "Glow Worm" to "Mary

Lou" to "On The Road Again", so there will be a nice variety of songs. Good old-time music with words you can understand, that tell a story, without screeching guitars or heavy pulsating drumbeats!

The photo is of the group singing at the Nevada County Fair...and the group invites men that love to sing to come to a practice (see our website below), and "check us out", we have fun harmoniously!

I'm sure you will really enjoy the show—so treat yourself to a night out. You deserve it! And perhaps bring some friends or co-workers? Groups are welcome, as well. To order tickets, please call (530) 823-0339, (530) 346-2757, or at our website, www.sierranaders.org

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ROCK DOC

By Dr. E. Kirsten Peters

I spent this past summer trudging through six-mile treks each weekend with two good friends. We walked along the edge of wheat fields outside of town. (My friends and I qualify as middle-aged ladies, so the walks counted as significant exercise. Sad but true.) One of the interesting things about the walks was simply observing the growth and ripening of the wheat fields by which we passed.

We depend on wheat for bread, pasta, animal feed, noodles and – perhaps most importantly – fresh-baked cinnamon rolls. Watching a whole field of wheat grow up, turn from green to gold, and finally be harvested is a magical production that never grows old, at least for us hayseeds.

In the old days wheat grew tall, some of it to a height of six feet. But around the time I was born wheat researchers launched the “Green Revolution” that created wheat with much shorter stature. That was important because it meant farmers could pour on as much fertilizer and water as they were able without leading to wheat so tall it would topple over. In total, the Green Revolution roughly doubled the amount of wheat available worldwide – quite an accomplishment, but one of the

Breeding Better Wheat

truly astounding aspects of technical progress to which we adapt so quickly we soon take it for granted.

Recently I had the good fortune to talk with a wheat breeder who knows the history of the Green Revolution and who is immersed in the next wave of research promising new progress for wheat production. Professor Kulvinder Gill is an ag researcher who made time to help this rockhead learn about both what the Green Revolution accomplished and one unfortunate side-effect it may have introduced into many strains of wheat.

“We believe that what reduced the height of the wheat also compromised a plant hormone called gibberellic acid (GA for short),” Gill told me. “One way of putting it is that we want a different way of dwarfing the wheat plant that leaves the GA alone.”

One of the great challenges many wheat farmers face is growing wheat where rain is scarce. (Think of the Dakotas or west Texas. My eyes smart from the dust just cogitating on what a July afternoon there can be like.) About 85 percent of American wheat comes from low rainfall areas – places where what’s called “desert wheat” would be a big help to farmers and therefore to all of us whom farmers feed.

One way to help wheat grow well in low-rainfall areas is to plant it two to three times deeper than you would elsewhere. Water is indeed down at that level in the soil, but of course if you plant at depth it means the little seedlings have to have the “oomph” to grow to the surface and emerge.

“We also want a big root system for dry conditions,” Gill told me.

“More roots so that each wheat plant draws in more moisture.”

Beyond that, it’s good to have roots that go downward, rather than spread laterally. Competing with a neighboring plant by having the first wheat plant send its roots laterally into a neighboring plant’s domain doesn’t do either of them any good. So downward growing roots are what Gill and his colleagues hope to promote.

There’s a lot of painstaking work involved in breeding wheat. Researchers and their assistants use small scalpels to remove part of the reproductive organs on heads of wheat, then wait and finally cross-fertilize them with another strain.

The offspring of wheat produced this way has to be raised for four or five succeeding generations in order for it to breed true. Even in greenhouses where wheat will grow year round, that involves a couple of years in itself.

“But I’m sure that in 5 to 10 years we’ll have ‘desert wheat’ that’s ready to be planted by farmers,” Gill told me.

In many parts of both the U.S. and the developing world, wheat that can flourish with little rain would be most welcome.

A lot more than cinnamon rolls are at stake.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.



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CLUES

- ACROSS**
- One hundredth of a pound
 - Australia's flightless bird
 - *Red Sox hero, Jim _____, played in '86 series
 - Theater in ancient Greece
 - Lonely Boys
 - Honoric for a Muslim woman of high rank
 - Ornamental hair net
 - Romanian money
 - O in B.O., pl.
 - *Winner of most World Series
 - Soak up
 - ENT's first concern?
 - Pat dry
 - *Never aluminum
 - Risque
 - Bests and _____ of the year
 - Pinocchio's claims
 - *____, why not.?
 - Specialty
 - First rate or top notch
 - 1982 song "____ and Ivory"
 - Type of speech
 - Famous sheep Dolly
 - Asian food thickener
 - *Pitcher who lost most World Series games
 - In a sympathetic manner
 - Pharmacy ware
 - Laurie Partridge actress
 - Belongs to us
 - Little piggy?
 - *1994 cause for cancellation
 - *Location of first cross-town World Series
 - Bruce Wayne's Batman, e.g.
 - *Popular wood used for bats
 - Poisonous substance
 - *Home on the _____
 - Flower garment
 - Lament for the dead
 - Fencer's weapon
 - Take charge of a job
 - Oxidation-reduction, for short
- DOWN**
- One of a pocketful, according to Mother Goose
 - *"Show Boat" novelist Ferber
 - Glowing gas
 - R&B singer-songwriter
 - Make lovable
 - Building extensions
 - *Baseball catcher who served as spy in WWII
 - Like the suspects in "Casablanca"
 - Do over
 - Hunch-backed assistant
 - Road's edge
 - Emergency responder
 - *Winner of first World Series
 - Wipe out
 - Shoelace knot, e.g.
 - Roads less traveled
 - *The "____" Sox scandal
 - Garlic mayo
 - Part of mortise joint
 - *Owner of longest World Series drought
 - Repeated musical phrase
 - Young cod
 - Not here
 - Like a disreputable neighborhood
 - As opposed to receive, as in e-mail
 - Engineer, abbr.
 - Wasted on the young?
 - The Plaza Hotel's famous fictional character
 - Exclamation of disgust
 - Enlarged thyroid gland
 - Dominion
 - School in France
 - *____ in the face"
 - Prong of a fork
 - Road _____
 - *____ Music, pitch near the batter's face
 - Canned
 - Garbage in, garbage out
 - Black and white variety of quartz
 - You're or you _____
 - Red or Black _____

For Solution See Page 7

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For Solution See Page 7.

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"Keeping the Faith"

By Ronnie McBrayer

"Love others as much as you love yourself," Jesus told his followers. These words are considerably more than a sugary Sunday School story. For those who take these words to heart, "love others" has profound, life-altering implications, not all of which are warm and fuzzy. Consider the life of Bernard Lichtenberg, arrested seventy years ago this month. His crime: He loved.

Lichtenberg was a Catholic priest serving in Berlin before the outbreak of World War 2. When Adolf Hitler and the Nazi Party came to power, he recognized the coming terror better than most, and made it his ambition to help the Jewish people and other persecuted groups.

Lichtenberg spoke and acted boldly in defense of the Jews, and his repeated protests quickly landed on the ears of government officials. Then, as he knew would be the case, these protests landed him in the crosshairs of a Gestapo investigation. After years of tension, Lichtenberg was finally imprisoned for his opposition.

