

# Placer Sentinel



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Volume 22 Issue 5

Serving Auburn and Placer County since 1987

First Issue of March, 2011

## A Community Call to Action

### Stamping Out Older Adult Hunger



Senior Nutrition receives a Donation from Supervisor Montgomery and City Councilman Holmes.

From Seniors First, Inc.

Placer County - Two local elected officials are issuing a community call to action to help combat hunger among older adults in Placer County.

In an effort to raise awareness and inspire community giving, Placer County Supervisor Jennifer Montgomery recently donated \$5,000 from her District 5 Revenue Sharing Fund to the cause, and City Councilman Mike Holmes, a member of the Rotary Club of Auburn, matched a \$500 donation from the club.

Other recent donations include a generous gift of \$10,000 from the Wells Fargo Foundation and \$1,000 raised by the Auburn California Area Council of Beta Sigma Phi at a recent social and silent auction.

In their call for community action, Supervisor Montgomery and Councilman Holmes emphasized that Seniors First and the Senior Nutrition Program currently face sizeable funding challenges, and their future ability to continue services is uncertain without sustained assistance from the community.

Seniors First's fund-development

staff is continually exploring new funding sources while fully utilizing in-place funding in the most fiscally responsible manner possible.

The two elected officials emphasized that, in this current economic climate, it is going to take a long-term cooperative effort by the residents of Placer County to help the Senior Nutrition Program continue feeding seniors who rely on its meals every day.

Nationwide, hunger among older Americans has reached a critical level. Every night, an estimated 51 million people in the United States go to bed hungry. Among them are approximately 6 million older adults who are unable to purchase or prepare nutritious meals.

Locally, some citizens are leading by example.

A good example is three people who came to the aid of a 90-year-old Loomis resident who no longer drives. He had been driving himself to the nearest Senior Café in Auburn for many years to enjoy the social atmosphere and nutritional meals provided by Seniors First. After he gave up driving, participating in the organization's Home Delivered

Meals Program was not an option because it currently is at capacity.

Two members of the Loomis man's church congregation heard about his situation and volunteered to forfeit their coffee breaks to drive him to the café and give up lunch breaks to take him back home. Unfortunately, they are only available three days a week. Luckily, an 84-year-old Colfax resident who drives himself to the Auburn Café volunteered to pick up and drop off the Loomis resident the other two days.

"While many local seniors are fortunate enough to receive the support of friends, neighbors, and family members, a particularly large portion of our elderly rely on the Senior Nutrition Program for their only daily contact," said Candace Roeder, Executive Director for Seniors First. "A lot of our Home Delivered Meals participants will meet the volunteer delivery driver at their doors. They just want someone to talk to."

She emphasized that the latter program also allows Seniors First to check on the well-being of socially isolated, homebound seniors.

Roeder reported that, "without collaborative funding support from community leaders and citizens, Seniors First will be forced to choose between limiting the number of meals delivered each week and drastically cutting back on the number of participants currently benefiting from this vital assistance."

Approximately 300 people participate in the Seniors First Senior Nutrition Program daily for a total of 75,000 meals served annually.

"A person who donates \$100 would be providing 12 meals for a senior," Roeder said. "And the meals our professional kitchen staff prepares are not just nutritionally balanced, they are delicious."

The Senior Nutrition Program currently has over 50 seniors on a waiting list. They either have no way to get to one of the Senior Cafés or are unable to prepare meals in their homes.

The Senior Café and Home Delivered Meals Programs provide hot, noon-time meals Mondays through Fridays. A donation of only \$3 is suggested to offset some of the costs to prepare, serve and deliver meals.

While numerous counties now deliver five frozen meals once a week, Seniors First is fighting hard to maintain its long-established practice of delivering hot, nutritionally balanced meals daily.

Roeder noted that there are many opportunities for community members to help, such as donating financially or volunteering to give up coffee breaks to make sure seniors can attend one of the organization's nine Senior Cafés. "What we need at this point is the commitment of sustained funding. That might be a recurring (monthly, quarterly, annual) donation. Another way to support this much needed program would be for service clubs to commit to host an annual fundraiser."

"The bottom line," according to Roeder, "is Seniors First can no longer shoulder the financial responsibility of this program alone. We need the assistance of our community if we are to sustain this program. We need to come together as one to feed those individuals who, for a variety of reasons, cannot feed themselves."

## Target Corporation Must Pay \$22.5 Million in Settlement for Environmental Violations

From Placer County District Attorney

Placer County - Placer County District Attorney Scott Owens announced today (March 3rd) that a judge in Northern California has ordered the Minnesota-based Target Corporation to pay \$22.5 million as part of a settlement for the dumping of pesticides and other hazardous chemicals by Target stores into drains or trash compactors.

In addition to Placer County, 20 other California district attorney's offices, the state Attorney General and the City Attorneys in San Diego and Los Angeles were involved in the statewide prosecution of Target in a civil environmental action.

Besides the prosecuting agencies, numerous investigative or enforcement agencies such as fire departments and environmental health departments throughout California will receive monetary amounts from Target in the settlement.

The judgment is the culmination of a civil enforcement lawsuit filed in Alameda County two years ago claiming that more than 290 Target stores and distribution centers throughout California handled and disposed of various hazardous wastes and materials improperly over a seven-year period.

The hazardous wastes and material included pesticides, paint, aerosols, oven cleaners, pool chemicals, drain openers and other flammable, toxic and corrosive materials.

All Target stores in Placer County were involved in the hazardous waste violations, and three agencies within Placer will receive a combined \$40,000 in the settlement.

The breakdown includes \$25,000 to the Placer County District Attorney's Office, \$7,500 to the Roseville Fire Department and \$7,500 to the Placer County Certified Unified Program Agency, which is the county's environmental health agency.

Owens said today's settlement "should serve as a warning that businesses will not be allowed to

disregard important environmental rules and regulations at the expense of community members, no matter the size of the business."

Owens thanked fellow prosecutors across the state.

"This case represents a tremendous effort by prosecutors and investigators statewide to stop illegal dumping of hazardous waste," he said.

Included in the settlement is a permanent injunction that will require Target to be accountable for complying with the letter and spirit of environmental laws.

Target Corporation must pay \$22.5 million in civil penalties and costs, as well as for the funding of several supplemental environmental projects.

As a result of the prosecution, many California Target stores have already adopted new policies and procedures designed to eliminate the disposal of hazardous waste into store trash compactors and down drains.

Stores are now required to maintain their hazardous waste in segregated, labeled containers so as to minimize the risk of exposure to employees and customers and to ensure that incompatible wastes, such as ammonia and chlorine, do not combine to cause dangerous chemical reactions.

California law requires companies to properly store, handle and dispose of hazardous wastes and materials to avoid harm to persons and the environment.

In the case involving the Target Corporation, prosecutors contended that Target routinely ignored those laws in an effort to cut costs.

They said Target failed to develop and implement an effective program to ensure that employees properly identified defective, damaged and leaking products containing hazardous and toxic chemicals as hazardous waste.

The prosecutors said Target also failed to dispose of the hazardous material properly, instead throwing such materials and products into drains or company trash compactors.



## Celebrity Chefs were Cookin'

By Paula Mosqueda

Auburn - The 25th Annual Celebrity Chef Cooking for Community Service event took place on Thursday evening, March 3, 2011, at the Placer Building of the Auburn Gold Country Fairgrounds. Nearly 100 local chefs gathered to present their special culinary creations to the hungry crowd. These chefs offered

proof that everyday folks can also be experts in the art of cooking. Accountants, lawyers, jewelers, hospital workers, retirees, and, yes, restaurant owners, were all united in this silver anniversary event.

This event is sponsored by the Auburn 49er Lions Club to benefit local non-profit organizations. This year, the Sutter Auburn Faith Hospice was selected.

Along with the tasty food, the musical talents of Doc Bach's Jazz Band were appreciated by the crowd. The Sugar Plump Fairies arrived with an assortment of raffle prizes. At the end of the evening, everyone was a winner.

Norm Kendall, chairman of the event, offers his thanks to all the cooks who gave of their time and talent to make the evening

especially delicious. To those who came and partook of the savory offerings, the 49er Lions and the Sutter Auburn Faith hospice thank you and hope you enjoyed the evening.

To learn more about the activities of the Auburn 49er Lions Club, contact them at [auburn49erlions@gmail.com](mailto:auburn49erlions@gmail.com).

The Sugar Plump Fairies helped raise funds through the event raffle. Photograph courtesy of Paula Mosqueda.

# This Charade is Over *The Political Economy of Government Employee Unions*

How government-employee unions gain the power to tax while driving state and local governments to bankruptcy



The recent rally claimed "Fat Cats!" from both sides of the political debate. Photograph by Amanda Morello.

Commentary by Thomas DiLorenzo, Professor of economics

Whiskey & Gunpowder, Reprinted by permission

The main reason so many state and local governments are bankrupt, or on the verge of bankruptcy, is the combination of government-run monopolies and government-employee unions. Government-employee unions have vastly more power than do private-sector unions because the entities they work for are typically monopolies.

When the employees of a grocery store, for example, go on strike and shut down the store, consumers can simply shop elsewhere, and the grocery-store management is perfectly free to hire replacement workers. In contrast, when a city teachers' or garbage-truck drivers' union goes on strike, there is no school and no garbage collection as long as the strike goes on. In addition, teachers' tenure (typically after

two or three years in government schools) and civil service regulations make it extremely costly if not virtually impossible to hire replacement workers.

Thus, when government bureaucrats go on strike they have the ability to completely shut down the entire "industry" they "work" in indefinitely. The taxpayers will complain bitterly about the absence of schools and garbage collection, forcing the mayor, governor, or city councilors to quickly cave in to the union's demands to avoid risking the loss of their own jobs due to voter dissatisfaction. This process is the primary reason why, in general, the expenses of state and local governments have skyrocketed year in and year out, while the "production" of government employees declines.

