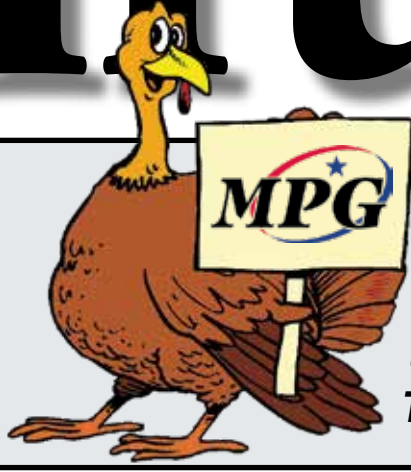


Placer Sentinel



The Sierra Gold Chorus Presents "Holly Daze"

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We Wish Our Readers A Happy and Safe Thanksgiving



Placer Collaborative Meets to Discuss Health Care Issues

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Volume 21 Issue 14

Serving Auburn and Placer County since 1987

Second Issue of November, 2010

Take-Back Event a Huge Success



The success of the Placer county drug take-back program exceeded all expectations. Photo courtesy of Shelley Cousineau McKenry.

Auburn – Results are in for the county-wide medication “take-back” event coordinated by the Coalition for Placer Youth on Saturday, September 25, 2010. It was part of a national effort staged by the U.S. Drug Enforcement Administration (DEA) to prevent medication abuse and theft by collecting expired, unused, and unwanted medications. The event was a huge success both locally and nationally in safely removing prescription and over-the-counter drugs from the possibility of misuse or improper disposal.

The take-back effort consisted of 12 drop-off locations across Placer County, and more than 4,000 sites in all 50 states. More than 3,300 pounds of prescription drugs were collected at the 12 Placer County locations. That equated to more than 14.1 percent of the 24,725 pounds collected in California. Nationally, more than 242,000 pounds were collected. All medications collected were incinerated.

According to the DEA, rates of prescription drug abuse in the U.S. are increasing at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. A majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

“The Take-Back Campaign was a stunning nationwide success that cleaned out more than 121 tons of pills from America’s medicine cabinets, a crucial step toward reducing the epidemic of prescription drug abuse that is plaguing this nation,” said DEA Acting Administrator Michele M. Leonhart. “Thanks to our state and local law enforcement and community partners—and the public—we not only removed these dangerous drugs from our homes, but also educated countless thousands of concerned citizens about the dangers of drug abuse.”

The Placer County community was grateful to have a safe place to dispose

of unused and unwanted prescription drugs. People commented that the process at the drop-off sites was so easy, and they were glad to have somewhere to take their prescription drugs. An anonymous survey of 920 participants taken during the event showed that more than half came from the Auburn (30%) and Roseville (27%) area. The vast majority (94%) were already aware before the event that medicines should not be thrown in the trash or flushed down the toilet because of potential safety and health hazards. But most people (56.4%) did not know where to dispose of them. Many calls were also received after the event from those who missed the drop-off and wanted to know where they could take their prescription drugs. Medications can be dropped off at the County’s Landfill Hazardous Waste Facility off Hwy 65 between Roseville and Lincoln. For hours and directions, visit www.wpwma.com.

On October 13, 2010, President

Obama signed the Secure and Responsible Drug Disposal Act into law. This law allows DEA to create a permanent solution for disposing of prescription drugs in a safe and responsible manner every day. Until this solution is finalized and in place, DEA plans to continue having one-day take-back events like the one held on September 25th.

The Placer County prescription take-back event was free and anonymous. It was staged in conjunction with local law enforcement agencies, Placer County Environmental Engineering, Placer County Health and Human Services and the U.S. Drug Enforcement Administration. The Coalition for Placer Youth is a grass-roots organization working to reduce youth access to and abuse of alcohol and other drugs in Placer County. For more information about the Coalition, visit www.coalitionforplaceryouth.org.

"Winter Bells, Winter's Sleep"



Performers include professional musicians, medical practitioners, educators, business owners, retired executives and students.

Placer County – Colla Voce of the Sierra presents a concert experience “In Freezing Winter Night: Songs of Winter” featuring the Colla Voce Chamber Singers. The concert includes Britten’s Ceremony of Carols, the premiere performance of local composer Brian Steckler’s newest compositions “Winter Bells” and “Winter’s Sleep”, Morten Lauridsen’s “Sure On This Shining Night”, John Rutter selections and several holiday favorites.

Opening night is Saturday, December 11, at Grace Lutheran Church in Grass Valley, beginning at 7 pm. Auburn’s concerts are Sunday, December 12, at Pioneer Methodist Church, a matinee at 3 pm and an evening concert at 7 pm. A pre-concert conversation with the conductor and singers is offered at 2:15 pm. Tickets may be ordered online at www.collavoce.org or by calling (530) 305-1316. Ticket prices are \$15 for general admission, \$12 for seniors and students, and \$2 for ages 17 and under.

The chamber singers will be traveling to Costa Rica for several concerts in March of 2012, and will join the

Tuam Cathedral Singers for a concert tour in Ireland and Greece, June of 2013. Established in 2005, the Colla Voce Chamber Singers is an adult, auditioned, volunteer choral ensemble based in Auburn. Pronounced “COLE-ah VOH-chay” the name is Italian for “follow the voice”.