During his interrogation Lichtenberg was given the opportunity to recant his words and change his ways. He would not. Rather, he said: "I reject with my innermost [the deportation of the Jews] with all its side effects, because it is directed against the most important commandment of Christianity, 'You shall love

Love Doesn't Succeed. It Shines.

your neighbor as much as you love yourself".

"However, since I cannot prevent this governmental measure, I have made up my mind to accompany the deported Jews and Christian Jews into exile, in order to give them spiritual aid. I wish to ask the Gestapo to give me this opportunity."

Considered irredeemable by the Third Reich, Lichtenberg's appeal was granted. He was condemned and consigned to the concentration camp at Dachau. Aged, frail, and in a weakened state, Bernard Lichtenberg died while waiting to be deported in November of 1943.

It is hard to say that Father Lichtenberg, almost single-handedly opposing the Nazi war machine, was acting in a reasonable or sensible manner. How could he, as one man, ever hope to achieve "justice" for the oppressed? What could one pulpit minister do to dismantle or otherwise deter such a system of death? Not much, except to be persecuted, imprisoned, or executed.

No, Bernard Lichtenberg was not being practical. He was being love. Such love can appear like madness, leading the follower of Jesus into all manner of impracticality. Loving our neighbors as ourselves means we turn the other cheek when we are assaulted, we abandon the selfishness and power-grubbing ways of this world, we refuse to repay evil with evil, and we forgive others rather than retaliate against them.

The problem is obvious: Loving and living like this will put us in vulnerable, seemingly defenseless positions. To willingly behave this way,

in the "real world," will only get us abused, maligned, taken advantage of, or worse. These "opportunities," as Lichtenberg called them, clearly aren't very pragmatic. Yet, pragmatism doesn't seem to be Christ's principal concern.

We are instructed to love, following Jesus' own example, not because it is practical, reasonable, logical, or the safest way to live in the world. We actively participate in this way of Jesus because it gives witness to the good and loving God of heaven.

Not for a minute should we think that unselfishly loving our neighbors will save the world from all hate and violence. It won't make our membership rolls at the church grow, get more people into the pews on Sunday, or achieve justice for all society. None of these are the point. We love our neighbors as ourselves not because it always "works," but because it witnesses. Love for others is a clear reflection of the love of God – and that is the point.

Pope John Paul recognized this decades later when he honored the martyrdom of Bernard Lichtenberg with these words. He said, "It is not the world's applause but the faithful confession of Jesus Christ that is the sign of an authentic disciple of Christ." This confession may not always "succeed," but it will always shine as a light in the darkness.

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

It's Really Quite a Chatty World After All

By Rev. James L. Snyder

I must be the only one in this world of ours that truly appreciates quietness. Maybe it's old-age stomping its tired old boots, but I think the world has gotten just a little bit noisier. As I got older, I thought my hearing would begin to diminish. I assure you, I am hearing more today than I have ever wanted to hear in all my life.

I remember my grandfather and his hearing aid. When there was a family gathering and he was sitting quietly smiling, I came to understand he had turned his hearing aid off. How I envy him now. If only I could turn my hearing aid off.

I have tried ignoring my wife, but I can assure you that was not a very good plan. To ignore your wife is to place your health in dire jeopardy. Who wants Alex Trebek breathing down your neck? "I'll take American history for \$100, Alex."

Not long ago I had to take a trip flying the friendly skies. I do not mind flying, but it is not my favorite mode of travel. I would rather stay at home and dream of traveling. On a recent trip, I happened to sit next to an elderly man.

We exchanged pleasantries and I settled down with a book hoping to get in a few pages before the trip ended. I had selected a very special book for this trip. My elderly friend settled down with the full intention of rehearsing to me his entire autobiography. For an old gentleman, he had a fantastic memory. I think, but do not quote me here, he recited to me every blessed day of his life. If my recollection is correct, and I know I was brain fuzzy during the whole process, he related one incident at least four different times. Either he is the father of "Groundhog Day," or many things in his life happened repeatedly.

Last week I went to get my

haircut at a local hair salon. I usually go to a particular one near my house and I stopped in for my regular haircut. A few people were ahead of me, so I sat down, picked up a magazine and was going to have a pleasant time waiting my turn.

Not paying too much attention to the clientele, there was sitting next to me today very nice little girl. I made one mistake. I looked at her and said, "And how are you today, little girl?"

That was the last sentence I got in for the next hour. She talked so much I thought her tongue would fall out. Then she talked some more and I thought my ears would fall off. How can anybody so young have so much to say? I am 10 times her age and I do not have one 10th as much to say to her, as she had to say to me. Who in the world is teaching these children to talk?

Then, in the middle of her chat diarrhea, she looked at me and said, "What do you think about that, mister?" Not expecting it and not really knowing what she was talking about, I hesitated for a moment.

My second mistake.

Before I could take a good breath, she began her chat diarrhea as though she was just beginning. She was probably about six years of age with not a very large vocabulary but she knew how to use every word in her vocabulary a multitude of times. Some of her sentences were five minutes long, and at the end, I had no idea what she was saying. The end of her sentence had no apparent relationship to the beginning of her sentence. And the middle, well, who could follow that.

Oh, how I pity her English teacher.

I date back to the time before cell phones. I know not many people are living today who dates back that far. We have become a generation of

cell phones. Before the cell phone era, that was the day, I could sneak off somewhere and nobody could find me.

Oh, how I envy those glorious days of yesteryear.

Now I pack one of those blasted cell phones wherever I go. No matter where I am, somebody can get a hold of me. When I say somebody, I am actually referring to my wife. As it stands now, I am within dialing distance of her Majesty.

Thinking about this I have come up with, maybe not a solution, but at least a little reprieve for those of us who are tired of the noise. I propose a national noise-free-day celebrated every year. For 24 hours, nobody would be permitted to say anything.

I know this would hit the politicians rather hard. Everybody knows if a politician does not speak for a 24-hour period the fickle electorate would forget about him or her. And, for a politician not to say anything for a 24-hour period it would cause him or her to die of suffocation.

Actually, in either case the American public wins.

This brings me to my favorite Bible verse. "Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth" (Psalms 46:10 KJV).

It is in the stillness that we begin to know God. What would happen if for a brief moment each day we became still before the presence of God?

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 jamesnyder2@att.net. The church web site is www.whatafellowship.com.



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November 10, 2011 at the Ridge Golf Course (located on Bell Rd. in Auburn) Tri-Tip • Roasted Chicken • Vegetarian

\$25.00 Per Person Dress: Business Casual

We will be holding a drawing after the Commandant's Message and Cake Cutting Ceremony. Tickets for the drawing are \$5.00 for a book of 8 tickets. First prize is 2 nights at the Marine Memorial Club in San Francisco, plus a gift certificate for a dinner for two at the Leatherneck Steakhouse in the hotel. Second prize is a stainless steel BBQ and third prize is a check for \$100.00. You need not be present to win the drawing.

The deadline for purchasing luncheon tickets is November 2, 2011. You may purchase drawing tickets at the luncheon.

Contact "Hap" Arnold at 530-823-6221 for information on purchasing tickets. All meal tickets must be purchased in advance.



Whose Righteousness?