For decades, researchers have noted that the more money that is spent per pupil in the government schools, the worse is the performance of the students. Similar outcomes are prevalent in all

other areas of government "service." As Milton Friedman once wrote, government bureaucracies — especially unionized ones — are like economic black holes where increased "inputs" lead to declining "outputs." The more that is spent on government schools, the less educated are the students. The more that is spent on welfare, the more poverty there is, and so on. This of course is the exact opposite of normal economic life in the private sector, where increased inputs lead to more products and services, not fewer.

Thirty years ago, the economist Sharon Smith was publishing research showing that government employees were paid as much as 40 percent more than comparable private-sector employees. If anything, that wage premium has likely increased.

The enormous power of government-employee unions effectively transfers the power to tax from voters to the unions. Because government-employee unions can so easily force elected officials to raise taxes to meet their "demands," it is they, not the voters, who control the rate of taxation within a political jurisdiction. They are the beneficiaries of a particular form of taxation without representation (not that taxation with representation is much better). This is why some states have laws prohibiting strikes by government-employee unions. (The unions often strike anyway.)

Politicians are caught in a political bind by government-employee unions: if they cave in to their wage demands and raise taxes to finance them, then they increase

the chances of being kicked out of office themselves in the next election. The "solution" to this dilemma has been to offer government-employee unions moderate wage increases but spectacular pension promises. This allows politicians to pander to the unions but defer the costs to the future, long after the panderers are retired from politics.

As taxpayers in California, Wisconsin, Indiana, and many other states are realizing, the future has arrived. The Wall Street Journal reports that state and local governments in the United States currently have \$3.5 trillion in unfunded pension liabilities. They must either raise taxes dramatically to fund these liabilities, as

some have already done, or drastically cut back or eliminate government-employee pensions.

Government-employee unions are primarily interested in maximizing the profits of the union. Consequently, they use civil-service regulations as a tool to protect the job of every last government bureaucrat, no matter how incompetent or irresponsible he or she is. Fewer employed bureaucrats means fewer union dues are being paid. Thus, it is almost guaranteed that government-employee unions will challenge in court the attempted dismissal of all bureaucrats save the occasional ones who are accused of actual criminal behavior. This means that firing an incompetent government school teacher, for example, can take months, or years, of legal wrangling.

Politicians discovered long ago that the most convenient response to this dilemma is to actually reward the incompetent bureaucrat with an administrative job that he or she will gladly accept, along with its higher pay and perks. That solves the problem of parents who complain that their children's math teacher cannot do math, while eliminating the possibility of a lawsuit by the union. This is why government-school administrative offices are bloated bureaucratic monstrosities filled with teachers who can't teach and are given the responsibilities of "administering" the entire school system instead. No private-sector school could survive with such a perverse policy.

Government-employee unions are also champions of "featherbedding" — the union practice of forcing employers to hire more than the number of people necessary to do the job. If this occurs in the private sector, the higher wage costs will make the firm less competitive and less profitable. It may even go bankrupt, as the heavily unionized American steel, automobile, and textile industries learned decades ago.

No such thing happens in government, where there are no profit-and-loss statements, in an accounting sense, and most agencies are monopolies anyway.


Featherbedding in the government sector is viewed as a benefit to both politicians and unions — but certainly not to taxpayers. The unions collect more union dues with more government employees, while the politicians get to hand out more patronage jobs. Each patronage job is usually worth two or more votes, since the government employee can always be counted on to get at least one family member or close friend to vote for the politician who gave him the job. This is why, in the vast literature showing the superior efficiency of private versus government enterprises, government almost always has higher labor costs for the same functions.

Every government-employee union is a political machine that lobbies relentlessly for higher taxes, increased government spending, more featherbedding, and more pension promises — while demonizing hesitant taxpayers as uncaring enemies of children, the elderly, and the poor (who are purportedly "served" by the government bureaucrats the unions represent).

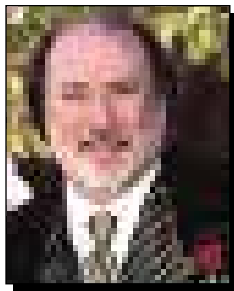
It is the old socialist trick that Frédéric Bastiat wrote about in his famous essay, *The Law*: The unions view advocates of school privatization, not as legitimate critics of a failed system, but as haters of children. And the unions treat critics of the welfare state, not as persons concerned with the destruction of the work ethic and of the family that has been caused by the welfare state, but as enemies of the poor.

This charade is over. American taxpayers finally seem to be aware that they are the servants, not the masters, of government at all levels. Government-employee unions have played a key role in causing bankruptcy in most American states, and their pleas for more bailouts financed by endless tax increases are finally ringing hollow.

Thomas DiLorenzo is professor of economics at Loyola University Maryland and a member of the senior faculty of the Mises Institute. He is the author of many books, including *How Capitalism Saved America*.



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## Sons in Retirement Invite

Auburn — Sons In Retirement Branch 79 (Auburn) is an active group of retired men who promote the independence and dignity of retirement. We currently have 183 members who meet on the third thursday of each month at the Auburn Elks Lodge for lunch. There is always a speaker or similar program and all senior men are invited to come see what SIRs is all about.

SIRs offers a variety of activities such as Friday Golf at Black Oak, bowling at Foothill Bowl on fridays at noon, and fishing meetings are second thursdays at 8 at Max's Restaurant. This year we've added dining out and disc golf. Activities are continuing to expand to meet the wide range of interests of the members.

There are no dues. The only requirement is attending 7 lunches per year. For further information, contact Big SIR Ken Hansen at 916 622-2757.

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# Budget Needs Real, Structural Reform



By Ted Gaines, State Senator

Governor Jerry Brown's recent announcements to cut the state's purchasing of freebies and usage of cell phones, while a good start, is only a crumb off of the piece of California's budgetary pie.

In February of 2009, the Legislature voted to increase your vehicle license fee, income tax and sales tax. Yet today, our budget

deficit is even bigger and continues to worsen by the day.

It's time for the serious, long-term reform our state desperately needs to provide relief to hardworking taxpayers, encourage job creation and allow California's economy to recover.

For years, I have been calling for structural reform to California's budget process.

My first bill I introduced in the Legislature, Assembly Constitutional Amendment 3, would have aligned state spending with population growth and set aside money for non-growth years. It was quickly killed by the majority in 2007.

In 2009, I introduced Assembly Bill 1150, which called for the elimination of the State's Integrated Waste Management Board, setting a precedent for consolidating duplicative boards and commissions and cutting government waste. It was defeated in the Assembly Natural

Resources Committee on a party line vote. Fortunately, I was able to work with former Governor Arnold Schwarzenegger on a similar bill that did ultimately eliminate the waste board, but we must be able to work together as Legislators to go further.

In these tough times, these types of reforms are exactly what we as a legislative body should be doing—cutting our own spending, reducing the costs to do business and putting money away for years when our revenue falls short.

Each day we don't act, we continue to push years of irresponsible spending on the backs of hardworking Californians who are already suffering.

For my part, I will continue introducing legislation that encourages job growth and structurally reforms our budget. I encourage my colleagues on both sides of the aisle to help me do the same.



# Around Town

with Loyce Smallwood

Auburn - Altered States celebrating a Stan Padilla Retrospective continues through April 2 with closing dinner benefit supporting Placer Arts and the Artist Sanctuary. The Auburn Arts Building where Padilla art is featured is 808 Lincoln Way Downtown Auburn. Padilla is considered by many to be an Auburn "treasure" and has led healing/sacred drumming and other mixed cultural celebrations throughout the past two decades. Around the corner in the Livingston Building, 725 High Street at Encore Music those passionate about their music will find a profusion of books, accessories and musical instruments including a lively array of ukuleles for those who wish to start or add to their collection. And for those who are interested in joining the Auburn StringAlongs uke group, reference the email address at the end of the column and/or join The StringAlongs at the Auburn Library March 18 for a lively noon performance. Feeling the need to

express your creativity hands-on? Join the ceramists during clay days at the Placer School for Adults at the DeWitt Center, Auburn on Fridays from 9am to 4pm where a good time is had by all. Seeking motivation? Lifestyle Coach Cynthia Farrell will share her keys to success at 11am on Thursday, March 17 when Farrell makes the community connection at Courthouse Coffee in Auburn. The event is free to the public and the Chipotle Salad is the recommended foodie choice along with Linda's turkey/avocado sandwich favorite. Cynthia Farrell is co-owner of Eclectic Home consignment store DT Auburn on Lincoln Way across from the town square where the alluring store is chock full of a dazzling array of furniture and home accessories including glassware/ceramics/lamps and even includes an impressive art gallery featuring local art. Auburn really does have it all. Comments/questions to loy@foothill.net



Placer Arts Executive Director Angela Tahti in front of Stan Padilla art.

# CDPH Warns Consumers Not to Eat Certain Hazelnuts

Sacramento - Dr. Howard Backer, interim director of the California Department of Public Health (CDPH), today (March 4th) warned people not to eat certain hazelnuts distributed by DeFranco and Sons from Los Angeles, because the nuts may be contaminated with Escherichia coli O157:H7 bacteria (E. Coli). The company's voluntary recall was initiated after the hazelnuts were linked to seven illnesses, including one in Michigan, three in Minnesota and three in Wisconsin.

The hazelnuts affected by the recall were sold under the brand names Sunripe, George Packing, Firestone Farms, and Northwest

Hazelnut. They were distributed nationwide from Nov. 2 to Dec. 22, 2010. Consumers are advised that the large bags of hazelnuts and mixed-nuts with hazelnuts (50 lbs.) may have been repacked or sold from bulk containers to consumers.

