

Placer Sentinel



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Volume 22 Issue 14

Serving Auburn and Placer County since 1987

Second Issue of July, 2011

Officials Urge to Prepare for Coming Summer



It's important to limit the length of time the little ones spend in the sun.

Sacramento Region – State officials recently urged Californians to prepare now for the prospect of prolonged periods of hot weather later this summer and fall.

"It's not too early for Californians to prepare for the possibility of several days of extremely high temperatures, particularly in areas where temperatures don't reach into the 90s and 100s very often," said California Emergency Management Agency (Cal EMA) Acting Secretary Mike Dayton.

The Acting Cal EMA Secretary urged Californians who haven't already done so to review their

emergency plans, replenish their emergency supplies, learn first aid and CPR and create a cooler, more comfortable environment in their homes.

"As we saw in 2006, prolonged periods of extremely high temperatures can cause a significant number of deaths and heat-related illnesses, including heat exhaustion and heat stroke," said California Department of Public Health (CDPH) Interim Director Dr. Howard Backer.

According to information provided by California's county coroners and medical examiners, 136 Californians died due to heat-relat-

ed illnesses caused by a 13-day heat wave that struck the state in 2006.

"Infants, young children and seniors, as well as persons who have chronic health conditions, are particularly vulnerable when temperatures rise," noted Backer. "Caretakers must be sure to provide adequate fluids to persons who cannot ask for them or get fluids for themselves. Never leave a child or pet in a closed vehicle for any length of time. Plan outdoor work and exercise during the early morning hours or evening hours. During periods of severe heat, communities will set up cooling centers for daytime use."

Other conservation measures Californians can employ include turning off lights, fans and appliances that aren't in use and using dish washers, driers, washing machines and other appliances after the peak hours of 4 to 6 p.m.

Summer heat resources are available at www.calema.ca.gov and www.cdph.ca.gov.

Workers in all outdoor worksites such as agriculture, construction, landscaping and other industries, are at risk of serious heat illness and even death when temperatures rise across California. According to the California Division of Occupational Safety and Health (Cal/OSHA), employers are required to take four basic steps to prevent heat illness at all outdoor worksites. These include training all employees on heat illness, providing adequate water, rest and shade and having an emergency response plan in place.

"I am pleased to see a greater level of compliance and a reduction in occupational heat-related illnesses and fatalities in recent years, but we must remain vigilant during times of high summer heat," said Cal/OSHA Chief Ellen Widess. "Heat related illness and death are preventable with simple steps that employers take to ensure workers have adequate water and shade and training on the symptoms of heat stress. Having a good program in place not only protects workers' health, but ensures greater productivity."

State officials urged Californians to incorporate energy conservation measures as part of their heat emergency plans.

"Californians can save money and reduce the risk of power outages by setting their thermostats to 78 to 80 degrees when they're home and to 85 degrees or the 'off' position when they're away from home," said Dayton. "They also can reduce strain on the power grid by using their primary refrigerators and freezers for perishable foods and beverages and disconnecting secondary refrigerators and freezers."

Other conservation measures Californians can employ include turning off lights, fans and appliances that aren't in use and using dish washers, driers, washing machines and other appliances after the peak hours of 4 to 6 p.m.

Summer heat resources are available at www.calema.ca.gov and www.cdph.ca.gov.

Source: California Emergency Management Agency

Tanner Receives Distinguished Award



Don Tanner receiving SARSAS King Salmon Award for outstanding achievement in returning anadromous fishes to the Auburn Ravine.

Auburn – The SKSA is given to a person whose collaborative efforts have resulted in a significant and distinguished advancement toward the goal of SARSAS (Save Auburn Ravine Salmon and Steelhead), which is to return salmon and steelhead to the entire length of the Auburn Ravine.

NOAA Special Agent Don Tanner, using gracious and collaborative law enforcement methods, was able to work amiably with the eight dam owners on the Auburn Ravine downstream of the City of Lincoln and with their wholehearted assistance open the it to fish passage from October 15 to April 15 of each year to allow Fall Run Chinook to migrate upstream toward spawning gravels.

For the first time in decades, his efforts resulted in a significant number of salmon reaching Auburn Ravine Park in Lincoln, where their upstream migration was stopped by the NID Lincoln Gauging Station. Seeing Agent Tanner's success with salmon, Nevada Irrigation District, contributed \$250k of their own money toward the \$850K cost, and will install a fish ladder on the LGS this Sept./Oct. to allow salmon to reach spawning gravels upstream of Lincoln. NID is currently planning and designing fish passage over their Hemphill Dam, which will allow fish to migrate many miles upstream to the NID Gold Hill Dam, which hopefully will be retrofitted for fish passage in the near future.

Agent Tanner's achievement is vital to the success of returning salmon and steelhead to the entire length of

the Auburn Ravine. He continues to constantly monitor the Ravine and works toward making his agency realize the infinite possibility of the AR as a significant tributary to the Sacramento River for salmon and steelhead spawning, thereby helping to keep the threatened steelhead population robust and the salmon population from extinction.

Agent Tanner's efforts working with the South Sutter Water District resulted in SSWD securing funds from Family Water Alliance to install a Fish Screen at the opening of the Pleasant Grove Canal "to prevent", to quote SARSAS Fish Passage Expert Ron Ott, "up to 90 % of anadromous fishes returning to the Pacific Ocean to mature from being entrained and die in agriculture fields".

Agent Tanner's achievement is exceptional, unique and distinguished and shows how one person, who accepts his responsibility and works ethically and collaboratively to achieve a goal can succeed to a monumental degree, inspiring another entities and individuals to contribute to the SARSAS goal.

Agent Tanner's contribution to the SARSAS goal is unparalleled and laudatory in the highest degree. He is the most deserving first recipient of the SARSAS King Salmon Award.

SARSAS Secretary Kathie Harris will present Don Tanner the award for Outstanding Achievement toward Returning Salmon and Steelhead to the Auburn Ravine.

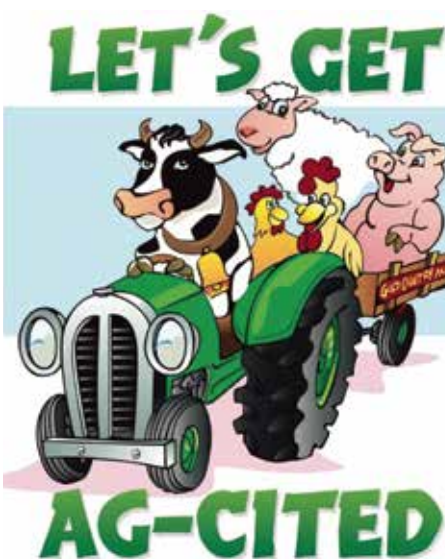
Source: SARSAS

Gold Country Fair is Getting "Ag-Cited"

Auburn – The Gold Country Fair, in Auburn, says "Let's Get Ag-Cited" as they prepare for the upcoming 20th District Agricultural Fair September 8-11. The Fair which was established in 1936, and was named "The Fair that Wouldn't Die" by Governor Ronald Regan, is celebrating its agricultural roots this year.

Entering home-grown and hand-crafted exhibits in the annual Fair for the chance of earning a blue ribbon is an American tradition. In the early years, the men brought their animals for boasting and sales, while their wives competed with baking, preserves and sewing skills. Today both men and women enter all categories. Children are encouraged to enter also with classes designed just for them.

Whether you hand-stitch quilts, grow plump produce or use digital photography to capture your world, there will be a category of compe-



dition to showcase your talents in the Gold Country Fair, September 8-11. The 2011 Exhibitor handbook is now available on-line at GoldCountryFair.com. A limited number of printouts will be available at the Fair office.

Most entry forms are due by Tuesday, August 9, except garden

and floral, classroom projects and industrial arts which are due Tuesday, August 23. No late entries are accepted, so be sure you check the individual specifications in each division. Actual exhibits are due closer to Fair-time, as the early entry date allows building supervisors to display your exhibits. A complete listing of entry, judging, and release dates is included in the Handbook.

Residents of Placer, Nevada and El Dorado County are eligible to enter adult exhibits. Junior divisions are open to Placer County youth. Please see the handbook for rules and details.

For more information on entering your talents in the Gold Country Fair, contact the Entry Department at (530) 823-4533. Office hours are 8 – 12 and 1 – 5 weekdays. Visit www.goldcountryfair.com for more information.

Animal Behavior College Matches Donation to the Placer SPCA

Placer County – Animal Behavior College (ABC) has announced recently that it is matching a donation to the Placer SPCA by the family of devoted supporter Betty Muegge who died peacefully at her home on January 13, 2011. Betty passionately loved dogs and dog training, and she was enrolled in the Certified Dog Training program at ABC at the time of her passing.

Betty was a longtime friend and supporter of the Placer SPCA. Shortly before her death, she also began volunteering as a dog walker at the Placer SPCA's Companion Animal Care Center in Roseville.

Betty's family chose to donate the unused portion of her tuition and Animal Behavior College is matching it with a donation of \$1000.00 in honor of Betty's love of dogs, and her support of the Placer SPCA and its mission to treat every companion animal with kindness and respect.

Betty was one of over 5,900 students who have worked with shel-

ters as part of their course of study at Animal Behavior College. "The generosity of Betty and her family is inspiring and speaks volumes about their love for animals," said Debbie Kendrick, Vice President of Animal Behavior College.

Placer SPCA, located in Roseville, is Placer County's source for local companion animal welfare expertise. Founded in 1973, the Placer SPCA offers programs and services for the pets and people of Placer County, including low-cost spay and neuter assistance, lost and found, volunteer opportunities, free behavior help, and many other programs.

"We are deeply appreciative of the gift of the Animal Behavior College and the family," said Placer SPCA CEO Leilani Vierra. "We remember Betty very fondly."

Animal Behavior College (ABC) is a vocational school that specializes in animal-related career training. ABC currently offers three programs – a Certified Dog Obedience

Instructor training program, a Certified Veterinary Assistant program and a Certified Grooming Instruction program. ABC has training locations in all 50 states as well as in Canada and is the premier school for animal lovers who wish to pursue animal-related careers.

For more information please visit www.animalbehaviorcollege.com or call (886) 507-9874.



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A Placer County Triple Play



The Middle Fork of the American River as seen from the Confluence-Stonewall trail hike.

By Peter Stafford,
Northern California Triple Plays

Enjoy great views of the Cool Quarry, dining at Monkey Cat, and wine-tasting at Wise Villa!

CONFLUENCE-STONEWALL TRAIL HIKE

From the parking area south of the Old Foresthill Road bridge over the American River's North Fork, briefly descend a dirt trail then keep left to pass a field of Star Thistle. Turning east, the trail traverses two short, steep drops to the Middle Fork, then widens and is pleasantly shaded by a mix of Pine, Oak, and several other species.

