



Wild Things a Wild Success for Effie Yeaw

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PLUS: Get More Bang For Your Buck

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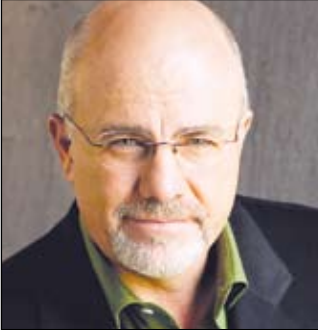
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Rising Temps Prompt Safety Warning



"We ask those enjoying the outdoors to be careful near mountain streams, rivers and reservoirs," said Randy Livingston, PG&E's Vice President of Power Generation. "Water flows will fluctuate with the warming and cooling of the day, so always be prepared for a change in conditions."

SACRAMENTO, CA (MPG) - Water enthusiasts should take serious precautions against cold temperatures and swift currents when in or near water this spring.

Despite this year's below-normal snowfall, the spring snowmelt can still result in swift and cold river flows that can create treacherous conditions for all recreationists—waders, swimmers, paddlers, boaters, anglers, and even hikers cooling off at the water's edge. Lower water levels can also expose hazards or make them closer to the surface.

Pacific Gas and Electric Company (PG&E), California

State Parks and its Division of Boating and Waterways (DBW) caution that even though the water content of California's mountain snowpack is below normal, the snowpack is rapidly melting as mid-spring temperatures continue to rise. As warmer weather and longer days speed up melting snow in mountainous regions, water temperatures will continue to drop and flows can change suddenly in waterways and reservoirs.

"We ask those enjoying the outdoors to be careful near mountain streams, rivers and reservoirs," said Randy Livingston,

PG&E's Vice President of Power Generation. "Water flows will fluctuate with the warming and cooling of the day, so always be prepared for a change in conditions."

"Never get too comfortable around water when recreating, no matter how low the levels are," said Major General Anthony L. Jackson, USMC (Ret.), Director of California State Parks. "This year we are asking water enthusiasts to adjust with water-related activities to the drought conditions. Water conditions in some waterways are low enough to make for hazardous boating. It

is also critical for everyone in or around the water to wear life jackets at all times, no matter if water levels are low."

"Spring is a wonderful time to recreate in California's waterways," said Sylvia Ortega Hunter, DBW's Deputy Director. "But please read the safety tips in this water safety warning because making a mistake could threaten the life of a loved one."

Water safety tips:

Know the Water

- Sudden immersion in cold

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Whooping Cough Epidemic

More Than 800 New Cases Have Been Reported in The Last Two Weeks

SACRAMENTO REGION, CA (MPG) - The number of pertussis (whooping cough) cases in the state has reached epidemic proportions it was reported this week by Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and state health officer.

As of June 10, there have been 3,458 cases of pertussis reported to CDPH in 2014, more than were reported in all of 2013. Over 800 new cases have been reported in the past two weeks.

Pertussis is cyclical and peaks every 3-5 years. The last peak in California occurred in 2010, so it is likely another peak is underway.

"Preventing severe disease and death in infants is our highest priority," says Dr. Chapman. "We urge all pregnant women to get vaccinated. We also urge parents to vaccinate infants as soon as possible."

Infants too young to be fully immunized remain most vulnerable to severe and fatal cases of pertussis. Two-thirds of pertussis hospitalizations have been in children four months or younger. Two infant deaths have been reported.

The Tdap vaccination for pregnant women is the best way to protect infants who are too young to be vaccinated. All pregnant women should be vaccinated with Tdap in the third trimester of each pregnancy, regardless of previous Tdap vaccination. In addition, infants should be vaccinated as soon as possible. The

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Fifi, the World's Only Flying B-29 Superfortress

Story and photos by Jennifer Trovato

SACRAMENTO REGION, CA (MPG)

- The name Fifi always had a specific connotation for me. It brought to mind a small, well groomed purse dog—until I flew with the Commemorative Air Force on Thursday, June 5th. When I hear the name Fifi now, I think of the huge, silver Boeing B-29 Superfortress bomber that carried us from Modesto to Mather, the only airborne sister plane of the Enola Gay, which dropped the first Atomic Bomb on Hiroshima on August 6, 1945, and Bocks Car, which dropped a second bomb on Nagasaki three days later.

One of 3,970 B-29s, Fifi was built just a few weeks before the end of WWII. She was never intended for battle even though she was equipped to carry nuclear payloads; she served as a training vessel. The Air Force kept her in service until 1954 when she was lent to the Navy; this could have been the end for Fifi. She was forgotten, left to sit in the Mojave desert until 1971 when Vic Agather, a WWII Army Air Forces veteran, rescued her from her next planned transfer—to the scrap yard. Agather named the B-29 Fifi

after his wife.

Fifi was fully restored and approved for flights in the mid-70s, and except for a brief grounding in 2006 for repairs, has been touring and flying ever since.

One of Fifi's most noticeable features is her glass nose, which provides an amazing view. Sitting here in a little fold-down seat, so close to the glass you can reach out and put your feet on it, gives a full view above, left, right, and most dramatically, below. Looking down on the landscape gliding gently below the plane from this vantage point is a unique and exhilarating experience.

There are blister windows in the mid- and tail-sections of the plane, and each provides amazing views because the windows,

Continued on Page 3



The Commemorative Air Force's fully restored B-29 Superfortress, Fifi flew in to Mather Field Thursday, June 5th.