Under the artistic direction of Janine Dexter, the ensemble has gained a loyal following of fans and has received glowing reviews. Their first recording, “A Colla Voce Christmas”, can be purchased from the website or at the concerts. Performers include professional musicians, medical practitioners, educators, business owners, retired executives and students. Colla Voce Chamber Singers present concert experiences in May and December, and participates in the annual “Music for Humanity” concert in February. The singers are available for private gatherings during the Christmas season and for other community events.

For more information, to purchase tickets or the CD, please visit www.collavoce.org or contact info@collavoce.org.

Holiday Recipes Available at Placer Sentinel Website

Auburn - The Placer Sentinel is making dozens of recipes available to our readers just in time for the holiday season. You can find recipes from salads to entrees to desserts on our website under the recipe section on the homepage.

Our website includes hundreds

of additional articles not found in the printed copy of the newspaper. They include articles on finance, family, travel, car care, beauty, consumer news, food, fashion and more. We bring you a complete “Sunday” paper product online every week. Check it out at PlacerSentinel.com.



Pictured here from L to R are: Young Miss Auburn - Cherish Bruce, supporting the Dove Campaign for Real Beauty; Miss Auburn - Tiffany Ladd - promoting Sidewalk Sunday School; Teen Miss Auburn - Megan Crosthwaite - supporting Peace for Families; Teen Miss Colfax - Kristen Newman - promoting Auburn Elite Cheerstarz (Special Needs)

Local Titleholders Named at Auburn Beauty Pageant

Submitted by Toni Fossum

Auburn – Recently, six local ladies were named as the 2011 titleholders for the area. The Young and Junior Miss Auburn contestants were required to submit copies of their report cards, write essays, conduct both private and onstage interviews as well as present themselves onstage in two modeling competitions. Cherish Bruce, the 9 year old daughter of Aaron and Kim Bruce was named Young Miss Auburn. Cherish will be promoting the Dove Campaign for Real Beauty throughout her reign, and will be rewarded with a \$150 scholarship

bond. 11 year old Trinity LaPera, daughter of Harold and Erin LaPera was crowned Junior Miss Auburn. Trinity makes quilts to send to orphaned children in Africa, and will be rewarded with a \$200 scholarship bond. She will also have the opportunity to compete for Junior Miss California International.

The Teen & Miss contestants faced a platform based competition, where they had both private and onstage interviews, had to present a speech about their chosen charity, and stage presentation in fitness and gown. The 2011 Teen Miss Auburn is Megan Crosthwaite, the 15 year old daughter of Bob and

Wendy Crosthwaite. Megan's platform is Peace For Families. Kristen Newman was crowned 2011 Teen Miss Colfax. Kristen is the 15 year old daughter of Mike and Lori Newman, and is an avid promoter of Auburn Elite Cheerstarz, a special needs cheer squad. Both ladies won scholarship bonds and will have the opportunity to compete at the Teen Miss CA International pageant. 22 year old Tiffany Ladd was crowned the 2011 Miss Auburn. She is the daughter of Randy and Becky Ladd, and supports Sidewalk Sunday School. Tiffany earned a \$1,000 scholarship bond and the chance to compete for Miss CA International.

The Coming Suburban Welfare State

Commentary By Dave Troy, Whiskey & Gunpowder

Some have predicted that high-energy costs, either due to decreasing supply of oil or costs associated with carbon emission mitigation, will soon push people out of their cars and onto public transportation.

But there's something else happening: people are getting sick of spending time in transit at all, making city living increasingly attractive. We are now increasingly able to infill "scrap-time" during our days with useful activity, and location-based social networks make it possible to maximize personal connections as we move about. We are engineering our own serendipity to generate real value from every moment. Why would we squander that potential by spending time in transit of any kind?

In the future, I predict: Air travel will be reserved for trips greater than 500 miles; Trains will be used for trips less than 500 miles; Bicycles, walking, and local transit will be used within cities; Any local trip longer than 20 minutes will be seen as burdensome.

Cars will be seen as a luxury to be used for road-trips + utility hauling

And again, this will not happen due to fuel scarcity alone – it will happen because people demand it; and I'm not talking about you – but your kids and grandkids.

Regardless of what happens with fuel prices, we know that roads do fill to their available capacity. And then that's it. Expansion does not help for long, because roads then fill to whatever capacity is available and development occurs until roads are too broken to use.

Roads are also increasingly expensive to build. A major construction project such as the popular-but-doomed Intercountry Connector in Maryland will cost over \$2.6Bn to build. Is this a good long-term use of resources? Seems to me we're throwing a bone to some 55 year-old commuters who have been annoyed with the state of the Washington Beltway since it was built, and this is the only solution they thought could fix it. Enough with the reductionist, idiotic causal thinking already: it's a dumb idea.

I don't begrudge it, but in the long term, who cares?

The idea-driven creative industries that America has hung its hat on can only thrive in cities, where people can get together and trade ideas freely. Any barrier to that exchange lowers the potential net economic value. Put simply, all of this kind of creative work will happen in cities. Period. Because if we don't do it in cities, we won't be able to compete with our peers around the world who will be doing this work in cities.