Consumers who have hazelnuts or mixed nut products containing hazelnuts identified by this recall should discard them. Consumers are urged to check with retailers to determine if the hazelnuts or mixed nut products containing hazelnuts are subject to the recall.

People who develop symptoms after consuming hazelnuts should seek immediate medical attention.

Symptoms of E. Coli infection may include abdominal cramps and diarrhea which is often bloody. Most infected people recover within a week. Some, however, may develop complications that require hospitalization. Young children and the elderly are at highest risk for a potentially life-threatening complication known as hemolytic uremic syndrome, which includes kidney failure.

Consumers that observe the product being offered for sale are encouraged to report the activity to the CDPH toll-free complaint line at (800) 495-3232.

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# POPOFF!

with Mary Jane Popp

are often normal in hormonal vulnerability, because the problem is not the hormones themselves but the way an individual woman reacts to them. Just as hormones do many things in a woman's body, so does hormonal vulnerability take many forms. Here are some common symptoms:

PMS can cause mood swings so severe that sufferers fear their children will hate them and their husbands leave them.

Female hair loss affects over 20% of women. Even most Dermatologists say nothing can be done, but there is effective treatment...when the hormonal cause is understood.

Acne is supposed to go away after the teens, but too often, it doesn't. Sometimes accompanied by oily skin and unwanted hair.

Let's not forget the blahs, fatigue, headaches, problems with the pill, weight gain, and on and on.

The good news is Dr Redmond demonstrates that hormonal balance can nearly always be restored with the treatments he details, which include individualized use of prescription medications, herbal supplements, lifestyle changes, and even spiritual practices. Let's not forget the sex drive issue. Many women have heard that testosterone can help, but most have not been warned about

the damage careless testosterone therapy can cause on skin and hair. Dr Redmond explains the only safe way to use testosterone. The first and only medication for low sex drive in women, the testosterone patch, has been held up in the regulatory process. Some compounded testosterone preparations now being used by women are dangerous because they produce levels as high as men's. So what about Viagra for women? Dr Redmond says the FDA didn't hesitate to approve Viagra, but is holding up the only product developed for women...the testosterone patch. But we don't have to wait any longer. Dr Redmond's method adapts prescription gels designed for men to give women all the benefits and safety advantages of the patch RIGHT NOW!

If you'd like more info on what is happening in the hormonally vulnerable world for women, go to [www.hormonehelp.com](http://www.hormonehelp.com) and check out "The Hormonally Vulnerable Woman" by Dr. Geoffrey Redmond. Keep in mind that our bodies they are a changin'! But we don't have to suffer anymore! Speak out ladies. Silence is not always golden!!!

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



## A Case in Point

# The Case of the Spring-Loaded Shotgun

By David Graulich, Esq.

Ed Briney was fed up.

Ed and his wife, Bertha, owned 80 acres of farm land in Mahaska County, Iowa, several miles from their home. An unoccupied, boarded-up house was on the property, which Bertha had inherited from her parents in 1957.

By the summer of 1969, the empty house had been broken into some 40 times. Family possessions had been stolen, and the police seemed helpless to stop the thievery and vandalism.

Ed turned to "Old Betsy," his 20-gauge shotgun. First he cleaned and oiled the gun. Then he and Bertha drove out to the farm house. In the north bedroom, Ed tied the loaded shotgun to an iron bed. Then he rigged wire from the doorknob to the trigger. He angled the barrel towards the door about waist-high, but Bertha persuaded him to lower the barrel towards the feet.

Marvin Katko, 28, worked at a local gas station and made side money as a junk dealer. He had committed one stealthy visit to the old farm house, breaking in at night and taking fruit jars, bottles and antiques that he could trade for cash. On the night of July 16, 1967, Katko decided to return and steal more.

Accompanied by a friend, Katko removed a loose board and climbed through a porch window. While the friend checked the kitchen, Katko

went to the north bedroom. He turned the knob and opened the door.

Old Betsy spoke. A shotgun blast ripped into Katko's right leg above the ankle, shattering the tibia and blowing off much of the leg. The friend dragged the bleeding Katko out of the house and rushed him to an emergency room. He was hospitalized for 40 days.

Katko pled guilty to a charge of petty larceny and was fined \$50. He then sued Ed Briney for damages. At trial, the jury found for the plaintiff. Ed and Bertha were ordered to pay Katko a total of \$30,000 in actual and punitive damages (in today's dollars, that amount would be around \$160,000).

Ed and Bertha were shocked. Their lawyer appealed, and in 1971 the case went before the Iowa Supreme Court. The judges had to affirm the jury's verdict (Katko wins) or reverse it (Briney wins).

If you were on the Iowa Supreme Court in 1971, what would you have ruled? Here's the gist of the appellate arguments:

*Katko:* What I did was wrong. But I was just stealing stuff. I wasn't threatening anyone with bodily harm. The house was empty, so this wasn't self-defense by a homeowner. I could have been killed by that shotgun, and now I'm maimed for life.

*Briney:* A man has a right to defend his property. Katko was trespassing

with intent to steal. If he didn't want to get shot, he should have stayed out of my house. It doesn't matter whether anyone was living there or not. He got what was coming to him.

The decision? Affirmed! "The law has always placed a higher value upon human safety than upon mere rights in property." The Court's ruling further explained there is no privilege to use deadly devices against "trespassers and petty thieves" who pose no physical threat to the safety of the property owner or anyone else.

The story has a sad epilogue. To raise money for the judgment, Ed and Bertha had to sell much of their farm acreage at auction. The property had been in Bertha's family for 70 years.

Other cases involving booby-traps and similar "mankiller" devices have come to the same holding as Katko v. Briney. If you set a potentially-lethal trap on your property and injure a trespasser, the law will hold you liable.

David Graulich, Esq. is a resident of Fair Oaks and an attorney with The Law Firm of Tim O'Connor. David welcomes comments on "A Case in Point" columns and can be contacted at (916) 932-2312 or by email: [David@timconnorattorney.com](mailto:David@timconnorattorney.com).

## HELLISH HORMONES

Can women be hypersensitive to their own hormones? Some 42 million women between the ages of 35 and 55 suffer from hormone vulnerability. But it's all in your mind, right? Wrong, says Dr. Geoffrey Redmond, one of America's leading hormone specialists who is founder and director of the Hormone Center of New York. As an Endocrinologist, Dr Redmond has specialized in women's hormone problems for more than two decades, and has authored "The Hormonally Vulnerable Woman" Are Your Hormones ruining your life?

It is pleasant to hear a doctor, especially male, who says hormonally vulnerable women are often frustrated by the medical establishment. Too often, they are blown off with comments like "Your tests came back okay. There's nothing wrong with you." According to Dr Redmond, tests

## Police Officer Gets Probation in Shoplifting

From the Office of Placer County District Attorney

Placer County - A Sacramento police sergeant who was cited for shoplifting in Roseville last May was placed on probation for one year today after entering a plea of no contest to a misdemeanor charge of petty theft.

John Castiglia, 48, who had originally pled not guilty to the charge, changed his plea at a hearing today in which he was to be assigned a trial date.

Placer County Superior Court Judge Alan Pineschi accepted the change of plea and sentenced him to probation, which can be terminated after six months if Castiglia has obeyed all laws, does not violate

any terms of his probation and pays a \$170 fine, said prosecutor Rick Opich of the Placer County District Attorney's Office.

Castiglia was cited by Roseville police on May 28, 2010, for taking razor blades and deodorant from a Winco store without paying for the items. Castiglia, who was off duty, had paid for other items while shopping in the store, according to police.

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# IRS Has \$1.1 Billion for People Who Have Not Filed a 2007 Return

## Californians Potentially Due \$129 Million in Refunds

**IRS Release** – Refunds totaling more than \$1.1 billion may be waiting for nearly 1.1 million people who did not file a federal income tax return for 2007, the Internal Revenue Service announced today. More than \$129 million in refunds may be due

for 124,000 Californians. However, taxpayers must file a 2007 tax return with the IRS no later than Monday, April 18, 2011, to collect the money.

The IRS estimates that nationally half of these potential 2007 refunds are \$640 or more. The

median potential refund in California amounts to \$597.

Some people may not have filed because they had too little income to require filing a tax return even though they had taxes withheld from their wages or made quarterly estimated payments. The law provides most taxpayers with a three-year window of opportunity for claiming a refund in cases where a return was not filed. The money becomes property of the U.S. Treasury if no return is filed to claim a refund within three years.

The three-year window closes on April 18, 2011, for 2007 returns. The law requires that the return be properly addressed, mailed and post-marked by that date. There is no penalty for filing a late return qualifying for a refund.

The IRS reminds taxpayers seeking a 2007 refund that their checks will be held if they have not filed tax returns for 2008 and 2009. In addition, the refund will be applied to any amounts still owed to the IRS, and may be used to offset unpaid child support or past due federal debts such as student loans.

People stand to lose more than a refund of taxes withheld or paid during 2007 by failing to file a return. Many low-and-moderate income workers may not have claimed the Earned Income Tax Credit (EITC). The EITC helps individuals and families whose incomes are below certain thresholds, which in 2007 were \$39,783 for those with two or more children, \$35,241 for people with one child, and \$14,590 for those with no children. For more information, visit the EITC Home Page.

Current and prior year tax forms and instructions are available on the Forms and Publications page of IRS.gov or by calling toll-free 1-800-TAX-FORM (1-800-829-3676). Taxpayers who are missing Forms W-2, 1098, 1099 or 5498 for 2007, 2008 or 2009 should request copies from their employer, bank or other payer. If these efforts are unsuccessful, taxpayers can get a free transcript showing information from these year-end documents by calling 1-800-908-9946, or by filing Form 4506-T, Request for Transcript of Tax Return, with the IRS.

