

# Placer Sentinel



People are Living Longer.  
Do You Ever Wonder  
if Caregiving  
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Volume 22 Issue 13

Serving Auburn and Placer County since 1987

First Issue of July, 2011

## Water Rescues Jump



More boaters have died in swift water river accidents in the first six months of 2011 than any other comparable period on record. Knowing what to do in case of a water immersion, understanding the effects of cold water and wearing a life jacket are critical in improving chances of survival.

From The Department  
of Boating and Waterways

**Sacramento Region** – As predicted by the Department of Boating Waterways (DBW), this summer is shaping up to be a dangerous one for water enthusiasts, particularly for rivers. More boaters have died in swift water river accidents in the first six months of 2011 than any other comparable period on record.

With water temperatures being extremely cold, outdoor enthusiasts can become incapacitated in just 10 minutes, to the point that the muscles in their limbs stop working and they will no longer be able to swim or rescue themselves.

“Outdoor enthusiasts in, on and around the water must use caution and be prepared,” stated DBW’s Acting Director Lucia Becerra. “Many rivers will be running faster and higher this 4th of July weekend than in the past years. Water levels in lakes will also be higher, masking underwater hazards that were exposed in previous years.”

The biggest safety concern now is the use of flotation devices such as lightweight rafts which may be designed for swimming pools or calm waters. These flotation devices are dangerous. They can easily lose air or be punctured by debris or tree branches. Use of these types of devices is strongly discouraged during this period of high, swift and cold water conditions.

Knowing what to do in case of a water immersion, understanding the

effects of cold water and wearing a life jacket are critical in improving chances of survival. Below are some tips that water enthusiasts should follow to improve their chances of survival:

### Know the law

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

### Plan ahead

- Become knowledgeable about local conditions such as currents, rapids, flow levels, weather, and hazards, including low-head dams and unrunnable rapids.
- Make sure you have the required equipment on your vessel.
- File a float plan. The chances of successfully locating an overdue boat are much greater if rescue agencies have certain facts about the boat trip.
- Swift water information and guides for some of California’s rivers are available on DBW’s Web site.

### Know the water

- The water may look calm on the top, but river currents are usually strong beneath the water’s surface that can carry you away from your safety zone.
- Many unseen obstacles can be lurking below the water’s surface. Swift water can make these obstacles even more treacherous.
- An unknown rapid should never be run without first scouting it thoroughly from shore. If in doubt, carry watercraft or cargo over land to avoid river obstacles or hazards.
- Swimming in open water is more difficult than in a swimming pool – people tire more quickly and can get into trouble.

### Know what to do in case of a water immersion

- **Swift water:** If you do end up in the river, point your feet downstream. This helps your legs to come in contact with floating debris or rocks first instead of your head. Stay calm and try to make your way to the shore while floating. Be wary of branches in the river. It may be tempting to reach for a branch, but you can become entangled in the branches and drown. Look for a clear place to get to shore.
- **Calm water:** If your boat capsizes and you are in cold water, get as far out of the water as possible by climbing onto any floating object, such as a boat’s hull. This may help prevent heat loss from your body, especially if the temperature is warm

and the winds are calm. If you cannot get out of the water, keep your head out of the water to limit heat loss. Curl into a ball or huddle with other passengers and restrict movement of arms and legs to further help limit heat loss.

- **Hypothermia:** Hypothermia in the early stages can easily be reversed by vigorously exercising to generate body heat and limiting exposure to further cold. High energy foods and warm liquids also help (no caffeine or alcohol). Except in mild cases, seek medical help as improper rearming can cause complications or even death.

### Parental Supervision

- Actively supervise children in and around open bodies of water, giving them your undivided attention.
- Appoint a designated “water watcher”, taking turns with other adults.
- Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.

For more information on boating and water safety, please visit [www.BoatSmarter.com](http://www.BoatSmarter.com). The Department of Boating and Waterways enhances public access to California’s waterways and promotes on-the-water safety through programs funded by vessel registration fees, boating fuel tax dollars and boating facility construction loan payments.

## California Taxes Heading in the Right Direction

Commentary by  
Senator Ted Gaines



State Senator Ted Gaines

On June 28, the Democrats put forward another proposed budget plan. It was the fourth Democrat majority vote budget attempt this year, and the fourth time I voted “no.”

My plea for real pension reform, a hard spending cap, job creation and a change in the way government does business is clearly falling on deaf ears. Instead, this budget relies largely on the hope that an additional \$5.2 billion in new tax revenues will miraculously appear in the treasury. Should that additional revenue not materialize, education and public safety will pay the price with deep spending cuts.

I’m not willing to hedge that kind of a bet when our economy is still struggling and the unemployment rate continues to hover at 12 percent. I’ve said this time and time again – we need to enact serious, long-term solutions that will not only prevent future financial meltdowns, but will encourage job creation and allow California’s economy to recover. That’s why I will continue to fight for the necessary reforms to get our state back on track.

Amid all of this budget debate, there is a silver-lining that is cause for celebration – taxes have started going down July 1!

In 2009, despite my strong objections, the legislature crafted a budget deal that raised the sales and personal income taxes, nearly doubled the state’s already high vehicle license fee, and lowered the dependent credit allowed on state income taxes.

The June 30th expiration of the 2009 tax increases will allow the dependent tax credit to return to \$309 per child, up from the punitive \$99 of the past two years. The state sales tax will go down one percent. The vehicle license fee

will drop from 1.15 percent of a car’s value to .65 percent. The personal income tax increase had already temporarily expired after two tax cycles. All told, this reduction in tax rates will save California taxpayers almost \$6 billion a year or approximately \$1,000 per family. Enjoy the fact that for once, California taxes are heading in the right direction.

### COMMUNITY COFFEE CALENDAR

I have several “Community Coffee” sessions scheduled in July to give you all an opportunity to meet with me and discuss issues of importance to you and your community. I am continuing to add them to my calendar, so please check my website, [www.senate.ca.gov/GAINES](http://www.senate.ca.gov/GAINES), for up-to-date information as Community Coffee events are scheduled.

## Whooping Cough Cases Remain High In California

**Sacramento Region** – Dr. Howard Backer, the Interim Director of the California Department of Public Health (CDPH), has warned recently that the number of pertussis (whooping cough) cases in 2011 continues to be above both the 2009 baseline levels and the numbers seen by this time last year. Backer also encouraged parents to ensure that their adolescent’s immunizations are up-to-date in compliance with a new California law that is slated to go into effect July 1, 2011.

“In 2010, California experienced a record high number of pertussis illnesses, including 10 infant deaths,” said Backer. “While it is too early to know if this year will reach the same high levels of this debilitating disease, California is currently experiencing more cases than would be typically expected, but fortunately no fatalities.”

Backer also called on parents of children in grades seven through 12, to ensure that they comply with AB 354, which requires documentation of an adolescent pertussis booster shot prior to school entry. More than one million students statewide still remain to be vaccinated before the fall semester.

“Vaccination, including critical booster shots, is the best defense against pertussis,” added Backer. “Parents of 7th to 12th graders must ensure that their children receive the necessary booster shot to avoid a delay in having their children start classes in the fall semester.”

The vaccination series for pertus-

sis can begin at the age of 6 weeks. Infants, however, are not adequately protected by vaccination until the initial series of three shots is complete. For new mothers and anyone in close contact with infants, CDPH encourages a “cocooning strategy,” where individuals in close contact are vaccinated to protect the not-fully-immunized infant. Anyone who might be coming into contact with newborns and young infants should ensure that their immunizations are up-to-date.

Pertussis is a highly contagious disease. Unimmunized or incompletely immunized young infants are particularly vulnerable to severe disease. Numbers of reported pertussis cases typically increase during the summer months. More information on pertussis and the numbers of reported cases is available at [www.cdph.ca.gov/HealthInfo/discond/Pages/Pertussis.aspx](http://www.cdph.ca.gov/HealthInfo/discond/Pages/Pertussis.aspx).



Scan our QR Code for a direct link to our online edition!

## New Administrative Services Director for PCWA

**Auburn** – The appointment of Michael Willihnganz as Placer County Water Agency Director of Administrative Services was announced Monday (June 27) by PCWA General Manager David A. Breninger.

“Michael’s career spans 30 years in public sector personnel and human resources management,” Breninger said. “He brings extensive management experience to PCWA.”

Willihnganz, a Rocklin resident, comes to the agency from the California Public Employees’ Retirement System (CalPERS), where he served as chief of human resources and managed a division of 137 employees.

He said the opportunity to work with PCWA was too good to pass up. “It’s a smaller organization with

a terrific mission and one product,” he said. “For me, it’s an opportunity to work within a much broader scope of activities. Plus I’m a PCWA customer and I look forward to working close to home.”

In his new position, Willihnganz will direct an eight-person department and oversee human resources, safety, risk management and a range of administrative services and other activities. He joined the agency on Monday (June 27).