So, what of the suburbs? In many European cities, the urban centers have been long reserved for the upper-class elites; poorer immigrants, often Turks and other Islamic communities, tend to inhabit the outer rings of the city – denying them crucial access to economic opportunity. This kind of social injustice is baked into many European cultures; in France, you are simply French or not French, and no amount of economic mobility will allow someone who is not of that world to sublimate into it.

This is not the case in America. We are all Americans, and even marginalized citizens are able to fully participate in all levels of our culture – though certainly there is social injustice that must be overcome.

Over the next 50-75 years, there will be a net gain of wealthier people in America's cities and also a net gain of poorer people in our suburbs. This will be a natural byproduct of an increasing demand to be in cities, and an increasing (and aging) suburban housing stock coupled with roads that no longer function.

To fulfill our challenge as Americans, we must use these dual gradients in our cities – the inflow of the rich and the outflow of the poor – as an opportunity to maximize social justice. By avoiding flash-gentrification and fixing education as we go, we can in a span of 20-40 years (1-2 generations) offer millions of people a pathway into new opportunities that stem from real, sustainable economic growth; all the while realizing this is going to mean more color blindness all

around – and that suburbs will generally be poorer than the cities.

In my home state of Maryland, the only foreseeable damper on this force is the federal government and the massive amount of money it injects into industries like cybersecurity and other behemoth agencies like the Social Security Agency.

Because these agencies and the companies that service them generally do not have to compete globally to survive, they can locate in the suburbs and employ people that live in the suburbs – and subsidize all of the inefficiency, waste and boredom that comes with that.

This is nothing but a giant make-work program and its benefactors are little more than sucklings on the federal government's teat, which is spending money that will likely come straight out of your grandchildren's standard of living. Right on.

Cybersecurity, for all its usefulness in possibly maybe not getting us blown up by wackos (bored wackos from the European Islamic suburbs, I'll point out), is nothing more than a tax on bad protocol design. For the most part it doesn't create any new value. In the end, we've got suburban overpaid internet engineers fighting an imaginary, boundless war with disenfranchised suburban Islamic radicals. Who's crazier?

Lastly, for all of you who think I'm wrong or resist these predictions because you personally "wouldn't do that" or can produce one counterexample, I ask you: Are you over 35? If so, your visceral opinion may not matter much. I fail this test myself, but I believe my argument is logically sound and is based in the emerging attitudes of young people.

The future will be made by people younger than we, and based on everything I can see, we are on the cusp of a major realignment of attitudes and economics in America.

It won't be too much longer 'til active, entrepreneurial creative professionals (black and white) in our cities look at the suburbs (black and white) and decry the entitlement culture of the suburban welfare state.

The Arts Building Gallery Presents Distant Lands

Auburn – The Arts Building Gallery presents Distant Lands from December 2 through January 8. This exhibit features interpretations of the Far East in bronze, stone, photography, jewelry, zen painting and gardens by four regional artists.

Photographer Richard Murai will exhibit large format photographic prints of his travels to Bhutan and Laos. In warm sepia tones with haunting perspectives, Murai's photographs are printed on handmade paper.

John Mowen, owner of Mowen Solinsky Gallery in Nevada City, will show his stunning sculptures of stone and bronze. What began as an exploration into stillness and simplicity evolved into a unique interplay between the creative and the sacred. In his Sanctuaries and Sacred

Symbols series, the soul of the artist springs forth through lovers and warriors, Buddhas and symbols.

Jewelry artist Meggan Mackenzie will be sure to take your breath away with her wearable art creations, custom made to compliment and interpret the theme of Distant Lands.

Bringing the outdoors in are the zen paintings and gardens of Hiro Matsuda. Hiro, well known as a local bonsai artist, will donate several of his bonsai and zen gardens to be raffled throughout the show.

The Distant Lands exhibit will open with an artist reception from 7:00 to 9:00pm on Thursday, December 2, when all four artists will be present to discuss their work.

On Thursday, December 9 at 7:00pm Richard Murai will host an Artist Talk, where he will offer a

brief overview of his visits to world sacred sites and, specifically, his recent images from Bhutan, Laos and Easter Island. He will touch on various esthetic concerns and technical treatments used in his work.

The exhibit also features a selection of unique holiday gifts.

The Arts Building Gallery is located at 808 Lincoln Way, Auburn, CA 95603. Gallery hours are Tuesday-Friday, 10 am-5 pm, and Saturdays, 12 noon-4 pm. For information, call (530) 885-2787 or email office@placerarts.org.

PlacerArts is the Arts Council of Placer County, a non-profit, public benefit agency founded in 1983 and the designated state-local partner of the California Arts Council for the County of Placer.

Historic Old Town Auburn Offers A Diverse Mix

By Linda Robinson, President Old Town Business Association

Auburn – When Claude Chana stopped off along Auburn Ravine in 1848 and discovered gold, he set history in motion. Were he to somehow return today, would he be able to recognize the little town he helped to start? Auburn, in the 14 years he lived here, grew from a mining camp to a city, and by 1861 it was incorporated. At that time it was one and a quarter miles square with the courthouse as the center of town.