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Crossword Puzzle on Page 8



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DePuy Orthopaedics, a division of Johnson & Johnson, has issued a worldwide recall of its ASR™ Acetabular System for Total Hip Replacement, after determining that these hip implants may fail at an alarming rate. The "metal-on-metal" composition of these implants can release particles into the patient, potentially causing serious and painful reactions — sometimes requiring complete revision surgery.

Reportedly, Johnson & Johnson has been seeking medical releases from recipients so that their claims adjusters can speak with you directly and possibly take down statements without your having counsel present — an unwise action for any recipient to do.

Having a defective hip implant in your body clearly demands having your own lawyer. You must be very cautious with dealing with the manufacturer or its representative without proper legal representation.

If you have a DePuy ASR™ product, please call us immediately, as there are time limits for filing a claim. You might already have problems with the implant about which you are unaware, so please contact us — and certainly do not forfeit your legal rights without talking to us.

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**“Keeping the Faith”**  
Ronnie McBrayer

Dressed in a black robe sitting high and mighty behind the desk of justice, God looks down on you with a sneer, twisting the gavel in his hand. He can hardly wait, it seems in your mind, for the hammer to fall, the sentence to be announced, and the jail door of eternity’s judgment to slam behind you. Maybe you have thought of God like this: A law-enforcing, merciless adjudicator.

Or maybe is he an apathetic, absent in mind and presence, old man. He teeters around heaven on his walker, clueless to the suffering and confusion of his world. His sight has gotten bad, his hearing even worse. And when reading the Bible it seems that when he was younger, and still had his faculties, he was a bit more able. But now he’s playing shuffleboard and bingo. Sure, he’s out there, but we are pretty much on our own.

And you’ve thought of God as a dominating father figure: A broad-shouldered, authoritarian who runs his household with an iron fist. He’s busy with his heavenly work until you do something wrong, and then. “Just wait until your father gets home,” becomes a chilling word of condemnation from many a pen and pulpit.



By Marlys Norris,  
Christian Author

Once someone believes, their inner-spirits are ready to take in and are obedient to all the teachings and words of Jesus. Our lives are continually blessed by the teachings of Christ and the written inspiration of the Apostles. True followers exemplify their faith living it out in their lives.

Paul’s encounter with the transforming power of God from his day on the Damascus road is found in

## It’s Dark, Cold, and Wet, but God Still Wants to Help

We are not unlike the salesman who had a flat tire on a lonely country road late one night. It was dark, cold, and raining. The salesman rummaged through his trunk and removed the spare tire, only to discover he had no lug wrench. He saw the porch light of a farmhouse across a field. So with no other options, he started out on foot, through the mud for help. “Surely,” the salesman thought, “this farmer will have a lug wrench or at least a telephone.”

But it was dark, cold, and raining; and walking through a spooky cornfield in the middle of it all began to affect the salesman’s thinking. He started talking to himself: “What if the farmer refuses to come to the door?” No, he’ll come to the door. “What if he comes to the door afraid, with a shotgun, and shoots me?” No, he wouldn’t do that. “What if he comes to the door angry at being bothered this time of night?” Yes, that’s what will happen. He’ll probably say: “What is the big idea getting me out of bed like this?”

This thought stuck in the salesman’s mind. The longer he walked through the field, the angrier and more distrustful he became. “Why, that old farmer is a selfish old clod. How dare he get mad at me, just for asking for help? Who does he think he is, refusing to assist me? How could he leave me out here in the cold and the rain with no place to go?”

He trudged on in the dark imagining what was about to happen, getting angrier by the step. He got to the door and began banging on it, frustrated and drenched. The farmer came to the door and called out, “Who is there?”

The salesman answered: “You know good and well who this is! It’s me! You can keep that stinking lug wrench of yours! I wouldn’t use it if it was the last one in the county!” And back to his car he trudged in the rain.

Atheism is not a problem for most of us. We believe in the existence of God. We accept the fact that he is out there, somewhere. But we do not believe God really loves and wants to help us. We are not atheists, but we are skeptics. This makes us distrustful of God.

But have we ever thought that God is actually on our side, that God really wants to help us, fight for us, and love us? What if we give God a chance to be our friend and “ever present help in time of trouble”?

Yes, God is good, even when life is not. He really wants to help us – if we will let him – and love us; especially when it is dark, cold, and raining outside.

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).

## Praying Like Paul

every believing life totally surrendered and committed in obedience to Christ.

Before Paul’s encounter, he persecuted those who followed Jesus, not knowing or believing Jesus was the true Messiah. After his encounter with the power of God, Paul knew the truth and fell in love with the God-man, Jesus who had sacrificed His life to purchase forgiveness for all. Paul’s adoration for the Savior of his soul is found in His complete trust, obedience and gratefulness to the call on His life to help and teach others about Him. We see Paul’s profound personal understanding of the Agape love of God for all the saints and for the whole world as magnified throughout his life.

Paul continually experienced the awesome Omni-presence of God. God gave him super-natural wisdom and understanding about His ways. Paul taught that we should go forth into the world and bear fruit (good works) in everything we say and do. His awareness of the power of God

to fight off the enemy of man’s soul and how the believer is enabled is outstanding.

We are to live a life worthy of knowing God and for our testimony to be effective to reach souls and bring them into His kingdom of God. When our lives bear good fruit we will experience strength, endurance and inner-peace, plus a amazing guidance and power of the Holy Spirit, who will guide, enable and help us in every way. This is the inheritance of those whose abide in faith and trust in Almighty God receiving His gifts of service for God. Pray the power of God’s love falls on you! Know Him, Love Him and Serve Him with your whole heart and soul.

Marlys Johnsen Norris, Author  
[Marlys5934@sbcglobal.net](mailto:Marlys5934@sbcglobal.net)  
“Intimacy Begins Going God’s Way”  
“God Moves Mountains, It was a Miracle”

## Talk Show Host Denis Peirce to Address the Rooster Tails Fishing Club



Russ Wilson will be offering appraisals of your Antique Fishing Tackle.

Auburn - Denis Peirce, KNCO fishing talk show host, author and a manufacturer of fishing flies will share his expertise at the Rooster Tails Fishing Club of Northern California, Inc. breakfast meeting on Friday, March 18 at the Auburn Elk’s Lodge, 195 Pine Street, Auburn, CA 95603. The doors to the Elk’s Lodge will open at 8:00 a.m., with a fantastic wide-selection \$12 buffet breakfast available at 9:00 am.

Denis Peirce has lived and fished in

Nevada County since 1978. He is the weekly radio host of the KNCO Fishing & Outdoor Reports that airs on Friday evenings from 6:00 – 7:00 pm, repeating on Saturday morning from 5:00 – 6:00 am. Denis is also a co-author of North Tahoe Trout. He manufactures fishing flies and the Arctic Fox Trolling Flies for those fisherman who troll for trout rather than fly casting.

Russ Wilson will also attend the meeting to offer appraisals of your Antique Fishing Tackle. This event is

“Open to the Public” for a \$2.00 donation at the door with a maximum of 4 items for appraisal. Russ has been buying, selling and trading fishing tackle for over 30 years. He comes with high credentials as a Lifetime Member of the National Fishing Lure Collectors Club, where he has held many officer positions. He has been doing evaluations, estate appraisal and tackle sales for 25+ years.

The NEW Rooster Tails Fishing Club of Northern California, Inc. is a fun, 100+ member organization, inviting men and women to join that are interested in sport fishing and the preservation of related natural resources. 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.

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

## Placer Food Bank Seeks Donations of Hand-Crafted Bowls for Empty Bowls Fundraiser

Placer County – Placer Food Bank is currently seeking donations of hand-crafted ceramic bowls for their Empty Bowls fundraiser set for May 3 and 4, 2011. The event is the first of its kind for the non-profit, which is modeling the fundraiser after the nationwide movement to raise hunger awareness and funds by hosting a simple meal. The empty bowls symbolize those who do not have enough to eat.

“We have seen a tremendous increase in the number of individuals

who rely on local food pantries and feeding programs for supplemental or emergency food,” noted Dave Martinez, Executive Director of Placer Food Bank. “Over the past three years the number of individuals we serve has grown 168 percent. Currently the need has outpaced our ability to fund it,” he added.

The Food Bank expects to serve approximately 400 individuals at the event, and is relying on the generosity of ceramic artists, art students and

hobbyists to provide the hand-crafted bowls. “The bowls are the highlight of an Empty Bowls event and guests will be able to select from the bowls on display.” Martinez commented. “I understand that some long-time Empty Bowl participants have built up quite a collection of bowls.”

Individuals interested in donating one or more bowls for the event can email the food bank at [info@placerfoodbank.org](mailto:info@placerfoodbank.org), or contact Mary at 916-521-4456.