Before CalPERS, Willihnganz served as assistant director of human resources for Napa County and earlier spent 13 years with the Sacramento Metropolitan Utility District (SMUD). At SMUD, he was responsible for human resources activities including staffing, policy administration and providing



Michael Willihnganz

support for labor negotiations and the meet and confer process.

He began his career in 1981 with the Monterey County Human Resources Department after earning bachelor’s and master’s degrees

from the University of Wisconsin. He earned a second master’s in industrial/organizational psychology from California State University, Sacramento.

Willihnganz is active in several professional organizations including the International Personnel Management Association (IPMA), the International Personnel Assessment Council and the Personnel Testing Council. In 2006, he was recognized for outstanding achievement in human resources management with the IPMA Stephen E. Bemis Memorial Award of Excellence.

He fills the Administrative Services Director position that was previously held by Valerie Lord, a longtime member of the PCWA management team, who passed unexpectedly in March.

# English: A New Word Added Every 98 Minutes



By Linda Frederick Yaffe

George Orwell's novel *Nineteen Eighty-Four* describes a nightmarish world in which words are systematically removed from dictionaries:

*Newspeak was designed not to extend but to diminish the range of thought, and this purpose was indirectly assisted by cutting the choice of words down to a minimum. Given, for instance, the word good, there was no need for such a word as bad, since the required meaning was equally well – indeed, better – expressed by ungood.*

Fortunately, Orwell's fictional Newspeak – a shrinking vocabulary, leading to the death of critical thought – does not reflect today's reality. Quite the opposite: the English language recently passed the *one million word* mark. According to the Global Language Monitor, our big, beautiful language now contains more than 1,009,000 words...with a new word added every ninety-eight minutes.

As Richard Lederer describes it, "...that glorious, uproarious, outrageous, courageous, stupendous, tremendous, end-over-endous adventure we call the English language" embraces *three times* as many words as any other language. English also boasts the largest number of words in common use of any of the world's languages, containing *twice* as many of these everyday words as does, for example, French. Born in Indo-European tongues originating in the Stone Age, English words come to us filtered through a kaleidoscope of these, and numerous other, languages. Consider my friend Alice's recent experience:

She attended a *Thursday* (Thor's

Day, Icelandic *soirée* (French) at her neighbor's *bungalow* (Hindi). Alice was greeted on the front *stoop* (Dutch), then escorted to the *patio* (Spanish). The hostess wore a colorful *seersucker* (Persian) *muumu* (Hawaiian) and *moccasins* (Algonquian). The convivial group of partygoers enjoyed a *barbecue* (Spanish), *noshing* (Yiddish) on *shish kebabs* (Armenian) and *pretzels* (German), and sipping *Madeira* (Portuguese). They ended the meal with cooling *lemon* (Persian) *sorbet* (Arabic). Some guests enjoyed a *sauna* (Finnish), while others sat in *rattan* (Malay) chairs under the *ramada* (Spanish) for a session with a *Ouija* board (American: combination of "oui," French and "ja," German).

Just as English has absorbed words from everywhere, today our language has been adopted worldwide – in an unprecedented way. The information technology revolution, business and personal communications, films, pop music, fashion, fast food, television, and advertising have made English the world's language. For example, eighty percent of all World Wide Web home pages are written in English. According to Robert McCrum's *Glöblish: How the English Language Became the World's Language*, "In the first decade of the twenty-first century English-speaking people and their culture are more wide-spread in numbers and influence than any civilization the world has ever seen...the great quality of the English language in the contemporary world is that its transactions urge us ceaselessly to engage our imaginations, and express them, on a global scale. Can there be a more thrilling invitation?"

Unquestionably rich and varied, our irregular, unwieldy language challenges those learning to read, write, and comprehend it. The homonyms *Flu, flue, and flew* sound identical but are spelled differently, and have completely different meanings. Homographs such as *Fly* (an insect, a trouser zipper, or a verb describing flight) have the same spelling and pronunciation. *Fillet* (*fee-lay*) and *skillet* (*skill-et*) look nearly identical but are pronounced very differently. Examine the word *colonel*; if you didn't know, would you guess it is pronounced *ker-nul*?

One in five adult Americans,

Americans whose first language is English, has a reading problem. Compared to other industrialized nations, the United States ranks only fifth in adult literacy skills. Low literacy affects us all, costing hundreds of billions of dollars in non-productivity in the workforce, crime, and loss of tax revenue due to unemployment. Non-readers come from every socioeconomic background. They might be as young as 19 or as mature as 90 years old. A struggling reader could be someone you know well...or an individual you are meeting for the first time. The inability to read is a hidden problem; it is often unnoticed, even by those close to the non-reader: family, friends, or employers. Non-readers, through years of daily practice, become adept at concealing their problem.

You can help improve literacy skills in our communities. When you notice someone with poor – or non-existent – reading, writing, grammar and/or spelling skills, gently encourage them to call for help. Once they take the courageous step to ask for help, they are on their way to a full-er, more independent, and far more self-confident life. Learners can start with the basics, or improve existing skills. They are free to set and meet their own goals...such as obtaining a driver's license, helping their children with homework, earning a G.E.D., stepping up to a better job, or simply reading a magazine on their own, for pleasure. Tell them they can learn to read at their own pace with confidential, one-on-one FREE READING HELP from Placer Adult Literacy Service (PALS): 530-886-4530 or 1-888-SOS-READ.

You can help by joining the Literacy Support Council of Placer County: become a volunteer READING BOOSTER. Reading Boosters support PALS; they organize and speak out for literacy. And you can help by volunteering as a READING COACH. Complete the enjoyable, informative Reading Coach training; then experience the joy and excitement of helping an adult in your community to change their life through reading.

Contact the Placer Adult Literacy Service today: (530) 886-4530; pals@placerlibrary.org.

# New District Lab Gets Thumbs Up

Placer County – In a recent inspection, the Placer Mosquito and Vector Control District's brand new laboratory was commissioned to perform as a Biosafety Level 3 (BSL 3) facility. This designation is a first in the state for any independent mosquito and vector control district. Along with this new designation, the District will be capable of conducting on-site testing for several mosquito-borne and tick-borne infectious agents.

"Our new BSL 3 facility will allow us to enhance our existing surveillance program by providing quicker turn-around time for test results, as well as extending our program to test for other diseases in the future," states Dr. Mary Sorensen, District Entomologist and Laboratory Director. The current system for mosquito testing was yielding test results in about a week, since samples were had to be sent out to the state-certified laboratory. Shortening this time frame by doing on-site testing will allow the District to make treatment decisions sooner, increasing the likelihood of eliminating West Nile virus-infected mosquitoes.

"The old system was certainly satisfactory, but with our new facility, we can do so much more," states Joel Buettner, District General Manager. In addition to testing mosquito samples, the new facility will be conducting dead bird testing as well, effectively eliminating a lot of the shipping and processing time.

What about extended capabilities? Buettner states that currently, there is no system in place for individual



West Nile virus activity has not yet been identified in the County this season.

districts that collect ticks to be able to send them to the state for testing. Typically, the state Department of Public Health will do its own independent tick collection and testing throughout areas in California and make the results available to districts and local health departments. The Placer Mosquito and Vector Control District has identified the need to be able to collect its own data on tick-borne diseases, since Lyme disease is a significant concern in the county. The new lab will be able to do this within a year.

Both Buettner and Sorensen emphasize that having this facility up and running will have an immediate impact on current surveillance efforts and just as importantly, it will allow the District to address new and emerging vector-borne diseases in the future.

Although West Nile virus activity has not yet been identified in Placer County this season, Placer residents can implement the following measures to reduce the risk of mosquito-borne illness:

### The 3Ds of Protection

- DRAIN any standing water that may produce mosquitoes.
- DEFEND yourself and your home against mosquitoes by using an effective insect repellent, such as DEET, Picaridin, or Oil of Lemon Eucalyptus, dressing appropriately by wearing long sleeves and pants when outdoors, and keeping door and window screens in good working condition.
- Contact the DISTRICT for help. Call (888) 768-2343, or visit their website at [www.placermosquito.org](http://www.placermosquito.org).

# Tackle Designer to Speak at Rooster Tails Fishing Club Breakfast

Auburn – Jerry Bechhold, owner of Bechhold & Son Flasher & Lure Co. ([www.fishcatcher.com](http://www.fishcatcher.com)), will be the guest speaker at the Rooster Tails Fishing Club breakfast on July 15th, 2011 at the Auburn Elks Lodge, 195 Pine St., Auburn. The doors at the Elk Club open at 7:00 AM, breakfast is served from 8:00 AM to 9:00 AM and the presentation begins at 9:00 AM sharp.

Mr. Bechhold designs his tackle line himself. He will talk about various designs & fishing techniques to use while trolling flashers, bait ball attachments to downriggers, cut bait

AKA blood cuts. He will also be showing an underwater documentary that he filmed in Alaska, on the backside of Kodiak Island, out of Larsen Bay, Alaska, a few years back. You will see King and Silver AKA Cohos & Halibut, chasing and hitting various baits, below the salt water surface, down to 120 feet.