Old Town Auburn is essentially unchanged. The Courthouse still remains the centerpiece of the area. The 1800's architecture still dominates the old and winding streets.

The flavor of the historic origins of our town still prevails. Except for changes brought about by the growth of the area, a stroll through Old Town today puts one in touch with California's past. Old Town, in its quest to preserve its place in History, has maintained the feel of that past, yet has attracted a contemporary population with a unique and diverse mix of specialty shops and restaurants which welcomes visitors from far and near.

Old Town has activities and entertainment designed to appeal to all tastes and all ages. For the remainder of the year, to bring us into the Holiday season, we celebrate our 24th annual Country Christmas & Crafts Fair and "Open House," to

be held on two Saturday evenings, December 11th & 18th from 5pm to 9pm.

Old Town Auburn offers a diverse mix of retail shops and restaurants. From antiques to gifts and clothing, Old Town offers visitors an eclectic shopping experience as they stroll the historic streets of this small foothills enclave. A destination for "day trippers" and worldly travelers, Old Town is easy to find just off I-80 heading east at Maple Street or west at Nevada Street.

For more information about Old Town and events call: Linda Robinson at 530-888-1585 (sunriver@inreach.com) or use our website for events through out the year: www.oldtownauburnca.com

Mary Belle's Restaurant

An Old Town Tradition for over 48 years, Mary Belle's has been feeding folks in Auburn great breakfasts and lunches. Famous for our terrific homemade soups, biscuits, desserts, and more, Auburn's Oldest Restaurant awaits you!

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Don't Forget Mary Belle's for your Holiday catering needs. We can accommodate up to 50 in our Victorian Room or anywhere else you choose.

Call Gail for planning your menu.

Free Coffee!

For the Holidays, Mary Belle's will offer **Free Coffee** 7am thru 11am when you order any regular entrée at regular price with this coupon.

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THANK A VETERAN TODAY

Widowed Persons Association of California, Inc.

Office Hours
10:00 am- 3:00 pm
Monday through Friday
916-972-9722

Newcomer's Buffet & Social

Any and all widows or widowers may attend

Third Monday evening at 5:30 pm

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.

Sunday Support

Any and all widows or widowers are invited

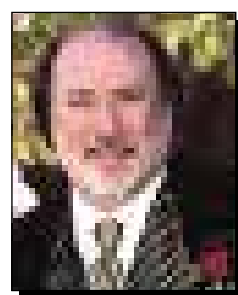
Every Sunday from 3:00 pm-5:00 pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

Placer Sentinel

Serving Auburn and Placer County since 1987



Publisher—Paul V. Scholl

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The Sierra Gold Chorus Presents "Holly Daze"



12, Champion Quartet of Sweet Adelines International. Hailing from the North Bay, and the East Bay and San Joaquin Valley, and the Silicon Valley, they are crowd favorites in the San Francisco Bay Area. The fabulous cappella group sings jazz, pop, Americana, comedy, traditional barbershop, gospel and other musical styles... basically, if you love to hear it, they love to sing it!

This popular family show has been a sellout in past years, so get your tickets early. The best buy are presale tickets: adults \$15.00, youth (16 and under) \$7.00. Tickets at the door will be \$18.00 for adults and \$7.00 for youth. Tickets may be purchased from any member of the chorus or by calling Joan Frink at (530) 367-3532.

Every September, Sierra Gold Chorus invites women of the community to join the Chorus in singing traditional and modern Christmas carols at the Annual Christmas Show. However, women are welcome to attend rehearsals throughout the year on Monday evenings at 7:00 PM at Burbank Hall, DeWitt Center, 11577 E Avenue, Auburn. For more information about the chorus or show, call Carolie at (530) 478-0130, Bev (916) 663-2105, or Barbara (530) 885-4202. To schedule a performance, call Marion at (530) 889-2842.

The Sierra Gold Chorus was formed in 1993 by a group of women who loved to sing and wanted to perform in the community. The chorus affiliated with Sweet Adelines International in 1995. The chorus sings a cappella in four-part harmony, barbershop style.

Placer County – Marbeth Hanamura (Roseville), Judi Naill (Loomis), Teresa Landsaw (Reno), Dar Haag (Granite Bay), Bonnie Garlow (Sacramento), Sharon Stratakos (Rocklin), Judy Brooks (Roseville), Nancy Maass (Sparks, NV), Bev Rhoby (Newcastle), Donna Wierzbowski (Granite Bay), and Sue Barkley (Rocklin) are a few of the Sierra Gold Chorus members who are preparing for their Christmas Shows.

Sierra Gold Chorus, the Auburn chapter of Sweet Adelines International, proudly presents "Holly Daze" at its Annual Christmas Shows in Nevada County and Auburn. The Nevada County Show on Saturday, December 4, is

at 2:00 pm at the Elks Lodge, 518 State Highway 49N, Nevada City. The Auburn show on Saturday, December 11, is also at 2:00 pm at Parkside Church-Nazarene, 3885 Richardson Drive.