About a half-mile in, segments of old asphalt underlie the trail. To the south are views of the Middle Fork. A mile along the trees thin, beginning a section of relatively open trail. As the trail bends south, the steep limestone fins of the Cool Quarry can be seen.

Across the Mammoth Bar Road the trail continues, shaded but soon emerging into sunlight beside a steep slope, bordered by an old wooden guardrail with rock wall remnants topping a retaining wall anchoring the road to the slope below. A nearby broad shade tree makes an ideal rest spot.

Next the trail turns left, passing "Murderer's Trail" descending on the right. Now the trail slowly ascends beneath a dense tree canopy, with Larkspur and fern growing in the shade. A short path through Star Thistle links with the Old Foresthill Road. Hikers can retrace their steps or park a vehicle here for the return journey.

DINING WITH A MONKEY CAT

The elusive monkey cat has piercing green eyes. Those beady eyes peer out from the menu, and an ecstatic monkey hugging

a bottle of red wine perches on the restaurant's front counter. Statuettes of a smiling Buddha, giraffes, chimpanzees, and paintings by local artists also decorate



The Monkey Cat Restaurant has a fully stocked bar.

the Monkey Cat Restaurant.

Located in downtown Auburn, the restaurant features a palapa bar, a private dining room and patio dining in addition to the main dining room.

"I bought the restaurant in 2004," Owner Jim Bril says. "The previous owner named it after a black cat with green eyes. I liked the name and kept it."

Bril explains, "After years managing San Francisco's Fior d'Italia restaurant, I left the City but wanted to stay in the restaurant business. Auburn fit the bill perfectly, because it is a sophisticated community with people who know food."

"The ambience, Asian-Indonesian inspired cuisine, and good service support our success," Bril states. Asked to pick an entrée and wine pairing summing up the Monkey Cat, Bril names a seared duck breast with a local Barbera. Monkey Cat Head Chef Burns cites seared scallops on a sesame potato base with blackened corn salsa.

The Monkey Cat occasionally features wine dinners. Burns says, "I might pair a featured Syrah with a gorgonzola walnut-stuffed veal chop with tomato sage chutney. Proper pairing of sauce, entrée, and wine is essential."

Inspecting the place settings, Bril pauses. "Our job is to keep the food fresh and interesting, the



Inspecting grape vines at the Wise Villa Winery

service exemplary, and our customers wanting to come back." The Monkey Cat is dog friendly and readily accommodates patrons with special dietary needs.

After Bril and his chef return to the back of the restaurant, the grinning monkey on the front counter seems to wink: a memorable dining experience waits here for you!

GETTING WISE TO WINE: TASTING AT WISE VILLA WINERY

At the Wise Villa Winery east of Lincoln, balance and the true taste of the grape are watchwords with owner and winemaker Dr. Grover Lee.

"I strive to keep a nice balance of the acidity to ensure the wines properly complement foods," Dr. Lee states. "Our wines represent a balance between a European and a California wine. We focus on fresh fruit, aroma, and the actual taste of the grape."

In 2006 Dr. Lee laid out his 14-acre vineyard and planted a number of varieties, each on 1-3 acre lots. "We are one of very few vineyards here that can successfully grow Chardonnay and Cabernet Sauvignon at low altitude."

Assistant Winemaker Kevin Luther adds, "The two wines that exemplify Wise Villa are our Pinot Noir Rose and 2009 Cabernet Sauvignon. Pinot Noir

because Grover [Lee] bucked tradition by making a white Pinot Noir and blending back a little of the red Pinot Noir to make Pinot Noir Rose; the Cab, because though it is not usually grown in this region we made a great wine from it." Wise Villa's 2009 Cabernet was awarded Gold and Sierra Foothills Best of Class at the 2011 State Fair.

Before joining Wise Villa Winery, Luther interned in New Zealand and worked at Oregon's Penner-Ash Winery. "This introduced me to growing varieties in small lots and blending only when each varietal reaches full potential."

Wise Villa also sells 2010 Nocturnal Light; 2010 Chardonnay; 2009 Zinfandel; 2009 Syrah (which also won Gold at the State Fair); a 2008 Cabernet Sauvignon; and the red blend, 2009 Wisdom of Wise.

Dr. Lee plans to open a new tasting room with a garden and weekend Latin or jazz music by September. The winery also expects ramp up production from 3,000 to 5,000 cases per year and introduce new varieties next year.

Walking with Luther between two rows of vines, Dr. Lee pauses to inspect the grapes. "These grapes, the way we grow, harvest and make wine—that is what the wisdom of wine is all about," Dr. Lee declares, looking toward a future of fine wines.

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DMV: "Ask George"

Expert Answers to Common DMV Questions



By George Valverde – Director, California Department of Motor Vehicles

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

Are you unclear about laws and restrictions related to driving?

The California Department of Motor Vehicles has answers.

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

Q: My daughter is seven years old but is particularly small for her age (just 59 lbs.). I know that the general rule of thumb is to have children six or younger ride in the back seat in a child safety seat, but since my daughter is so small, should I keep her in her safety seat even though she's over six?

A: Yes! The California Driver Handbook states that any child six years of age or younger or 60 pounds or less must be properly secured in a federally approved child passenger restraint system and ride in the back seat of a vehicle. This is an absolute must to ensure your daughter is as safe as possible when riding in your vehicle. For more information, please visit www.dmv.ca.gov. Save Time. Go Online!

posted speed limit. For information on this and other speed laws, consult the California Driver Handbook online by visiting <http://www.dmv.ca.gov/pubs/pubs.htm>. Save Time. Go Online!

Q: I recently renewed my vehicle registration, but after I left the DMV I realized that they charged me late fees! I'm positive my registration was not paid late; I paid it in person three days before it was due. Can I get my money back, and is there an easier way than going back to the DMV office?

A: Yes, you can definitely request a refund if you believe you were charged incorrectly. What's even better is that the DMV now offers an Online Refund Program through which you can request your refund online at www.dmv.ca.gov for certain types of refunds. Specific criteria must be met to participate in the Online Refund Program, and in this case, your request does qualify to be completed online. Please visit <https://mv.dmv.ca.gov/ist/welcome.do>. There, you can download the instructions, complete and submit your form online. Save Time. Go Online! It's fast, safe and easy!

Q: What documents do I need to bring with me on the day that I apply for a driver license?

A: If you're age 18 or over, remember to bring an original (or certified copy) of your Birth Certificate or Legal Presence document on the day you apply. You must also provide your social security number as well. If you are under the age of 18, the above requirements apply in addition to the requirement that your application be signed by your parents or guardian. If under the age of 17 1/2 you must also provide your certificate of completion of driver's education. And remember to bring your proof of insurance card for your drive test – this is one of the more commonly forgotten documents and can save you from making an extra trip to the DMV. For additional information, go to this link on the department's web site: www.dmv.ca.gov/dl/dl_info.htm. Save Time. Go Online!

Q: I was cited for speeding last week on a rainy day. I am really angry about it because I was going under the speed limit! The posted speed limit was 50 and I was going 45mph. How can the CHP officer justify this citation?

A: According to the California Driver Handbook, California has a "Basic Speed Law." This law means you may never drive faster than what is safe for current conditions. Since it was raining and the roads were likely wet and slippery, the CHP officer must have determined that you were going faster than was safe for the weather that day. To avoid this situation in the future, pay careful attention when weather conditions are poor and take extra caution as you drive, because you can get cited for speeding even if you're following the

Q: I am trying to plan ahead and budget enough money for my car registration renewal. Is there any way I can find out what I owe ahead of time?

A: Yes, you can calculate your fees ahead if time if you want to know before you receive your registration renewal notice, but only if it's less than 75 days before your renewal fees are due. Calculating your fees is easier than

Seniors Need To Know

By Irwin A. Herman, MD

It seems that we've entered into a new season of "THE BIG LIE" as the politicians and their political parties/organizations gear up for an election that is still a year away.

What I would like to address today concerns the upcoming ranting about the need to preserve seniors from the evil specter of socialism as embodied in the federal Medicare program, whose benefits we have enjoyed for the past 45 years or so.

You will hear a lot of emotional arguments about the evils of Medicare and how it is leading the country into ruin by supporting big government, and how it would be better left to us as individuals to provide for our own health care needs because we are all so much smarter than the government. Now I'll grant you, that in many ways we are smarter, but I believe if you look at some pertinent information, at least in regards to the Medicare program, you might not be so sure.

Let's assume for example, that you've worked hard for 40 years of your life to provide for you and your family, and that you've averaged a \$50,000 annual salary over that time. That means that over those 40 years you have earned some \$2 million dollars (almost as much as a 2nd string basketball player makes in one year – but that's another story). If you have averaged \$100,000 a year over that time, then of course you would have made \$4 million dollars during that same time period. I'll leave it to you to approximate



and are 2009 or earlier, so add inflation if you want.

- Total hip replacement – \$90K
- Total knee – \$35K
- Heart valve replacement - \$200K
- Coronary bypass - \$60K
- Prostate cancer surgery - \$50K
- Colon cancer surgery - \$70K
- Non-surgical prostate cancer - \$40K
- Breast cancer surgery - \$20K
- Endarterectomy (artery cleaning) - \$40K
- Gall bladder surgery - \$40K
- Colonoscopy - \$3K
- CT scan abdomen - \$4K

your own lifetime earnings. During that time you paid into the Medicare program a 1.45% tax, as did your employer, for a 2.9% total cost of \$58,000 or \$116,000 as the case may be. Sounds like a lot of money going into the pot in your name, and I would agree.

At the end of your working days, as you got older, some of those undesirable issues of age related health problems began to appear, and the normal wear and tear, or perhaps some of the important preventive health measures that we ignored, began to take their toll and have an impact on our life style, or perhaps even began to endanger our lives.

So, let me list some average costs of some of the services that you, or those you know, may have needed, and what you would have had to pay out of your savings or resources you had put aside, if Medicare were not available to you. You'd better be sitting down!

All figures are in thousands (K)

And these figures do not include the accessory costs of visits, x-rays, lab tests etc that would be needed both before and after these, as well as other, procedures.

Of course, we also pay monthly withdrawals out of our Social Security income towards Part B, but those are miserly sums compared to the above. Oh, wait a minute! Don't they also want to do away with the Social Security program as well?

Stay tuned. It will be a long, hot summer coming up. More importantly, stay healthy!

The Older Adult Advisory Committee is responsible for advising the Department of Health and Human Services and the Board of Supervisors on the needs of Placer County's older adults. Meetings are held the 3rd Tuesday, at 1:00 PM. More information may be found online at: www.placer.ca.gov/Departments/hhs/adult/IHSS/OlderAdultAdvisoryCommission.aspx or by calling (530) 886-3680.