Mr. Bechhold has distribution in the Great Lakes region, Canada & Europe.

The 28 year old, 135-member Rooster Tails Fishing Club of Northern California, Inc. is a non-profit organization that meets the third Friday of each month to edu-

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

For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim Petruk, Club Chairman, 530-887-0479, or [petrukj@pacbell.net](mailto:petrukj@pacbell.net).

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# Auburn Businessman Steve Snyder Recognized on CA Small Business Day

By State Senator Ted Gaines

Auburn – I recently had the pleasure of recognizing long-time Auburn businessman Steve Snyder on California Small Business Day. I think any small business person who can survive in overtaxed, overregulated California deserves an award, but Steve Snyder stands out for his dedication and success.

Mr. Snyder has been in the auto business for 50 years and in 1986 he bought Gold Rush Chevrolet in Auburn. As part of a nationwide consolidation undertaken by General Motors, Gold Rush was slated for closure in 2009. Mr. Snyder worked with GM, writing letters to make the case why his dealership should be reinstated, and ultimately the company agreed.

Steve Snyder showed a fighting spirit and his determination paid off. Thanks to his efforts, his employees kept their jobs and the people of Auburn kept a business that has served them for decades. Since se-



Senator Gaines and Auburn businessman Steve Snyder. Photo provided by the Office of Ted Gaines, State Senate

curing his dealership, Mr. Snyder has gone on to hire an additional 12 people at Gold Rush.

Mr. Snyder has been involved with the Auburn Chamber of Commerce and Auburn Sutter Faith Hospital.

He has served as a Board Member for the Auburn Rotary Club, Auburn Community Bank, Auburn First, and he is currently the Board President of the California New Car Dealers Association.

# Off-Road Legend Mark Smith Honored on Senate Floor

By State Senator Ted Gaines

On June 6, I presented a Resolution on the Senate floor to off-roading legend Mark A. Smith of Georgetown, to recognize his tremendous contributions in building a major hobby enjoyed by thousands of Californians and building our state's economy.

Mark Smith is the father of the world-famous Rubicon Trail off-road trek in El Dorado and Placer counties that literally created a new sport. Now people from across the country come to California to put themselves to the ultimate off-road test.

Smith went on to lead the first team of drivers from the tip of South America to the Arctic Circle and led a team of US off-road drivers in the 1987 Camel Trophy, the world's number-one off-road competition, as well as being named "four wheeler of the decade" by United Four Wheel Drive magazine.

Now, Mark A. Smith Off-Road, Inc. is an industry leader for off-road adventures, providing the equip-



Senator Gaines and off-roading legend Mark A. Smith. Photo provided by the Office of Ted Gaines, State Senate

ment and expertise for groups and individuals who want to get off the beaten path and navigate the types of rough terrain first tamed by Mr. Smith himself.

Mark Smith is a pioneer who shows true California spirit. He built a sport, built a business and built an unmatched reputation in his field. It was my pleasure to honor him.



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By Sal Arrigo, Jr.

# Is Caregiving in Your Future?

burn out is all too common. As a caregiver, if you are overly tired or stressed, you are of no help to anyone. Seek out caregiving resources from the Alzheimer's Association of Sacramento, your medical doctor, or use the internet to research respected sites such as the Mayo Clinic or the National Institute on Aging.

One way that caregivers can eliminate some of the stress they may encounter is by making a simple "business plan." Since Alzheimer's is progressive, a caregiver must anticipate future needs by understanding the stages of the disease and making plans as to how to best assist their loved one as they move toward that next phase. "Knowledge is power" as the saying goes, but using that knowledge to prepare yourself for what the future holds can also bring peace of mind. None of this is easy-- for you or the person for whom you are caring—but it is prudent.

A couple of additional points to consider, as a caregiver:

- If you're not the executor of the estate, engage in conversation with the person who is. You may need to know what provisions have been made for financing long-term care.
- If you need an attorney, get an Elder Law attorney who specializes in these sensitive matters. This is especially important if there is no will or trust already in place.

- Gather the paperwork on final arrangement issues (if any exist).
- Remember; you are not an island! There are support groups and organizations that are ready and willing to assist you and your loved one. Don't hesitate to reach out for help.

Even if you don't anticipate being a caregiver someday, I encourage you to come to the Alzheimer's Awareness Day at East Lawn Memorial Park on Saturday, July 9. The event is free, and there will be information, resources, and a panel of speakers on hand with in-depth knowledge of Alzheimer's disease. The dedication of the one-of-a-kind "Alzheimer's Wall of Remembrance" will also take place that day. If you are a caregiver, this event may prove to be especially informative for you, so please consider joining us. The event time is 9 a.m. until noon. No need to register, just show up and we'll also provide you with a light breakfast and lunch. If you'd like more information about the Alzheimer's Awareness day, please call (916) 316-6347.

Sal Arrigo, Jr. is the chair of the "Fab 40's 5K run/walk and an adjunct instructor in the Gerontology Department at American River College. For more information about the 5K event, and to find information regarding caregiving and Alzheimer's disease, go to [www.Fab40s5k.org](http://www.Fab40s5k.org).

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## Fab 40's "Un-Run for Understanding"

An Alzheimer's Awareness Day



Saturday, July 9, 2011  
Location: East Lawn Memorial Park,  
43rd St. and Folsom Boulevard  
Time: 9:00 AM - Noon

### Calendar of Events:

- 9 AM - Welcome, and a light breakfast.
- 9:30 AM - Panel discussion featuring Hospice Care, a Neurologist, family members who have cared for a person with Alzheimer's disease and family members who are dealing currently with Alzheimer's disease, and an Elder Law Attorney.

- 10:30 AM - Unveiling of the "Wall of Honor." A place where people can create an inscription in honor of or in memory of a family member who has suffered from Alzheimer's disease.
- 10:45 AM - Untimed one-mile walk within East Lawn.
- 11:30 AM - Free luncheon.

There will be a variety of children's activities and a photo booth for your family's memories.

*We will be having a kid's race as well!*

There will be many vendors at the event to answer any questions you may have.

Visit our website at: [www.fab40s5k.org](http://www.fab40s5k.org) for details

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**PUBLIC ANNOUNCEMENT**

**FAIR OAKS RECREATION & PARKS DISTRICT  
DISTRICT OFFICE ALTERATION  
Fair Oaks, California**

**NOTICE INVITING BIDS**

**NOTICE IS HEREBY GIVEN** that sealed bids will be received by the Fair Oaks Recreation and Parks District, 4150 Temescal Street, Fair Oaks, California (916) 296-7771 until 10am on August 12, 2011. Bids will be publicly opened and tabulated by the Owner's Representative at the District's Office immediately after 10am.

A Pre-Bid Conference for all interested bidders will be held at the District Office on July 12, 2011 at 9:30am. Attendance at the Pre-Bid Conference is mandatory for all prime contract bidders intending to submit a bid.

Bids will include furnishing all labor, material, tax, transportation, equipment, and services necessary for the construction and completion of the District Office Alteration, all in accordance with the specifications and working details and other contract documents now on file with the District, located as noted above.

The bidder is required to abide by all applicable provision of the Labor Code, including payment of the minimum prevailing wage rate as determined by the California State Department of Industrial Relations.

Bids shall be made upon the form provided by the District at the PreBid meeting and shall be properly completed with all items filled out; numbers shall be in writing and figures; the signatures of all persons signing shall be in longhand. No bidder may withdraw his bid for a period of 90 calendar days after the time set for the opening of bids, and the District will act to accept or reject bids within that period of time.

No bid will be considered unless it is submitted on a proposal form furnished by the District. The prime contractor on this project shall possess a valid State of California Class B contractor's license.

A copy of the specifications, working details, and other contract documents for the project are on file at the at the following Builder's Exchange offices: Sacramento, El Dorado, Roseville, Stockton and Placer County. Documents can also be obtained through ARC-Rancho Cordova at (916) 443-1322 www.browniesrepro.com

**The Owner reserves the right to reject any or all bids, and further reserves the right to waive any informalities or irregularities in the bids.**

The list of attendees at the Pre-Bid Conference will be available on the District website: www.fairoakspark.org.