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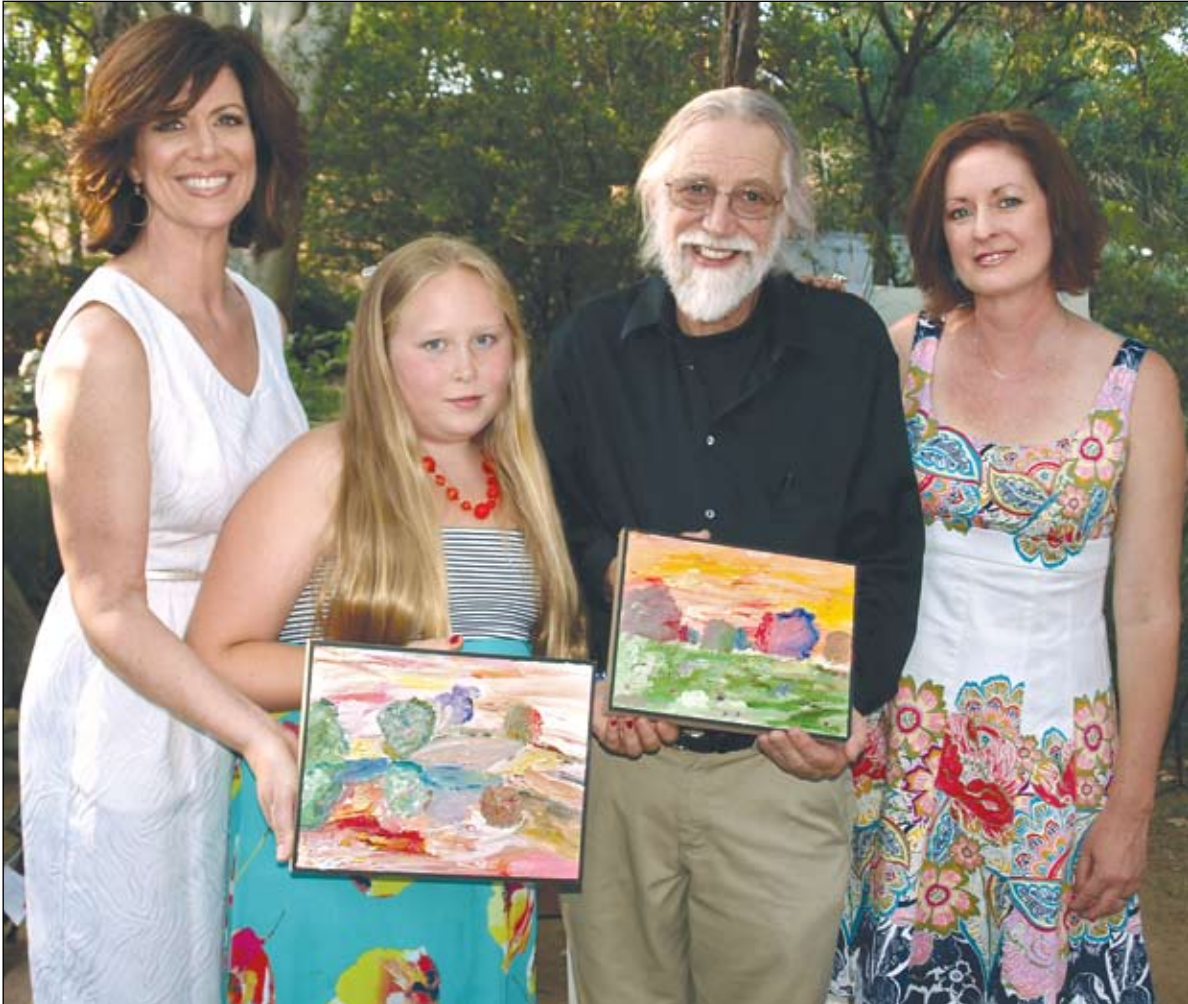
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See inside for details

Wild Things a Wild Success for Effie Yeaw



Good Day Sacramento anchor Marianne McClary (left) was emcee. The youngest exhibitor was Carmen Sellas. Mom Dusty Sellas and artist David Peterson congratulated the 12-year-old on her landscapes.

Story and photos
by Susan Maxwell Skinner

SACRAMENTO, CA (MPG) - In its fifth year, the Effie Yeaw Nature Center “Painting Where the Wild Things Are” fundraiser sold out and netted a record bottom line of over \$66,000.

The center has operated under the aegis of the American River Natural History Association since losing Sacramento County funding some years ago. Fundraiser proceeds will help the Carmichael facility and its 80-acre preserve keep founder Effie Yeaw’s educational mission alive. Programs serve children and adult students from Sacramento and surrounding counties.

After silent auctions, nature themed art went under the hammer. The American River Parkway featured in many paintings, animal creations caused much paddle waving. Jeanette Morrow’s ceramic running rabbit with squirrel passenger took second place in the juried exhibition and raised \$600. A heron sculpture caused a bidding flutter, selling for \$1,400. Turkey, deer, ducks and a swimming dog were also auctioned in effigy.

Judged “best of show,” a Debbie Gualco painting of the American River bluffs at Fair Oaks fetched the auction’s highest bid: \$5,500. Auction proceeds were split between the non-profit and participating artists.

In addition to art sales, a raise-the-paddle effort for Effie Yeaw’s Urban Nature Project (enabling visits from schools in low-income



Debbie Gualco’s portrait of American River bluffs was judged “Best of Show” and fetched the gala’s highest bid. Auction proceeds were split between Effie Yeaw and participating artists.

areas) netted more than \$20,000 in pledges. “The auction was lively and some wonderful art went under the hammer,” said Effie Yeaw spokesperson Betty Cooper. “After five years, we feel our fundraiser is really established on the community calendar.” Learn about the Effie Yeaw Nature Center at www.sacnaturecenter.net. ★

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Sunrise Mall Farmers Market
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Historic Folsom Farmers Market
915 Sutter Street, Historic Folsom Public Plaza, Folsom. Every Saturday from 8 am to 1 pm - all year round

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10535 Hospital Way (VA Hospital). Seasonal - Open Now. 9 am - 1 pm

For more information: www.bemoneysmartusa.org

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Fifi, the World’s Only Flying B-29 Superfortress

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and therefore your head, extend beyond the main body of the Superfortress. The midsection has one on each side where the scanners, who monitor the engines, are stationed, and both the mid- and tail-sections have blister windows above for the gunners. Even though B-29s were designed to fly higher than other aircraft, they could reach altitudes exceeding 30,000 feet, they were equipped with defensive artillery.

Sitting in the gunner’s seat was a powerful experience; hands on the controls, swiveling in the chair, it was easy to imagine enemy planes closing in on the B-29. This may be a result of watching WWII movies on TV while growing up, and it may also have been helped along by the P-51 Mustang, ManO’War, flying off my left shoulder as I held the tail gunner’s position.



Caren Landis, Fifi’s Left Scan, was an avid boater before meeting Fifi. She now dedicates her time to flying in the B-29.

Crawling through that tunnel is the only way to move between those sections when airborne. It was easy to traverse, but surprisingly, powerfully windy. The tail gunner’s section could only be entered or exited during unpressurized flight; when pressurized, the tail gunner was on his own, isolated from the rest of the crew.

A B-29 on a bombing mission required 11 crew members: pilot, co-pilot, flight engineer, bombardier, radio operator and navigator in the front section; two scanners, a gunner and radar operator in the midsection; and a tail gunner in the back who also operated the auxiliary power unit.

When the engines start for the long “pre-oiling” process, the plane shakes and the decibels go as high as 110. Ear plugs are required gear for flying in Fifi.



On Thursday, June 5th, I had the privilege of flying in Fifi, The Commemorative Air Force’s B-29 Superfortress from Modesto to Mather Field. Photo by Brian Hickey KCRA 3.



David Oliver, Fifi’s pilot for this flight, has been flying with Fifi for four years as a Commemorative Air Force Volunteer. “The goal is preservation, education, and honoring our veterans,” said Oliver.