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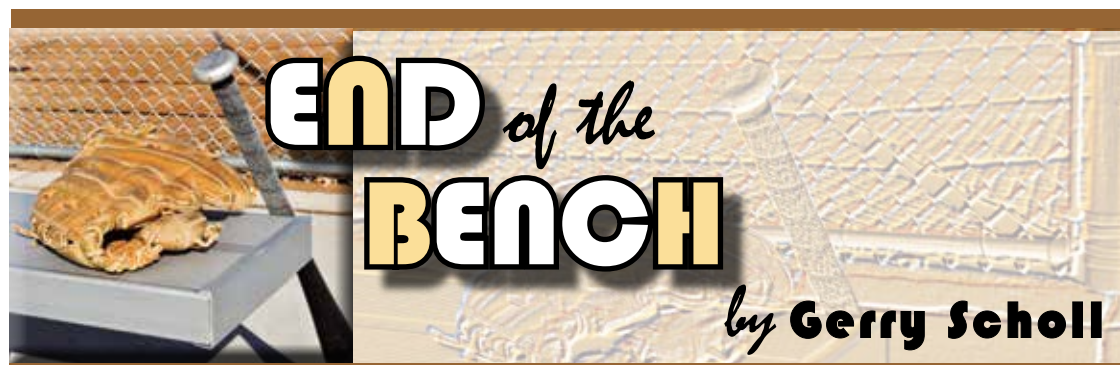
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END of the BENCH

by Gerry Scholl

Tennis, anyone?

That age-old question prompted me to answer, "Why not?," when I had the opportunity last Friday to head out to Capitals Stadium at Sunrise Mall, Sacramento, for some World Team Tennis.

First time for everything. I had never witnessed pro players in live action before. I'd classify myself as a "casual fan" of the game. In the '70's and '80's I followed it more closely. I'll typically check in on Wimbledon and a few other key matches from time to time.

The weather was quite pleasant as I entered the venue for the matchup between your Sacramento Capitals and The Newport Beach Breakers. I looked down to the press table court-side and quickly decided, "No way am I sitting there! My vertigo will make me nuts before the warm ups are over!" So I found a seat up high among several of the regulars.

It's a pretty nice setting actually, despite sitting in a shopping mall parking lot. You could look out over the rim of the stadium to view the Sierra foothills and the valley summer sky at dusk — nice. Don't mind the top floor of Macy's hovering to the right.

The pre-match chatter among the regulars centered around their disappointment that Mardy Fish, the top-ranked U.S. men's singles player, would not appear for the Caps as he nursed an injury. WTT is a little

something on the side for the marquee players. Unfortunately, the too loud P.A. announcements and music not conducive to meeting and greeting your neighbors drowned the chances of conversation.

There was a bit of a hush, however, when the Caps' Dusan Vemic changed shirts on the sidelines after warm ups. I used to look like that (not really). I did think I was an okay player for a hack — way, way back — peaking around 27. My best was the time the wife and I and another couple spent a weekend at a Lake County cabin and played some tennis. We played under assumed names. It was Chris Evert-Jimmy Connors vs. Evonne Goolagong and me, Ilie Nastase. They called me "Nasty" because I was the kind of player who would make drop shots against a pregnant woman.

My talents faded quickly with age. The game was too hard on the shoulders, hips, knees, feet and that nagging old groin injury. I conceded it was a young man's game.

At Sunrise, play was a little sloppy early on, though Sacramento dominated men's singles (Vemic d. Lester Cook) and women's doubles (Vania King-Yasmin Schnack d. Anne Keotharong-Marie-Eve Pelletier) to build a 10-4 lead. The WTT innovative format was interesting and effective and kept things moving along smoothly.

About this time the summer breeze was really cooling things down and I realized I was underdressed. There were a lot of uncomfortable people in shorts and T-shirts. When the action was slow it helped to play Name That Tune with the short music bursts over the P.A. between points (I did very well).

Fortunately, the match heated up as The Breakers rallied to win men's doubles (Cook-Travis Rettenmaier d. Vemic-Mark Knowles) and women's singles (Keothavong d. King) with some very impressive play.

The last match, mixed doubles (Knowles-King vs. Rettenmaier-Pelletier), was the highlight of the night. The "Go, Caps!" chant finally caught on with the approximately 2,000 fans on hand. The teams eventually were deadlocked, 18-18, leading to a deciding 9-point tie-breaker.

Knowles, almost 40, defied the "young man's game" theory at crunch time. Currently ranked No. 30 in doubles and with over 700 doubles victories, among them three Grand Slam titles and a mixed doubles title at Wimbledon, it was Knowles who decided things with an overhead smash for match point. And the fans went wild!

All in all, it was a pretty, pretty, pretty good time out. Check it out this week! But, one bit of advice: Bring a jacket!



Auburn — Animal advocate/volunteer/recent retiree Jack Smallwood delighted in sunny weather while breakfasting at Wings at the Auburn airport where he made the West Virginia Connection with General Chuck Yeager and chatted with The General and Wife Victoria. Smallwood relates to the small town feel and relished a Sunday morning repast in OT Auburn at favorite restaurant MaryBelle's where friendly staff Marsha and Betty served up breakfast and lunch to both Smallwoods.

Up on Sacramento Street, a visit with Used Saddle Connection Owner Shauna Gloriosa shed light on the move owner Gloriosa will be making into the Gypsy Wind bead store which should close by the end of the month. Happy Trails Shauna. And speaking of trails, mark your calendars for the August 6th and 7th Heritage Trail Placer County Museums Tour including 18 museums from Roseville to Tahoe. I recently enjoyed my tour of the

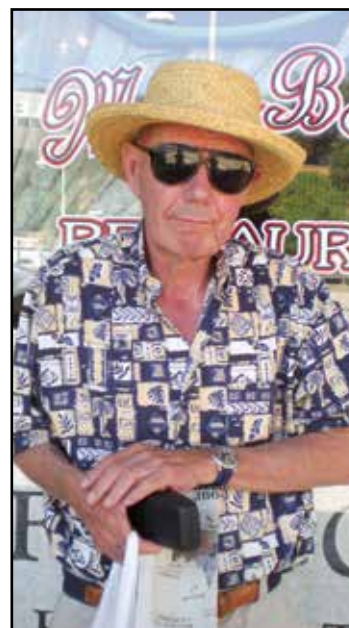
Around Town

with Loyce Smallwood

Bernhard Museum on Auburn Folsom Road where informative volunteer Delores gave forth about the history of this museum while I took in the lifestyle of the Victorian era. Volunteers are invited to sign up as docents at the Bernhard, Gold Country and Auburn courthouse museum. Trumpery costumer/docent Joyce Silva entuses about her opportunity to dress in period costume and a big tip of the Sentinel hat to all those museum volunteers whose contributions help breathe life into the local history.

Silva is also big on volunteering/spreading the word for the Joseph And The Amazing Technicolor Dreamcoat production starting August 5 at The State Theatre DT Auburn. And all you history buffs are encouraged to dive into the enormous selection of donated books at the Friends of Placer County bookstore at the Raley's Center at the Foresthill Exit where yet more dedicated volunteers work diligently to keep this spacious bookstore open daily with all proceeds going to benefit our homeless pets.

Cleaning out your reads? Send your books/tapes/quality magazines to Friends AND to the Auburn



Jack at Marybelle's

Library used book sale held the first Wednesday of the month and following Saturday. Again, thanks/appreciation sent to the dedicated volunteers who resolutely give of their time to make this the sale an ongoing success. Do we ever need to ask why we love the life in our fair city.

Ten Tips to Keep Your Business Open and Operating

By Liz Franklin

Sacramento Region — We independent owners provide jobs for more than 50% of working American. We develop nerves of steel. We drive a major part of the economy. It's important, then, on a lot of levels, that we keep doing what we're doing.

So here's to you, business owners, for your perseverance, your contributions, and all the jobs you've created.

Here's my contribution to you: A list that will help keep you operating:

- 1) Think in multiples. Why do a sales presentation to one or two people, when you can give a speech and get in front of hundreds?
- 2) Learn when and how to say no. It's politically correct to say yes to everything, but that doesn't pay the mortgage. The earlier you learn to say no nicely, the more time and money you'll save.
- 3) Too many owners invoice late, too seldom, or not at all. Clean up your billing cycle, even splitting the alphabet in half and billing your A-L clients the first of the month and the M-Z clients on the



- 15th. One of the ways I improve small company's bottom lines is by cleaning up the billing, and it always works to create an influx of cash.
- 4) Learn to fire clients. Stop living for hope. People who show signs of stiffing you, being unable to pay the tab, arguing too much, asking for too many extras, or skating in any number of other ways are always more trouble than they're worth.
- 5) Have at least three levels of products or services for your customers to

buy, with at least three prices, and make it easy for people to buy from you three ways, not just one.

- 6) The reason people pay more is for perceived added value. Figure out the market's perception, and you'll add handsomely to your bottom line. Adding hours alone will never get you to your goal.
- 7) Develop a brand (not just an image or logo,) and carry it forward consistently with matching themes, colors, fonts, etc., until people recognize your brand and buy or refer when they see it.
- 8) Learn the difference between shortcuts that truly save money and time, and shortcuts that cost more than they're worth.
- 9) Learn to delegate instead of doing everything yourself.
- 10) Get, and keep, referrals from everyone. Get their permission, and use them in writing.

Liz's track record in increasing her client's income ranges from 8% in 45 days, to a record of 700% in 8 months. If you're a decision-maker and want to increase your income, call Liz at (916) 899-8285 or go to MizLizOnBiz.com.



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PCWA Updates

Auburn — Areas of Placer County that have limited or no access to public water supplies are under study as part of a master plan being developed by the Placer County Water Agency.

PCWA Director of Technical Services Brian Martin provided an update on the planning process at Monday's (July 11) meeting of the PCWA Board of Directors.

Martin said there are numerous unserved and underserved areas in the county, many of which are situated along the Interstate 80 corridor. Many of these are in remote areas, far from existing PCWA canals and pipelines.

Some of these areas are supplied through about 90 existing small water systems that have been surveyed, Martin noted. He said PCWA has coordinated with the Placer County Department of Environmental Health and plans to visit the systems and determine how future needs can best be met.

Martin said PCWA engineers will be analyzing data, mapping the areas and setting priorities for a "backbone" water system that would eventually bring water supplies closer to areas in need. The effort is expected

to continue for many years.

Some funding for potential water system expansions will come from future (after 2013) hydroelectric power revenues from the PCWA Middle Fork American River Project, under a policy decision made last year by the PCWA Board of Directors.