**STATEPOINT CROSSWORD • THEME: 21ST CENTURY**

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**CLUES**

- |  |  |   |   |
|--|--|---|---|
| <p><b>ACROSS</b></p> <ul style="list-style-type: none"> <li>1. Involuntary contraction</li> <li>6. Mad Hatter's beverage of choice</li> <li>9. Additional</li> <li>13. "Fear of Flying" author Jong</li> <li>14. Argo propeller</li> <li>15. Whale's lunch</li> <li>16. Language like Chinese, e.g.</li> <li>17. Plays for pay</li> <li>18. Mountain nymph of Greek mythology</li> <li>19. "Asian disaster, 2004"</li> <li>21. Screw up</li> <li>23. "___ and a Half Men"</li> <li>24. Tropical tuberous root</li> <li>25. Bar association</li> <li>28. 1/36th of a yard</li> <li>30. Give expression to</li> <li>35. Bottle to a baby?</li> <li>37. Student's dwelling</li> <li>39. NE's largest city</li> <li>40. Very dark black</li> <li>41. Double-deck woodwinds</li> <li>43. Miners' passage</li> </ul> | <p></p> <ul style="list-style-type: none"> <li>44. Blood vessel</li> <li>46. "Author of "Decision Points"</li> <li>47. "Chilean disaster locale"</li> <li>48. "Did Casey Anthony have one?"</li> <li>50. Needlefish</li> <li>52. Jack and Jill did it</li> <li>53. St. Louis attraction</li> <li>55. Flightless bird</li> <li>57. Farthest from point of origin</li> <li>60. "Has 140 character limit"</li> <li>64. Panna ____, dessert</li> <li>65. Promissory note</li> <li>67. Balance zodiac</li> <li>68. Chicago's planetarium</li> <li>69. In good shape</li> <li>70. Antelope with twisted horns</li> <li>71. "World's fastest man"</li> <li>72. "H1N1"</li> <li>73. Central Asia inhabitants, to ancient Greeks</li> </ul> | <p><b>DOWN</b></p> <ul style="list-style-type: none"> <li>1. Cobblestone</li> <li>2. Plural of #17 across</li> <li>3. Hokkaido language</li> <li>4. Less than the right amount</li> <li>5. Mozambique neighbor</li> <li>6. Large South African antelope</li> <li>7. A corn cob</li> <li>8. Smell of baking bread, e.g.</li> <li>9. Makes a mistake</li> <li>10. "Place" in French</li> <li>11. "Sounds like a plan," acr.</li> <li>12. Old age, archaic</li> <li>15. "Self-declared independent state, Europe"</li> <li>20. World in Italian</li> <li>22. Before, archaic</li> <li>24. Drive-_____</li> <li>25. At right angle to length of ship</li> <li>26. Hindi courtesy title</li> <li>27. Terminate, as in mission</li> <li>29. Baseball great infamous for surly temperament</li> <li>31. Allah's cleric</li> <li>32. Rock bottom</li> </ul> | <ul style="list-style-type: none"> <li>33. "Economic behemoth"</li> <li>34. Consumed at dinner, e.g.</li> <li>36. Not in favor</li> <li>38. ____ Verde National Park</li> <li>42. Mole relative</li> <li>45. "Highest-grossing movie ever, 2009"</li> <li>49. "21st century of Common</li> <li>51. Upside down frowns</li> <li>54. Vertical rock exposure</li> <li>56. Being of service</li> <li>57. Famously extinct</li> <li>58. It will</li> <li>59. Proofreader's "disregard" word</li> <li>60. "Portman's character attire, 2010"</li> <li>61. Type of ski lift</li> <li>62. European sea eagle</li> <li>63. Radicals</li> <li>64. "In many cities, this yellow ride got greener"</li> <li>66. "Spilled from the Horizon"</li> </ul> |
|--|--|---|---|

For Solution See Page 5

**SUDOKU**

PRESENTED BY



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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.

**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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**"Keeping the Faith"**  
Ronnie McBrayer

## The Pigs Are Flying

bank in the middle of the Florida woods really do to help alleviate poverty? Without official governmental recognition, how could she ever hope to sustain service? One particularly cranky faultfinder said publically that the school-house-turned-food-bank would open "when pigs fly." But Ann, as always, was undeterred.

On the day of the ribbon cutting for the new food bank, less than a dozen of the resilient Muscogee signed up for assistance. But more than two hundred from the greater community came for food, clothes, diapers, and supplies. Ann stood to speak, and said, in part:

"What a wonderful celebration when people are able to expect nothing more than helping each other through hard times. Imagine how strong we could be if we simply remembered that our first obligation is as caretakers of one another.

"We have dared to challenge those people who told us that the day we would be able to help our rural poor would be 'when pigs fly.' Well, the pigs are flying, and I cannot think of a better example than this building whose destiny was one of no hope and no future. I am honored today to be able to cut this ribbon and dedicate rural relief to the working class people of this community. We will be here for as long as you need us."

Those last words of Ann struck like lightning: "We will be here for as long as you need us." Later I asked her why she chose to say such a thing. How could she make such a promise when her tribe was so small and the need around her

so great? She answered: "Because we have no other choice. As long as there is a need in this community, someone must meet that need. It must be us."

Ann's words and example have something to teach us all. We care for those around us not because it is practical, reasonable, cost-effective, or even safe. We care for those around us - earthshaken Asians, flooded-ravaged Midwesterners, the rural poor, the inner-city child - simply because they are our neighbors, and it is in these needful neighbors we truly find God.

Look not for God lurking somewhere in the air or in the clouds. He's not hiding in a book, a classroom, a library, or between the lines of some hypothetical apocalyptic calendar. Seek him instead, in the suffering. Look for him in the poor, in those who have been treated unjustly, in those who are hungry, destitute, imprisoned, in rehab centers, without shelter, clothing or direction. That is where he said he would be.

God doesn't come storming into the world riding a tornado, or as grand marshal of our religious parades. He comes in the weak, the vulnerable and in a condition he calls, "the least of these." Look for God there, and help him for he is your neighbor. Pigs flying or not, we have no other choice.

*Ronnie McBrayer is the author of "Leaving Religion, Following Jesus." He writes and speaks about life, faith, and Christ-centered spirituality. Visit his website at [www.ronniemcbrayer.net](http://www.ronniemcbrayer.net).*

The Muscogee Nation of Florida is a tiny aboriginal people group of the Americas who seeks to hold to their heritage while surviving the culture around them. The Muscogee are led by an indomitable woman named Ann Denson Tucker.

Ann directs the Tribal Council, serves as the public face and living historian of her people, and plays the role of chaplain, social worker, and attorney for the tribe. Ann has sought official recognition for the Florida Muscogee from the United States Department of Indian Affairs for many years now. She doesn't want much more than that - just an acknowledgment of their existence. She sometimes wonders how long, if at all, that recognition will be in the making.

Yet, Ann Tucker and the Muscogee do not need official recognition as a people to bear witness to their character. Recently, when many of her people and people in the greater community were hungry, unemployed, and in need, Ann rescued an old portable school house from the county landfill to create a food pantry and community clothes closet.

Critics told her it was a fool's errand. What could one little food



**By Marlys Norris,**  
Christian Author

## He Has Prepared the Answer Before We Ask!

I did speak, gave me some suggestions but not the answer I was seeking about Abraham, Isaac and Elijah being in heaven already.

Then my answer and my surprise prayer came when out in our garage was two magazines with articles written by Messianic Jews that were perfect and answered many of the questions I needed to speak with the person. I read the articles and outlined the material I felt was very prevalent to what we were talking about. Then, I mailed both copies to them, saying we can talk after they read them over and thought about what was written.

Today in the mail we received a letter from Franklin Graham. At the top of the page was written these words "Obstacles may seem frightening, but God will honor a person who depends on His mighty hand to lead and guide." He wrote about Joshua and his instructions from God to "stand in the Jordan River". (Joshua 3:8) It was not until they touched the water's

edge with their feet, God worked a miracle and stopped the flow of the river until a million or more Hebrews had crossed into the Promised Land. There is a perfect time God has scheduled for each of us to experience deliverance and freedom.

The past two years we have faced one obstacle after another, completely trusting in Almighty God and believing He has allowed these circumstances to help us prune away and rid ourselves of many "things" we do not need. All we truly need is "God" and He is faithfully still pruning away to make us ready for that wonderful day we will be with Him. In the meantime, we continue to trust the Lord for our future and we do want to continue to "be used" as we serve Him in any way we can. To God Be All The Glory!

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

## Great News From Operation: MOM

Recently many of our Placer County's deployed have returned home!! We, at Operation: MOM, are truly thankful for their commitment to our country and for their safe return.

We also know that many more of our men and women have deployed in place of those who have returned. Operation: MOM is a non-profit organization that services ALL of Placer County. We send monthly care packages to our deployed service members currently serving overseas. We are looking for new recruits who are or have recently been deployed to serve our great country; family members, neighbors and friends. Please send deployed name,



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## You Can't Run Away From Your Problems

By Bryan Golden

No one wants problems. Escaping from problems can be much more appealing than resolving them. Running away is certainly tempting, especially when facing persistent, repetitive problems.

Not only is it impossible to outrun your problems, attempting to do so exacerbates your frustration. When you try to escape, problems follow you. This is because the problems you experience repeatedly are due to what's inside you rather than where you are. When you constantly face the same problem situations, you must look in the mirror to find the cause.

This doesn't mean all problems are necessarily your fault. But there may be some aspect of your personality causing or attracting the problems. So, an effective way for resolving problems is to alter your behavior to produce better results.

Jane is currently working at her fourth job in ten years. Whenever Jane begins a new job, everything is great for the first year or so. Then things always go downhill for her. Jane's coworkers start avoiding her. Her supervisor becomes more judgmental, criticizing Jane's work habits.