The view from the glass nose, so close you can reach out and put your feet on it, gives a full view above, left, right, and most dramatically, below.

In flight, she burns 400 gallons of fuel per hour.

The Commemorative Air Force crew consists entirely of volunteers, and each one of them is an enthusiastic fan of Fifi. David Oliver, Fifi’s pilot for this flight, has been flying with Fifi for four years.

“The goal is preservation, education, and honoring our veterans,” said Oliver.



ManO’War, a P-51 fighter, flying off my left shoulder as I held the tail gunner’s position.

The Crew isn’t alone in its enthusiasm. Fifi landed at Mather Airport to a crowd of fans and reporters, and even Metro Fire came out to admire the Superfortress in person. There was also a group of flight students waiting for her; they wiped her down with clean cloths, collecting grease and grime to take home as souvenirs.

For more information, visit www.cafb29b24.org and www.californiacapitalairshow.com.

Fair Oaks Theatre Festival Presents

The play, presented in partnership with American River College, is about an affectionate and hilarious send-up of bad 50s sci-fi movies. “The Brain” tells the story of an alien invasion circa 1958.

Opening June 20th

A brain and its two alien cohorts, Zubrick and Yoni, arrive on Earth and plan to take over the San Fernando Valley. It’s the first step on the road to their quest to take over the entire planet and to destroy the family unit. This rousing toe-tapping musical features a dancing, singing brain... what more could you want from a musical!

“The Brain From Planet X” will be directed my Bob Irvin and featuring the Fair Oaks Theater Festival award winner cast.

The play is from a book written by David Wechter and Bruce Kimmel, with music and lyrics by Bruce Kimmel.

The play premiered in Los Angeles to rave reviews. The Los Angeles Times call “The Brain From Planet X”, “Wildly funny... wittily staged, sharply cast and graced with some catchy numbers.” The Beverly Hills Outlook called “The Brain, “Fun theatre! Silly, spoofy, and goofy!”

For Further Information:
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AVOIDING A FATAL HOSPITAL TRIP PART I

Can a trip to the hospital kill you? Did you know that as many as 440,000 people die each year of UNINTENDED MEDICAL HARM like infections, wrong medications, missed diagnoses, etc? It's the third leading cause of death in the United States. That from Pat Mastors, who has over 20 years as a News and Medical Reporter. She told me on POPPOFF that dangers lurk that threaten us more than the health conditions which admitted us to the hospital in the first place. In her book "Design to Survive" Pat shared nine ways an IKEApproach can fix health care and save lives. So here are the critical tips:

1) IF YOU CAN, CHOOSE YOUR HOSPITAL. HALF OF HOSPITALIZATIONS ARE PLANNED.

Check out hospital "report cards" at the Leapfrog Group's www.hospitalsafetyscore.org. Even better...ask your friends

POPPOFF!

with Mary Jane Popp

(especially if they are nurses, docs, and staff) what hospital they would go to. Facebook is

2) DON'T GO ALONE. WHILE HOSPITALIZED, APPOINT A COMPANION IF POSSIBLE. You need someone to speak up and ask questions...especially the first night after surgery when you're too sick to do it yourself. If the companion can perform simple tasks like tidy the bed, the nurses will love you for

3) BE ALERT HOW INFECTIONS ARE TRANSMITTED. Germs, like MRSA, enter the skin through surgical wounds or intravenous (IV) lines inserted in your body to deliver drugs, fluids, or nutrition. Any break in the skin is a potential "port of entry" for infection. If the skin around a surgical wound, IV line, or catheter looks red, swollen, hot or painful, or if you develop chills or feel feverish, alert hospital staff

4) INSIST ON CLEANLINESS. It can feel awkward to ask your visitor, doctor, or nurse to wash their hands and/or use gloves before touching you, but good hand hygiene is the best way to avoid infections. If you have your own bottle of hand sanitizer, you can offer someone a squirt, which is less awkward than sending them back to the dispenser in the doorway.

5) PUT ON YOUR THINKING CAP WHEN YOU PACK. Bring your cell phone and/or tablet (put it out of sight when you leave the room...these things can go missing) charger and an extension cord. Hearing aids and dentures also get lost in the shuffle. Look at www.ThePatientPod.com to see what other stuff you need to keep your things safe and stay in control.

6) CRITICAL TO WASH YOUR HANDS IN THE HOSPITAL. Clostridium difficile or C. diff is a bacteria carried by some of us in our digestive systems. When they get C.diff infection, they get explosive diarrhea that ends up spraying everything in the room (sorry folks, but Pat's father died of this). C.diff Spores can last for months on hard surfaces, where they can re-infect the next patient. Hospitals are way less clean than you think. Visit www.hospitalinfection.org. Pat's advice is bring your own bleach wipes (one of the few things that kill C.diff spores) and wipe things down. Got some more tips for you to consider, and I'll cover them in Part II of "Avoiding a Fatal Hospital Trip." Keep them handy and hopefully, you can share with someone you care about, especially you. In the meantime, stay well! ★



By Pastor Ray Dare

Life is full of valleys, tough times, highs and lows, good times and bad times. The fact is, valleys are going to happen so you might as well count on them. It's not a matter of "if", it's a matter of "when". You've either just come out of a valley, you're in a valley right now or you're headed towards a valley. What should you do when you're in a valley?

One of the most famous Psalms in the Bible is Psalm 23. Many have memorized this Psalm and it is often recited as a prayer. David says, "Even when I walk through the dark valley of death, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies...Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever." Psalm 23:4-6 (NLT) It's a favorite Psalm because it gives us three things to do when we find ourselves in tough times.

Release control. Valleys cause us to fear because things get out

When You're In a Valley

of our control. You get sick, you have a relational breakup, you face financial crises and you think, "What's going to happen to me now?" "What will this lead to?" "Why did God allow this?" But David said, "I will not fear!" "I will not fret, I will not be afraid; I'm not going to let it get me down." When you reach this point, the point of release, the point of surrender, this is a major step in your spiritual maturity.

Rest in God's care. David said, "Surely your goodness and unfailing love will pursue me all the days of my life..." David rested in God's unfailing love. When you really understand God's unfailing love, His mercy, then when something bad happens to you...your car breaks down...you get sick... you have an accident, you won't be tempted to think, "God must be mad at me. That must be God getting back at me, punishing me." God doesn't get back at you for things that Jesus already paid the penalty for! Not if you're a follower of Jesus Christ. You will experience many different kinds of days in life. You will experience days of loneliness, days of sickness, days of sorrow, days of pain, of tragedy. But you will never experience one day without God's mercy and unfailing love!

Refocus on eternal things. Finally David said, "I will dwell in the house of the Lord forever."