By Marlys Norris, Christian Author

Scripture clearly tells us that when we accept Jesus Christ as our personal Savior and Lord of our lives and as we do, we take on His righteousness, certainly not our own for anything we did or accomplished in our lives to make it so. He imparts His righteousness and perfection as part of the His blood sacrificed on the Cross that we might be "saved" and live with Him in Heaven for all eternity. Gifts are given to us out His loving grace and mercy —because He created every one of us and reconciled those who receive back into His family.

And we are not to become self-righteous about it either! But often people do become very self-righteous and somehow believe they are better than others who have not accepted Christ. Listen to their words! Adam's sin fell on the whole world and every generation. Christ came

to provide a way of escape for every one of us. Some judge and condemn those who have accepted Christ and are not living the life for some reason, not obvious to us. We really do not know their story...and is it after-all — none of our business? God loves every single one of His creation and He alone knows every detail of everyone's life and the heart within each person. His Holy Spirit is moving in every one of their lives because He loves us all. We need to get ourselves out-of-the-way and stop judging!

Stating that any person is a tool of the enemy is placing oneself in a position of playing god and judging others. If we know the Word of God, we know that God alone is to be the final judge of all, certainly not us! Our job in this world is to respect, revere, worship, honor and love God with our heart and soul; and to live lives loving and caring for others who need His love. Yes, an unconditional "Agape" love given freely as close to that which Jesus exemplified while He lived on this earth to teach us how to do it. Jesus reached out and touched their lives from a pure heart of love. As His followers, we are "called" to do the same!

Some are called to be missionaries but most of us live at home and we are "called" also to live in our world as vessels and ambassadors of His love to those who do not recognize their sin. And if we disobey God's teachings we are self-righteous and judgmental, displeasing to God whom we claim to know and love.

Why not learn to be accountable to God for ones own life's actions instead? Scripture (Psalm 139) puts it this way as verse 1 begins: *O Lord, you have searched me.. You know when I sit and when I rise, you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways before a word is on my tongue; you know it completely. O Lord. V.24 See if there is any offensive way in me and lead me in the way everlasting. Always seek correction and change to please the God you claim to love with all your heart and soul! When one gains heaven, it will be the righteousness of Jesus Christ that covers us and nothing else!*

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



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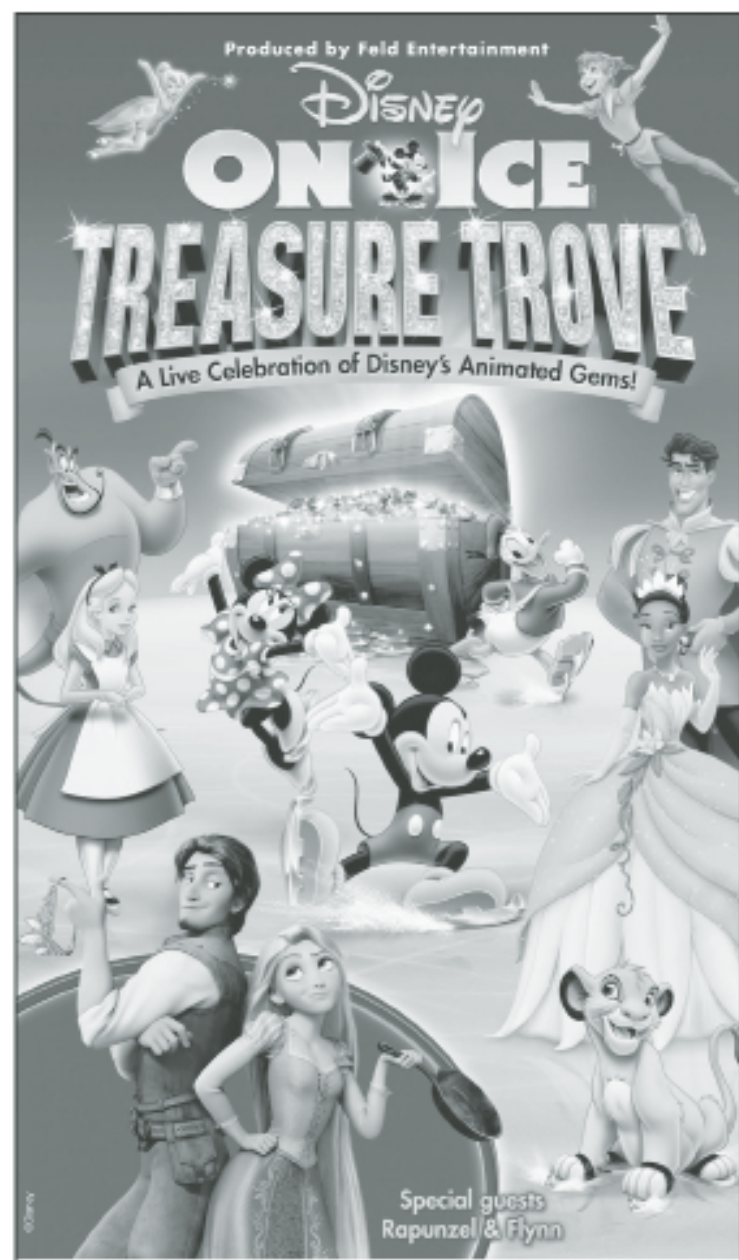
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Kids' Tickets \$10!
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Regular Ticket Prices: \$14 • \$17 • \$23 • \$38 VIP • \$60 Front Row
 Additional fees may apply.

Widowed Person's Association/Auburn

Submitted by: Ann Steinhart
 Publicity Chairperson

Widowed Person's Association of California will hold its monthly luncheon meeting on Fri. October 21, 2011 at 12:00 PM at the Sizzler Restaurant in Auburn. Call Jeanette at 888-6880 by October, 18, 2011 to make reservations.

All Widowed People are invited to attend three activities of this organization prior to joining our membership. Other activities include: card playing, luncheons, dinners, bingo, bowling, trips to Reno, Koffee klatches and special activities. Koffee Klatch will meet at Mel's Diner on Hwy. 49 and Luther Rd. on Mon. 10/17/2011 at 9:00 AM. Hope to see you there. For a free newsletter call (530) 878-1728. For one on one grief support call (530) 885-8298.

Hardt Memorial Trail to Close for

Placer County – The American River Ranger District will be completing improvements of the Joshua M. Hardt Memorial Trail around Sugar Pine Reservoir during the month of October.

The portion of the trail near Manzanita Day Use Area and Beach, which is already paved, will be patched and resealed. A one mile section from the campgrounds along the shoreline past Shirttail Creek and along the south side of the lake will be paved. Some portions of the trail may be temporarily closed during paving. The patch filling work was scheduled to begin the week of October 10 and the paving is expected to begin around October 24.

This trail is dedicated to the spirit and passion of Joshua M. Hardt, a fallen soldier who served his country in Afghanistan in 2009. The Tahoe National Forest is improving the trail to make it accessible to users of all abilities.

For current updates, or if you have any questions please contact the American River Ranger District office at (530) 367-2224.

Stop Special Interest Money Now Gets More Than 900,000 Signatures

Sacramento – The Stop Special Interest Money Now campaign, which will enact real campaign finance reform in California, today began submitting more than 900,000 signatures to county registrars across the state in support of the initiative, well over the 505,000 needed to qualify the measure for the ballot.

Long-time Californian and former U.S. Secretary of State George Shultz has joined a growing grassroots coalition of taxpayers, good government advocates and business leaders in support of this initiative that will fundamentally reform the state's campaign finance system—a system that is at the root of Sacramento's dysfunction.