Jane invariably changes jobs after growing dissatisfied with her work environment. She erroneously believes there is something wrong with the people she works with. In each new job, the pattern repeats itself. Needless to say, Jane is very frustrated, convinced it's next to impossible to find a decent work environment.

Of course it is possible to land in a bad job. If that's the case, changing jobs should remedy the situation. In Jane's example, the same scenario reoccurs. Perhaps Jane takes her problems with her to each new job. Jane needs to assess her interpersonal communication skills, as well as her job performance, before once again jumping ship.

Over the last 20 years, Steven and his family moved five times. Sometimes they stayed in the same area, other times they moved to a new town or state. Wherever Steven went, he had the same problems. The neighbors were annoying, their house always had problems, there was too much traffic, and people were rude.

Was it possible for Steven to have such bad luck? Or was there some component of Steven's nature that always found fault with whatever situation he was in? Since Steven has found himself in the same scenario for two decades, chances are he has been taking his problems

with him. Unless Steven identifies and corrects the elements of his personality responsible for his dissatisfaction, it won't matter where or how often he moves.

Ed has trouble staying in a relationship. When he meets someone new, things are great in the beginning. Then the problems develop. Ed gets impatient with his partner. He is very independent and doesn't want to adjust his lifestyle to accommodate another person. Ed has little desire to consider the needs of the person he is with.

When each relationship invariably ends, Ed is relieved and starts looking for someone else with whom he will be truly compatible. The problem is Ed's attitude is incompatible with being in a successful relationship. Ed doesn't think there is anything wrong with him. Therefore, he is destined to experience the same problems in every

relationship. Should he happen to meet someone who feels the same way he does, the relationship will end even faster since neither one of them will be willing to be considered of the other.

Don't try to outrun your problems. Objectively analyze why your problems occur. Often it can be helpful to seek input from an objective party who can give you constructive feedback. You can change your behavior and attitude to prevent the same problems from repeating themselves.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@colum-nist.com](mailto:bryan@colum-nist.com) or write him c/o this paper. © 2006 Bryan Golden.

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

**Sudoku Puzzle on Page 5**

Enjoy Sudoku Every Week

S	P	A	S	M	T	E	A		E	L	S	E
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**Crossword Puzzle on Page 11**

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# Robbins Report: A Review of National Politics



By James S. Robbins, Washington Times. Reprinted by permission.

health care. "If you get an email or see something on the web about health insurance reform that seems fishy," a White House press release from August 2009 said, "send it to flag@whitehouse.gov." The effort generated a firestorm over internet privacy and raised questions whether the Obama administration was compiling a database of names and email addresses of Obamacare's enemies. After three weeks of punishing controversy the administration dropped the plan.

But those who worry about socialized medicine won't be happy to learn that according to Lulzsec the password for flag@whitehouse.gov was "karlmarx." Yet the hackers did not get this information by breaking into the White House server. It was looted from the registration files of the online pornography website pron.com. Granted, there is no way of knowing whether or not someone from the White House really used that address and password combo to sign up for online porn or whether this was a political statement from a disgruntled citizen. But whatever it is, it sure seems fishy.

### You Say You Want a (Reagan) Revolution?

Was John Lennon secretly a Ronald Reagan fan? The very idea must suggest "the end of times" to peacenik idolaters of the late musician, but according to Mr. Lennon's last per-

sonal assistant John Seaman (in the new documentary "Beatles Stories"), the former Beatle "made it very clear that if he were an American he would vote for Reagan because he was really sour on Jimmy Carter."

Mr. Lennon met the Gipper in L.A. at the December 9, 1974 Monday Night Football matchup between the Washington Redskins and Los Angeles Rams. Both were scheduled for halftime interviews. "I'll take the Beatle," Howard Cosell told co-host Frank Gifford, "and you take the Governor." Mr. Gifford later recalled that their two guests really hit it off. "Ronald Reagan with his arm around John Lennon's shoulder explaining American football," he wrote, "that's something special." In a 1993 TV Guide article Mr. Gifford noted that Mr. Lennon was captivated by the Gipper's charm and "looked absolutely enthralled" talking to Mr. Reagan. Ironically six years later during another Monday Night Football broadcast Mr. Cosell broke in to report Mr. Lennon's murder by obsessed fan Mark David Chapman. President-elect Reagan, in New York the next day, called the shooting "a great tragedy." And in March 1981 Mr. Reagan was shot and wounded by John Hinckley, another Lennon-obsessed fanatic who specifically used the same type of handgun Chapman had used outside The Dakota the previous December.

Some crackpots have theorized

that Reagan was somehow connected to Lennon's death, that the singer and social activist had to be "gotten out of the way" so the Reagan era could commence. But maybe by the late 1970s Mr. Lennon had put away his childish things from the days of "bed-ins for peace." Maybe he realized, as said by 19th century French statesman Francois Guisot (and later attributed to Winston Churchill among others) that "not to be a [radical] at twenty is proof of want of heart; to be one at thirty is proof of want of head."

Mr. Lennon said shortly before his death, "the attitude is that when you change when you get older there's something wrong with that, but the world is stupid enough as it is; if the young were running it, it would be really dumb. Whatever changes I'm going through because I'm 40 I'm thankful for, because they give me some insight into the madness I've been living all my life." Imagine John Lennon a Reaganite. It's easy if you try.

### Glenn Beck's Last Laugh

On Thursday Glenn Beck signed off from his widely-watched show on Fox News Channel, and his departure from Fox has generated a substantial amount of chortling from the left. Media Matters, the Soros-funded flying monkey outfit, held a bash to celebrate what they saw as their pivotal role in bringing about the end of Mr. Beck's show and wish

him the worst of luck in the future. David Brock said he did not think Mr. Beck's audience would follow him to his new GBTV, and Bill Press said Beck's new venture was "ego gone bonkers."

But this is more wishful thinking than objective media analysis. With the proliferation of new media platforms, consumer loyalties are more often attached to personalities and content rather than specific networks and websites. The medium is no longer the message, the messenger is. Keith Olbermann, diametrically opposed to Mr. Beck politically, left his top-rated show at MSNBC at the height of his popularity to join Al Gore's anemic Current TV. The revamped "Countdown" premiered last week on Current and Mr. Olbermann turned in strong ratings, averaging 354,000 viewers, which was almost half the audience draw of "The Last Word" at MSNBC. In the 25-54 demographic, Mr. Olbermann's audience was 64% of MSNBC's, with far fewer outlets carrying Current.

The reception being given Mr. Beck today is similar to the liberal response to cable news leader Fox News Channel at its launch in October 1996. CNN pioneer Ted Turner compared FNC founder Roger Ailes to Hitler, and Time Warner, which was then acquiring Turner Broadcasting, chose not to carry FNC, which was initially in

only 17% of cable markets. But Mr. Ailes had a vision -- to break down the walls the mainstream media had erected and appeal directly to the underserved market of center-right Americans. Mr. Beck likewise is betting that he can attract viewers by expressing the same conservative sentiment that has given rise to the Tea Party movement and other signs of discontent. Those who work at subsidized shops like Media Matters don't need any business sense to survive, luckily for them, and clearly don't understand the risk-taking entrepreneurial spirit. Bill Press said that the end of Mr. Beck's show at FNC "is a warning to them. Watch out, because if we can bring down Glenn Beck, you are next buddy."

Talk about ego gone bonkers. But the Bill Press's of the world will never comprehend -- and surely never equal -- what the Becks, Ailes' (and to be fair and balanced, the Olbermanns) are striving for. Check back with GBTV a year from now and see who has the last laugh.

James S. Robbins is senior editorial writer for foreign affairs at the Washington Times. His latest book is "This Time We Win: Revisiting the Tet Offensive," published by Encounter Books. He can be contacted at jrobbins@washingtontimes.com. Follow James Robbins on Twitter @ james\_robbins and Facebook.

# Our Health is Over-insured!

Commentary By Dr. Tracy C. Miller

One of the arguments for healthcare reform is that millions of Americans with employer-provided healthcare are underinsured. Proponents of this view are saying that people are underinsured if they are paying too many of their healthcare costs out-of-pocket. Quite the contrary, a little reflection on what insurance is and is supposed to do suggests that the problem is really the opposite: many, if not most Americans are over-insured—they have too much health insurance coverage.

On what basis can I claim that Americans have too much health

insurance? The purpose of insurance is to protect people from risk. Private companies offer affordable insurance against losses from automobile accidents, accidental death, fires, storms, and floods, among other things. These kinds of insurance arose in response to people's willingness to pay for a contract that will compensate them for losses due to a relatively low probability event over which the insured party has little or no control. Yet, unlike other kinds of insurance, most of what is covered by many health-insurance plans does not fit this description. This is why so many people who do not have employer-provided health insurance are either uninsured or purchase only

catastrophic coverage.

The problem with many existing health-insurance plans is that they cover the cost of routine treatment for illnesses, such as colds and flu that occur frequently, or the cost of care for conditions, such as pregnancy, that are heavily dependent upon the choices of the person who is insured. Basic economics teaches that paying for routine treatment via a third-party insurance company will raise the total cost of that treatment. This happens for two reasons: First, the insurance company, as middleman between the consumer and the healthcare provider, has costs that must come out of what the consumer pays. Second, insurance that pays

for routine care lowers the cost of each doctor visit to the consumer, thus increasing demand. Higher demand with a given supply means higher prices.