That's one of the most important little connections we see in the Bible. It connects yesterday and today with tomorrow. God says, "I've got this great life planned for you and surely goodness and mercy will follow you through it, BUT that's not the end! I've got something else at the end!" He builds it to a crescendo. With God it just keeps getting better and better. The best is yet to come. What gave David peace and confidence through the valleys of life? He kept an eternal perspective. You see, if you're just focused on the here and now, as if this is all there is to life, then when bad times hit, when you get sick, become disabled or when tough times come, then you will get discouraged and fearful. You must learn to live with an eternal perspective. This life is temporary and all of troubles are temporary. It gets better! Paul said, "These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us." 2 Corinthians 4:17 (Msg) When you find yourself in a valley, release control, rest in God's love, refocus on eternity and God will give you His strength. ★

Pastor Ray

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Rising Temperatures and Spring Snow Melt Prompt Water Safety Warning

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- water can stimulate the “gasp reflex,” causing an involuntary inhalation of air or water. It can even trigger cardiac arrest, temporary paralysis, hypothermia and drowning. When faced with swift water, even the strongest swimmers may be easily overwhelmed.
- Cold water entering the ear canal can cause vertigo and disorientation. This may confuse swimmers, causing them to venture deeper into the water.
- Recreating in PG&E canals and flumes is strictly prohibited. Stay out of canals and flumes, which are very dangerous due to slippery sides and fast moving water.
- Lower lakes and rivers can expose hazards like rocks and trees, or make them closer to the surface.

Know your Limits

- Swimming in open water is more difficult than in a swimming pool—people tire more quickly and can get into trouble.

- Cold water causes impairment leading to fatalities. It reduces body heat 25 to 30 times faster than air does at the same temperature.
- Many unseen obstacles can be lurking below the water’s surface. Swift water can make these obstacles even more treacherous. Guided trips for inexperienced paddlers are recommended.

Wear a Life Jacket

- Conditions change quickly in open water and even the best swimmers can misjudge the water and their skills when boating or swimming. Wearing a life jacket can increase survival time.
- A life jacket can provide some thermal protection against the onset of hypothermia and keep you afloat until someone else can rescue you.

Parental Supervision

Actively supervise children in and around open bodies of water, giving them your undivided attention. Appoint a designated “water watcher,” taking turns with other adults.

Teach children that swimming in open water is not the same as swimming in a pool, they need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

Know the Law

- Every child under 13 must wear a Coast Guard-approved life jacket when on a moving vessel that is 26 feet or less in length.
- A Coast Guard-approved life jacket must be carried for each person on board a boat. This includes rigid or inflatable paddlecraft.
- Every person on board a personal watercraft (popularly known as “jet skis”) and any person being towed behind a vessel must wear a Coast Guard-approved life jacket.
- It is against the law to operate a boat or water ski with a blood alcohol concentration (BAC) of 0.08 percent or more. You can be arrested even when your BAC is less than 0.08 percent if conditions are deemed to be unsafe. ★

WOW Fundraiser for Forgotten Warriors

SACRAMENTO, CA (MPG) - Forgotten Warrior is a non-profit organization in Sacramento that helps veterans in the community, and we are expanding! We are hosting an upcoming event called Welcome Our Warriors (WOW) to help fund the opening of a new shelter exclusively for veterans. The event will be an Art and Wine night on June 26th, and you are invited!

Our organization focuses on the needs of veterans and their families in the greater Sacramento area. Such needs may include acquiring VA benefits, temporary to permanent housing, health care, continuing education, and finding gainful employment. We also strive to meet the most immediate needs in emergency situations. The new shelter will focus on helping veterans suffering from PTSD and other ailments re-enter society.

Some of the Forgotten Warrior provides are:

Food for Heroes:

We feed 500 veteran families a week, we distribute foods to the homeless, disabled, elderly, and low income veterans in the Sacramento area and additional surrounding counties.

The Dream Catcher Project: Under the direction of Wind Walker, this self-help/veteran to veteran life coaching program is designed to help veterans and their families learn how to deal with PTSD and other challenges and traumas associated with military service. Natural healing tools such as meditation, hypnotherapy, and herbal remedies are being used.

Vets for Pets:

Forgotten Warrior provides emergency funding to pay for veterinarian care of low income veterans’ pets.

Housing:

Forgotten Warrior provides housing referrals and emergency assistance to address the overwhelming amount of homeless veterans in the five counties we serve. We are currently under-way building a 30 bed facility to help house some of this increasing population.

Education:

Veterans earn a Life Coach certificate by participating in a program that teaches them how to adjust their belief system from anticipating failure and anticipating success. Veterans are referred to local colleges and universities and/or enroll in Dr. McQueen’s career/academic assessment, counseling, and job training curriculum.

Please come out and show

your support to the veterans on June 26th at this wine and hors d’oeuvres event, 6 p.m. to 9 p.m. at the Sacramento Art Complex, 2110 K Street. We are excited to note that we will have some lovely entertainment from three veterans: performer Daryl Black from X-factor, guest speaker Col. Randall Ball and artist Michael Rogan.

Tickets are \$45 in advance, \$50 at the door, or \$40 each in groups of five or more. Please consider joining us in our cause as we come together as a community to help our veterans. ★

For information and tickets, call (916) 533-9811 or visit www.WelcomeOurWarriors.BrownPaperTickets.com.

Source: Forgotten Warrior

Whooping Cough Epidemic

More Than 800 New Cases Have Been Reported In The Last Two Weeks

Continued from Page 1

first dose of pertussis vaccine can be given as early as 6 weeks of age.

Older children, pre-adolescents, and adults should also be vaccinated against pertussis according to current recommendations. It is particularly important that persons who will be around newborns also be vaccinated.

“Unlike some other vaccine-preventable diseases, like measles, neither vaccination nor illness from pertussis offers lifetime immunity,” says Dr. Ron Chapman. “However, vaccination is still the best defense against this potentially fatal disease.”

The symptoms of pertussis vary by age. For children, a typical case of pertussis starts with

a cough and runny nose for one to two weeks. The cough then worsens and children may have rapid coughing spells that end with a “whooping” sound. Young infants may not have typical pertussis symptoms and may have no apparent cough. Parents may describe episodes in which the infant’s face turns red or purple. For adults, pertussis may simply be a cough that persists for several weeks.

CDPH is working closely with local health departments, schools, media outlets and other partners to inform the general public about the importance of vaccination against pertussis.

Pertussis data, including the number of cases in each county, can be found on the CDPH website, and is updated regularly. ★

Source: www.cdph.ca.gov

“State Budget Sets Record Spending and Depends on Rosy Revenue Projections,” says Nielsen

SACRAMENTO, CA (MPG) - The Legislature barely passed the state's spending plan before the Constitutional deadline Sunday night. Expressing his frustration with the broken budget process and backroom deals, Vice Chairman of the Senate Budget Committee, Jim Nielsen, voted against the budget.