"The Stop Special Interest Money Now Act is a vital step toward reforming California's dysfunctional political system. This initiative gets to the heart of one of the most corrosive elements in politics: campaign contributions," said former Secretary of State Shultz. "For too long, special interest money has dominated our politics, muting the voice of average Californians. So often a law is passed not because it's good for California, but because it will benefit one well-heeled campaign contributor

or another. Politicians have become less responsive to the people and far too concerned with their contributors. Stop Special Interests will reform corrupt pay-for-play politics in our state."

According to the nonpartisan Fair Political Practices Commission, the top 15 special interest groups have spent more than \$1 billion on influencing the political process in the past ten years while the state's fiscal and economic climate has reached historic lows. At the same time, more than 40 percent of the legislation introduced in Sacramento is written by special interest lobbyists, and these bills are much more likely to become law.

"Campaign finance reform is the first step. Stop Special Interests will go a long way toward returning balance to our politics. This reform will weaken the grip of special interests on our government. When we curb that power, we'll help to free legislators to do their jobs – dealing with problems that have plagued Californians for decades," continued Shultz.

The Stop Special Interest Money Now Act will fundamentally dilute the corrosive nature of this system by altering the relationship between

politicians and their campaign contributors. Specifically, the initiative accomplishes this by:

1. Banning both corporate and labor union contributions to candidates;
2. Prohibiting government contractors from contributing money to government officials who award them contracts;
3. Prohibiting corporations and labor unions from using the inherently coercive means of payroll deduction to collect political funds from employees and union members; and
4. Making all employee political contributions by any other means strictly voluntary.

The Stop Special Interest Money Now Act is currently scheduled to be on the June 5, 2012 ballot. However, should Governor Brown sign SB 202, legislation currently sitting on his desk, the measure will go before voters in November 2012.

For more information on the initiative, please visit www.stopspecialinterestmoney.org

From Californians Against Special Interests. See www.StopSpecialInterests.org

LaMalfa Issues Scam Alert

Placer County – Several alert constituents have contacted Senator LaMalfa's offices to question the validity of a letter they have received from the so-called "California Housing and Safety Association." It solicits payment of \$76 and indicates that upon receipt of payment, a state-certified carbon monoxide detector required by law will be mailed to the homeowner.

Having researched the organization, Senator LaMalfa's staff found that NO SUCH ASSOCIATION EXISTS, and HOMEOWNERS SHOULD NOT SEND ANY MONEY. "My staff went to the address cited in the letter and found only a post office box," said Senator LaMalfa. "Luckily, the alert owner of the mail box facility had closed the box and is returning any mail received to the senders due to his suspicions. I am grateful to the owners of

Downtown Mail and Shipping in Sacramento for their diligent work in protecting citizens from this scam." Phone calls made to the fake association are answered by a voice mail system and then promptly disconnected. "I encourage everyone to be skeptical of unsolicited offers and letters appearing to demand money or personal information," continued LaMalfa. "My office is here to assist constituents if they have questions or problems with government agencies or possible scams."

Unfortunately, the content of the letter is partially accurate. The letter cites the passage of SB 183, a bill passed last year that requires that every "dwelling intended for human occupancy that has a fossil fuel burning heater or appliance, fireplace or an attached garage" have a carbon monoxide detector installed by July 1, 2011. SB 183 was signed

into law last year by Governor Schwarzenegger, and the deadline for most homeowners to have a detector installed was, in fact, July 1. The language of the bill indicates that violations for failure to comply are punishable by a maximum fine of \$200 for each offense. "I was not serving in the Legislature last year and would have been strongly opposed to this bill," commented LaMalfa.

Homeowners who would like to purchase a carbon monoxide detector may purchase one at a local retailer for about \$20, depending on model.

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.

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POPOFF!

with Mary Jane Popp

recipes, sprinkle it on baked sweet potatoes, add it to chiles and curries for authentic flavor, create a zero carb flavorful refreshing drink by adding a cinnamon stick to your glass or bottled water. One stick lasts two days. You can transfer it from glass to glass, and then use a new stick.

KITCHEN REMEDIES: PART II

Here we go! Let's head back to the kitchen for rejuvenation foods with holistic healthy living expert and wellness consultant **Dr Susan Smith-Jones**. She has dedicated her life to your health authoring some 27 books including her latest **"Walking on Air."** Get ready to use that kitchen for more than a snack or two. She shared some very practical ideas with me on my radio show POPPOFF.

7) **Team up with cinnamon for balance:** Most people love the taste of cinnamon. Its fragrance conjures up thoughts of the holidays and special treats for the taste buds. An ancient spice obtained from the dried bark of two Asian evergreens, cinnamon is a highly versatile flavoring as well as a carminative that relieves bloating and gas.

Adding cinnamon to food, especially to sugary ones, helps normalize blood sugar by making insulin more sensitive. Cinnamon's most active ingredient is methylhydroxy chalcone polymer (MHCP), which increases the processing of blood sugar by 2000 %, or 20-fold. So using cinnamon in tiny amounts—even sprinkled in desserts—makes insulin more efficient. Cloves, turmeric, and bay leaves also work, but they're weaker. This is great news! Avoiding high circulating levels of blood sugar and insulin may help ward off diabetes and obesity. Steady lower insulin levels are a sign of slower aging and greater longevity.

Here are some ways to use it. Sprinkle cinnamon in your morning coffee, toast, or porridge. Double the amount you use in baked food

8) **A healing agent since Biblical times:** It is said that Hippocrates, the Greek "father of medicine", relied on apple cider vinegar as a standard remedy. The current scientific literature and users of apple cider vinegar, which is rich in enzymes and potassium, have corroborated its ability to relieve high blood pressure, obesity, diabetes, acid reflux, achy joints, allergies, vaginitis/yeast infections, sore throats, and other conditions. There's a difference between the raw, organic, unfiltered and undistilled apple cider vinegar sold primarily in health food stores and the distilled, clear vinegar that turns up on the supermarket shelves. The latter lacks the "mother of vinegar". That's the cloudy sediments that proponents say contains most of the health-promoting enzymes, acetic acid, bacteria, minerals, and other nutrients from the apple, but which lacks eye-appeal to the general public.

If you're interested in trying apple cider vinegar as a tonic and cleansing drink, here's what Dr. J recommends in her private practice. Stir 1-2 tablespoons per 8 ounces of water and sip it slowly-not chugged. Some people add honey or other sweeteners for taste. Undiluted apple cider vinegar, being highly acidic, can damage tooth enamel as well as throat and mouth tissue if residues are allowed to remain in the mouth. This effect can be overcome by rinsing out the mouth with water after drinking or consuming apple cider vinegar.