It does not matter whether consumers or employers pay health-insurance premiums. The premiums are part of the cost of healthcare. Eliminating routine care from being covered by health insurance would mean premiums would decrease and employers could pass the savings along to their employees as higher wages. The average consumer would be better off as a result. If it were not for the tax deductibility of health-insurance premiums, employers would not cover routine care and treatment

for preventable conditions as much as they do.

This is not to deny that many Americans do not have sufficient access to affordable healthcare or that the inability of some to afford health insurance is something we should be concerned about. Although it does not make sense for insurance to cover the ordinary medical costs of child birth, treating chronic asthma, or flu symptoms, it may be a good idea to have insurance in case of complications resulting from childbirth or to cover hospitalization for pneumonia and other serious illnesses.

The best way to help those who cannot afford basic health insurance is not to require or subsidize the kind

of comprehensive health-insurance plans that most employers now offer. On the contrary, healthcare costs and the cost of health insurance that would cover life-threatening illnesses and serious accidents would be considerably lower if the existing system of taxes, subsidies, and government regulations did not result in so many people being over-insured.

Dr. Tracy C. Miller is an associate professor of economics at Grove City College and contributing scholar with The Center for Vision & Values. He holds a Ph.D. from University of Chicago. See www.VisionAndValues.org or www.VisionAndValuesEvents.com

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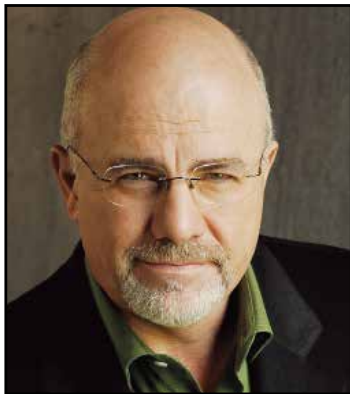
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# Dave Says

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

## Ignore the Math

Dear Dave,  
Should I continue to contribute to my 401(k) at work up to the match if I'm still trying to get out of debt?

- Anonymous

Dear Anonymous,  
Nope! I know, you probably think I've lost my mind on this one. Yeah, I know how important it is to take the match in a situation like that. In fact, it still kind of irks me to have to say these kinds of things. I'm a math nerd, so I really don't like the whole idea of it very much.

But I've learned a few things over

the years. One of those things is that personal finance is 80 percent behavior and only about 20 percent head knowledge. And in the short term, the power of passionately focusing and sacrificing deeply to attack your debt will supersede the mathematics involved where your company match is concerned. In other words, if you stop saving temporarily for a year or two, and in that time wipe out your debts, the power you'll gain in being free from those debts will be more beneficial to you than a couple of years of your company match.

I would never tell you to stop investing or doing the company match for 10 years or anything silly like that. But if you stop for just a little while and clean up your mess, then go back to investing for retirement, you'll reap so many more rewards down the road. Not only will you have permanently changed your behavior, but you'll also be able to invest even more for retirement and other things!

- Dave

## You Can't Make Him Grow Up

Dear Dave,  
I've tried for years, but I can't convince my husband to plan for tomorrow and stop living just for today. Is there anything I can do?

- Candace

Dear Candace,  
I hate to say it, but I don't think you can convince him. The essence of your question is this: "How do I get him to grow up?" If he's not willing to delay getting or doing things he wants, that's a sign of immaturity. You guys are probably going to struggle with money as long as he has an attitude of "Thank God, it's Friday! Oh, God! It's Monday..."

Being careful with your money and planning for the future doesn't mean you can't have any fun. It just means you may have to delay certain things for a little while. My wife and I have lots of fun and cool things now. Why? Because we saved like crazy and sacrificed. We lived like no one else, so now we're able to live like no one else. In other words, we paid a price to win.

Your husband's problem is that he's not willing to pay a price for a short period of time. That kind of immature thinking is a one-way ticket to a lifetime of mediocrity. And if you're unwilling to pay the price to win, then you're going to end up paying the price that comes with never having paid the price.

- Dave

\* For more financial help, please visit [daveramsey.com](http://daveramsey.com).



# POPOFF!

with Mary Jane Popp

## HONEYMOONERS FOREVER

She sought answers in some rather unorthodox places. Would you believe **Phoebe Hutchison** checked out a brothel (to interview a sex worker to find out why some married men visit them) and interviewed a: suburban mistress, a victim of marital abuse, a player (a man who cannot remain faithful), a spy for women (a woman from the "armed forces") and countless others. She went to extraordinary lengths to explore problems that plague marriages and find out how to be "Honeymooners Forever" Learn the secrets of happily married couples. Believe it or not, it saved her own marriage.

Her main advice to beleaguered couples everywhere: "Don't even think about divorce! She tries to provide the tools you need to bring back the oomph! It's a twelve step marriage survival guide.

- 1) Treat your partner like a lover - not a spouse. You cannot change someone else. You can only change yourself. If you change, then your partner will change.
- 2) Be yourself and allow your partner to be himself. Try not to change just because you are married. Let the unique qualities that first attracted you both to each other, be the glue that keeps you together forever.
- 3) Communicate well everyday. A marriage is a friendship of the highest level. Just like any other kind of friendship, a marriage only remains strong with regular communication.
- 4) Invest time and money in your relationship weekly. A marriage is like a garden; neglect it, and it will die or become full of weeds. Both partners need to invest time for it to blossom.
- 5) Stop finding fault and start praising. Focus on your partner's strengths and not their weaknesses. The more you think about the positives, the more positives you will see.
- 6) Plan the romance. All wonderful marriages have romance. When you start dating, romance happens naturally, but after awhile, you need to plan for it.
- 7) Restore the passion. Each time you make love, your souls touch. Woven into these precious moments, is the glue that helps keep you both together, forever.
- 8) How to avoid or survive an affair. People having affairs are watering someone else's garden, while neglecting their own. They are not living life fully.
- 9) Children should enhance, not destroy, your marriage. Most couples find that having children completes them. These little miracles enrich and transform our lives.
- 10) Argue effectively. An argument is an opportunity to understand what is going on in the mind of your spouse. Once the argument is over, consider the issues that need to be discussed to avoid further conflict.
- 11) Improve your financial situation. Money problems place added stress and pressure on a marriage. When you have limited cash flow, you have less freedom in your life.
- 12) Avoid or survive everything else life throws at you. When you get married, you assume it's just you and your partner. But soon you realize there are lots of people, and situations, which you will need to run from.

It's good old fashioned advice. Check out.  
Join Mary Jane for the *KAHI Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.*



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6-9am: The KAHI Morning News with Barry Stigers and the KAHI News Team

9am-Noon: The Laura Ingraham Show

Noon-1pm: The KAHI Noon News Plus with Mary Jane Popp and the KAHI News Team

1-4pm: The Dave Ramsey Show

4-7pm: The KAHI Afternoon News with Dave Rosenthal and the KAHI 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 KAHI 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: Cruising' Garage & Swap Meet

9am -4pm: KAHI's Jammin' Juke box

4 -5pm: A Way With Words

5 - 8pm: The Insana Quotient

8 - 9pm: Hearts of Space

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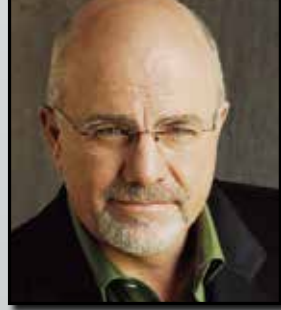
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# Arts, Entertainment and Other Fun Things to do!

## Boys Of Summer, Eagles Tribute Band, Performs At Blue Goose

**Loomis** - Join the Boys of Summer with a tribute to Don Henley and the Eagles' music at the Blue Goose Event Center, 3550 Taylor Road, Loomis, CA, on July 23, 2011. Tickets are \$25 and can be purchased online at [www.bluegooseeventcenter.com](http://www.bluegooseeventcenter.com), and at Main Drug or Blue Goose Produce in Loomis. Doors open at 6:00 p.m. and the show starts at 7:30 p.m. Food and beverages will be available for purchase before the show.

Back in 1971, Don Henley and Glen Frey formed a little band called the Eagles and created the California sound. Henley wrote, sang, and played drums with the band from 1971-1980. Life after the Eagles led to numerous

solo albums each with a different feel and attitude. The Boys of Summer respect Henley's work and recreate the experience that is his music. They hope it is as much fun for the audience as it is for them.