“While this bill may be better than years past, it includes deals that were made without much public input particularly one that penalizes local school districts for being financially prudent,” said Senator Jim Nielsen (R-Gerber). “This is no way to do the people's business.”

“The budget sets a new record on spending and depends on rosy revenue projections that may or may not become reality. If the revenues don't come in as expected, the state could face deficits and tax increases,” Senator Nielsen added.

The budget bill - Senate Bill 852 - increases state spending for a variety of state programs from education to public safety. Below are the major reasons why Republicans opposed the final budget bill:

- Record High Spending - Over \$250 billion total funds represents a \$20 billion increase over last year. \$108 billion General Fund spending level is about \$12 billion higher than last year.
- More Spending and Less Debt Repayment than Governor's Original Plan - Appears to reduce the amount of debt repayment by about \$800 million relative to Governor's budget plan while increasing new permanent spending by at least \$700 million annually.
- Restrict Responsible Budgeting for Local Schools - In a last minute amendment,



Sen. Jim Nielsen

Democrat lawmakers sided with special interests to limit local school districts' ability to save for a rainy day fund. This is a huge step backward for transparency and a disincentive for fiscal responsibility among local schools.

- Lacks Quality Control to Maintain Program Integrity in the following programs:
 - High Speed Rail - \$66.6 million in state operations funding to continue the development of the high-speed rail. Includes \$32 million in federal funds for the Southern California improvements, which may require repayment to the federal government if the system is never built. This is in addition to the \$8 billion appropriated in SB 1029 (Committee on Budget, 2012) for high-speed rail and connectivity costs.
 - Cap and Trade - Includes \$850 million in Cap and Trade revenues to fund high speed rail, urban housing, wetland restoration, and low income weatherization. These programs have no clear nexus to the Cap and Trade fee nor do any metrics exist to measure the amount of greenhouse gas emissions

reductions that would result from these programs.

- Air Resources Board - Provides funding for the California Air Resources Board to continue to impose more regulations and fees on Californians through their greenhouse gas emissions, Cap and Trade, diesel retrofits, and zero emission vehicle programs.
- Drivers Licenses for Undocumented Immigrants - Includes more than \$67 million from the Motor Vehicle Account for DMV to issue driver's licenses to undocumented immigrants.
- Early Release of Criminals - Includes \$3.1 million to expand sentence credits for second strikers.

- In Home Support Services - \$600 million increase to provide overtime compensation to caregivers. About 70 percent of recipients receive care from a family member and California is one of only eight states that pay spouses and parents to provide personal care services to their own family members.
- Welfare Increase - \$170.8 million to increase CalWORKs grants by five percent in 2014-15. California currently has the 5th highest welfare grant in the nation, and is 2nd highest amongst the ten largest states.

“This year’s budget spending is supported by a massive tax increase that sunsets in 2016. What do we do then? Extend this ‘temporary tax’?” concluded Senator Nielsen.

The budget bill and the accompanying trailer bills will head to the Governor's desk for his veto or approval. At his discretion, the Governor can also use his “blue pencil” to eliminate a budget line item he deems objectionable. ★

Source: Office of Jim Nielsen

Bussell Named Cal Pac Sports Information Director Of The Year

ROCKLIN, CA (MPG) - William Jessup University’s Jeff Bussell has been selected as the 2013-14 California Pacific Conference Sports Information Director (SID) of the Year. The award is voted on by the conference head coaches in their respective sports through the year.

The Orangevale native completed his fifth year as the Sports Information Director for the Warriors. As the SID, Bussell is responsible for the publicity, promotion and distribution of information for the Warriors 12 NAIA athletic programs. He is also responsible for maintaining the Warriors athletic website, designing game programs, social media outreach, game management, statistics and records. In addition, Bussell spent the basketball season on KAH1 Radio, with the great play-by-play announcer Dave Rosenthal, as the color commentator for all Warrior home games.

“I am humbled and honored to receive the recognition by the conference coaches,” stated Bussell. “I’ve enjoyed the collaboration between all the SID’s and coaches in the Cal Pac. However, this is a team award.



William Jessup University Sports Information Director Jeff Bussell

I am blessed to work with a great team of people, who are passionate about promoting all the great things that happen in Warrior athletics. I have the two best student assistants in Matt George and Matt Horrocks in the country. WJU’s media service team of Josh Ribb and Katie Brooks are a major part of what we do. And most of all, none of this is possible without our great coaches and student-athletes who provide us with the opportunity to share the great things God is

doing here at William Jessup University.”

Last year, Bussell was named the California Pacific Conference Men’s Basketball Coach of the Year.

For the second consecutive year, William Jessup University captured the California Pacific Conference All-Sports Award. The California Pacific Conference All-Sports Award is awarded to the institution that accumulates the most points during the school year.

William Jessup earned the top spot with thirty-four points after clinching conference titles in men’s cross country and women’s soccer. The Warriors women’s cross country, women’s basketball, men’s basketball, men’s golf and softball teams had strong seasons as they all finished in second place in the conference. The men’s soccer team clinched first place in the Cal Pac North Division before falling in the Cal Pac tournament

The Warriors will move into the Golden State Athletic Conference for the 2014-15 season. ★

Source: William Jessup University

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ACROSS

1. Move smoothly
6. *What Horton heard (2008)
9. *Lost clownfish (2003)
13. Kind of sentence
14. Reporter's question
15. Become established
16. Bring upon oneself
17. Long fish
18. Past or present
19. *Sherman's dad (2014)
21. Swelling, pl.
23. "___ bad!"
24. At the summit of
25. Overall part
28. Pressure unit named after Torricelli
30. *The _____, squirrel's adventure (2014)
35. *Sandler of "Big Daddy" (1999)
37. Nabisco cracker
39. One of excessive propriety
40. ___ Verde National Park
41. *"Flushed Away" underworld (2006)
43. Icelandic epic
44. Pesto ingredient
46. Piercing spot
47. They're often hidden
48. Chemical cousin
50. Frill around collar
52. Public hanging?
53. Data holder
55. Aggravate
57. *"How to Train Your _____" (2010)
60. Lured with a decoy
64. Canine foe
65. Freudian topic
67. Former Belgian Congo
68. Ahead in years
69. Go wrong
70. Spritlike
71. Not guilty, e.g.
72. Hard to escape routine
73. Nathaniels, familiarly

DOWN

1. On a golf club
2. Crescent
3. Ancient Peruvian
4. Skeptic's MO
5. Drill into brain
6. Little Miss Muffet's meal ingredient
7. Garden cultivator
8. Baby owl
9. Indian Lilac tree
10. Europe's highest volcano
11. *Piggy's title
12. Single
15. Work promotion
20. "The _____," classic rock band
22. Knotts or McLean
24. MoMa's display
25. *Orphaned after forest fire (1942)
26. Content of cognition, pl.