The Award Winning Sierra Gold Chorus, under the direction of Barb Tincher, will take you back to your childhood with dreams of Christmas and toys galore. In addition to the Christmas Chorus, Sierra Belles, Infusion, and several other quartets will add to the delight. Special featured act at the Nevada City show will be Award Winning Mt. St. Mary's Choraleers Children's Choir, and PDQ will be the featured act at the Auburn show.

PDQ is the reigning 2010 Region

New Soroptimist Club Holds "Charter" Party



Group photo of the event, in the forefront are two of the newly installed members, Left is Julie Thomas and Right is Barb Warmuth.

Auburn – Soroptimist International of The American River (located in Auburn) has become the 60th Soroptimist Club in The Sierra Nevada Region. A wonderful "Charter" party was held last week at Max's – there were

approximately 60 people in attendance congratulating the new club of 36 ladies. Their sponsoring club, SI of Historic Auburn had the distinction of "pinning" each of the new members while Joanne Valentine, the Sierra Nevada Membership

Chair provided great symbolism of river rocks and water crystals to each new board member.

Soroptimist clubs mission is dedicated to improving the lives of women and girls, in local communities and throughout the world by giving scholarships such as the Women's Opportunity Awards for women who are single, head of household and re-entering education program. Another one of the many awards is the Violet Richardson Award which is designed to honor volunteerism by a teen between the ages of 14 and 17 years old.

The new club meets for dinner at the Sierra Grill on the 2nd & 4th Wed. of each month – if you are looking to join a quality service organization, please contact Laurie Whitton at 530-401-5127.

World War II Veterans Seeking Funds to Visit Washington, DC

Auburn – Many World War II veterans in the Auburn area have not had the opportunity to visit the World War II Memorial in Washington, DC. There is a national organization, Honor Flight, that can arrange for those veterans to visit the memorial. These veterans have waited 65 years

to have a memorial on the National Mall in Washington. Members of this "Greatest Generation" are leaving us at the rate of over 1200 per day.

Flights to Washington, DC, generally are round trip from San Francisco International Airport. Several days accommodations in Washington are

provided along with local transportation. Veterans and family members can contact Honor Flight's Northern California operation at www.honorflightnorcal.org. Honor Flight is a 501 © 3 non-profit and accepts tax deductible contributions to help support this effort.



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Military Graduates - Hometown Heroes

Lukas R. Alvarez

Army Pfc. Lukas R. Alvarez has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

He is the son of Troy Alvarez of Robbers Ravine Road, Colfax, Calif.

The private is a 2009 graduate of Camptonville Academy, Colfax.

Jarrold M. Kelsey

Army Pvt. Jarrold M. Kelsey has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

He is the son of Dennis and Donna Kelsey of Oak Mist Lane, Auburn, Calif.

Kelsey is a 2007 graduate of Placer High School, Auburn.

Ricardo A. Chavez

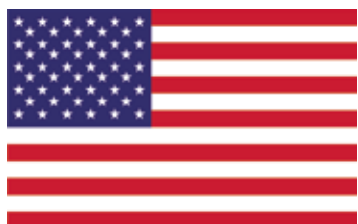
Ricardo A. Chavez has entered Basic Cadet Training at the U.S. Air Force Academy, Colorado Springs, Colo., in preparation to enter the first academic year at the academy. The six-week, two-phased orientation program must be successfully completed by the cadets prior to entering their freshman year. The training prepares men and women to meet the rigorous mental and physical challenges experienced by new cadets.

Phase one involves personal processing, orientation, and training in the fundamentals of being a cadet. Cadet trainees are prepared to adjust from civilian to military life and disciplines, and learn proper wear of the uniform, saluting policies and procedures, drill and ceremony, marching, and living quarters standards.

During phase two, cadets train outdoors living in tents while learning to function in field conditions. Cadets apply and practice team work, cohesion and learn to deal with physically and mentally demanding situations. They complete the obstacle, confidence, assault, and leadership reaction courses, and participate in a rescue mission termed Operation Warrior.

He is the son of Niko and Barbara Chavez of Blue Oaks Blvd., Rocklin, Calif.

Chavez is a 2009 graduate of Whitney High School, Rocklin.



Zachary S. Cole

Zachary S. Cole has graduated from the Army ROTC (Reserve Officers' Training Corps) Leader's Training Course at Fort Knox, Ky.

The four-week course is a leadership internship for cadets that can lead to the ultimate goal of becoming an Army officer. College students experience and examine the Army without incurring an obligation to serve in the Army or ROTC, and are eligible to receive two-year college scholarship offers and attend the Advanced ROTC Course at their college.

Cadets are observed and evaluated during classroom and field training exercises to determine their officer potential in leadership abilities and skills. The cadets are trained to have a sound understanding of traditional leadership values during the challenging, motivating "hands-on" training. The training develops well-disciplined, highly motivated, physically conditioned students, and helps improve the cadets' self-confidence, initiative, leadership potential, decision making, and collective team cohesion. The cadets receive training in fundamental military skills, Army values, ethics, Warrior ethos, basic rifle marksmanship, small arms tactics, weapons training, drill and ceremony, communications, combat water survival training, rappelling, land navigation, and squad-level operations field training.