Martin said a more detailed presentation on the master planning process would be offered at a future board meeting.

In other business, PCWA directors:

- accepted a \$7.8 million low interest loan from the State Safe Drinking Water Revolving Fund. The loan will be used to fund a new 5 million-gallon water storage tank at PCWA's Electric Street reservoir site in Auburn. The 2.3 percent loan will be repaid over a 20-year period.

- authorized staff to submit supplemental information on instream flows and recreation and vegetation management to the Federal Energy Regulatory Commission (FERC) as part of the agency's Feb. 23 application for a new federal license for the Middle Fork American River Project. Gary Estes, spokesman for Protect American River Canyons

(PARC), commended the agency for its continued collaboration with his and other interest groups.

- authorized a new, standard form, fixed price power sale contract with the Pacific Gas and Electric Company. The contract covers production from PCWA's small 750-kilowatt power station at Hell Hole Reservoir.

- welcomed Michael Willihnganz, who joined the water agency June 27 as Director of Administrative Services. Willihnganz, a Rocklin resident with a 30-year background in public sector personnel and human resource management, comes to the agency from the California Public Employees' Retirement System (CalPERS) in Sacramento where he served as chief of human resources.

The next regular meeting of the PCWA Board of Directors will be held at 2 p.m. on Thursday, July 21, at the PCWA Business Center, 144 Ferguson Road, in Auburn.

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

Robbery Suspects Arrested After Chase on I-80

Placer County Sheriff's deputies caught three armed robbers as they fled down Interstate 80 Thursday afternoon, shortly after the suspects entered an Auburn home and stole

At 3:25 p.m., deputies spotted the trio driving westbound on Interstate 80 near Douglas Blvd. in Roseville. The car was stopped on the side of the freeway and the suspects were

at the Placer County Jail on charges of robbery and false imprisonment. Bail was set at \$100,000 for Patton. Tipton and Thomas are being held without bail on parole holds.



Duane Edward Patton



David Eugene Thomas



Robin Oscar Tipton

the residents' medical marijuana, cash and other valuables.

The victims, a man and wife, called sheriff's dispatch at 3:07 p.m. to report that three men — one known to them — had entered their Dry Creek Road home and stolen marijuana and other items. The suspects, who brandished a gun throughout the robbery, told the couple to stay in a confined area of the home as they left.

taken into custody without incident. Inside the car, deputies found a handgun that matched the description of the gun used during the robbery. Some property was also recovered.

Arrested were Robin Oscar Tipton, 20, of Sacramento; David Eugene Thomas, 23, also of Sacramento; and Duane Edward Patton, 23, of Elk Grove.

The three suspects were booked

Placer High Class of 1956 Reunion

Members of Placer High's class of 1956 will gather for their 55 year reunion on August 12th at 5PM. It will be held at Lake of the Pines country club. the cost for the event is \$50.

For additional information, call John Towers at 530-885-6136 or Harry Benzie at 530-268-3747.

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CLUES

ACROSS

1. Hoarders action
6. *Curiosity's victim
9. Relative speed of change
13. **Remorse* trip
14. ** ___ in wait*
15. Taste, e.g.
16. Type of duck
17. Freddy Krueger street
18. Arab country
19. *Back to this board
21. Prince alternative, Mark Twain
23. Downhill equipment
24. Boxer Oscar De La
25. Masseur's office
28. Jane Austen classic
30. To-do list entry
35. SAT, e.g.
37. Be sick
39. With great enthusiasm
40. ** ___ does it*
41. Indolence, abbr.
43. Hawkeye State
44. Tastes like lemon
46. Ancient Greece's

DOWN

1. Wine and cheese descriptor
2. Wilderness preservationist John ___ (1838-1914)
3. Verdi's opera
4. Large amounts
5. * Do it while the iron is hot
6. Horsefly
7. Be ill
8. Time in Italian
9. ** ___ the benefits*
10. **Up the ___*
11. One of Romanov's dynasty
12. Poetic "ever"
15. *Back to this first one
20. Nimbus, pl.
22. ___ aye Captain!
24. Not a convertible
25. Lieu
26. V-sign
27. Balance sheet entry
29. *Whose best friend?
31. SWAT attack, e.g.
32. Greek bazaar
33. Handrail post
34. Southern accent, e.g.
36. Novice
38. *One who parts easily with money
42. Big Dipper shape
45. *A drop in this
49. Street in Paris
51. Comfort
54. Characterized by dignity and propriety
56. *A silver one denotes wealth
57. Composer Johann Sebastian
58. Unfavorable prefix
59. One stair
60. Country singer-songwriter Loretta
61. Miners' passage
62. Tear down
63. One who dyes
64. John Henry " ___ " Holliday
66. National Academy of Engineering

For Solution See Page 6

SUDOKU

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!

For Solution See Page 6.

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"Keeping the Faith"
Ronnie McBrayer

Time to Hit the Road

wagon, every trip was an adventure).
I'm traveling more and more these days, not so much out of love for the road – I like sleeping in my own bed – but out of love for old and new friends; out of love for what is happening all across North America. In Atlanta, Peoria, Detroit, Dallas, Paducah, Tucson, and everywhere in between, I find and spend time with people who are over-churched and religiously over-worked, but who are under-graced and under-gospelized.

The practice of their faith has become an albatross around their neck and they want to be free of it, not because they suddenly have given up on faith or hate Jesus, but the contrary: They so love Christ and so value their faith, that to retain these things they love, they must let everything else go. They want simply to worship their God, follow Jesus, and help their neighbors. They hope to do this without all the ecclesiastical machinery we have created.

They meet in coffee shops, in store fronts, around dining room tables, in pubs, and yes, sometimes in church sanctuaries. They have come to understand that church isn't a place we go. It's something we become. Church isn't about buildings or organizations or sacraments. It's about people and relationships. Church isn't an institution that should complicate our lives further. Rather, it should set us free and focus our lives on Christ.

I once heard Phyllis Tickle say that every 500 years or so, the church has a rummage sale.

Paraphrasing, she said every few centuries Christians scrounge through everything we have stockpiled in our attics and collective storage boxes. We start sorting through it all and discover that some of it is too precious to ever let go. But much of what we find stashed away in moldy storage units has to be moved to the curb.

After all, Christians are a pilgrim-people. This world is not our home and we are built for the wandering, open road. Hanging on to anything beyond what is truly essential will only weigh us down, and hanging on too long will cause us to sink roots where we do not belong.

In my own travels, this – this – is exactly what I discover all over North America: People of faith who have had their rummage sale, and who are now neck-deep in the journey away from religious institution and toward becoming grace-filled, Jesus-following, baggage-relinquishing explorers. They are now light enough to hit the road, living out the great adventure of faith.

What do you say a few of us get together along the way? A cup of coffee down at the corner, a pint at your favorite watering hole, Sunday morning at the red-bricked church-house: You just let me know when and where. I'll meet you there, and we will hit the road together.

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.

Not Guilty or Innocent, that is the Question

By Rev. James L. Snyder

A murder trial in our area that gained international attention involved a young woman accused of murdering her two-year-old daughter. She was facing four counts of murder including the death penalty. After the jury deliberated, they came back and exonerated her on all four counts. The jury's verdict was, "not guilty".

As far as the law is concerned, this woman is not guilty of the crime she was accused.

I say, as far as the law is concerned, but not as far as the Gracious Mistress of the Parsonage is concerned. For some reason she took an interest in this case and followed it quite faithfully. Fortunately, I did not have to follow this closely, my wife kept me up to date on all of the details.

I did listen to some of the news reports, which only served to confuse me on this whole matter. It's amazing how people who know nothing about the law and have never studied law seems to know more about the law than lawyers and judges. I think the only other profession where the layman knows more than the one who has studied it for years is a minister. Personally, I am uncomfortable being in the same category as a bunch of lawyers. I'm thinking of suing.

While I am thinking about lawyers, isn't it strange that everybody hates lawyers until they need a lawyer? Crooked is as crooked thinks.

Spill a cup of hot coffee on your lap while driving and who ya goin call? Not a doctor but a lawyer. Of course, the person that ought to be sued is the person who was drinking hot coffee while driving. Aren't mothers teaching their kids anything these days?

When an accident occurs, the first thing people think of calling is, not the police, not a tow truck, but a lawyer. I wonder what these lawyers did before cell phones. I would not be surprised to discover that behind the cell phone phenomena are a bunch of lawyers.

We have something in our country that says a person is innocent until proven guilty. What I want to know is, what do you call a person who has been proven not guilty? Of course, it

is all in the eyes of the beholder.

It is too bad the jury in this recent case did not have an opportunity to hear my wife pontificate on this case. They may have come up with a different verdict. Nevertheless, the not guilty verdict was issued and that, as they say, is that.

Then my wife said something that spun my brain just a wee bit.

"What is the difference between being not guilty and innocent?"

Well, that puts things in a different light. It is entirely possible to be "not guilty" as far as the law is concerned and on the other hand not be "innocent," either.

Every husband knows what I am talking about here. No matter how hard he tries to prove he is not guilty, he never arrives at that euphoric state of being innocent. After being married as long as I have been, I settle for those brief occasions when my wife considers me not guilty.

I used to fight for being declared innocent by my better half, but I am willing to be considered not guilty if that closes the matter. Nothing like closing the matter so I can move on to the next issue.

Sometimes the verdict of not guilty is because someone has not caught you in the act but you still may not be innocent.

Take the Apple fritter incident this past week. My good wife could not prove I was guilty of eating an apple fritter but she also knew I was not innocent of it either. I am willing to settle for "not guilty."

I was thinking about this recent murder case and it dawned on me that what seems obvious to one person might not be obvious at all to

another person. Almost like looking in a mirror. When I raise my right hand, the object in the mirror raises its left-hand. When I wink my right eye, the person in the mirror winks his left eye. The only consolation I have about this mirror business is that I am not quite as ugly as the person in the mirror. Right here is where I plead the fifth.

It is easy to jump to a conclusion when you do not have all of the facts pertaining to the situation at hand. My wife has been guilty of this in the past. Before collecting all of the evidence about a situation, she jumps to the conclusion that I am guilty. The problem with this is, I usually am guilty.

Right now justice is a rather fickle thing. We can look forward to a time when justice will be perfect. The Bible says, "And they shall teach no more every man his neighbour, and every man his brother, saying, Know the LORD: for they shall all know me, from the least of them unto the greatest of them, saith the LORD: for I will forgive their iniquity, and I will remember their sin no more" (Jeremiah 31:34 KJV).

And, "As far as the east is from the west, so far hath he removed our transgressions from us" (Psalms 103:12 KJV).