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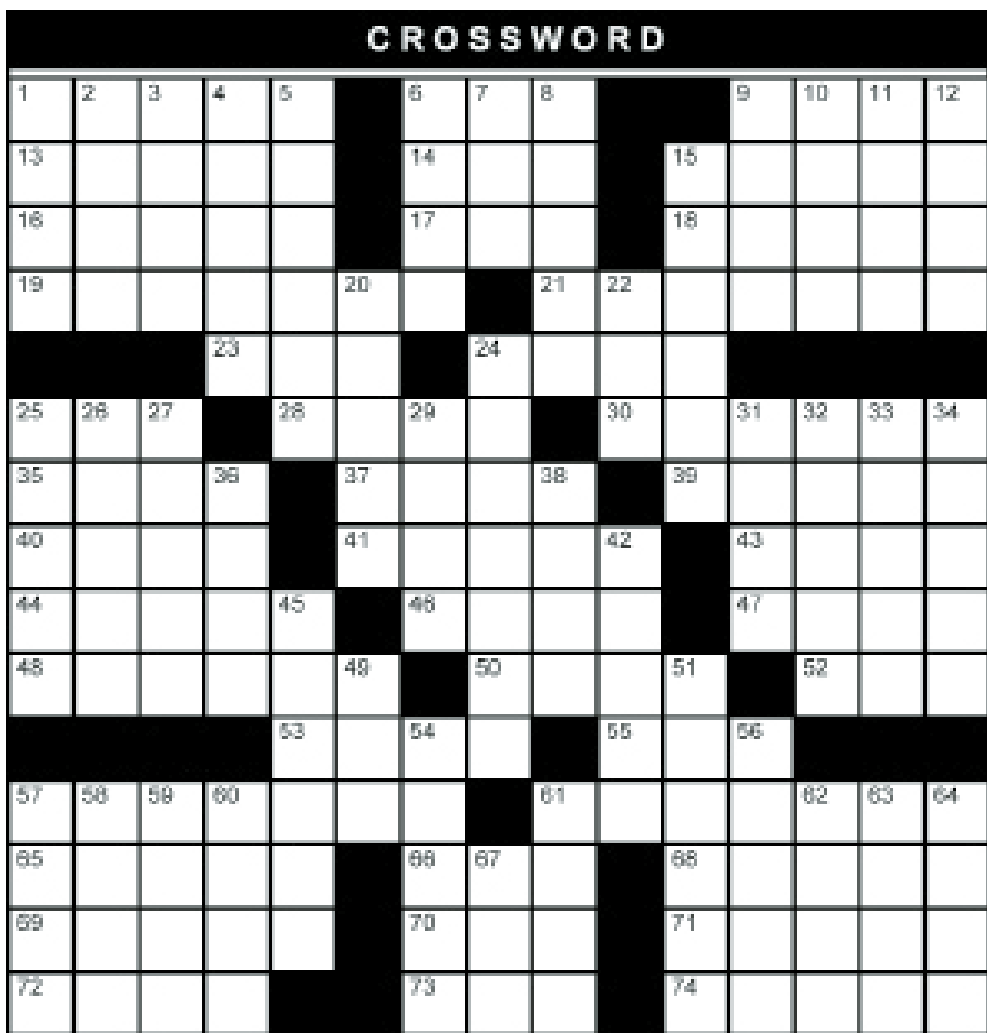
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CLUES

- |   |  |   |  |
|---|--|---|--|
| <p><b>ACROSS</b></p> <p>1. It's called fire-raising in Britain</p> <p>6. Marching insect</p> <p>9. Door sign</p> <p>13. John _____</p> <p>14. Children's card game</p> <p>15. 1970s disco band "_____ M."</p> <p>16. Opposite of afar</p> <p>17. Hula dancer's necklace</p> <p>18. Stomach sore</p> <p>19. "March _____"</p> <p>21. Portable rocket launcher</p> <p>23. Short for Gilbert</p> <p>24. German luxury car</p> <p>25. Last month</p> <p>28. Surfer's "man"</p> <p>30. Deceive</p> <p>35. Voyeur's glance</p> <p>37. Dalí's Gala or Dante's Beatrice, e.g.</p> <p>39. Make happy</p> <p>40. Of sound mind</p> <p>41. Type of lizard</p> <p>43. Brazilian indigenous people</p> | <p>44. Sound of "s," pl.</p> <p>46. Jumpy or uptight</p> <p>47. AKA One-armed bandit</p> <p>48. "_____ &amp; Louise"</p> <p>50. Greek god of love</p> <p>52. "He _____ and drank the precious Words..."</p> <p>53. Franz Schubert's creation, e.g.</p> <p>55. "_____ of the morning!"</p> <p>57. "Tourney grid"</p> <p>61. "This year's final destination"</p> <p>65. Suggestive of the supernatural</p> <p>66. Used for testing the water</p> <p>68. "The Mary Tyler Moore Show" spin-off</p> <p>69. Smartly dressed</p> <p>70. Between NE and E</p> <p>71. Chocolate substitute</p> <p>72. Other than what's implied</p> <p>73. "St. John's " _____ Storm"</p> <p>74. Pitchers</p> | <p><b>DOWN</b></p> <p>1. Sandler or Arkin</p> <p>2. Actress Sofer</p> <p>3. "A lower one is a better one"</p> <p>4. Bornean ape</p> <p>5. Sea nymph</p> <p>6. Hole-punching tools</p> <p>7. National Academy of Engineering</p> <p>8. Cherokee or Hopi, e.g.</p> <p>9. Prince William's sport</p> <p>10. Beyond what is natural</p> <p>11. It's often used in potato soup</p> <p>12. Vega's constellation</p> <p>15. "_____ beater"</p> <p>20. Slumdog Millionaire's surroundings</p> <p>22. A conjunction</p> <p>24. As well</p> <p>25. "When a low seed beats a high seed"</p> <p>26. Dog restraint</p> <p>27. Past, present or future, e.g.</p> <p>29. "Last year's winner"</p> <p>31. "_____ Make a Deal"</p> | <p>32. Throat lobe</p> <p>33. Train stop</p> <p>34. "Like the final eight"</p> <p>36. Slip on banana one?"</p> <p>38. Engineer, abbr.</p> <p>42. Former capital of Japan</p> <p>45. William "_____ " Robinson, Jr.</p> <p>49. King Kong, e.g.</p> <p>51. Reporter's helper</p> <p>54. Articulate</p> <p>56. Exclamation of contempt</p> <p>57. "Well" to Burlesconi</p> <p>58. Like time with Bill Maher</p> <p>59. The "A" in A&amp;E Network</p> <p>60. Give a traffic ticket</p> <p>61. Pay close attention</p> <p>62. Ruptured</p> <p>63. Scent</p> <p>64. Picks up, as in suspect</p> <p>67. "The top seed"</p> |
|---|--|---|--|

For Solution See Page 5

# Is Credit Card Debt Ruining Your Life?

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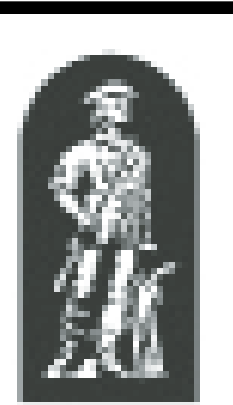


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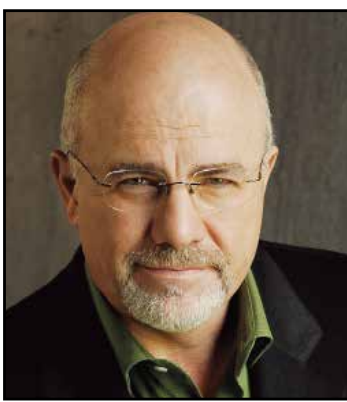
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# Dave Says

they just felt obligated to do it by people like you. There are a lot of ladies who have sacrificed their ability to be full-time moms on the altar of the car payment.

Now, sometimes ladies have to go to work. There's a time and a place for that kind of thing. But if there's any way I can financially and budget-wise figure out how mom can be waiting at home with a big hug and a plate full of cookies when that fifth grader walks in the house – and if that's what she wants to do – then you're going to find me fighting for her opportunity to do that. There's no higher calling on the planet than motherhood. We've lost that in our culture, and we're suffering dearly for it.

I'm no Neanderthal jerk. I don't say every mother has to be at home or they're a bad person. But these days we've got very few people who defend full-time, in-the-home motherhood. The inference you're making is that she's not helping, or worse, lazy. Why don't you go take over her job for a week? I think you'll find out in a hurry there's not a lazy bone in her body!

- Dave

## Smaller Down Payment?

Dear Dave,

I'm 24-years old, and just got married two months ago. We make

\$80,000 a year, have our emergency fund and no debt, plus we've saved up for a 15 percent down payment on a house. I know you suggest 20 percent, but is 15 percent okay?

- Tony

Dear Tony,

I don't have a lot of issues with 15 percent instead of 20 percent. You'll probably end up having to pay private mortgage insurance, but it sounds like you guys are in good enough shape financially to handle things.

However, I generally recommend that couples wait until they've been married at least a year before buying a home. Buying a house is huge decision. That's why I think it's smart to wait and get to know each other even better before making a decision of this magnitude. Plus, you need to figure out just how close you want to live to your mother-in-law!

Seriously, take your time and don't rush things. There will still be great deals on the market in a year or so, and you'll be able to save more money, too!

- Dave

\* **Dave may be coming to your town this spring. For more information, please go to <http://www.daveramsey.com/category/events/>.**



by David Dickstein

## Family Viewing at the Cinema

### Diary of a Wimpy Kid:

#### Rodrick Rules

Opens March 25, rated PG  
[diaryofawimpykidmovie.com](http://diaryofawimpykidmovie.com)

With this sequel that sends our year-older wimpy protagonist to 7th grade, Jeff Kinney's best-selling children's book has now spawned two motion picture comedies. The follow-up to last year's surprise smash has Greg and his demonic older brother, Rodrick, dealing with their parents' misguided attempts to have them bond.

### Mars Needs Moms!

Opens March 11, rated PG  
[disney.go.com/disneypictures/marsneedsmoms](http://disney.go.com/disneypictures/marsneedsmoms)

Here's another reason Martians should be made at Hollywood if they really do exist. They've been portrayed as global invaders, destroyers and Lord knows what else, but in this latest, from Disney, they're stealing moms. When 9-year-old Milo sees his own mother abducted by aliens – they want her “momness” for their own offspring – the kid stows away on their spaceship for a rescue mission, and quite possibly will learn to appreciate Mom much more after the ordeal.

# Films and DVDs for the Whole Family

of Dirt paint Rango as a hero. When the lizard becomes the dusty town's new sheriff, the baddies, who suspect that the chameleon isn't what he seems to be (naturally), try to rid the new dude with the silver badge. Johnny Depp is a chameleon of his own right, changing from a lizard of the desert back to a pirate of the Caribbean in another two months.