27. _____ profundo
29. Cambodian currency
31. Not kosher
32. Succeeded kingdom of Judah
33. More eccentric
34. *Beauty's true love (1991)
36. Cripple
38. Domesticated ox having humped back
42. Fit out again
45. Accounting journal
49. *A story of Blu (2011)
51. *It featured the hit song "Let it Go" (2013)
54. Curl one's lip
56. Aussie bear
57. *Raggedy Ann is one
58. Boorish
59. Away from port
60. Database command
61. Pick-me-up
62. Buffalo's lake
63. Hibernation stations
64. Chop off
66. *He was despicable (2010)

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| | | 6 | | 5 | 3 | | 2 | |
| 9 | 6 | | 5 | | | 2 | | |
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| | | 4 | | | 2 | | 9 | 6 |
| | 8 | | 4 | 1 | | 7 | | |
| 6 | | | | 8 | | 9 | | |
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

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Sudoku Puzzle on Page 6

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Thrift Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561. (MPG 12-31-13)

Sutter Auburn Faith Hospital invites volunteers to work in various hospital department or the hospital Gift Shop. Great opportunity to learn about healthcare, raise funds to support our local hospital and to give back to our community. A four hour weekly commitment is requested. Please contact Mindy Danovaro 530-888-4559 for more information. (MPG 04-30-14)

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By Ronnie McBrayer

Sharing faith, in Christian terms, is known as “evangelism.” This is the English rendering of a Greek word meaning “to proclaim the good news.” That’s a problem, because the news isn’t always good.

There was a subtext to the evangelization method I was taught that went something like this: “God is really ticked off with you. He’s mad as hell – literally. And if you don’t pray this prayer, believe the way I believe, and don’t hurry to the baptismal waters as quickly as possible, then he will likely strike you dead before I’m finished talking to you.” I would then scurry away before God’s vengeance fell like fire on the sinner and I was caught in the collateral damage.

Again, there wasn’t much good news in such confrontations, because there was no sharing of God’s love. Love? Forget it. God didn’t love, God hated. God didn’t invite, God demanded. God didn’t plead, God prosecuted. God wasn’t pursuing wayward children as a heartbroken parent; God was dogging hardened criminals like a trigger-happy bounty hunter, a

The Good News Is Good News

ready execution order I no longer share with others my faith in an angry, perpetually irritated God who only wishes to stamp out humanity because I no longer believe in such a Deity. In light of Jesus, and the love of God he came to reveal to the world, evangelism can radically change. We are now “compelled by love,” to employ a phrase from Paul.

We share our faith not to coerce, force, intimidate, or to instill terror. We share our faith because of and for love’s sake – the only worthy compulsion. We have learned that God loves us, remarkably so, and loves our neighbors with equal measure. This love changes us; cures our dysfunction; and gives us new life. It really is “good news.”

This reminds me of an ancient story about a man named Demosthenes, a skilled orator from Greece. But he was not always a skilled wordsmith. As a young man he had a terrible speech impediment. This became painfully evident when his inheritance was stolen and he had to argue His speech was so bad, they gave him an ambiguous nickname in the Greek, meaning either “stutterer” or “sphincter” (While neither is flattering, I prefer the former over the latter). He was laughed out of the courtroom. But Demosthenes was determined. He secluded himself in a cave and began studying the methods of the great orators of the past.

He stuffed rocks in his jowls, a crude form of speech therapy, forcing himself to slow down

when he talked. Then he shaved off one side of his facial hair so that he would be too embarrassed to go into public. That way, he had to remain in isolation practicing until his hair grew back, and would face no one until he was properly prepared for the task. This would be a Before we breathe a word about the gospel or “good news,” we should be properly prepared.

What is the proper preparation? Well, it’s not about having all the theological answers or a collection of “gotcha” responses to objections. It’s about having God’s love consume our hearts.

When we can share the love of God by speaking of the ever-loving Christ, while loving those to whom we speak, only then are we ready to open our mouths, and not a minute sooner.

If we must, we will shave our heads and hide our faces. Let us go live in a secluded cave, if need be. Maybe we should stuff our mouths full of stones (or at least cover them with duct tape). It would simply be a good idea not to speak a word about religion, church, God, or the gospel until love is the means, message, and motivation for everything we say.

If we can shut our mouths for just a little while, it just might open our hearts – to the love of God – which really is “good news” for all. ★

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is “The Gospel According to Waffle House.” You can read more at www.ronniemcbrayer.me.

The War on Common Sense

Dr. James L. Snyder

Listening to news programs, particularly the yakity-yak-my-view-is-the-only-right-view programs you might come away with the idea that there is a war on everything.

The list goes something like this, the war on: Women... Poverty... Drugs... Terrorist and on and on I could go. You name it, there is a war addressed. I believe we should be serious about dealing with certain negative aspects of society and do whatever it takes to make people’s lives better. I am all for those ideas, however, I sometimes think it goes just a little too far.

Most of the time, someone is for a certain “war” because of some political advantage it will give them in the public’s eye. I guess you cannot be a politician unless you are willing to poke somebody in the eye!

Is it just me or have you noticed people will create a war on something just to get in the limelight? They are not against something they just know someone is; that someone is someone that goes to the polls and votes, and they want their vote.

Do not let this thought get too far, but I think it would be a whole lot cheaper during election time for politicians just to write checks and send out to all the voters saying, “Here’s \$1,000, vote for me.” It would be a lot cheaper in the long run and who couldn’t use \$1,000 right about now.

This war I am speaking of is rather covert and does not get any time on the national or cable news. Everybody knows it is going on but nobody wants to point it out. That is, up until now.

The greatest war going on in our society today is the war on common sense. There, I said it. And I stand by what I said. There is a tremendous attack on common sense in our society today.

Perhaps somebody could argue that there has never been a time in our history where we had too much common sense. That may be true, but it seems that people today are going out of their way to make common sense nonsense.

I must confess that common sense is not as common as it once was and perhaps never was. I like to think that somewhere along the line a few good people have entertained common sense.

There are so many laws in our land these days that it is impossible keep up with them all. There must be a law somewhere particularly in Washington, DC that says any law that makes sense has to be immediately thrown out. We have politicians that would not recognize common sense if it bit them on the nose. Most politicians have their nose in other people’s business anyway.

It would be nice if just some time these politicians would simply come together and establish a law, merely one law that makes sense. In order to make one law that makes sense they have to have 999 other laws that confuse it to such a degree that it no longer makes sense.