Not guilty or innocent is not the real issue, but forgiveness.

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.



By Marlys Norris,
Christian Author

Think about a time when you experienced being rejected by someone. How did it make you feel and what emotions rose to the surface? It matters little about what actually occurred to make you acutely aware that what you said or did was rejected by another person. It happened didn't it? And didn't you just have to "accept" the fact that the other person had their own ideas and imparted them to you by rejecting whatever you did or said? There was nothing you could do to

change or correct their rejection.

Today there are many people who reject the fact that God exists and He has a divine plan for everyone's life. That plan includes accepting His Beloved Son as their Savior and Lord of their life. Some people prefer being their own god and reject the plan of Salvation. They hear the truth that Creator/God blesses with the gift of eternal life through His Son who is the Way, Truth and Life and the idea repulses them. However Jesus Christ is the doorway through which absolutely ALL must pass.

When God created man, He left within each individual a place for His Spirit of righteousness to reside, help and guide them. God's plan is that all of us would go to heaven. One must submit to the divinely inspired instructions recorded in the Holy Word of God, and BE supernaturally Born-Again spiritually — by accepting the Beloved Son of

God (Jesus) into their heart and life. (John 3:3)

NO ONE will just automatically gain heaven by keeping their own set of good ideas or rules. Man's ideas will never satisfy a Sovereign Holy and Just God!

It is hard to understand why anyone would "choose" not to go to heaven and reject God's plan, but they do. Creator/God is horribly grieved over the rejection of these people. His heart aches in anguish and tears fill his eyes because people will not follow His plan of redemption and accept His gift of everlasting life. Just like us, when rejected our Heavenly Father must "accept" the fact — NOT ALL WILL COME!

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

Rejection

Widowed Persons Association Auburn

Auburn – Widowed Person's Association of California will hold its monthly "Get Acquainted" dinner on Thur. August 4, 2011 at 4:30 PM at the Sizzler Restaurant in Auburn. Call (530) 878-1728 for reservations by Tues. August 2, 2011. If you are new to WPAC this is an appropriate time to meet people who are also widowed.

All Widowed People are invited to attend three activities of this organization prior to joining our membership. Other activities include: card playing, luncheons, bingo, bowling, trips to Reno, Koffee klatches and special activities.

For a free newsletter call (530) 878-1728. For one on one grief support call (530) 885-8298.

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Sudoku
Puzzle on
Page 5

Enjoy
Sudoku
Every
Week

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Crossword Puzzle on Page 5

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White House Attempt to Control News Reporting Confirmed

Copies of Obama administration e-mails obtained by Judicial Watch have confirmed attempts by the White House to control the media in the United States by manipulating interviews with networks.

Despite public statements that Fox News, which often has reported criticisms of President Obama, was granted the same access as other networks, the e-mails Judicial Watch obtained "provide evidence that FNC was specifically singled out for exclusion."

According to one Oct. 22, 2009, e-mail exchange between Dag Vega, director of broadcast media at the White House staff, to Jenni LeCompte, then-assistant

secretary for public affairs in the Treasury Department, Vega informs LeCompte that "...we'd prefer if you skip Fox please."

Judicial Watch, the public interest group that investigates and prosecutes government corruption, explained that the controversy arose when the administration was making "executive pay czar" Kenneth Feinberg available for interviews with selected administration favorites.

Obtained through a Freedom of Information Act request filed on Oct. 28, 2009, the e-mails reveal an entrenched anti-Fox bias, the organization said.

Press reports at the time revealed how Obama's anti-Fox bias

actually triggered a backlash from other members of the media, even though they were to be given the access that was to be denied Fox.

The New York Times reported at the time that Fox's competitors "refused to go along with a Treasury Department effort on Thursday [Oct.22, 2009] to exclude Fox..."

The Washington bureau chiefs of the five television networks reportedly consulted and decided that if Fox was excluded, none would interview Feinberg. Ultimately, Fox reported, "the administration relented."

Judicial Watch cited the Treasury Department's "official response," which was a "a clear

denial" of any plot.

"There was no plot to exclude Fox News, and they had the same interview that their competitors did. Much ado about absolutely nothing," said one government response.

Also, there was a statement from Jake Siewart, counselor to Treasury Secretary Timothy Geithner, who said, "Call me today on your Fox-Treasury report. Not true that there was an 'effort to exclude' Fox," Judicial Watch reported.

However, the e-mails, including Vega's, tell another story.

The documents also revealed there was on Oct. 23, 2009, an e-mail exchange between Jennifer Psaki, deputy White House commu-

nications director and LeCompte.

Psaki wrote, "I am putting some dead fish in the fox cubby - just cause." And, Judicial Watch said, in an e-mail on the night of Oct. 22, 2009, commenting on a report by Fox News Channel anchor Bret Baier noting the exclusion of the network from the pool, Psaki told Compte and other White House staff members: "...brett baier just did a stupid piece on it - but he is a lunatic."

"We've demonstrated our willingness and ability to exclude Fox News from significant interviews..." boasted deputy White House Press Secretary Josh Earnest in an Oct. 23, 2009, e-mail to LeCompte.

"The Obama administration seems to have lied about its attempt to exclude Fox News Channel from access to an interview with the 'pay czar.' These documents show there is a pervasive anti-Fox bias in the Obama White House," said Judicial Watch President Tom Fitton. "The juvenile Mafioso-talk in these e-mails has no place in any White House. For the Obama administration to purposely exclude a major news organization from access to information has troubling First Amendment implications."

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How do We Responsibly Cut Medicare as Part of the Budget Debate?

Commentary By Douglas E. Schoen

Although President Obama continues to meet with top House and Senate Republicans in an effort to reach a budget agreement before the August 2nd deadline for raising the debt limit, it is unclear how far-reaching the final deal will be.

Obama wants to achieve the boldest possible package through an agreement that would save up to \$4 trillion over the next decade, which would consist of large cuts in Medicare and other entitlement programs -- while requiring new tax revenue. Meanwhile Republicans advocate for a more modest deal to avoid a default on the national debt that contains some spending cuts and has no tax increases.

Despite these differences the President and the Republicans have agreed that the nation's budget problems must be addressed, and

Medicare reform is a critical part of any agreement.

Throughout negotiations, it is critical that cuts to the Medicare program are responsible and productive. Medicare reform must still protect policies and programs that work while eliminating those that are no longer effective.

One productive Medicare program that must be kept intact is Part D, the prescription drug benefit program. Part D is the most cost-effective and successful entitlement program the federal government runs. Thanks to strong competition, the program costs the government and beneficiaries far less than initial projections. This year, the Congressional Budget Office (CBO) reduced its baseline 10-year spending projection for all of Medicare by \$186 billion, two-thirds of which is accounted for by a reduction in Part D spending.

The Medicare Trustees report re-

leased this year says that this competition will continue to drive savings. Research shows that in the Part D program, the proportion of prescriptions filled with a generic drug has increased each year, as plans strive to keep premiums low.

While Medicare Part D is an example of an effective Medicare program, it is clear that not all Medicare policies and programs are as productive.

The Independent Payment Advisory Board (IPAB) that was created with the passage of last year's health care law is one such provision that should be eliminated. Essentially, IPAB would allow an unelected board make binding "recommendations," or rather, demands, to reduce Medicare spending.

IPAB is a threat to all Medicare beneficiaries. Proponents of the board argue that IPAB will lead to improved quality of care as a result of the cost-cutting measures it enacts

in order to save. This is doubtful.

The board must make cuts that reach annual targets, and can only look at specific parts of the health care system when making these decisions. Standard line item cuts will result, only reinforcing systemic problems -- not fixing them -- meaning unsustainable savings.

Major changes in the Medicare program should be decided by elected officials who are held accountable for their decisions. IPAB's arbitrary system lacks transparency and oversight.

Our political leaders should look at other ways to help reduce Medicare spending and increase savings as negotiations progress.

For example, increasing the savings mechanisms in the current health care law could be done by guaranteeing the law's \$500 billion worth of savings from reduced Medicare payments to health pro-

viders and insurers by accepting a "trigger" for further cost cutting if those savings don't materialize.

Lawmakers could also cut subsidies for beneficiaries to buy supplemental "Medigap" insurance, and save \$92 billion by 2021. While increasing premiums that beneficiaries pay for Medicare doctors' coverage by just 10 percent would save \$241 billion. Also, raising the eligibility age for Medicare to 67 from 65 would save \$124 billion.

Employers and employees could be incentivized to select more cost-effective health plans by capping the tax exclusion of employer-provided health benefits in 2018, and then phasing it out over ten years. The exclusion of employer-provided health care benefits is the single largest tax expenditure. It is estimated to cost the government more than \$1 trillion over the next five years.

Medicare's copayment structure

could be modernized with a deductible and out-of-pocket maximum that is indexed to increases in spending per beneficiary -- saving about \$14 billion through 2018.

Bundling Medicare's payments for post-acute care to reduce costs and increase incentives for efficiency would result in cumulative budget savings from 2012 through 2018 of \$5 billion.

There are many options lawmakers have to reform Medicare without resorting to drastic measures. Cuts must be made, but not at the expense of programs that work. Parts of the Medicare program that are effective must be left alone, while those that are not must be changed.

Douglas Schoen is a political strategist and author of Mad as Hell: How the Tea Party Movement is Fundamentally Remaking Our Two-Party System, published by Harper, an imprint of HarperCollins.

Abortion Drug RU-486 is Quietly Killing Women Across America

From Liberty Counsel, www.LC.org

The Food and Drug Administration (FDA) quietly released a report that details the dangers for women who are considering using Mifepristone, also known as the abortion drug "RU-486." The report states that 14 women have died and more than 2,200 women have experienced serious medical problems from the

drug in the United States alone. In addition, the complications of this abortion-inducing drug have led 612 women to be hospitalized, of which 339 were required to undergo a major blood transfusion and 256 suffered from a variety of infections. In spite of serious complications, this drug is continuing to be marketed as "safe" and, according to the Abortion Care Network website, "Many women feel that Mifepristone is private

and more natural."

This study also reveals that abortion businesses are misdiagnosing or misusing this drug. In the face of the FDA's warning against prescribing it to "patients with confirmed or suspected ectopic pregnancy," there were 58 cases where it was given to women who had an ectopic pregnancy.

Mifepristone suppresses a woman's immune system. In some cases, fragments of the unborn

child or other cells are not entirely expelled from the uterus, causing infection and complications. RU-486 can result in endometritis (an irritation of the lining of the uterus), pelvic inflammatory disease (involving the nearby reproductive organs), and pelvic infections with sepsis (a systemic infection spreading beyond the reproductive organs). The FDA classified 48 of the infections as severe infections, which "generally involve death

or hospitalization for at least 2-3 days, intravenous antibiotics for at least 24 hours, [and] total antibiotic usage for at least 3 days..."