## Family DVDs

**Angelina Ballerina: Ballet Dreams** (ages 2-7, March 1, not rated): Camembert Academy's tutu-donning mouse adjusts to a new school, stages her own show and tries to land a leading role in the Mouskinov Ballet in this five-episode DVD. Bonus feature is a “Create Your Own Dream Routine” game. Grade: B

**Hannah Montana Forever: Final Season** (ages 5-14, March 8, G): Young girls who haven't already abandoned this show due to lack of interest or Miley Cyrus'

a lot of exclams of “pretty cool” and “sweet niblets.” Bonuses include a cast goodbye. Grade: B

**Happiness is a Warm Blanket, Charlie Brown** (ages 3-12, March 29, not rated): The thought of his grandmother taking way his beloved security blanket is giving Linus separation anxiety. The Peanuts gang helps Linus come to grips over possibly losing his dependence on his textile crutch. Grade: A

**Scooby-Doo! Curse of the Lake Monster** (ages 5-10, March 1, not rated): Nice it is to see '70s and '80s character actors Marion Ross, Ted McGinley and Richard Moll get work again, this live action/CGI made-for-TV movie is OK at best. The mystery this time centers on strange happenings at a local lake. Grade: C+.

**Shalom Sesame Purim and Passover** (ages 3-7, March 8, not rated): The two newest titles in the Shalom Sesame series celebrate two springtime Jewish holidays. “Be Happy, It's Purim!” has Eva Longoria making a guest appearance and festive noise with groggers, while Jake Gyllenhaal stops by for matzo and charoses in “It's Passover, Grover!” What's not to like? Grade: A

**Thomas & Friends: Pop Goes Thomas** (ages 2-5, March 1, not rated): Discovery, friendship and cooperation are lessons learned in every Thomas episode, and the four in this DVD are no different. Thomas delivers goodies to a picnic, Percy joins a game of hide and seek, and Emily cheers on the Sodor soccer team. Just under an hour of entertainment. Grade: B+



## Why Can't She Get Another Job

Dear Dave,

I listen to you often and enjoy your radio show, but why don't you ever ask women to go to work? When a family is broke, and the woman is at home raising one child who is already in the fifth grade, why can't the wife get a “second job?”

- George

Dear George,

I think far too many ladies, in the name of paying for stuff they don't need, have left the household and the children for the workplace. Many of them didn't even want to do this;



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THE VOICE OF THE FOOTHILLS

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Community Involved

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### Weekdays

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!  
 11am – 12pm: Your Life and Your Money  
 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: KAHI's Jammin' Juke box  
 4–5pm: A Way With Words  
 5 – 8pm: The Insana Quotient  
 8 – 9pm: Hearts of Space

Tune into KAHI Radio each weekday for seven hours of locally produced and locally focused programming plus the best in nationally syndicated talk radio programming.

KAHI is also the foothills home of Sacramento Kings Basketball, Oakland A's Baseball, San Jose Sharks Hockey, and Oakland Raiders Football.

Most of our locally produced programs are available for replay or podcast download at the 'Audio On Demand' page at [www.kahi.com](http://www.kahi.com).

## TAKE CHARGE



With **Dr. Kathryn Reeves Weston Saturdays from 10 to 11am. Take Charge! is a guide for coping with life. Dr Kathryn helps you find your purpose and passion and access the power of the universe to help you live your best life!**



### Rango

Opens March 4, rated PG  
[rangomovie.com](http://rangomovie.com)

When a dorky and very lucky chameleon becomes a hawk killer instead of pray, the inhabitants

recent unsavory exploits are sure to enjoy having the fourth and final season of the merry and musical Disney Channel series on DVD. Nearly 350 minutes are packed on two discs. That's



## ROCK DOC

By Dr. E. Kirsten Peters

I often eat without thinking, either while listening to the news or writing. It's a poor habit for several reasons, one of which is my ever-growing waistline.

But the next time you bite into an apple, I implore you to take just a moment to really savor its taste, aroma, and texture. Those characteristics vary a lot between a Granny Smith and a Golden Delicious, or a McIntosh and a Braeburn. The variation is one reason apples are a delight.

Apples come from an ancestor tree that had small and acidic fruit. We don't know exactly how it was that people coaxed substantial improvement out of acid apples, but around 2000 B.C. people produced sweet apple stock. That was also when they began grafting branches from one tree onto another, a clever idea if ever there was one. Much later the Romans, who knew a good thing when they saw it, spread the sweet apple and grafting technology to many lands.

Now skip with me up to the present, because there's some big news about apples. In the parlance of biologists, the full genome of the apple has recently been described.

As it happens, scientists mapped the genome of the Golden Delicious

# A New Slice Out of the Apple

apple. The Golden Delicious appeared on the scene as a “sport” in the soil of West Virginia, so it's as American as apple pie. It was propagated and sold starting in 1914. Other types of apples have come from it.

But what is a genome and why should you care about it? Some years back you likely heard that scientists described the human genome. But, as you've noticed, the people around you haven't improved even one bit. So what's to be excited about with respect to our growing knowledge of genomes?

Let's focus on apples. The apple genome is the total of genetic information that governs how apples sprout, grow and yield fruit. It's genetics that help determine firmness and taste of the flesh, as well as the aroma of the peel. Genetics also influence the resistance to disease an apple tree is likely to have.

If apples went through their whole life cycle every year like our grain crops, we could try crossing two related types and seeing what resulted about 12 months later. But apples are perennials, taking years to take root, grow and reproduce. On that ground alone, we could expect that manipulating apples to suit us by traditional methods would be slower than dealing with annual plants.

The day will soon come that knowing the apple genome will make us better at helping trees produce more apples. And apples that ripen at times and rates that are useful to us are another possibility, giving us the hope of more efficient harvests. Most importantly for us gluttons, apples could taste and smell like we want, giving us a way to directly blend a Granny Smith with a Gala.

As we zoom in and focus our knowledge of particular regions of the genome that do things like govern resistance to disease, we'll know more and more about what part of the genetic material of the apple we want to change. And we can then do exactly that in a lab, not in experimental orchards where we wait years to see the fruits of our labors.

An international team of researchers led by a group in Italy undertook the challenge of describing the apple genome to get a start on all this work. Professor Amit Dhingra of Washington State University was one person involved in the work, and he recently was kind enough to try to explain apple genetics to this rock-head.

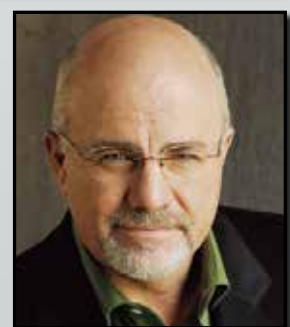
Dhingra told me scientists estimate there are 900 genes related to disease in apples. As knowledge about those genes increases, scientists can help trigger useful mutations or sports, and then trees will have the ability – on their own – to stand up to natural diseases that sometimes really plague them.

As a geologist, I'm not sure I followed the details of genomic research. But I do know that in a world of growing population, anything that can help increase, diversify and secure the food supply is indeed good news.

*Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at [rockdoc.wsu.edu](http://rockdoc.wsu.edu) and on Twitter @RockDocWSU. This column is a service of the College of Sciences at Washington State University.*



Laura Ingraham



Dave Ramsey



Mary Jane Popp

# Arts, Entertainment and Other Fun Things to do!

## Dennis Prager to Speak in Orangevale

*Orangevale* - Dennis Prager, one of the nation's foremost radio talk show hosts and political commentators, will be speaking on Monday, April 4 at the Temple Or Rishon in Orangevale.

Prager is best-noted for his conservative political and social views emanating from Judeo-Christian values. He has lectured on all seven continents, in 45 U.S. states, and in nine of Canada's 10 provinces. Prager covers a variety of topics, from political issues to morality and religion. A skilled linguist, Prager has lectured in Russian in Russia, and in Hebrew in Israel.

The "Dennis Prager Show" is a highly popular, nationally syndicated radio talk show that airs live on KRLA AM 870 in Los Angeles. He began broadcasting on KRLA in 1982 and his show became nationally syndicated in 1999 and can now be heard on approximately 75 stations nationwide.

The "Dennis Prager Show" airs locally on Sacramento radio station KTKZ AM 1380, from 9 a.m. until noon on Monday through Friday.

The lecture at Temple Or Rishon, located at 7755 Hazel Ave. in Orangevale, begins at 8 p.m. Prager will be exploring the topic - What



Radio Host Dennis Prager

Jews and Christians can learn from each other.

"Prager's fiery personality, and clarity on complicated issues, draws listeners of all different opinions and beliefs and always leaves them wanting more," said Cheryl Goldscheid, one of the organizers of the speaking event. "It will be a real treat to see him speak on a topic that is different, and much more specific, than the content on his KTKZ show, which has a large following in the Sacramento area."

Prager writes a syndicated column (Creators Syndicate) that is published in newspapers across the country and on the Internet. He has

authored four books, including two that he co-wrote.

Toastmasters International has called Prager "one of America's five best speakers." The Los Angeles Times says Prager is "an amazingly gifted man and moralist whose mission in life has been crystallized - to get people obsessed with what is right and wrong."

Tickets to attend the lecture only are \$25. Prior to his speaking engagement in Orangevale, the public can attend a dinner with Prager. The dinner is at 6 p.m. and costs \$125 per person.

To attend the dinner, receive an autographed copy of a Prager book, and reserve priority seating at the event, the cost is \$180. At the end of the lecture, there will be an opportunity to purchase Prager's books and to have them autographed.

To RSVP for the event or for more information, call 916-988-4100.

To order tickets online, visit <http://dennispragerlecture.event-brite.com>.