Common sense would tell me, for example, if I do not have enough money I cannot purchase a certain thing. That does not work in Washington. Oh no. In Washington, affording something financially is never part of the equation. The only thing important in that equation is, does this make somebody who voted for me happy enough to vote for me again?

It takes a lot of good old-fashioned common sense to take care of money and run my household budget in such a way that the Gracious Mistress of the Parsonage is happy. Taking care of money and making sure that we do not spend money on things we do not need is part of the common sense that helps me balance my checkbook month after

month.

Common sense says I need to balance my checkbook.

Washington sense says, write checks until you have no more checks to write then order more checks. Forget all that stuff about balance. If we run out of money, we just print more money.

Does that really make sense?

It would be great if I could do that with my home budget. If I do not have enough money one month all I need to do is go down into the basement and print a bunch of money to make up the difference.

Not only is common sense eliminated from the financial aspects of our country, but health issues are also thrown to the curb.

Common sense would tell me I need to eat properly.

Washington sense says, eat what I tell you to eat. I have seen some of the stuff that they, the government, wants us to eat. The government wants to come into our school cafeterias and force-feed our children a proper diet.

In most of these schools, I cannot speak for all of them, the children have the common sense to throw it away. Common sense says if it does not look good or taste good it probably ain’t good for you. (Pardon my French.)

The Bible has a lot to say about this. My favorite verse of Scripture is, “Therefore to him that knoweth to do good, and doeth it not, to him it is sin” (James 4:17).

I need to make common sense the standard of my day-to-day living based upon the common teaching of the Word of God.. ★

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamessnyder2@att.net. His website is www.jamessnyderministries.com.



By Marlys Johnsen Norris, Christian Author

What Jesus did for us . . . is God’s gift to us . . . what we become is our gift back to God.

When Jesus humbled Himself and joined an earthly family, His divine plan was for each of us to join Him one day in His heavenly home. “The Word (Jesus Christ) became flesh and lived for a while among us. We have

Best Gift of All!

seen His glory, the glory of the one and only Son, who came from the Father-God and is full of grace and truth. (John 1:14)

Every believer who has accepted God’s Son will one day wear a Robe of Righteousness that serves as protection against the evils of the world. It is a Robe of Royalty making one a child of the King, a prince or princess! They become an adopted child of blessing and it is with a humble gratitude a believer wears this robe -- recognizing the price of the Son’s blood paid to purchase and wash away ones sins.

Today we sadly observe some people with a sense of self-righteous and self-importance.

Elevating ones self by this method is not in the plan God

desires or honors in anyone’s life. God is not pleased with this kind of attitude and the misunderstood results these people bring on themselves cause them suffering and displeasure.

Mankind needed a book with guidelines for life and God gave us the Bible to help us. It reveals man’s sinfulness but offers the answers to all things. When we call out of God, He hears and responds with unconditional love, grace, forgiveness and mercy to begin a new life. ★

Marlys Johnsen Norris
Christian Author of 7 books
Read my story in
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Get the Most Bang for Your Buck

Don't Let Your Fireworks Budget Go Up in Smoke

By David Dickstein

SACRAMENTO REGION, CA (MPG)

Fireworks come in various shapes, sizes and colors, just like we Americans who will celebrate our country's 238th birthday with them. This rings true whether you're reveling among the masses at a public fireworks display – Rancho Cordova's Hagan Park, Carmichael's La Sierra Community Center and the All American Speedway in Roseville will host three of the region's largest – or if you take to the streets of Woodland and other areas of Yolo County where consumer fireworks are allowed this time of year.

What's new? What's loud? What's colorful? Is that \$50 fountain really worth the money and how long is it? The patriotic, pyrotechnic perplexity starts June 28.

With such a wide variety of product out there, how can you ensure that your display will be a Yankee doodle dandy that doesn't have your money literally going up in smoke? Once again the Messenger Publishing Group put each of the new state-approved items to the test, along with other items likely to catch your eye from behind the chicken wire at stands that bear the names TNT and Phantom.

Fireworks are listed by price and rated on a 5-star scale for performance, duration, distinctiveness and overall comparative value. Judges included firefighters of Sacramento Metropolitan Fire District, Station 65 in Rancho Cordova, where the test was conducted.

Let the sparks fly!

New for 2014



• **Apache Firedance Premier (Phantom), \$49.99** – Phantom gets “Best New Firework” honors for supersizing one of its classic fountains. Scores for seven effects, including some of the best crackles and strobes on the safe and sane market, and height and width that push the 10-foot legal limit. *140 seconds. 5 Stars*



• **Moondance Premier (Phantom), \$29.99** – It's Phantom's value-priced Moondance Fountain on steroids. Terrific height, lots of purple, a real crowd-pleaser. *100 seconds. 4 Stars.*



• **Sparkling Nights (TNT), \$24.99** – TNT's best new fountain is a solid, multi-effect performer with decent burn time for the price. A good mid-show pick. *91 seconds. 3 Stars.*



Firework stands run by non-profit groups will be open for business starting June 28 throughout Sacramento County and much of Placer County. Photo: David Dickstein.



• **Fiery Frogs (Phantom), \$24.99** – These fused green-foiled, grapefruit-sized amphibians took five years to migrate to California – they've been sold by Phantom in other states since 2009. Price – you're paying for the novelty – but glimmering eyes and mouth make it a fun item. *50 seconds. 3 Stars.*



• **Exploding Pinatas (TNT), \$17.99** – Has the ingredients for a winner, with whistle, fish and crackles, but for the same price a wiser buy is TNT's combo deal on the far-superior Mad Dog Fountain. *60 seconds. 2 1/2 Stars.*



• **Confetti Lights (Phantom), \$4.99 for two** – Mundane stuff, but good value as a buy-one-get-one. Think of it as a Fourth of July stocking stuffer. *34 seconds. 3 Stars.*



• **Vibrant Voltage (Phantom), \$21.99** – Crazy height and some of the prettiest green and orange ever in a fountain. *98 seconds. 3 Stars.*



• **Luminescence (Phantom), \$14.99** – Starts out as just your run-of-the-mill multi-effect fountain, but then surprises with an eruption of wide-spreading sparks. *73 seconds. 4 Stars.*



• **Zombie Zapper (TNT), \$19.99** – Love the intense crackles and the whistle and smokeless color blobs that kick things off, but too fleeting for the money. *45 seconds. 2 Stars.*



• **Loco Lobo (TNT), \$12.99** – Crackles and chrysanthemums are fine, but at this price point, and even lower, TNT has returning items that blow this not-so-crazy wolf away. *46 seconds. 2 Stars.*

Don't be a Statistic this Fourth of July!