These results reinforce other findings by the FDA, which reported adverse effects associated with RU-486 in 2006. That earlier study showed 1,100 women having experienced serious medical repercussions as a result of taking this abortion drug.

Mathew D. Staver, Founder

of Liberty Counsel and Dean of Liberty University School of Law, said: "I hate to say this, but we told you so. We warned that the RU-486 abortion drug would kill and injure women. But the Obama administration and its abortion allies have lost common sense, because they are blinded to reality by their radical commitment to the holocaust. President Obama and the FDA must halt this destructive abortion chemical."

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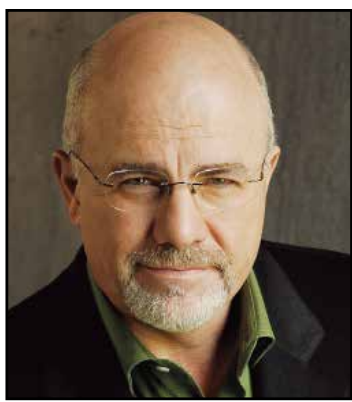
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Dave Says

a strong man.

Doing some affordable family things once in a while is okay, if you can make it work with your budget. But I wouldn't spend a bunch of money to try and prove that you love him. You've already proven that by bringing him into your home and making him part of your family. Continue cleaning up your finances. Then, when you've actually got some money to spend, you all can do some really cool stuff together.

You guys are awesome!

- Dave

College or the House?

Dear Dave,

My wife and I make about \$100,000 a year combined, and we're debt-free. Recently, we got an insurance settlement of \$95,000. We have an \$89,000 mortgage and a 19-month old baby. Should we use the settlement money to pay off the house, and use the rest to start a college fund for our son?

- Michael

Dear Michael,

Absolutely! Then, if you guys save the equivalent of a house payment until your son is ready for college, he could travel the world while he's studying. If I'm in your shoes, I'd pay the house off tomorrow. In fact, I do it today if there's still time to get to the bank.

Being completely debt-free, and with your income, you guys have the money to do just about anything. You can start the kid's college fund, save for retirement, and you'll have the money to build wealth, too.

Don't let this great opportunity to change your family tree pass you by, Michael. You two have the chance to live great lives and retire early—and wealthy!

- Dave

Pre-nup ... Yes or No?

Dear Dave,

How do you feel about pre-nuptial agreements?

- Anonymous

Dear Anonymous,

When I first started financial counseling, I told people to never get a pre-nup under any circumstances. Basically, I felt the whole process was like planning your divorce in advance. I still feel that way to a degree, because if money is more important to you than the person you supposedly love, then you don't really love them and you have no business getting married.

I've changed my stance a little bit, though, and now I feel a pre-nup may be in order under one condition: If there are substantial assets in one person's name. By "substantial," I mean \$2 million or more. I've counseled several wealthy people, some of whom were heading into a second marriage. It's not that wealthy folks are weird or necessarily greedy, but sometimes they attract weird and greedy people.

In these kinds of cases, I'm okay with a pre-nup. But I still think you should love somebody enough to be willing to take a bullet for them if you're thinking about marrying them.

- Dave

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



POPPOFF!

with Mary Jane Popp

THE BIG EASY

It was the best of times. It was the worst of times. I know this phrase has been used before, but it sure fits my trip to New Orleans. Actually, I went to cover the American Library Association convention there, and boy did I get some hot connections with publishers from all over the world like NASA and the big boys in New York from Harper Collins to Simon and Schuster. Will use them for interviews on my radio show POPPPF. You can bet on it.

The best of times fits appropriately in that New Orleans is such a wonderful culture in which you can immerse yourself. It's a lifestyle you can only find on the bayou, and I have lots to share if you plan to go there in the near future. But New Orleans has also faced the worst of times after Hurricane Katrina made the big easy its target! But what struck me most and what I came away admiring is the resiliency of these folks. I guess it's survival of the fittest. I did not hear one complaint. On the contrary, they were grateful to see tourists return and thanked everyone for putting out the helping hand when they were in need. Is the devastation still evident? Yes, in some areas. But, in areas like the French Quarter and many others, you would never know it. But it's not surprising. As they shared with me, New Orleans is over 300 years old, and they are used to disaster. And most important, they always come back stronger than ever. They are a determined people. Change, yes, but always looking to a better future.

This is my fourth trip to New Orleans beginning forty years ago when Rick and I spent our honeymoon in the French Quarter near Jackson Square.

We got to trace those steps, and that made the trip even more memorable. OK. Here are some must-dos. You've got to do the Jean LaFitte Swamp Tour rumbling down the bayou on a pontoon boat. Captain Jason was remarkable as he pointed out the sites in his Louisiana drawl, and remarkably, he would whistle and out came the gators looking for some tidbits. As of last year though, the Feds basically took over the area and no more feeding. Part of it was to keep the area pristine and not allow the gators to lack fear of people. There are still nasty poachers out there that would take advantage of that lack of fear. But they still came up close and personal. We even passed around a two year old baby...Ally-gator. Not to worry. Just a little soft tape around her snout because they can do some big damage. No cruelty to animals of course.

Then you have to do the river cruise aboard the steamboat Natchez. This is the real thing. This is the last of its kind with real 80 year old engines. It's complete with a traditional dinner buffet. Got to taste some treats like amber fish and Creole pork tenderloin that melted in your mouth. And what would tradition be without Bread pudding and Apple cobbler. The strains of the world-famous live jazz band added the right atmosphere as we steamed up and down the mighty muddy Mississippi. By the way, it is very muddy and still teaming with commerce to this day.

Another fun event is the Ghost and Spirits tour in the French Quarter. Morgan, our guide was raised in New Orleans and took us to places only a lifelong resident could know about and tell all. And lo and behold, we hit a thunderstorm and gully washer complete with thunder and lightning like I haven't experienced in decades. It felt like we were on a Hollywood set, kind of blood curdling, to set the mood. Schucks! I didn't get to commune with any real ghosts, but it was still great.

The Swamp tour, the dinner cruise, and the ghost and spirits tour were all set up by Gray Line tours with lots of time options to fit your schedule. They also offered lots of other tours that will

take you from Katrina areas to plantations to the Garden District to cocktail tours and many more. They set it all up so you can really enjoy your experience!

Now for more of the tastes of New Orleans. You gotta' try the Court of Two Sisters. This site dates back to the 1700's known as Governor's Row and remains the meeting place for the city of New Orleans. We dined in the courtyard under a 150 year old Wisteria tree that spreads like a canopy overhead. We began the evening with true cocktails of the south...a Mint Julep and a Sazerak known as America's first cocktail and also the official cocktail of New Orleans. That set up the evening as we moved on to a tantalizing Turtle soup, then Louisiana Shrimp and Andouille sausage poached in Creole Meuniere reduction served over grits. It was super savory. By the way, it's not hot. It's the Cajun you have to watch out for not creole. We finished the evening with Strawberries A La Ray, flambéed tableside along with a Café Royale.

The four days we stayed there in the 21st century transported us a couple of centuries back in time as we walked the cobblestone streets in the French Quarter. There was so much more to do, but it will leave more things to do when I lead my POPP cruise to the Western Caribbean next March 3-10, 2011. We'll be leaving from New Orleans...a little different...aboard Royal Caribbean's Voyager of the Seas to the ports of Jamaica, the Grand Caymans, and Cozumel, Mexico. Got some special amenities for my group too, but I'll leave that for a special column to invite you all to go. And the prices are really great too. If you do want a flyer and more info, just call Kristy 916-721-9202 or 800-721-9212. It'll be a BLAST!!! Good to be back! Talk with you on KAH! AM-950!!! You can always hear my interviews at www.kahi.com. Just click on-demand! And there I'll be.

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

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.

He Needs Love Right Now

Dear Dave,

My husband and I are adopting my nephew. His mom is involved with drugs and alcohol, and his father isn't in the picture. We've got \$1,000 in the bank, and we're in the process of paying off all our debt, except the house. Should we slow down or stop the Baby Steps temporarily, and spend more on family things since my nephew is a teenager?

- Jocelyn

Dear Jocelyn,

Hugs are free. Making cookies costs next to nothing, and spending quality time with a young man or woman doesn't cost a thing. I call that a teenager-friendly environment.

I know your heart is in the right place, but I don't want you to fall into the American trap of thinking he'll be happy if he has a Wii or you take expensive vacations every year. It sounds to me like he's coming straight out of a big mess. He wants and needs someone to put their arms around him, tell him he's a good guy, and teach him how to grow into

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Weekdays

- 6-9am: The KAH! Morning News with Barry Stigers and the KAH! News Team
- 9am-Noon: The Laura Ingraham Show
- Noon-1pm: The KAH! Noon News Plus with Mary Jane Popp and the KAH! News Team
- 1-4pm: The Dave Ramsey Show
- 4-7pm: The KAH! Afternoon News with Dave Rosenthal and the KAH! News Team
- 7-10pm: Into the Night with Tony Bruno
- 10pm - 12am: Poppoff with Mary Jane Popp

Thursdays 7pm - 9pm: Thursdays With Bassil

Saturdays

- 6 - 7am: A Time for Seniors
- 7 - 8am: The Swap Shop
- 8 - 9am: The KAH! Corral
- 9 - 10am: The Garden Guru
- 10 - 11am: Take Charge!
- 11 - 11:30am: The Auburn Honda Gold Country Golf Show
- 12 - 12:30pm: Study-Grow-Know
- 12:30 - 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
- 9am - 4pm: KAH!'s Jammin' Juke box
- 4 - 5pm: A Way With Words
- 5 - 8pm: The Insana Quotient
- 8 - 9pm: Hearts of Space

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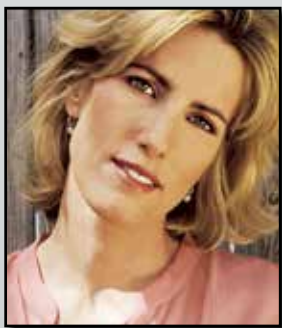
Most of our locally produced programs are available for replay or podcast download at the 'Audio On Demand' page at www.kahi.com.

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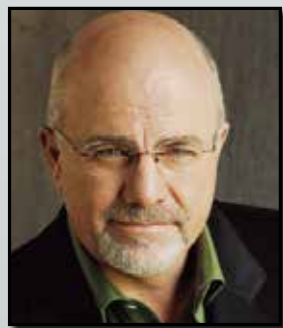


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Laura Ingraham



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Arts, Entertainment and Other Fun Things to do!