For more information on Dennis Prager or to listen to his talk show, visit his website at [www.dennis-prager.com](http://www.dennis-prager.com).

## Reel Classy Broads

*Auburn* - The Auburn Placer Performing Arts Center serves up a real treat for all classic movie fans with its upcoming annual Film Festival on April 8th through 10th, 2011. This year's theme is "Reel Classy Broads" and includes six films featuring some of Hollywood's most famous divas from the 30's, 40's and 50's. The venue is the State Theater, 985 Lincoln Way, in Auburn.

The schedule of films is as follows:

**Friday April 8 - 7:30PM:**

**The Women - (1939)**  
Comedy/drama starring Joan Crawford, Rosalind Russell. An all-female cast (125 total) - even all the animals who appear in the film!

**Saturday April 9 - 11AM:**

**The Thin Man - (1934)**  
Won an Oscar for Best Picture - 1935 Academy Awards. Starring Myrna Loy, Maureen O'Sullivan.

**Saturday April 9 - 3PM:**

**Double Indemnity - (1944)**  
Won Oscars for Best Picture, Best

Director (Billy Wilder), and Best Actress (Barbara Stanwyck) - 1945 Academy Awards. Also starring Edward G. Robinson.

**Saturday April 9 - 7PM:**

**All About Eve - (1950)**  
Classic story of betrayal starring Bette Davis, Thelma Ritter, Marilyn Monroe. Won Oscar for Best Picture - 1951 Academy Awards.

**Sunday April 10 - 3PM:**

**A Star Is Born - (1954)**  
Won Oscar for Best Actress (Judy Garland), Best Actor (James Mason) and Best Music - 1955 Academy Awards. This is one of Garland's classic performances as a showgirl.

**Sunday April 10 - 7PM:**

**Philadelphia Story - (1940)**  
Romantic comedy starring Katherine Hepburn in arguably her best role, and Jimmy Stewart who won an Oscar in 1941 as Best Actor for his performance.

Individual tickets are \$9 at the door. Early arrival is encouraged to guarantee seating. Festival passes which are

good for admittance to all six films, are \$45, and can be purchased in advance at: [www.livefromauburn.com](http://www.livefromauburn.com). The box office opens 90 minutes before showtime for each performance.

**Opening Night Reel Classy Gala**

- \$12.00  
Friday, April 8 at 6:00 pm

Menu by **Club Car.**

Wine, beer and soft drinks available for purchase from the State Theatre Beverage Bar.

*Live Music by Gypsy Standard Time.*

There is limited seating for the opening night gala, and reservations are required. Purchase advance tickets online or call (530) 885-0156.

For further information, contact:

**Janis Wikoff - c/o Auburn Placer Performing Arts Center**  
**981 Lincoln Way**  
**Auburn, CA 95603**  
**530-885-0156**  
[www.livefromauburn.com](http://www.livefromauburn.com)

## Gold Country Wildlife Fundraiser

*Penryn* - A book sale fundraiser will be held on March 26 & 27, 8am-noon, for Gold Country Wildlife. 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).



## 12-Piece Professional Orchestra to Accompany Placer High Students "Into the Woods"

*Auburn* - *Into the Woods* ponders the question: What happens after 'happily ever after'?

Placer High School students are currently rehearsing for their Spring musical, *Into the Woods*. A 12-piece professional orchestra is rehearsing concurrently, and will accompany the students in a full-scale rendition of the Sondheim classic. The musical intertwines the plots of several Brothers Grimm fairy tales and follows them further to explore the consequences of the characters' wishes and quests.

These days, it has become standard practice, even on Broadway, to pare the orchestra down to as few instruments as possible in order to save money. "I just couldn't do that for *Into The Woods*,"

said David Dwelle, who is conducting the orchestra. "The score is full of gorgeous instrumental features that help to tell the story. We want to allow our audience to hear the show the way it was intended to be heard." *Into the Woods* is a Tony award winning musical (Best Score, Best Book) with music and lyrics by Stephen Sondheim and book by James Lapine.

The show runs from March 24 through April 9 at the Placer High School Auditorium. March 24, 25, 26, 31, April 1, 8, 9 at 7:00 and March 26 and April 9 at 2:00. Ticket prices are \$12 general admission and \$8 for children, students, and seniors. Tickets can be reserved by calling (530) 745-5805 or online at [www.PlacerMusical.com](http://www.PlacerMusical.com).

**Event Date(s):**

March 26 and 27, 2011

**Venue / Location Information:**

Name: Roseville (Placer County) Fairgrounds  
Address: 800 All America City Blvd (off Washington)

City: Roseville • State: CA

**Event Time / Additional Information:**

Saturday-March 26 - 10am-5pm / Sunday-March 27 - 10am-4pm

**Contact Info:**

Jim Hutchings, 916-995-7380

Web site: [www.rockrollers.com](http://www.rockrollers.com)

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**Contact Phone Info:**

James Hutchings @ 916-995-7380

**Contact Email Info:**

[gloiarosevillerockrollers@gmail.com](mailto:gloiarosevillerockrollers@gmail.com)

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We bring the Museum to you!! - over 35 Unique Exhibits - Raffle Prizes - Hourly Door Prizes - Fabulous Food!! Open House in our Lapidary shop on the Fairgrounds - Visit our website for a discount coupon! [www.rockrollers.com](http://www.rockrollers.com)

This show is our annual fund

raising event which supports our year round education center, located on the Roseville Fairgrounds. We are a 501(C) nonprofit organization, dedicated to education for adults and youth, in the area of Earth Sciences, and associated arts.

**ALSO YEAR ROUND** - Do you like Rocks? How about Lapidary-the cutting and polishing of stones? Like to polish stones for jewelry fabrication? Ever wonder what that rock in the yard might be? Come visit our show, take a tour of our shop, and for kids get info on "Rookie Rock Rollers". This is the "Roseville Rock Rollers" 49th Annual Show, but you can find us all the time @ [www.rockrollers.com](http://www.rockrollers.com) with monthly educational meetings, for adults and kids @ the Roseville Fairgrounds on the 2nd Tuesday of each month at 7:00PM.

More Info: [www.rockrollers.com](http://www.rockrollers.com)

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# We All Can Play a Part in Strengthening Families

April is National Child Abuse Prevention Month

Placer County – KidsFirst will kick off National Child Abuse Prevention Month with its 13th Annual Putting KidsFirst Awards Luncheon on April 1, 2011 at Sun City Lincoln Hills from 11 am to 1 pm. Our luncheon will honor local "Child Champions" who put kids first in ways that will inspire. Attendees will have the opportunity to connect with other exceptional individuals who are helping to make a difference in the lives of children in our community.

The mission of KidsFirst is to end child abuse. Since 1989, thousands of families have turned to KidsFirst. We provide parents and children with the tools they need to thrive. Our proven programs and services such as parent coaching, training, health insurance enrollment, homeless prevention and counseling help families solve real-life challenges and achieve life-long goals. KidsFirst invests in programs and services. The mother of a five year-old daughter in Auburn who received health enrollment assistance stated, "I really appreciate KidsFirst for providing my family

with the resources necessary to help make us feel safe in our home. I am now able to access health insurance benefits for my daughter at an affordable monthly premium that works with my income. Thank you."

April is National Child Abuse Prevention Month. This month and throughout the year, KidsFirst encourages all individuals and organizations to play a role in making the Sacramento-Sierra Region a better place for families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help prevent child abuse and neglect by strengthening families and communities.

Research shows that five important factors are present in healthy families. Promoting these factors is among the most effective ways to reduce the risk of child abuse and neglect. They are:

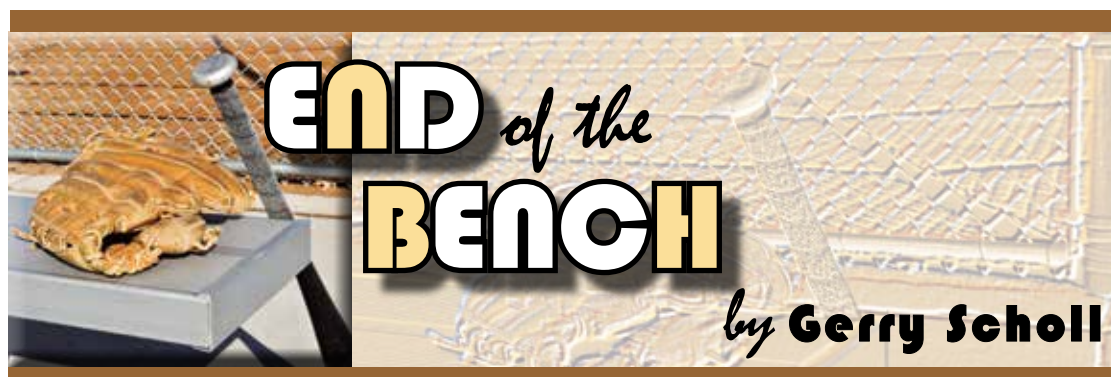
- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete supports for parents

"April is a time to celebrate the important role that communities play in protecting children," said Lynda Gregory, Chief Executive Officer. "Everyone's participation is critical. Focusing on ways to promote the five protective factors, in every interaction with families, is the best thing our community can do to strengthen families and prevent child abuse and neglect. Our children's future, our future, depends on our actions today!"

Current sponsors for this event include: Emulex, Folsom Lake Bank,

For more information on how you can get involved and help change the course of a child's life visit the KidsFirst website at [www.kidsfirstnow.org](http://www.kidsfirstnow.org) or, for more information about the KidsFirst luncheon or for sponsorship opportunities, please contact Diana Martin at 916.774.6802, ext. 201.

Hewlett-Packard Company, Kaiser Permanente, Mechanics Bank, Placer County Office of Education, SureWest Foundation, Sutter Roseville Medical Center, and Wells Fargo.