The Eagles' first single "Take It Easy," co-written by Glenn Frey and Jackson Browne, soared into the Top 20. Other hits quickly followed, including "Witchy Woman," the first song where Don sang lead. That song introduced a distinctive voice that many fans regard as the voice of the Eagles. The Eagles would go on to become one of the most creatively and commercially successful bands of all time. Their albums, including *Desperado*,

On the Border, *One of These Nights*, *Hotel California*, and *The Long Run*, would go on to sell over 100 million copies worldwide. In the course of the 1970s, the group won four Grammy awards, topped the album charts five times and became one of the top concert draws of the era. They were the first band in history to sell over 10 million copies of two separate albums - *Hotel California* and *Eagles - Their Greatest Hits 1971-1975*, which surpassed Michael Jackson's *Thriller* as the bestselling album of all time in the U.S.

According to music historians, nearly one in every 10 Americans owns a copy of this greatest hits album.

## Faith Based Event for Young Ladies

**ARE YOU:** Tired of fighting with your parents? Having problems dealing with your brothers and sisters? Unsure of your friends - are they genuine? Wondering if your boyfriend relationship is love or lust? Not sure why you should believe in God? Stressed with school? Worried about being bullied? You need to come to our retreat on July 30th at Christ the King Retreat Center in Citrus Heights!

Dancing in the Rain Ministries will give you the answers to these questions and many more to give you practical tools and applications to take the simple steps to deal with whatever life throws at you! Find out more about us



on facebook. Contact Karen at (916) 961-4765 or email at [dancingintherainministries.com](mailto:karen@ dancingintherainministries.com). SEE YOU THERE!

## Auburn House Concerts Presents Kristina Olsen

**Auburn** - Kristina Olsen is one of the most entertaining and compelling performers on the international folk circuit.

A superb multi-instrumentalist (acoustic guitar, steel-body slide guitar, saxophone, concertina, mandolin and piano) as well as an award-winning songwriter with a big bluesy voice, Kristina has audiences around the world coming back for more.

Her mix of powerful songs ranging from sassy bottleneck



Kristina Olsen

blues to lilting ballads to swing jazz to raunch and roll (as well as her hilarious storytelling) makes for a diverse and satisfying musical experience.

Reservations are required. Your entire contribution goes to the artist.

Doors open at 7:00 pm, music starts at 7:30 pm. Call (530) 885-4292 or email [info@AuburnHouseConcerts.org](mailto:info@AuburnHouseConcerts.org) for reservations and directions.

## NorCal All Sports Health & Fitness Expo

We invite you to join us for the NorCal All Sports Health & Fitness Expo! This Northern California event offers something for everyone. This is a 2-day outdoor sports, health and fitness expo, taking place at the Gold Country Fairgrounds in Auburn Ca, on August 6th & 7th, 2011, from 9am to 5pm each day.

The Expo will feature a wide variety of sports, health and fitness businesses and retailers, displaying their products/merchandise and services, including environmental and pet health, as

well as several non profit clubs and organizations. There will be a full schedule of presentations, demonstrations and interactive workshops free to the public, an interactive and educational children's area, a sports & fitness equipment swap for the public to buy or sell, music, food, drink and more.

The NorCal Fitness & Fun Benefit Run is a 1k/5k/10k event, set to kick-off the Expo on Saturday morning, August 6th, which includes events for everyone. Portions of the expo

and run proceeds will be benefiting, Special Olympics Northern California, AHA Search Your Heart Program, and several high school sports programs. Gate admission is: \$3 ages 18 - 64 (\$1 of that donated to a charity) \$1 under 18 & over 64, 5 & under is free!

Please call or visit our website for more information, and to view the many participation opportunities. [www.NorCalAllSports.com](http://www.NorCalAllSports.com) or (530) 217-FITT (3488).

## Grief Support for Widowed People

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

This organization has trained

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

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

This meeting will be on July

29th, 1:00 PM in Auburn.

For location or other information call (532) 885-8298.

Submitted by Sandy Ferguson Advisor/Training Coordinator

## Friends Forever to Hold Book Sale Fundraiser

**Penryn** - A book sale fundraiser will be held for Friends Forever, A Cat Sanctuary [www.ffacs.net](http://www.ffacs.net), on July 30 and 31, 8am-noon. Thousands of items will be sold

including 10,000+ books, CDs, DVDs, VHS tapes, and audio books. The sale will be held at 2166 Swetzer Rd., Penryn. Donations of books, CDs, DVDs, VHS tapes and

audio books are welcome. For more information about the sale or directions call (916) 663-1608 or email [lyn4animal@aol.com](mailto:lyn4animal@aol.com).

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DATE	OPPONENT	THEME
July 8 <sup>th</sup>	New York Sportimes	Caps Come Home featuring Martina Hingis
July 9 <sup>th</sup>	Washington Kastles	Drop Shot Diva Day featuring Serena Williams
July 10 <sup>th</sup>	Newport Beach Breakers	Play Tennis Sacramento
July 12 <sup>th</sup>	Kansas City Explorers	Family Night featuring the Bryan Brothers
July 15 <sup>th</sup>	Newport Beach Breakers	Catch the Wave featuring Mardy Fish
July 20 <sup>th</sup>	Boston Lobsters	Caps Go Green
July 21 <sup>st</sup>	Springfield Lasers	Fan Appreciation Night

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Photo courtesy of Getty Images

# What Can YOUR LAWN Do for You?

FAMILY FEATURES

**H**omeowners all over the country take great pride in their lawns. But a lush, green lawn can do more than boost egos. A healthy lawn can reduce allergens and dust, increase the value of a home, and reduce erosion and runoff.

## Reducing allergies

Of all Americans who are allergic to pollen-producing plants, 75 percent are allergic to ragweed. While a single ragweed plant may only live for one season, it produces up to one billion pollen grains during that time. A well-maintained lawn can help limit the amount of ragweed in the air, as it is typically free of many pollen-producing plants as well as other weed problems, such as poison ivy, poison oak and poison sumac. More than one half of the U.S. population is allergic to these noxious weeds.

## Boosting your real estate value

Nothing beats a first impression. When prospective buyers are searching for a new home, well-landscaped lawns and nearby parks are important factors. A study conducted by Virginia Tech University estimated that attractive landscaping can increase the value of a home anywhere from 5 to 11 percent, depending on location. It was also reported that landscape investments are recovered fully, and sometimes doubled by the increased home values.

"Potential buyers can be immediately swayed by an unsightly yard, leaving them to wonder if the lack of care and attention to the lawn has been carried to the inside of

the house," said Gray Matern, Realtor in St. Petersburg, Fla. "If the buyer doesn't get past the negative first impression, he or she may decide to bypass the home completely without looking at the interior. In this buyer's market, it's important to appeal to a wide range of prospective buyers."

## Reducing dust and soil erosion

Healthy grass holds soil in place and prevents runoff from being washed into lakes, rivers and streams. The University of Minnesota released results of a research study showing a lawn that is not fertilized actually has more runoff than a lawn that is properly fertilized, due to the increased health of the grass.

"Proper lawn care practices will be rewarded by an aesthetically pleasing property and will result in a variety of environmental benefits," explained Dr. Cathie Lavis, horticulture professor, Kansas State University, Manhattan, Kan. "A key factor to success is selecting the right grass variety for both your region and particular site conditions."

## How to maintain a healthy lawn

"Lawn maintenance includes timely mowing and watering. Additionally, grass quality is generally measured in terms of color, density



and uniformity," said Lavis. "Scheduled fertilization and an awareness of pests and their control will contribute to lawn quality."

Two elements of good lawn health are proper pesticide use when necessary and proper fertilizer use to ensure the grass has the nutrients it needs to thrive. A properly fertilized, healthy lawn helps prevent weeds, while pesticides control weed populations already present or before they emerge. Proper pesticide use also keeps grubs and insects at bay. The key differences between lawn and garden pesticides and fertilizers are:

- A pesticide is the generic term for insecticides, herbicides and fungicides. Pesticides are meant to kill or control weeds, harmful insects and fungal and other diseases. The benefit of pesticides is their ability to prevent and stop pest (weed, insect, or disease) problems before they become out of control and threaten your lawn's health.
- Fertilizers provide the proper nutrients to your grass, plants and trees so they can thrive. A fertilization program should include fertilizers that are formulated to meet the needs of your lawn.

To get more information on the benefits of a healthy lawn, visit [www.debugthetryths.com](http://www.debugthetryths.com).

## Tips for Homeowners

When selecting and using pesticides and fertilizers, the product label directions must be followed to make sure the product works properly and is used in a safe and environmentally sound way. Product labels specify the amount of product that should be applied, how much is needed for your treatment conditions, and how to safely apply and store products.

Ask yourself these questions before choosing the right lawn and garden products to meet your needs:

- What insect, weed or other pest are you trying to control? What is the problem in your lawn? The label will tell you which product best fits the needs of your lawn and where it can be used.
- How big is your lawn? What treatment are you applying? Select the product that meets the needs of your lawn, and buy only what you need.
- Do you need a spreader to apply the product? If you have a small, localized problem consider a ready-to-use spot treatment. Follow product label directions for spreader and spot applications. More is not better. Read the label and apply only the recommended amount.