The cadet is a student at New Mexico Military Institute, Roswell.

Cole is the son of Amber M. Cole of Westwood Drive, Auburn, Calif.

He is a 2009 graduate of Placer High School, Auburn.



Eric D. Garcia

Army Pvt. Eric D. Garcia has graduated from the Basic Field Artillery Cannon Crewmember Advanced Individual Training course at Fort Sill, Lawton, Okla.

The course is designed to train servicemembers to maintain, prepare and load ammunition for firing; operate and perform operator maintenance on prime movers, self-propelled Howitzers, and ammunition vehicles; store, maintain, and distribute ammunition to using units as a member of battery or battalion ammunition section; perform crew maintenance and participate in organizational maintenance of weapons and related equipment; and establish and maintain radio and wire communications.

Garcia is the son of Eric D. Garcia Sr. of Par Place, Rocklin, Calif., and Kathy M. Townley of Highway 99 W, Gerber, Calif.

The private is a 2008 graduate of Rocklin High School.

Zane L. Lemas

Army Pvt. Zane L. Lemas has graduated from Basic Combat Training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the Army mission and received instruction and training exercises in drill and ceremonies, Army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

The private is a 2006 graduate of Chana High School, Auburn, Calif.

Devin R. J. Lang

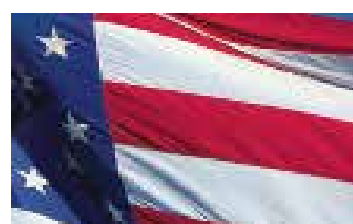
Army Pfc. Devin R. J. Lang has graduated from the Infantryman One Station Unit Training at Fort Benning, Columbus, Ga. The training consists of Basic Infantry Training and Advanced Individual Training.

During the nine weeks of basic combat training, the soldier received training in drill and ceremonies, weapons employment, map reading, tactics, military courtesy, military justice, physical fitness, first aid skills, and Army history, core values and traditions. Additional training included development of basic combat skills and battlefield operations and tactics, and experienced use of various weapons and weapons defenses available to the infantry crewman.

The Advanced Individual Training course is designed to train infantry soldiers to perform reconnaissance operations; employ, fire and recover anti-personnel and anti-tank mines; locate and neutralize land mines and operate target and sight equipment; operate and maintain communications equipment and radio networks; construct field firing aids for infantry weapons; and perform infantry combat exercises and dismantled battle drills, which includes survival procedures in a nuclear, biological or chemical contaminated area.

Lang is the son of Amy Rodriguez of Crosby Herold Road, Lincoln, Calif.

The private is a 2009 graduate of Lincoln High School.



Maxx P. Mamula

Maxx P. Mamula has graduated from the Army ROTC (Reserve Officers' Training Corps) Leader's Training Course at Fort Knox, Ky.

The four-week course is a leadership internship for cadets that can lead to the ultimate goal of becoming an Army officer. College students experience and examine the Army without incurring an obligation to serve in the Army or ROTC, and are eligible to receive two-year college scholarship offers and attend the Advanced ROTC Course at their college.

Cadets are observed and evaluated during classroom and field training exercises to determine their officer potential in leadership abilities and skills. The cadets are trained to have a sound understanding of traditional leadership values during the challenging, motivating "hands-on" training. The training develops well-disciplined, highly motivated, physically conditioned students, and helps improve the cadets' self-confidence, initiative, leadership potential, decision making, and collective team cohesion. The cadets receive training in fundamental military skills, Army values, ethics, Warrior ethos, basic rifle marksmanship, small arms tactics, weapons training, drill and ceremony, communications, combat water survival training, rappelling, land navigation, and squad-level operations field training.

The cadet is a student at California Baptist University, Riverside.

He is the son of Mark N. and Elle A. Mamula of Moss Rock Drive, Auburn, Calif.

Mamula graduated in 2009 from Forest Lake Christian School, Auburn.

Former Yuba Area CPS Worker Convicted of 16 Felony Counts



Yolanda Perez Fryson, 43

Placer County - A former child protective services worker for Yuba County is scheduled for sentencing in Placer County later this month after a jury found her guilty of 16 felony offenses that included check

fraud, forgery, attempted extortion and accepting a bribe.

Yolanda Perez Fryson, 43, deposited checks of no value in order to take money from her personal bank accounts in Placer and Yuba counties, falsified documents to cover up the crimes and, while on administrative leave from her CPS job, used a missing badge from her office to misrepresent herself in an extortion attempt, according to prosecutor Stephanie Macumber of the District Attorney's Office.

A jury deliberated two days before returning Nov. 1 with guilty verdicts on all 16 counts against Fryson.

Placer County Superior Court Judge Joseph O'Flaherty, who presided over the three-week trial, set Nov. 29 for sentencing.

Pair of Incidents Will Cost Roseville Man 19 Years in Prison



Mathew C. Hubbard, 38, of Roseville

Placer County - A 38-year-old Roseville man faces a stipulated sentence of 19 years and four months in a state prison for incidents in 2009 that included an assault with a firearm and making a terrorist threat.

Mathew C. Hubbard of Roseville


entered a plea of guilty Monday in Placer County Superior Court to the two felony counts and also admitted to allegations of committing a hate crime in the assault case and to having been convicted of previous felonies.