It sure looks like the Sacramento Kings are about to be Konged. This late fourth-quarter rally of loyalty to the royalty probably won't be enough to save the throne. It seems as though the Kings are dead.

Actually, I don't think I'll miss them all that much if they leave this domain for a new empire. Early this season when Comcast and Dish Network were having their contract squabbles and I lost my dear old channel 409 and the Kings, I really didn't miss them. Their games were really hard to watch. They didn't look like much of a team. They just looked like a bunch of high-priced guys running around playing for the money.

Maybe if they were winning I would feel different. Maybe if they were the Chris Webber, Vlade Divac, Mike Bibby, Peja Stojokovic, Doug Christie, Bobby Jackson Kings of yore I'd really care. Maybe the owners, the Maloofs, have deliberately sabotaged this team to make it easier to split for a bigger pot of gold. Conspiracy theory? Why not?

The huge, extravagant dollars are ruining professional basketball. Sure it will always survive and the

business people and participants will always make plenty of money. The fans who can afford the outrageous prices of attending games, or the ones willing to offer up their first-born child to do so, will support the greed. What's being lost is the spirit of the game. If you can't afford to go to a game once in awhile you start losing interest. The love of the game gradually fades.

The last time I actually spent my own money for a Kings' game it cost me \$24 to sit in the very top row many years ago. The last three times I've gone were with "comp" tickets from friends who got them through their workplaces. I haven't been in awhile. With the current business climate, maybe there aren't as many "comp" tickets to be had. The last time I went for free I looked at my stub—\$109 face value—to see the Toronto Raptors. That kind of money to watch two lousy teams in a meaningless, half-hearted performance?

It's like going to the casinos. While you're there you convince yourself you're having a great time, but when you walk out with an empty wallet you don't feel so great anymore.

For what it costs for an NBA ticket

now I could go to a few good college games or several fun high school games, where the spirit of the sport has not been lost.

When I was a kid and discovered sports on the radio and in the newspapers (not so much on TV back then), my favorite guy was the greatest of them all, Willie Mays. I listened all the time and studied the sports section and box scores religiously. When I saw a headline and story about some player getting paid more money than the great Mays I was offended. That's when I decided that I wouldn't read any story with dollar signs in the headline.

That held true for many years, but the money talk in pro sports has become so pervasive you can't avoid it. There are owners, television, sponsors, cities, leagues, players, agents, and on and on all fighting over how large a slice of the pie should be theirs. Meanwhile, more and more fans are being left out of the loop. Only the fans really care about the fans. The others only care about the fans' money.

I hate hearing about it. I hate reading about it. I really hate writing about it. It's the poop at the party.

# Kissing Frogs

By Lori White

For all of you romantics who still believe in love at any age, here's a story for you:

As a single woman, again, I decided it was ok to start dating and perhaps invite love into my life. In fact, it was exciting because instead of dating the frantic men of my youth, I was looking forward to a calmer, sweeter experience. My first was a blind date who unfortunately left his wallet behind in the restaurant where we met for a candlelight dinner. I called his cell immediately, he came back and took his wallet, said thank you and then counted the money right there in front of me. I guess he thought I was a thief who wanted to get caught.

I made sure the next date, Dave, remembered his wallet after dinner, but I wasn't prepared for surprise at the four star restaurant we chose. He lifted his leg during the main course, passed gas and then sighed with relief. I almost choked on my pasta. I politely waited until our meal was mercifully over, he arose and grabbed his crotch to readjust himself and I just didn't know what to say. Poor Dave, his life with me was over and he didn't even know why.

The following month, I met a nice

guy in the bookstore who asked me out for coffee and I accepted. When we met at Starbucks he told me he was a Vietnam veteran and could I please never mention Vietnam or Agent Orange or the war or bombs or Southeast Asia and could I please leave him alone? He smoked, he drank and he told me he prayed for death to come in his sleep so he wouldn't have to wake up anymore. Then I told him about my new yoga class and our date was over.



For more punishment, I went on an internet date with a good looking retiree who seemed very nice on the phone. We went to lunch at a beach resort. During our meal, Mr. Handsome talked non-stop and when he came up for air and I spoke, he yawned and stretched and looked at his watch. I told him, "You've been talking for 40 minutes straight and when I speak for one minute you're bored?" Mr. Handsome got so upset he left me there with the bill. So

much for good looks.

Finally, I decided that hope springs eternal and I made another internet date on the phone. We had nice email contact for a couple of weeks, our ages seemed right, he seemed worthy of taking a chance, so we risked a phone call. The first thing he asked was "Do you work out?" I said, "Yes." Then he asked if I had flabby arms because he hates that on older gals. I told him this "older gal" not only has flabby arms, I have a big, fat ass and I've been in a bad mood since the Carter Administration.

The last time out on the singles scene, my girlfriend had to coax me out of an evening in pajamas in my cozy home with a warm fire going, expensive tea, and a good book. I was settling in when my friend, Gina, scolded me "You are not getting any younger, dear and you have old eggs....LET'S GO!" Her subtle reference to my limited reproductive capacity must have inspired me, so I went. That night, I met my husband. He was a sweet bachelor waiting for someone like me. He passed no gas, counted no money, and even liked my "old gal" figure. We fell in love and within months, got married. Thanks to the gods of over 50 romance. Never give up my friends, he or she is waiting out there just for you.

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# A message from Pat Ryan

## Operation: Mom Group Leader

### How the community makes a difference:

Thank You KAHI for helping us get the word out at the last minute. Thank you Foothill Forum Tour of Realtors for your creative way to raise money. Instead of eating a great gift, Ms. Jenkins of Century 21 Foothills Realty donated Godiva Chocolates (eight different boxed sweets) raffled them off and gifted Op:MOM. Thank you Placer Sentinel and Auburn Journal for the generous donation of your papers monthly for our "Little Touch of Home" boxes.

John and Nancy Stevens of Grocery Outlet went the extra mile hosting a successful product drive for the month of February and a special day on February 12th, called Boxes of Love.

### "Little Touch of Home": Products needed in March

Beef Jerky, Coffee ground small packages, Granola Bars (power, cliff, breakfast), Tooth Brushes, Hand Sanitizer, Razor Blades. Beef Jerky is one of the preferred

snacks of our troops. It is light-weight & packs well in their pockets. No matter the temperature or terrain, it remains tasty & edible. Jerky is packed with protein to provide stamina in the harshest of conditions.

\*Special Requests from our troops: Car air freshener- (to hang in tents). Dollar store -3 for \$1. Stickers to hand out to the kids on site, or include in letter's home, Hand warmers, DVD's.

Each box is a "Little Touch Of Home" and has 7-9 pounds of product, including cards and letters of encouragement from home. We are a non-profit group. February we packed and shipped 108 boxes at a cost of \$10.95 each. Each box has about \$25.00 of product. The guys and gals from the Navy, Air Force, Coast Guard, Army and Marines are asked to share with people not receiving mail from home and send their address to us. Help us support our troops. Get involved!

Pat Thomas publicity Op:Mom comments: poperationmom@



### Drop Off Points:

Auburn - Dawn's Hallmark on Lincoln Way, next to Raley's; Sierra Doctors on Grass Valley Hwy at Hwy 80; UPS Store on Bell Rd K-mart Center; Gold Country Realty, 935 Lincoln Way

Colfax - Colfax Chamber of Commerce, 99 Railroad Avenue, Marson's of Colfax (25 S. Main Street); Mix & Mingle Greek Café (30 N. Main Street); Sierra Junction Realty, 233 S. Auburn, Suite 215

Lincoln - Buonarroti Ristorante 460 G St. (Hwy 65), River City Bank, 335 S. Highway 65 (Safeway shopping Center)

Meadow Vista - Gold Country Realty, 16770 Placer Hills Rd.;

Rocklin - Aim Mail Center, 3031 Stanford Ranch Rd.; Starbucks, 4819 Granite Dr.

Give us a call or send us an email for a copy of our product list. If you have any questions concerning this great organization, please feel free to contact us. Phone: 530-908-0751.

"UNTIL THEY ALL COME HOME"

# Runner Urges Close Scrutiny of Internet Tax Measure

Board of Equalization Member Senator George Runner today (March 7th) issued the following statement in response to the Assembly Revenue and Taxation Committee's decision to move Assembly Bill 153 (Skinner) to its suspense file:

"I am encouraged by the Committee's decision to hold Assemblywoman Skinner's Affiliate Nexus tax legislation for further

study. Close scrutiny of the bill will show that it does nothing to create jobs, nor increase state revenues.

"What's worse is that this measure puts 25,000 affiliate-based businesses in California at risk. As a result, the state could actually lose money when these businesses are forced to leave the state.

"Existing law is clear. California cannot require out-of-state retailers

to charge sales tax. Instead California consumers are required to pay use tax on purchases they make from out-of-state retailers."

Elected in November 2010, Senator George Runner represents more than 9 million Californians as a member of the Board of Equalization. For more information, visit [www.boe.ca.gov/Runner](http://www.boe.ca.gov/Runner).

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## Easy To Love

**Saturday, April 30 at 8:00 PM**

Christi Amonson, Soprano  
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 Tevye Ditter, Tenor  
 Ian Greenlaw, Baritone

Fall in love again with this new Broadway tribute to the music of Richard Rodgers, Jerome Kern, Cole Porter and Andrew Lloyd Weber in an evening packed with famous melodies and lyrics including — *All the Things You Are, I've Got You Under My Skin, and With a Song in My Heart.*

Tickets | \$30-\$50 | Students 50% discount | Groups (10+) \$5 discount  
 Mondavi Box Office: 1-866-754-2787 or [SacramentoChoral.com](http://SacramentoChoral.com)

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