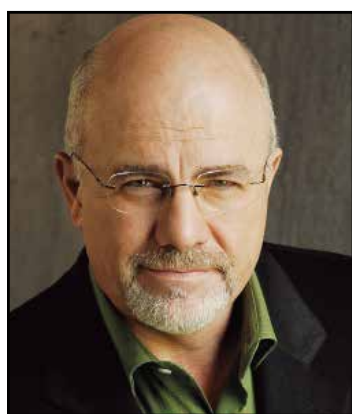
9) **Fight father time with this humble dried fruit:** With a new name and new image, the dried plum—you may know it as a prune—is now proven to fight the diseases of aging, including Alzheimer's and

Parkinson's diseases, arthritis, osteoporosis, cancer, and yes, constipation. Tufts University researchers have discovered this wrinkled wonder to contain more than twice as many antioxidants as the next highest food—the raisin. Oklahoma State scientists found in a study that this fruit actually helps restore bone density after losses occurred. Plus, it has the same cancer-fighting component as apples, grapefruit and oranges. Eat them out of hand, cut them up and add to grain dishes, muffins and breads. Dr. J often re-hydrates prunes and purees them in a blender to add to smoothies (as a thickener and taste-enhancer) and baked goods (to help keep them moist).

10) **Sprout your way to vitality:** Do you want more energy and look younger quickly? Then add homemade sprouts to your diet. These remarkable gifts of nature are pure, fresh, nutrient-rich, and alive with vital force intact. Sprouts have been the cornerstone of Dr. J's wellness program for 40 years. Start with a small, dry hard seed. Add warm air and a little water, and watch as new life emerges as if by magic from the dormant seed. Vibrant with life and bursting with energy, its tiny size belies the extraordinary activity and the increase in nutritional value that takes place while growing. In mere hours, and for only pennies, its delicate shoot provides the most vital food imaginable. And it only takes a few minutes a week to grow all kinds of sprouts. Kids love to help. Check out Dr. J's website for more detailed info on sprouting at www.susansmithjones.com. For over a decade, she has purchased her organic seeds and sprouting supplies from HandyPantry.com, the premier sprouting company in the country. Oh, and she does not get kickback for this recommendation.

Now go raid the kitchen to keep you strong and healthy, and even looking good!

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



Dave Says

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

Time to break out the Lunchbox!

Dear Dave,

I love your plan, but I think my husband is attached to eating out. Budgeting is very hard for him, and the cost of his fast food lunches is making it difficult for us. He's also taken a salary cut recently, and I'm working a part-time job to help us get by. Can you give him some tough love from a male perspective?

- Valerie

Dear Valerie,

It sounds to me like you've been way too nice. You're acting like a mother dealing with little kid, and that's not a good way to relate to a

husband. Plus, if you guys are having money problems, the only time either of you should see the inside of a restaurant is if you're working there!

A man has several jobs in life, and one of those is to take care of his wife and children. You're wife shouldn't have to work so you can stuff your face with fast food. When you married him, you didn't want a little boy. You wanted a man. He needs to grow up and start acting like one!

That being said, my perspective probably won't help. There's a saying that goes, "Those convinced against their will are of the same opinion still." He needs a serious change of heart. You said you love my plan, right? Then sit down with this guy, and show him the numbers. Show him where all the money is going, and tell him it's just plain wrong for him to eat out all the time while you have to work just to make ends meet.

People can do all kinds of things when they're stressed out because of money problems. I'm sure taking a cut in salary was a blow to his self-esteem. However, it's time for a strong wake-up call when these behaviors start to have a negative impact on family and finances!

- Dave

Let's Wait a While ...

Dear Dave,

I'm a sophomore in college, and I earn about \$1,500 a month at my job. My rent is \$500 a month. I don't really have a credit history, but I've

saved \$20,000, and I'm thinking about using it as a down payment on a \$140,000 home. Would this be a good idea?

- Gil

Dear Gil,

I wouldn't do it. I love the fact that you're working while you're in school. Saving that much money is fabulous, especially for someone who's not even 20 years old!

I almost did the same kind of thing when I was in college. I was into real estate, and I really wanted to test my wings and buy something. Looking back on it, though, I'm glad I didn't. It would have been a huge mistake.

College can be a bumpy enough ride, even for the most responsible student. If you lost your job you'd be in a real mess, and with your stated income you wouldn't have a lot of breathing room. Plus, the two years following graduation have the potential to be the most permanently life-changing period you'll ever experience. You could move across the country for a new job, get married, or decide to attend graduate school. In any of these situations, a house would turn into an anchor around your neck.

Being a renter is a great thing while you're still in school. In the meantime, keep piling up cash until you're ready to settle down!

- Dave

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

Soroptimist International Seeking Applicants

Women's Opportunity, Ruby and Violet Richardson Awards and the Live Your Dream Art contest now accepting applications.

The Women's Opportunity Award provides cash grants for educational expenses to women who serve as the primary wage earners for their families and seek financial assistance to go back to school. Applicants must be attending college, vocational school or in a training program and can apply even if they have an undergraduate degree and are going back to school for retraining.

Applications for the Women's Opportunity Award are available at the Placer School for Adults office, located at 390 Finley Street in Auburn; the Financial Aid Office at Sierra College in Rocklin; 49er ROP at 360 Nevada Street in Auburn.

Applications are also available online at www.siamericanriver.org. Contact Lee Francia at (530) 886-0811 or leefrancia@sbcglobal.net. Completed applications are due no later than December 1.

The Soroptimist Ruby Award: For Women Helping Women honors women who—through their professional or personal activities—make extraordinary efforts on behalf of women and girls. Women can nominate themselves or be nominated by someone else in the community. It is the clubs opportunity to say "thank you" and encourage others to explore ways to assist women.

The Soroptimist Ruby Award begins at the local level, where

the club recognizes a woman in the Auburn area. The club's winner's name is submitted to the Sierra Nevada Region where the region selects a woman to honor at the region's conference with a \$500 award to her non-profit organization.

The region then submits the winner to federation level where a woman is selected to receive a \$5,000 award to her favorite charitable organization.

Submit your nomination at www.siamericanriver.org by December 1. You can contact Lisa Bloom at (530) 878-7696 or at bloomla56@yahoo.com.

The Violet Richardson Award recognizes young women who make the community and world a better place through volunteer efforts such as fighting drugs, crime and violence; cleaning up the environment; and working to end discrimination and poverty. Volunteer actions that benefit women and girls are especially valued.

If you are a young woman between the ages of 14 and 17 who has volunteered in your community or school, you could be eligible to receive recognition and a financial award.

Applications are available on www.siamericanriver.org. Contact Kathy Dunbar at (530) 269-2030 or mstkatherined@yahoo.com for information. Completed applications are due December 1.

The fourth annual Live Your

Dream Art Contest asks boys and girl students, ages 4-18, to design a logo for the Soroptimist Live Your Dream Campaign. The mission of the campaign is to inspire women and girls to live their dreams and encourage them to pass their good fortune to others. Each student's design must include the words "Live Your Dream" and should reflect campaign's mission. Top entries will be guest at the Soroptimist International of the American River's Annual Awards Banquet and will receive other recognition and awards.

Contest rules, instructions and posters are available at LiveYourDreamCampaign.org.

For more information contact Barb Warmuth at (530) 888-0299 or barbwarmuth@yahoo.com. Completed submissions are due December 1.

Soroptimist International of the American River is part of an international organization established for business and professional women who are committed to a world where women and girls together achieve their individual and collective potential, realize their aspirations and have an equal voice in creating strong, peaceful communities worldwide. Soroptimist means "best for women"... We are women at their best, helping other women to be their best.