# Why You Can't Afford Food and Gas

Commentary by  
Gary Gibson,  
Whiskey & Gunpowder  
Reprinted by Permission

The Federal Reserve is supposed to promote full employment and stable prices, yet its actions cause jobs to disappear and prices to rise. This should come as no big surprise, at least it shouldn't if you're not inclined to think government intervention is either desirable or productive. The Fed is government intervention at its purest: the central bank with the legal monopoly on the creation of new money.

The Fed has essentially one trick. It can legally conjure new money whenever it wants. With this one trick it manages to force interest rates down. Mainly it lends the new money to the U.S. government. That is to say, it buys government bonds. The artificial demand the Fed creates by throwing billions of dollars at government bonds has a depressive effect on interest rates. But these lower interest rates are not a result of those free market forces we champion at the Whiskey Bar. Rather, they are the result of the machinations of a govern-

ment-chartered bank with a monopoly on the issuance of currency.

The Federal Reserve's goal is to make borrowing more attractive because of the lower interest rates... but the boom that results is one built on debt that must eventually be serviced...and inevitably at higher rates.

The Fed also loves it when lower rates make lending money or putting it in interest bearing savings accounts less attractive to investors. People instead seek returns in other markets...like stocks. This is supposed to be a good thing. Notice Ben Bernanke points to a rising stock market as proof that his orchestrations were masterful.

But all he really did—all central bankers really ever do—is create new money and shovel it into circulation. Creating money to encourage mass indebtedness and speculative investing, however, isn't exactly a winning strategy. It's like taking up smoking so the nicotine will help your concentration when you're picking the ponies. Or something like that.

You'll notice that the stock market is responding less and less to the byzantine stimulus of lower bond yields. And people are up to their

eyeballs in debt, and interest rates are rising despite the Fed's efforts. This is your classic "pushing on a string" scenario. It's rather like the point at which more alcohol starts shutting down the imbibers' autonomic functions instead of producing more drunken bliss.

The stimulus of treasury-buying with new money is now having the opposite of the intended effect. After the initial euphoric response, things are getting worse.

And then there's the matter of all that new money...

We're not sure why central bankers and so many economists believe that new money can be created out of thin air—without any corresponding increase in economic activity or actual wealth—and inflationary results somehow be avoided...as if the new money will conveniently behave itself and keep from being used to bid up general price levels!

There wouldn't be much of a problem if the Fed had only created just a few hundred new dollars...even thousands. Enough, say, to buy the legal counterfeiters cool new cars and some snazzy threads. But we're talking about the creation

of billions upon billions of new dollars here. Those dollars are sloshing their way through the economy and they're going to show up more and more in the general price levels. (Their very creation also makes some of the other big holders of U.S. debt—like the governments in Asia—worried about being paid back with money that's worth far less in real terms.)

Those new dollars have to get spent into circulation to do their damage, but that's never a problem. Whoever gets them first will get to benefit before prices go up (and those prices go up at all because the new money is being spent in the first place!)

Cui bono? Why, those to whom the Fed hands the dough first. Traditionally that's meant the government whose debt the Fed buys with the money it wills into existence, but lately the Fed has seen fit to hand new money straight to banks, because after all this is a crisis. Apparently you fix crises you engineered in the first place by bailing out your cronies in the big banks.

The government uses that money to pay the staff in its countless departments, contractors, military and

others counting on a government check. The banks use the money to pay their senior members enough to keep them in million-dollar Manhattan apartments.

The rest of us get to beg our employers to give us raises that keep up with this mysterious price inflation. But it's really not so mysterious. It happens as the first-users of new money drive up the prices on the things we all need...like food and energy.

The new money doesn't simply go into the prices that the Fed would like it to, like stocks. It gets all over the place. The least connected, the very poorest farthest away from the new money feel the effects first. In our modern global system, that means that a family in a "developing country" will find themselves paying around half of their meager daily income for the food that used to take only a quarter of it. Eventually they may find that they can't afford much food at all.

The typical middle class American is only just barely feeling the pinch now, but there's a lot more pain to be felt. In 2010 Americans spent around 5% of their incomes on food. Things could be a lot worse. In fact,

they likely will be soon enough. Increased food and energy prices are currently only a drag on consumer spending. Eventually, however, the essentials could get costly enough to cause serious privation.

The threat of mass starvation tends to lead to all sorts of unpleasantness. Individuals can do prepare by saving in real money (gold and silver and copper-nickel), but that does nothing to remedy the discontent and likely rioting from the millions of others who will not be so prepared.

We can't say how much of this future woe is already baked in. We do know that more quantitative easing will just make a bad situation worse. It's not idle speculation. History shows again and again that unbacked money creation by governments and central banks only leads to misery.

The pundits are debating whether or not QE3 will follow anytime soon or if it will even follow at all. Let them hash it out. In the meantime, if you can't or won't get out of the U.S. entirely, you might want to consider at least not being in the middle of any large population centers.

## California Board of Equalization Issues Guidance For Out-of-State

The California State Board of Equalization (BOE) announced July 1<sup>st</sup> that a special notice clarifying the obligations of out-of-state retailers to register with the BOE, and to collect use tax on sales made to California residents, has been posted on the BOE website, [www.boe.ca.gov](http://www.boe.ca.gov).

In addition to posting the special notice, letters will be sent to potential out-of-state registrants along with a questionnaire that will help them determine whether they need to register with the BOE to collect and pay California use tax on their in-state sales.

California Governor Jerry Brown signed budget trailer bill ABx1 28 into law on June 28, 2011. The law requires large out-of-state retailers, who previously did not have to collect and pay use tax on sales to California customers, to register with the BOE and collect use tax. The new provisions of the law added by ABx1 28 were effective immediately upon signing.

The Special Notice can be found here: [www.boe.ca.gov/news/pdf/1284.pdf](http://www.boe.ca.gov/news/pdf/1284.pdf)

The five-member California State Board of Equalization (BOE) is a publicly elected tax board. The BOE collects more than \$48 billion annually in taxes and fees supporting state and local government services.

It hears business tax appeals, acts as the appellate body for franchise and personal income tax appeals, and serves a significant role in the assessment and administration of property taxes. For more information on other taxes and fees in California, visit [www.taxes.ca.gov](http://www.taxes.ca.gov).

### California Use Tax Information From the BOE website

Many smart shoppers can find bargains online, but don't realize they can incur a tax bill in the process. California law requires tax on in-state purchases, and also requires tax on items purchased out-of-state for use in California.

Recent legislation now requires a "qualified purchaser" under Revenue and Taxation Code section 6225 to be registered with BOE to report and pay use tax owed. Under this new legislation, a "qualified purchaser" means a person that meets all of the following conditions:

- The person receives at least \$100,000 in gross receipts from business operations per calendar year. Note: Gross receipts are the total of all receipts from both in-state and out-of-state business operations

- The person is not required to hold a seller's permit or certificate of registration for use tax (under section 6226 of the Revenue and Taxation Code)

- The person is not a holder of a use tax direct payment permit as described in section 7051.3 of the Revenue and Taxation Code

The person is not otherwise registered with the BOE to report use tax

**Sales Tax vs. Use Tax: What's the Difference?**

Tax collected by the retailer here in California is called sales tax, and the retailer is responsible for reporting and paying the tax to the state. When an out-of-state or online retailer doesn't collect the tax for an item delivered to California, the purchaser may owe "use tax," which is simply a tax on the use, storage, or consumption of personal property in California.

### Exempt Items

Items that are exempt from sales tax are exempt from use tax as well. Use tax liabilities are often created by internet or mail order purchases with out-of-state retailers not required to collect the tax. Be sure to review your receipts for internet and other out-of-state purchases to determine if tax was charged.

### Why Is There a Use Tax?

The use tax, which was created in July 1935, is a companion to California's sales tax that is designed to level the playing field between in-state

retailers who are required to collect tax, and some out-of-state retailers who are not. Use tax, just like sales tax, goes to fund state and local services throughout California.

### How to Report Use Tax

If you have a California seller's permit, you must pay the use tax due on business related purchases with your sales and use tax return in the period when you first used, stored, or consumed the item in California. Report the amount of your purchase under "Purchases subject to use tax," (line 2) on the return.

If you are a "qualified purchaser," you must pay your use tax due by filing your return for the previous calendar year by April 15. For the year ending 2008 and prior years, the use tax due date is January 31 of the following year.

If you are not required to have a seller's permit or a use tax account and you have not already paid all use tax due to the Board of Equalization,

you may report use tax in the following ways.

- The easiest way to report and pay the use tax is on your California state income tax return. Follow the instructions included with your income tax return. Complete the worksheet included in those instructions to determine the amount of your use tax liability.

- Download a copy of Publication 79-B, *California Use Tax*, or request that a copy be mailed to you by calling our Information Center. Simply complete the use tax return included in the publication and mail it along with your payment to the Board of Equalization address shown on the return. It is not necessary to complete this tax return to report zero use tax.

### What Kinds of Purchases Are Taxable?

For questions on whether a purchase is taxable read the Use Tax FAQ, or call our Information Center at (800) 400-7115 or TTY/TDD (800) 735-2929.

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