Here are some safety tips:

- Observe local laws.
- Always store fireworks in a cool, dry place.
- Always read and follow directions on each firework.
- Use only state-approved "safe and sane" fireworks.
- Only use fireworks outdoors, away from homes, dry grass or trees.
- Have a responsible adult present.
- Have a hose ready.
- Light at a safe distance.
- Never attempt to re-light or fix a "dud."
- Never carry fireworks in your pocket.
- Never point or throw fireworks at another person.
- Soak used fireworks overnight before disposing.



• **Wild Blue (TNT), \$7.99** – The most wild thing about Wild Blue is there's no blue. For the money, go with TNT's better, cheaper and longer-burning Rainbow Rays and Little Miss. *33 seconds. 2 Stars.*

– Noiseless fountain opens with lovely lava lamp-like lumps (thank you, nitrocellulose!) and peacefully pleases with seven colors and white chrysanthemums. *59 seconds.*

• **Phantom Night Owl (Phantom), \$14.99** – Phantom's best internally glowing fountain (eyes and mouth light up) has four loud screeches and an exciting overall performance. *65 seconds.*

• **Surfs Up (TNT), \$10.99** – Last season's "Best New Fountain" runner-up. Gorgeous globs lead to a wave of multiple effects. Punctuation issues in its name aside, this surfer dude has some of the best and widest-spreading titanium rain and crackles for the price. *58 seconds.*

• **Twilight Magic (Phantom), \$12.99 for two** – Last season's "Best New Fountain" is even better now as a two-for-one deal (was \$9.99 for one last year). Sophomore fountain has three exciting rotations of crackle-and-whistle and wide-spreading sparks. *57 seconds.*

• **Luck of the Irish (TNT), \$9.99** – This 13-year-old classic features gold and silver spray, red and green balls, crackles and four super-loud whistles. *75 seconds.*

• **Firecracker Fountain (Phantom), \$9.99** – Lives up to its name with a remarkable crackling barrage alongside multi-colored pearls. *76 seconds.*

• **Lil Red Devil (TNT), \$9.99 for two** – Packs plenty of heat for the size and price. Ends strong with wide-spreading titanium crackling sparks. This combo deal times five, lit side-by-side together, makes for a great finale. *35 seconds.*

• **Phantom Dragon Slayer (Phantom), \$9.99 for two** – Got some white, blue and lemon chrysanthemums, rowdy crackles and red stars going on. *66 seconds.*

• **Rainbow Rays (TNT), \$5.99** – Solid value-priced freshman delivers on height and crackle. Duration is one of the longest in the state at this price point. *56 seconds.*

• **Little Miss (TNT), \$4.99** – This value-priced opening act packs plenty of color plus silver rain and crackles. *40 seconds.*

• **Moondance (Phantom), \$2.99, and Purple Rain (TNT), \$5.99 for two** – These identical cousins are little dynamos that emit loud crackles, purple pearls and glittering gold and white sparks. *45 seconds.*

For stand locations and additional product information, visit the retailers' websites: TNT, www.tntfireworks.com; and Phantom, www.fireworks.com.

• **Alpha Wolf (Phantom), \$26.99** – Green and purple droplets, gold shower and crackling stars finale are awesome. No howling whistles despite its name. *83 seconds.*

• **American Spirit (TNT), \$22.99 plus bonus** – This fountain of red, white and bluish stars, gold showers and decent whistles and crackles makes the cut because it comes with the pleasing, 90-second Sizzler Fountain. *80 seconds.*

• **O-Blivion (TNT), \$19.99** – This lord of the ring-shaped fountains emits multi-colored chrysanthemums with pine and impressive titanium crackles. *125 seconds.*

• **Pyropalooza (TNT), \$19.99** – Excellent height, crackle and vivid hues – a vivacious visual. *115 seconds.*

• **Funky Monkey (Phantom), \$24.99** – This pyrotechnic primate features red pearls and a solid overall performance. *90 seconds.*

• **Phantom Phlash Phinish (Phantom), \$18.99** – Phantastic Phountain. Second-runner-up for "Best New Fountain" last year has strong duration, altitude, spread, titanium crackle and whistle. *108 seconds.*

• **King of Bling (Phantom), \$18.99 for two** – The crackles heard during the final third sound just like popping popcorn. Majestic chrysanthemums and whistle. Great value as a two-for-one. *90 seconds.*

• **Mad Dog (TNT), \$17.99 for two** – Emits amazing crackles, whistles and multi-color sparks, but it's the combo deal that keeps this old dog on the list. *80 seconds.*

• **Serenity (Phantom), \$15.99**



State-approved fireworks in all shapes, sizes and price points are a big fund-raiser for area non-profits from June 28 through the Fourth of July. Photo: David Dickstein.



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Dave Says

cases, like to avoid bankruptcy or foreclosure. Even then, hardship withdrawals are very difficult to get. And again, this kind of thing should never be done except in an absolute, worst-case scenario.

Just roll your money into a traditional IRA, Tracy. It's called a direct transfer IRA, and that way there will be no taxes on it. You want the money to go directly from the 401(k) to the IRA. Then, you'll have the freedom to choose from about 8,000 mutual funds and move the money around, if you like.

In other words, you're in control. That's the way it should be when it comes to your money!

- Dave

It All Evens Out

Dear Dave,

We have three children, ages 15, 10 and nine. With our oldest starting high school and just being a teenager, we're spending lots more money on her than the others. It's almost like she's the favorite child. Should we spend more on the other kids to make things seem a little more fair?

- Julie

Dear Julie,

I don't think so. In five or six years, it'll be their turn and you guys will be spending that kind of money on them, too. That's the way it is with teens.

Here's a question for you. When the 15-year-old is 23, and you're buying prom dresses and all the other teenage stuff for the younger kids, are you going to turn around and give the older child extra money just to "even things up"? Of course not—that would be silly. She had her moment in the sun, and

now it's their turn.

Just make sure you hug on all of them equally, and let them know you love them!

- Dave

Wait For It

Dear Dave,

Would it be okay to go on a tenth anniversary honeymoon while we're working on our debt snowball?

- Karen

Dear Karen,

I don't think so. I mean, it's not against the law or anything like that. I just don't think it's a good idea. I wouldn't do it, and I wouldn't suggest taking the trip then rolling it into your debt snowball either. I know this probably sounds mean, but I'm just not a big romantic when it comes to people who are deeply in debt.

A rare exception may be a situation where you have a really small debt snowball and a nice, fat income. But most people in your shoes have average incomes and mountains of debt. On top of that, they want to take a big celebration vacation? I would say no.

At some point you have to stop the spending and concentrate on getting your finances in order. Besides, you've got a lifetime together to take romantic vacations and celebrate your marriage. Just wait until you can afford something like that. Trust me, you'll enjoy it even more!

- Dave

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

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