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begun rehearsals for the fall season, Wednesdays from 4:15-5:15 in Meadow Vista. Auditions are currently open by appointment with conductor, Janine Dexter at director@collavoce.org (530)389-8889. New

members will be accepted through the end of October. For more, see www.collavoce.org/childrens_chorus.html.

The youth choral program has musicianship at its core, and includes solfège vocal exercises, rhythmic dictation, melodic reading and vocal training. Scholarships are available.

CVCC has been invited to join Athanasia Kyriakidou and her 70-voice youth choir in concert in Thessaloniki, Greece, June of 2014, and will be hosted in the homes of the young Greek singers.

Supporters of this Auburn area youth choir are excited to build a vibrant choral group for young people that will represent the community locally and abroad, as well as enrich and transform the lives of our youth. Don't Delay Call Today —Space is limited!

Film Noir Classic: The Third Man October 20 and 23, 2011

Auburn - Auburn Placer Performing Arts Center announces its Cinema at the State Theatre selection for Oct. 20th and 23rd, 2011. The 1949 classic film *The Third Man*. Showtimes are Thursday October 20 - 7 PM; Sunday Oct. 23 - 2 PM matinee. Box office opens 90 minutes before showtime. Admission is \$8 and tickets can also be purchased online at: www.LiveFromAuburn.com.

Classic film noir, *The Third Man* stars Joseph Cotton as an out of work pulp fiction novelist, Holly Martins, who arrives in a post war Vienna divided into

sectors by the victorious allies, and where a shortage of supplies has led to a flourishing black market. He arrives at the invitation of an ex-school friend, Harry Lime (Orson Welles) who has offered him a job, only to discover that Lime has recently died in a peculiar traffic accident. From talking to Lime's friends and associates, Martins soon notices that some of the stories are inconsistent, and determines to discover what really happened to Harry Lime.

Nominated for three Academy Awards, *The Third Man* won an Oscar for Best Cinematography in

1951. It also won Grand Prize at the 1949 Cannes Film Festival, as well as best British film at the 1950 BAFTA Film Awards.

Come early and enjoy a light dinner in the Marquee Room off the State Theater lobby beginning at 5:30PM on Thursday. Dinner cost is \$8; beverages may be purchased at the State Theater beverage bar until showtime.

November's Film is *Treasure of the Sierra Madre* on Nov 17 at 7 PM and Nov 20 at 2:00 PM, and December's is *Roman Holiday* on Dec 15 at 7 PM and Dec 18 at 2 PM.

Advanced Writing Techniques Workshop Offered

Placer County - Bud Gardner, co-author of *Chicken Soup for the Writer's Soul*, part of the New York Times' best-selling series, will conduct a workshop, *Advanced Techniques for the Selling Writer*, on Saturday, Oct. 29th, from 9 a.m. to 12:30 p.m. at Sierra College.

"Here's your chance to discover the difference between amateur writing and professional writing,"

said Gardner, a long-time teacher of Writing for Publication and considered to be the most inspirational writing coach in America. "This class is designed to show you how to breathe life into your writing so that your work will become saleable."

Participants will also learn how to get their message across in thirty seconds or less, the five steps of

persuasive writing, four advanced writing techniques, and many other techniques of the selling writer. This class is offered for \$57, plus a materials fee of \$20.

To sign up for this workshop, call the Sierra College Community Education Office at (916) 781-6280 or go online to www.sccomm.ed.org.

Capt. Jack Findleton to Speak to Fishing Club

Captain Jack Findleton, Lowrance company Pro Staff Member and founder of Sacramento Sportfishing Guides, will be the guest speaker at the Friday, October 21 breakfast meeting at the Auburn Elks Lodge, 195 Pine St., Auburn, CA 95603. The doors at the lodge open at 7:00 AM with a fantastic \$12 buffet breakfast served from 8:00 to 9:00 and the presentation by Captain Jack begins at 9:00 sharp.

Captain Jack Findleton will provide an overview of this state of art technology for shallow water scanning. As a sonar/GPS expert, Jack will explain how StructureScan® sonar provides a full and phenomenal panoramic underwater sonar imaging system with picture-per-

fect viewing of details and coverage never seen before. Jack has a long career with many accomplishments besides being an Instructor for Lowrance, he is also a Pro Staff Member for Eagle Marine Electronics and an Ambassador for Berkeley and Luhr-Jensen fishing products. He has appeared on television and radio fishing programs as well as being a seminar speaker at numerous Sacramento and national fishing events. Jack has also published several articles for sports newspapers and magazines.

The 28 year old, 150+-member Rooster Tails Fishing Club of Northern California, Inc. is a non-profit organization that meets the third Friday of each month to

educate, entertain, and enhance a fishing experience. Unlike many bass and fly fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing Club provides a balanced mix of fishing techniques presented by fishing experts targeting a variety of fish species on multiple types of waters. Further information can be found at www.roostertailsfishingclub.org.

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

49er Lions Plan Annual Celebrity Chef Event

For 25 years, the city of Auburn has enjoyed the culinary talents of its local chefs at the Celebrity Chefs Cooking for Community Service event. On Thursday, March 1, 2012, at the Placer Building of the Auburn Gold Country Fairgrounds, local cooks will once again entice visitors with the delicious aromas and savory flavors of their favorite edible creations.

Each year, the 49er Lions partner with another local non-profit

organization to raise funds which will be put back into our community. The 49er Lions are currently in search of such an organization. If you are a member of a group that would like to be considered, please contact LindaLee Talso at Auburn 49er Lions, P. O. Box 5703, Auburn, Ca. 95604, and provide information about your group by Nov. 30, 2011, and be available to speak at a Lions club meeting.

49er Lion LindaLee Talso is

heading up this year's event. She expects an evening of good food and lots of fun.

If you would like to demonstrate your cooking talents and join other celebrity chefs on that evening, or if you have questions, call (530) 863-7503.

The 49er Lions have served the Auburn community for over 40 years. If you would like to learn more about the activities of the Auburn 49er Lions, contact them at auburn49erlions@gmail.com.

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 9am - Noon: The Laura Ingraham Show
 Noon - 1pm: The KAH1 Noon News Plus with Mary Jane Popp and the KAH1 News Team
 1 - 4pm: The Dave Ramsey Show
 4 - 7pm: The KAH1 Afternoon News with Dave Rosenthal and the KAH1 News Team
 7 - 10pm: Fox Sports Evening
 10pm - 12am: Poppoff with Mary Jane Popp

Thursdays
 7 - 9pm: Thursdays With Bassil

Saturdays
 6 - 7am: A Time for Seniors
 7 - 8am: The Swap Shop
 8 - 9am: The KAH1 Corral
 9 - 10am: The Garden Guru
 10am - 7pm: Big Cletus Country Music
 7 - 8pm: A Way With Words
 8 - 9pm: Rewind with Jimmy Jay