Prosecutor Stephanie Macumber of the Placer County District Attorney's Office said the defendant entered the pleas and admitted the special allegations on the day his case was scheduled to begin trial.

In one of the incidents in July 2009, Hubbard threatened another person with a knife. In a separate case a month later, Hubbard pointed a rifle at an African American man and made racial taunts.

Superior Court Judge Mark S. Curry set the sentencing date for Dec. 17.

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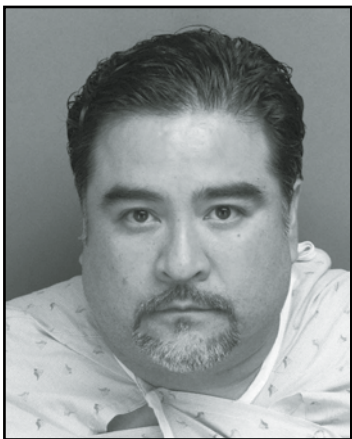
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Motorist Who Caused Two Deaths in DUI Case Receives Prison Sentence



Julian Manuel Martinez

Roseville – A 41-year-old Roseville man has been sent to prison for three years and four months in a 2009 drunken driving case in which his vehicle went into oncoming traffic and killed two men in another vehicle in a head-on collision.

Julian Manuel Martinez gave a tearful apology in court last month to the family of the victims – Manuel Espinoza, 65, and his son, David Espinoza, 27 – before being sentenced by Placer County Superior Court Judge Colleen Nichols.

"I cannot imagine the devastation this has caused you," Martinez told the family members. "The mistake I made has broken your hearts. My guilt has been overwhelming. It's a horrible mistake that I wish I could take back."

Martinez had pleaded no contest on Sept. 13 to two felony counts of vehicular manslaughter while intoxicated without gross negligence. He also pled no contest to a third felony charge – driving under the influence of alcohol causing injury.

During sentencing Oct. 27, Martinez apologized after members of the Espinoza family had given statements in court telling of the pain and suffering the defendant had caused by his decision to drive while drunk.

Esther Espinoza, the daughter of Manuel Espinoza, said she felt as if "someone had ripped my heart out" after she learned that her father had been killed in a traffic accident and that her brother, David, was in the hospital with injuries that later proved fatal.

"My family died in a senseless way," she told Martinez as she fought back tears. "You never should have been driving that night."

She noted that Martinez was driving with a suspended license when his vehicle drifted into oncoming traffic and collided with the Espinoza vehicle shortly after 1 a.m. Nov. 1, 2009, on Baseline Road west of Fiddymont Road near Roseville.

Manuel Espinoza was killed. His son, David, was in a hospital for three months before succumbing to

his injuries. A third occupant, Manuel Espinoza's wife, Enequina, 62, was injured but survived.

Manuel Espinoza's other daughter, Lorena, told Martinez in court that her mother has been unable to cope with the death of her husband and her son.

"You also killed my mother emotionally," she said. "She will never be the same."

The two daughters and an advocate for the victims read several other letters from family members and friends who were unable to attend the sentencing.

Prosecutor Jeff Moore of the Placer County District Attorney's Office kept his statement short.

"There is absolutely nothing I can say for the pain that was caused on this (victims') family," he said. "It is my hope that the defendant always remembers the devastation to this family."

Members of the defendant's family also attended the sentencing and wept as the various statements were made and the letters read.

When all statements were concluded, Nichols told both families that she hoped they would be able to move forward. But she also said, "No one will be able to completely heal from this."

Send a "Touch of Home"

"Holiday Mail for Heroes" to Deliver Greetings to U.S. Military Members and Veterans

Sacramento Region – For a fourth year, the American Red Cross and Pitney Bowes Inc. are teaming up to deliver holiday cards to service members, their families and veterans, many of whom will be far from home this holiday season. The Holiday Mail for Heroes program provides Americans with the opportunity to send holiday greetings and a note of thanks to our men and women of the U.S. Armed Forces.

Through December 10th the public is invited to send a "touch of home" through holiday cards that contain messages of cheer and appreciation. The Red Cross and Pitney Bowes will then screen cards for hazardous materials, sort and package the cards, and deliver them to military bases and hospitals, veteran's hospitals and other locations during the holidays. Pitney Bowes is providing all screening, packaging and shipping at no charge. The Red Cross will utilize hundreds of volunteers to sort and box cards for delivery to service men and women,

veterans and family members in November and December.

"Sending a greeting card is a small effort that makes a big impact for our American heroes during the holiday season," said Trisha Johnson, emergency services director at the Capital Region Chapter. "The American Red Cross serves and supports members of the military, veterans, and their families by providing emergency communications, comfort and assistance each day. The Holiday Mail for Heroes program continues the Red Cross tradition of service to the armed forces."

The American Red Cross will be hosting a local card-signing event on Sunday, December 5 from 1:00 to 4:00 pm at the Sacramento office, located at 1565 Exposition Boulevard. The public is invited to join in the event, signing cards to be delivered to military members near and far.