Gold Country Toastmasters

Auburn – Gold Country Toastmasters will hold its annual Humorous speech and Table Topics contest on Friday July 29th from 7:00 to 8:30 A.M. at the Denny's restaurant at 1800 Auburn Ravine Rd. in Auburn. This event will feature humor-

ous and "off the cuff" speeches by seasoned Toastmasters. This event is open to the general public. Toastmasters is a non profit organization that promotes personal development and business and public speaking skills in a helpful and supportive environment.

All guests that have not previously attended a Toastmasters meeting will receive a free breakfast courtesy of Gold Country Toastmasters.

For more information about this event contact: Dave Werkley (530) 887-8434.

"Art Can Heal" Photo Exhibit at Sutter Auburn Faith Hospital

Auburn – A free, beautiful photo exhibit entitled "An Eclectic Eye" by photographer, writer, artist, and teacher, Patrick Witz, is available for your viewing pleasure in the Garden "Art Can Heal" Gallery located within the Sutter Auburn Faith Hospital now through October 15, 2011. A "Meet the Artist" hospital hosted reception will be held, Wednesday August 10th, from 4 to 6 pm in Conference Room A, adjacent to the Garden Gallery (the hallway nearest the cafeteria and garden). The wonderful photos are available for sale via the Gallery or e-mail the artist at photowitz@pacbell.net. Feel free to enjoy the artwork anytime throughout the three-month exhibit by stopping by the hospital during visiting hours (however, please do not make it an Emergency Room visit).



Photo by Patrick Witz

Sutter Auburn Faith Hospital's "Art Can Heal" Program in Auburn, displays quality artwork created by local and regional photographers, artists, and children to enhance the

healing process through optimistic, inspiring, visual experiences that assist in reducing the typically anxious emotions associated with hospitals. Patients, visitors, and hospital

staff have the opportunity to enjoy heartrending, reassuring, and soothing creativity in the Art Can Heal galleries located throughout the hospital.

Alzheimer's Association Events on July 23rd

Placer County – On July 23rd, please join us at the Alzheimer's Association's Community Kick-off on Saturday, July 23rd from 1-4 pm at 1550 Maidu Drive in Roseville. In the Maidu Community Center (in the Senior Meeting Room), you will learn about our vision of a world without Alzheimer's disease and how to get involved in the 2011 Walk to End Alzheimer's. We will also give information on how to register for The Walk or build your

team and network with other walkers. RSVP to Erin Stone at (916) 930-9080 or erin.stone@alzncal.org

In conjunction with the Community Kick-off, author and activist Laura Wayman will be launching her book, *A Loving Approach To Dementia Care Workshop*. At Laura's workshop, she will share her personal journey of denial and redemption as her mother struggled while caring for her father (a copy of the

book is included in the registration fee). Workshop cost: \$15 per person (advance registration) and \$20 at the door. To register in advance, please mail your full name, # of attendees, e-mail and mailing address, phone number, and enclosed payment to:

A Loving Approach to Dementia Care, 1012 Wailea Way, Roseville, 95747

*Workshop registration is not required to attend the community Kick-off.

ASRACK Monthly Meeting & Hike

Auburn - The Auburn State Recreation Area Canyon Keepers (ASRACK), aka Canyon Keepers, is a volunteer group that promotes healthy recreation by providing assistance and

information for visitors to the Auburn State Park. ASRACK conducts hikes & trail maintenance, provides guided history walks/bridge tours, and assists the professional ranger staff

through volunteer work.

If you would like to learn more information regarding ASRACK, please visit the website at www.canyonkeepers.org.

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Riley Reviews

DIVINE COMIC PLEASURES OF "HORRIBLE BOSSES" ELICITS LAUGHS

the hands of his psychotic son Bobby (Colin Farrell), who seeks to loot the family business to finance his hedonistic lifestyle.

Dental assistant Dale Arbus (Charlie Day), engaged to a sweet, innocent girl, struggles to maintain his self-respect against the relentless X-rated sexual advances of his employer, who holds the ace card because Dale is a registered sex offender and can't find work elsewhere.

Almost defying logic, Dale is aghast that the sexy Dr. Julia Harris (Jennifer Aniston) comes on to him with an unbridled vengeance, even when patients are comatose in the dental chair.

The trio of beleaguered buddies ruminates after work and starts speculating that, much like in the plot of Hitchcock's "Strangers on a Train," they could eliminate each other's hateful employers.

Their cockeyed intentions turn into a fuzzy plan to secure the services of a hit man, whereupon they discover a hustling ex-con (Jamie Foxx) in a seedy tavern, which is located with the help of verbal directions from the GPS in a Prius.

On the strength of a few-too-many drinks and some dubious advice from their new criminal ally, the guys devise a convoluted and foolhardy plan to rid the world of their respective horrible bosses.

We see enough of the despicable behavior of the targets that they are not sympathetic, though one would argue that the randy dentist is not even a close match for the other two as far as loathsome behavior is concerned.

Still, the coke-snorting Bobby is a cretin who only cares about funding his drug habit. The manipulative Harken, because he's both smart and ruthless, is even more deplorably evil.

Many high jinks ensue as the trio fumbles through recon missions that

require snooping through private residences, finding signs of Harken's megalomania in the large portrait of his pose with a trophy wife.

The break-in at Bobby's house is the most amusing. Kurt gleefully sticks Bobby's toothbrush down the back of his pants. Meanwhile, Nick and Dale make a big mess of Bobby's bowl of cocaine, vainly trying to scoop the soiled white powder back to its rightful place.

All the actors are quite funny in their respective roles of hapless victims and hopeless tools. Even minor actors deliver the goods, with comedian Ron White and Wendell Pierce sharply funny as incredulous cops.

"Horrible Bosses," with its gleeful approach to getting rid of detestable workforce superiors, is an interesting comedy for our times, when the economy is so bad that seeking alternative employment is infeasible to most.

Nevertheless, as a sort of wish fulfillment revenge fantasy, this wacky comedy makes the workplace blues disappear for a brief but enjoyable timeout.

DVD RELEASE UPDATE

Inspired by a fake trailer in Quentin Tarantino's "Grindhouse," the explosive, extremely gory thriller "Hobo With a Shotgun" has itself already become an online sensation for its own trailer.

Now you can own this instant classic gem of bad cinema on DVD. The grizzled Rutger Hauer stars in the titular role as the Hobo who jumps from a freight car, hoping for a fresh start in a new city.

Instead, he finds himself trapped in an urban hell. This is a world where criminals rule the street and Drake, the city's crime boss, reigns supreme alongside his sadistic murderous sons, Slick and Ivan.

Amidst the chaos, the Hobo comes across a second-hand lawn mower, dreaming to start a new life. But as the brutality rages around him, he notices a shotgun hanging above the lawn mower.

Quickly, he realizes the only way to make a difference in this town is with that gun in his hand and two shells in the chamber.

"Hobo With a Shotgun," dripping with gore, results in double-barreled mayhem and bloody violence. You have been warned.

The Auburn Funk Box Derby



X

Auburn – The "Auburn Funk Box Derby" returns to Lincoln Way, Auburn on Sunday, September 18th, 2011. Additionally, there will be two pre-event "Help You Build" sessions on July 28th and August 18th (please see below).

In 1982 Bob Jetter pioneered the event originally called the "Funk Soap Box Derby". At the time, San Francisco had a similar event not with fast cars but rather of slow rolling, beautifully designed and decorated cars coming down the hills in the "City by the Bay". They were judged on design, use of materials, use of color and showmanship. But Bob explained ours in Auburn (would be all that) and FUNKY! So off we launched our own Auburn derby.

First of all, what is Funky? It means different things to different people. According to Webster's dictionary "Funky" means: "an earthy, unsophisticated style". To us that meant let your imagination, your creativity, PLUS whatever it takes for you to express your meaning of FUNKY. Please keep in mind, my funk may not be your funk. For 10 years until

1992 the Derby rolled on each year and the fans loved it! The streets were filled with families, young and old and the city of Auburn truly had an annual event they could love and embrace. But as time marches on, sometimes energy fades and folks get tired. For 18 years the derby has rested its memories in the minds of those who were there as spectators, as participants and as volunteers.

Not anymore — Now it's time for the Derby to return for year two after being gone so long. The Auburn Funk Box Derby is back again and you'll want to be part of the "next chapter" of that event people loved so much. Enjoy, let the simple "magic" of the derby fill your funny bone and may the children around and in you come to life thru a BIG SMILE!

Our desire is to have a fun filled family day, a day to remember and, with God's blessing, we hope to see the event return as it did almost 20 years ago. Thanks for joining our derby day and please let us know your thoughts of this memorable day. Please send "funky" comments to info@funkboxderby.com

This event is also a fun(d) raiser, after all expenses are paid we then distribute to two organizations that support the Derby and support the community;

1. Seniors First, who benefit our senior community with a variety of services and
2. Auburn's 20-30 Club, who buy Christmas gifts for under privileged children.

We will also be holding two "Help You Build" dates with Al Blanca (designer of last year's winning derby car). The dates are Thursday July 28th and Thursday August 18th at 6:30 pm at 169 Taylor Road, Newcastle, CA (behind Carol's Market in Sierra Safety Bldg). Sponsors, wannabe racers and builder alike are all welcome. Please RSVP to Keith Hentschel to secure your spot.

For additional information on "The Auburn Funk Box Derby" please visit our hosted website presence at www.funkboxderby.com or call Keith G. Hentschel at for all the latest updates, partnerships, synergies, images and stories, event entry and a vast array of sponsorship details.

To Advertise Call 530-823-2463
www.PlacerSentinel.com



Films and DVDs for the Whole Family

by David Dickstein

Family Films

Harry Potter and the Deathly Hallows: Part 2
Opens July 15, rated PG-13
harrypotter.com

The eighth and final chapter of the wildly successful film series ends with Harry and Lord Voldemort whipping out their wands one last time for the mother of all showdowns. Only a clueless Muggle doesn't already know the ending, but if you match the description, do yourself and the wizardry world a favor and start from the beginning.

supposedly been captured by a creature named "Backson" – the result of a misread note.

The Smurfs
Opens July 29, rated G
smurfhappens.com

Before Blue Man Group and "Avatar," the Smurfs were the coolest blue-hued characters. The Belgian import became an instant hit with American youngsters and not-so-youngsters with an '80s cartoon series. The live action and animated feature adaptation, in 3-D, has the little gnome-like creatures being chased from their village by the Smurf-eating Gargamel. They go through a portal and wind up in New York's

Central Park, where bad guys only want to rob you.