Sundays
 7:30 - 9am: Cruisin' Garage & Swap Meet
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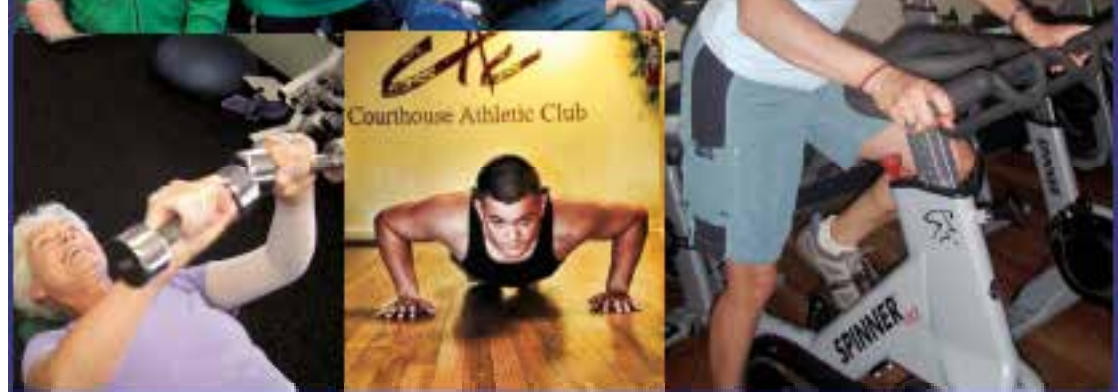
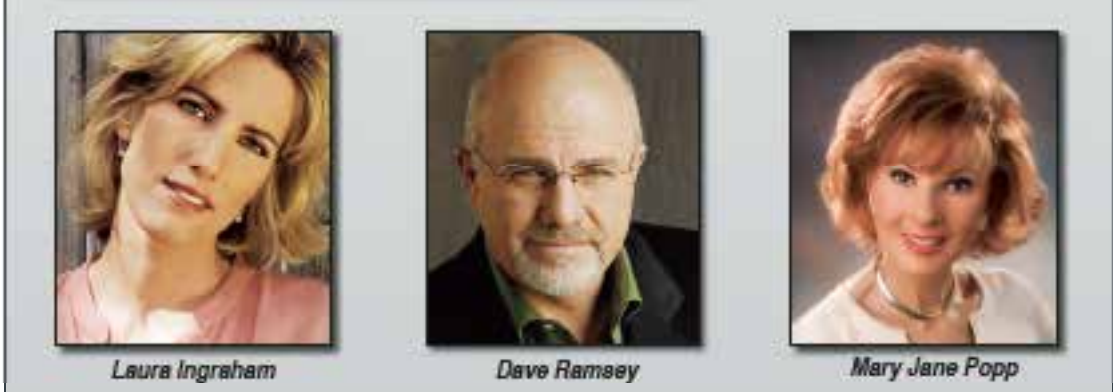
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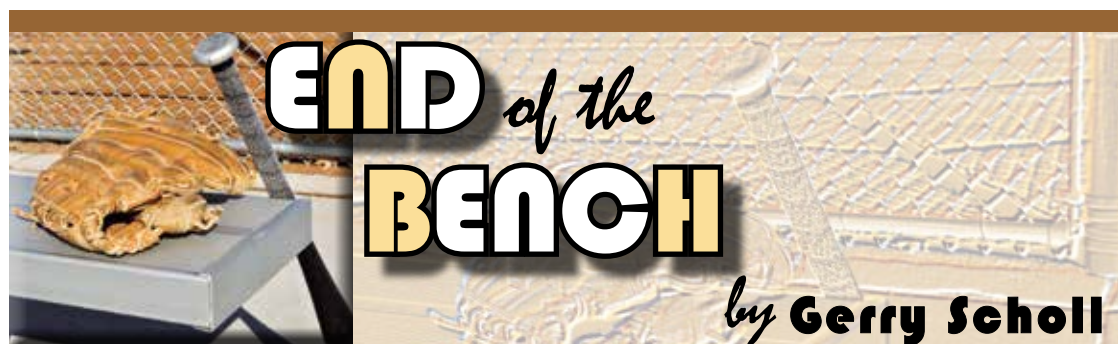
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Lions, Tigers and Bears! Oh, My!

Most of the talk after the San Francisco 49ers' 25-19 win Sunday at Detroit has been about the post-game hubbub between Lions coach Jim Schwartz and the Niners' Jim Harbaugh.

After smacking one another around for four hours, I'll bet a lot of the players (some captured on the videos) were having a pretty good laugh over the coaches' confrontation.

Schwartz, who has revived the Detroit team that was the worst in NFL history in 2008 at 0-16 but entered the game on a nine-game winning streak (5-0 this season), felt disrespected by Harbaugh's fly-by, "too hard of a handshake" on the field after the game. He should join his players in an on-field pileup and get involved in some kicking, grabbing, poking, gouging, etc., ... and a little disrespect.

At first glance I didn't think much of Harbaugh's "diss." Those post-game meet-and-greets are all for show anyway. They are all about protocol, and stroke-for-stroke — usually.

Obviously, Harbaugh is an excitable boy. The Lions have been roaring about their dominance and Schwartz was clearly mocking Harbaugh on the sidelines when the 49ers challenged Detroit's first touchdown illegally and took a penalty.

It appears Schwartz couldn't take his own medicine and Harbaugh thought he was still in college. The talk will swirl around for days, at least, and the bad vibes will persist right into a possible playoff rematch in January.

The whole thing just looks like

two guys who haven't "been there" before.

What about the game? On the heels of a 48-3 surprising thrashing of Tampa Bay the previous week, the 5-1 Niners ran right past the Lions' onrushing vaunted defense. Using the hosts' aggressiveness against them, the 49ers' offense did have the courage and created openings for their running game for a seven-yard average and 203 total yards, 141 by Frank Gore.

And, it was the Niners' top-of-the-league Red Zone defense that kept the game winnable, forcing the Lions to settle for field goals twice when they had first downs inside the six-yard line. Fearless leader quarterback Alex Smith, despite a sub-par overall game, pulled off his third straight fourth-quarter comeback victory on the road when he connected with Delanie Walker on fourth down with 1:51 left for the winning TD.

Switching to the baseball playoffs, the Detroit Tigers didn't have enough in the tank to keep the Texas Rangers from returning to the World Series. After five tightly contested games, the Tigers' pitching depth (no comparison to what the Rangers faced in losing to the Giants in last year's Series) proved to be far from Grrrreat. Texas used 17 hits and eight walks to take the decisive Game Six, 15-5.

ALCS MVP Nelson Cruz (Mr. October II?) and his record six-home run performance would sure look good in the middle of the Giants' lineup. C'mon Giants! No more Hector, Deivi or Jose Cruz, Jrs., please!

Manager Tony LaRussa's St. Louis Cardinals clinched the NLCS Sunday, 12-6 over Milwaukee, to reach the Series from their wild card spot. The Card's scored 43 runs in six games against the Brewers' respectable staff (and lousy defense). There should be plenty of slugfests ahead.

And, your Oakland A's will be well represented. Both LaRussa and Texas manager Ron Washington are former A's. Maybe the A's could have reached a Series with an outfield of Nelson Cruz, Andre Ethier (a Dodger), and Carlos Gonzalez (a Rockie) — all formerly in Oakland's system. That's "Lack-o'-Money Ball" for you.

I've also been trying to get into college football on the tube a bit lately. All the pre-game pageantry and enthusiasm and the packed stadiums are quite something. But most of the games have been something else — too many lopsided scores and no intensity late.

Maybe I've just been picking the wrong games to watch — like Cal-Oregon and Cal-USC. Go, Bears! Grrr! Oh, my!

The season for Cal looked somewhat promising after impressive wins over Fresno State and Colorado, and a great effort while losing at Washington. But, those last two horrible losses, 43-15 and 30-9, respectively, have coach Jeff Tedford, with his Cal record 75 wins, suddenly on the hot seat.

Hopefully for him, that's nothing that a newly renovated stadium next season won't cure.

We've Been ZIRPed

Commentary by
Dr. Mark W. Hendrickson

It isn't easy to earn interest income these days. Interest rates on government T-bills, banks' savings accounts, and certificates of deposit are microscopic. You can blame our government and central bank. They have "ZIRPed" millions of American savers. Here are the details:

According to the U.S. Treasury Department, the average interest rate paid on federal debt, as of July, was just under 2.4 percent, implying an annual interest expense on \$14.5 trillion of debt of nearly \$350 billion. (Net debt, subtracting intra-governmental debt is lower; actual debt, including off-budget items, is higher.) If the average interest rate rose to 5 percent, the annual debt burden would rise correspondingly to well over \$700 billion and consume approximately one-third of total federal revenues.

At some point, higher interest rates would consume such a large portion of federal revenues that only massive dollar creation by the Federal Reserve could provide funding for government's myriad programs. Washington simply cannot afford interest rates to rise, and therefore, the Fed will keep them abnormally low for as long as possible. In essence, the Fed has declared an end to a free market in interest rates.

The market price of interest rises when demand increases relative to supply and falls when supply increases relative to demand. Today's record-low interest rates imply that the supply of money saved, i.e., capital, is abundant

relative to the demand for capital. It isn't.

Today's low interest rates are not the result of superabundant capital, but are the result of massive intervention by the Federal Reserve System. In response to the financial panic in 2008, the Fed adopted what is known as ZIRP—a "zero interest rate policy." This August, Fed Chairman Ben Bernanke announced his intention to maintain this policy for two more years. Doubling down on this engineered low-interest-rate policy, on September 21 the Fed announced "Operation Twist"—its plan to force down long-term interest rates even more.

Without Fed intervention, the supply of savings—genuine capital—would not be sufficient to finance and refinance all of the world's debt. Interest rates are this low only because the Fed has been using its extraordinary powers to boost the supply of capital with "fiat capital"—money that nobody has earned and saved, but that the Fed conjures up ex nihilo.

As with the supply of capital, Federal Reserve interventions, along with various government interventions, have manipulated the demand for capital. If the U.S. Treasury had to compete with vigorous private demand for capital, interest rates would rise, so it has been necessary to squelch private demand.

Government and its central bank have suppressed demand for capital in several ways:

First, the torrent of anti-wealth policies unleashed by the Obama administration have produced the "turtle phenomenon"—many businesses have gone into shells,

postponing plans to open or expand until the cloud of uncertainty and fear of arbitrary wealth-destroying policies blow over.

Second, the Fed has been paying interest (albeit a modest .25 percent) on banks' excess reserves, and that has reduced the incentive for banks to lend those funds.

Third, there is abundant anecdotal evidence that banks have been rationing credit so severely that even low-risk customers often are denied loans.

American savers are taking it on the chin. With interest rates on Treasury debt being ultra-low, when you factor in inflation and taxes, savers are paying the Treasury to hold their money instead of earning a positive and market rate of interest. By creating artificially low interest rates, the federal government benefits by making artificially low interest payments on its massive amount of debt. In effect, ZIRP is bailing out our bankrupt government at savers' expense. This is one way that wealth is being "spread around" in the age of Obama.

By ZIRPing us unrelentingly, the Fed is proving that it is no friend of the people. To paraphrase the Gettysburg Address, the Fed is a tool "of the [government], by the [government], for the [government]." One is tempted to add: [May it soon] "perish from the earth."

Dr. Mark W. Hendrickson is an adjunct faculty member, economist, and fellow for economic and social policy with The Center for Vision & Values at Grove City College. www.VisionAndValues.org.

Keeping the Faith: Community Perspectives on Domestic Violence

Auburn - One in every four women will experience domestic violence in her lifetime. Over one million women are victims of physical assault by an intimate partner each year. The cost of intimate partner violence exceeds \$5.8 billion each year, with \$4.1 billion of that for direct medical and mental health services. These are the facts, but how do they affect women and families in our community? Keeping the Faith: Community Perspectives

on Domestic Violence, a community forum Sunday October 30th at 1 p.m. addresses the legal, social, religious, and psychological dimensions of this issue. Attending this hour-and-a-half panel/discussion you will learn, share and take away information and resources to help victims of domestic violence remove the roadblocks and resolve abuse in their lives.

Presenters include Rev. Dr. Gerry Paulsen of New Faith

United Church of Christ, Anne Gamble, MFC, PEACE for Families; Patsie Fletcher from Placer County District Attorney's Office, and individuals with personal experience of domestic violence. This event is presented free of charge, and will be held at New Faith UCC, 540 Wall Street (Pamelot Building) in Auburn. For more information call (530) 887-5477 or email Rev. Paulsen at pastor@newfaithucc.org.

Submitted by Gerald Smith Publicity Chairman

Grief Support for Widowed People

Auburn - Grief support for widowed people will hold a meeting for anyone interested in helping other widowed people work through the grief process and find redirection in their lives.

This organization has trained

volunteers who help widowed people work through the trauma of losing a spouse.

It has been in the South Placer area since 1986 and is funded by local community organizations.

This meeting will be on

October 28th, 1:00 PM in Auburn.

For location or other information call (530) 885-8298.

Submitted by Gerald Smith Publicity Chairman

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Advanced Writing Techniques Workshop Offered

Placer County - Bud Gardner, co-author of Chicken Soup for the Writer's Soul, part of the New York Times' best-selling series, will conduct a workshop, Advanced Techniques for the Selling Writer, on Saturday, Oct. 29th, from 9 a.m. to 12:30 p.m. at Sierra College.

"Here's your chance to discover the difference between amateur writing and professional writing,"

said Gardner, a long-time teacher of Writing for Publication and considered to be the most inspirational writing coach in America. "This class is designed to show you how to breathe life into your writing so that your work will become saleable."

Participants will also learn how to get their message across in thirty seconds or less, the five steps of

persuasive writing, four advanced writing techniques, and many other techniques of the selling writer. This class is offered for \$57, plus a materials fee of \$20.

To sign up for this workshop, call the Sierra College Community Education Office at 916-781-6280 or go online to www.sccomed.org.

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<p><i>Home for the Holidays</i></p> <p>The SCSO celebrates the Christmas season</p> <p>UC Davis Mondavi Center One Shields Ave, Davis</p> <p>Saturday, Dec 10, 2011 at 8:00 PM Sunday, Dec 11, 2011 at 2:00 PM</p> <p style="font-size: x-small; color: white;">Mondavi Box Office 1 866.754.2787 Purchase tickets: online MONDAVIARTS.ORG</p>	<p>Sacramento Stained Glass Concert II</p> <p><i>European Traditions</i></p> <p>Fremont Presbyterian Church 5770 Carlson Drive, Sacramento</p> <p>Saturday, June 2, 2012 at 8:00 PM</p> <p style="font-size: x-small; color: white;">Purchase tickets: online: SACRAMENTOCHORAL.COM or by phone: SCSO office 916.536.9065</p>

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