Family DVDs

Frogs & Toads: Max's Magical Journey (ages 3-6, released July 5, rated G): When 6-year-old Max goes searching for frog eggs for his older brother, he and a friend embark on a song-filled adventure that takes them through fields, farms and a forest. This Dutch-made film, dubbed in English, is geared toward pre-schoolers. It's a refreshing delight, devoid of the eye-popping devices that American studios feel they need to keep young audiences interested.



Just a nice tale of adventure and friendship helped along by music and nature friends. Grade: A

The Smurfs: A Magical Smurf Adventure (ages 3-6, released July 19, not rated): Timed with the feature film release is the DVD release of 10 episodes from the '80s Saturday morning cartoon series. Typical shoddy animation for the era and TV medium, but fun for kids and a guilty pleasure for kids at heart. Grade: B

LeapFrog: Sing and Learn With Us! (ages 4-7, released July 19, not rated): A dozen animated sing-along shorts focus on developmental reading skills, short vowels, phonetics skills and comprehension. Matching storybooks can be downloaded to reinforce the learning and inspire children to read at home or on the go. Talk about an edutaining summer. Grade: A

Rango (ages 5-13, released July 15, rated PG): A car accident involving his owners leaves a pet chameleon stranded in the desert. He stumbles upon a dusty town stuck in the Wild West, and reinvents himself as a hero. Some of the critters aren't sure what to make of this bug-eyed feller with Johnny Depp's voice. Predictable, but appealing to all ages. Grade: B

Placer County Farmers on Display at the

Auburn – A new series of striking images by Wayne Carroll is on display at the Placer County Administrative Center (also known as "The Domes") in Auburn through August 5.

Former Nevada County resident Wayne Carroll, who has previously photographed a wide variety of local agricultural products and scenes, returned to the area for four days last fall to photograph this new series that focuses on the a number of the farmers who bring their products to the local farmers markets throughout the year.

Carroll, who now resides in Alaska, relished this assignment. "I absolutely love just being out on the farms and ranches, smelling the soils, produce, and yes, even the animals. There is something old world and wholesome about being around the origins of what fills our cupboards and tables every day. The people who run the farms and ranches couldn't have been more wonderful which makes the experience even richer."

Organized by the Placer County Agricultural Commissioner's Agricultural Marketing Program, the exhibit features seven local families. There is a strong focus on hands, offering their lovingly grown products which nurture us.

The Vineyard Family of Lincoln grows rice. Carroll deftly captures the harvest, the grain and the sweeping landscapes, as well as the faces and hands of family members Glenn, Wayne, Bill and Brian Vineyard.

Allison Deyo and Shaun Clark recently assumed management of Blossom Hill Farm in Auburn upon the retirement of JR and Claudia Smith, and now sell melons, vegetable starts, herbs, greens & lettuces and eggs under the name Melon Jolly Organics.

Gary and Shawnie Machado and family are well known for their Apple Barn just off I-80 in north Auburn, where they sell apples, pears, plums, cherries, apricots and berries along with their acclaimed apple juice and pies.

Christmas trees are another sought after local product. Ron and Sharon Hall and their Pine Valley Ranch in Auburn are a popular destination for locally grown Christmas trees.

Lisa Regan Mann is featured during the grape harvest in the vineyard of her Fortezza Winery, just off Mount Vernon Road in Auburn, where she shares a tasting room with three other local wineries.

Dan Macon of Flying Mule Farm in Auburn, is pictured in the pastures with his dogs working one of his flocks of sheep. His grass-fed lamb is sold on the farm and at a number of local farmers markets.

Carroll returned to Ueki Garden Flowers in Auburn to capture new images of Bob Roan and Teri Ueki and a wider variety of their seasonal produce, which are a popular feature at the Auburn Farmers Market.

Additional images along with Wayne Carroll's account of his experiences are available on his photography blog at <http://waydecarrollphotography.blogspot.com/>.

The exhibit is on display of the lobby of the Administrative Center, 175 Fulweiler Avenue in Auburn, from Monday through Friday, 9:00am to 5:00pm through Friday, August 5. For more information on the project and the images, contact Josh Huntsinger at (530) 889-7372 or Cindy Fake at (530) 889-7385.

Source: Karen Killebrew Nature Media Network



Winnie the Pooh
Opens July 15, rated G
disney.go.com/pooh

Walt Disney returns to the Hundred Acre Wood for a now-rare 2-D animated feature. Inspired by five stories from A.A. Milne's books about a "bear of very little brain" and his friends, the main storyline has the classic characters on a quest to save Christopher Robin, who has



Doing Small Things With Great Love



By Pastor Dr. Ronald Harden

In these challenging times, we often focus on what is wrong with society rather than when we get it right. The challenges are so great—the economy, keeping our homes from succumbing to the toxic residential market, protecting our children and loved ones from the threat of war, determining the affordability and value of higher education—that it's a wonder we are able to make any decisions at all!

Mitch Albom offered some important advice once, upon gaining wisdom after experiencing a valuable lesson about life, love and generosity. He said, "The way you get meaning

into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning." This concept resonates today more than at any other time and personally speaks to me on an EPIC level! Our small but growing college had been patiently waiting to make the leap to finding a larger, permanent home. We struggled with our search—our timing for construction and financing was a little out of sync with the current economic picture. But we kept our eye on the prize and continued moving forward, knowing that we were making an investment in the lives of future students destined to become remarkable faith-based leaders worldwide.

Late last year, we began an ambitious multi-million dollar fundraising campaign for our new campus home—reaching out to our educational partners, vendors, alumni and community supporters. We found a new location, and with the help of hundreds of small donations, we have relocated to our new college campus. Slowly, we are beginning the build out of our facility to create an educational environment that is designed to meet the needs of our growing student population.

Despite all of the obstacles we

faced a year ago when we began our journey, we continued to devote ourselves to the lives of our students and how they will be able to favorably impact the world as counselors, pastors and leaders of community organizations throughout the world. We had faith that we would persevere and are grateful for the generosity of our devoted family and friends who are helping us to achieve our goals. We are taking very small but important steps in the right direction.

No journey is without its difficulties and struggles. That is what makes us stronger and more conscious of the failure and magnificence of man. So my message to you is to look beyond your personal space and ask how you can help your neighbor, your community, your school, your church, to achieve its goals. We can all make a difference, even in these very challenging economic and societal times, by doing small things for others with a great deal of love. It's amazing how terrific you will feel because of it.

Dr. Ronald Harden is President and CEO of Epic Bible College, located at 4330 Auburn Blvd. in Sacramento, www.EPIC.edu., one of the region's Top 25 colleges and universities and among the Top 10 U.S. faith-based colleges in the U.S.

NID Board Awards Contract to Hansen Brothers Enterprises

Grass Valley - Directors of the Nevada Irrigation District on Wednesday (July 13) awarded a \$1.36 million contract to Hansen Bros. Enterprises, Inc. of Grass Valley for a major pipeline project in the North Auburn area.

The Mt. Vernon Road siphon pipeline project will replace a troublesome section of the Combie-Ophir IV Canal that has failed several times, causing flooding and property damage.

NID project engineer Adrian Schneider said the critical canal section runs through steep, wooded terrain, has been running at capacity, and cannot meet current and future water demand. He said completion of the work should allow NID to lift a downstream freeze on service that has been in effect since 2007.

Hansen Brothers submitted the lowest among seven bids received by the district. The bids ranged as

high as \$1.9 million.

The water project includes nearly 5000 feet of new pipeline and is located west of Highway 49 between Atwood and Mt. Vernon roads. Work is expected to begin in August and be completed in November.

In other business, NID directors:

- authorized a \$114,000 contract with RBF Consulting of Sacramento to perform a seismic analysis of the tunnel and penstock that run beneath the dam at Scotts Flat Reservoir to the Scotts Flat Powerhouse. The analysis is being required by the Federal Energy Regulatory Commission (FERC) to ensure the dam's ability to withstand an earthquake.

- authorized \$448,000 in change orders for contractors on the Banner Cascade Pipeline Project. Project manager Brian Powell said the additional costs are due primarily to unanticipated rock

excavation and a partial pipeline realignment that required the purchase of additional pipe.

- nominated NID General Manager Ron Nelson to continue his service on the board of directors of the Association of California Water Agencies (ACWA). Nelson, the current chair of ACWA Region 3, has indicated a desire to step back to the vice chairman position.

- welcomed new employee David Beem, who joined the NID Hydroelectric Division June 27 as a hydroelectrical machinist. The Auburn resident comes to NID from the Northern California Power Agency in Roseville where he spent 28 years and worked as a power plant technician.

The next regular meeting of the NID Board of Directors will be held at 9 a.m. on Wednesday, July 27, at the NID Business Center in Grass Valley. NID board meetings are open to the public.

"Is It Dyslexia?" Free Seminar

If you, or someone you know is having difficulties with reading, writing, math, speaking or thinking clearly, or ADD, please join us for this free informational seminar that will shine new light on helping correct the

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KOVAR'S CORNER on Real Estate Q&A



By Tim Kovar, Realtor/Broker

As we begin to build a foundation of knowledge to help families save their homes or preserve their investments, we start with a question from a Carmichael neighbor.

Q: My wife has been working short weeks at her job, I am a state

employee and our home is at risk. Our finances have suffered significant reductions from when we bought the house in 2001. Now our loan is more than the property is currently worth. A mortgage relief firm says they can help us stay in the house if we give them complete control. Does this sound too good to be true?

A: Yes, it does. Here's why you should always to be cautious when anyone tells you exactly what you want to hear. As the Better Business Bureau has advised for many years, "if it sounds too good to be true, it likely isn't".

Here are three tips in sorting out the truth:

1. *When someone says, "Trust me!"* As former President Ronald Reagan advised, "Trust but Verify"

before you agree to anything. Think twice, trust your instincts and require references.

2. *Give me money and I'll save your home!* Be wary of anyone that wants money prior to performance—especially in real estate. In the vast majority of cases "upfront fees" are strictly prohibited by the Department of Real Estate.

3. *Stop making payments!* Stopping payments is a strategy of last resort! Stopping payments will cause late charges, additional fees and may damage your credit for a long time.

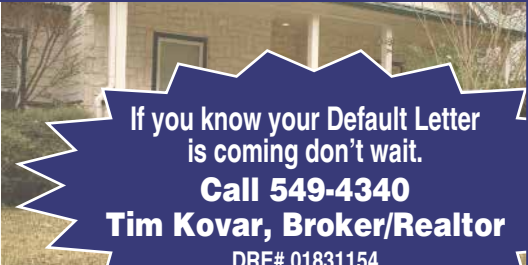
Arm yourself with real <estate> knowledge! Real estate, mortgage and other property questions can be emailed to tim.kovar@gmail.com or get immediate assistance by calling (916) 549-4340. Kovar Family Real Estate, DRE# 01831154.

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