"Few can truly understand the tremendous sacrifice that our military

personnel and their families make every single day on the nation's behalf," said Vicki O'Meara, senior vice president and president of Pitney Bowes Management Services and government & regulatory affairs. "Now more than ever, it is important for all Americans to seize the opportunity to say 'thank you.' We are thrilled to join with the American Red Cross to help make that happen."

Holiday cards should be addressed and sent to:

Holiday Mail for Heroes
P.O. Box 5456
Capitol Heights, MD 20791-5456

Please be sure to affix adequate postage. Cards must be received no later than December 10. Cards received after this date will be returned to senders. For reasons of processing and safety, participants are asked to refrain from sending "care packages," monetary gifts, using glitter or including any inserts with the cards.

Benefit Art Sale at Latitude's Restaurant

Auburn - Latitudes Restaurant, located at 130 Maple Street in Auburn, is currently hosting a Benefit Art Sale for Live Oak Waldorf School

of Meadow Vista. All pieces are the original art work of students, faculty or parents of the school and are priced reasonably to encourage people to

buy them. There is a wide range of sizes and media, including watercolor, pastels and acrylic. The sale will continue until mid-December.

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Man Goes "TOAD-AL" at High School Reunion

BEXAR COUNTY – After using Thera-Gesic® on aching joints, Tom W. attended last Friday's reunion where, according to 5 amused and concerned classmates, he went TOAD-AL. He squatted, extended both arms to the ground, arched his back and did his best to hop numerous times while croaking.

When asked to explain his behavior, he painlessly replied, "None of your dang business!"

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Marlys Norris, Christian author

By Marlys Norris

My heart concurs with these words "A MOMENT IN HIS PRESENCE IS THE BEST PRESENT YOU CAN GIVE YOURSELF" that I read on the back cover of a devotional prayer book published by Bethany House. It has been in His presence I have experienced a peace that surpasses understanding anything on this earth. I look forward to the weeks ahead when I can enjoy the words of another author who has

A Gift to Yourself

caught the vision of a closer intimate journey with God.

Scripture says "Seek the Lord and Seek His presence continually." (Psalms 105:4) In Psalms 119:50 "Your promise revives me; it comforts me in all my troubles". Another place it says, "I wait for the Lord, my soul waits and in His Word I hope". (Psalms 130:5) Yes, it is quietly waiting on the Lord one experiences His presence. Once you have experienced His presence in your life, you will desire it more and more. In His presence you will enjoy a peace beyond measure to carry you through any kind of difficulty or problem as assurance God is journeying with you, speaks to your inner nature. His presence calms and comforts you like nothing else on this earth. Plus you just might hear His voice. If you do, you will not question it because it is a positive message for you.

So, one needs to no longer hunt in department stores for a gift to make

them feel better, but seek the face of God and His presence in their life. Jesus is the Heavenly Father's gift to all mankind and accepting Him as the Savior of your soul and Lord of one's life transforms that life when it is surrendered and committed, "knowing Him and following His words in daily obedience". You say-- you are not worthy of a blessed gift like this! None of us are worthy-- that is why the Son of God had to come and die. He paid the penalty for all sin to be washed by His blood from us and by accepting Him, we are acceptable to receive His gift of eternal life. Only those who have received Jesus have a wonderful opportunity to experience His presence in their life. Consider Him, He loves YOU!

*Marlys Johnsen Norris, Author
Marlys5934@sbc global.net*

"Intimacy Begins Going God's Way"

"God Moves Mountains, It was a Miracle"



By Dr. Fred DeRuvo

Not too long ago, I published a book called *Politics, Islam, and the End Times* and in it, I discussed the system of Islam. Many seem unaware that Islam is really a three-pronged entity, governed by religion, politics, and when necessary, a military style response to the world.

Islam has succeeded in changing the face of The Netherlands, Great Britain, France, and elsewhere.

Study-Grow-Know

Radical Muslims have a tenacious grip on territory they believe they have gained for Allah.

The continued problem is that radical Islam is here in America and it is desperately trying to make inroads into our society. Through groups like CAIR and ACORN (Council on Islamic Relations and Association of Community Organizations for Reform Now), radical Muslims are using the existing laws of the U.S. to change things in their favor. These groups are allegedly little more than fronts for the Muslim Brotherhood, one of the most dangerous Islamic groups in existence today.

Shariah Law is the form of law that Islam exists under and where Shariah Law exists, Islam dominates. This is exactly why the state of Oklahoma just passed an amendment to protect

their legal system from activist judges who may begin looking to international or Shariah Law to render verdicts and decisions.

Though CAIR and others have announced they will sue Oklahoma, hopefully, the suit will be thrown out. However, with Supreme Court Justices like Sonia Sotomayor and Elena Kagen indicating a favorable attitude toward international law, the possibility of another system of law trumping the U.S. Constitution is not far-fetched, though groups like CAIR want us to believe otherwise.

The average American needs to wake up and see the "change" that is headed this way. We need to be vigilant to the continuing threat of radical Islam and do whatever it takes within the confines of the law to prevail against it.

California Air Resources Board Releases Costly Cap and Trade Plan

Business Community to Bear the Burden of AB 32

Sacramento – North State Assemblyman Dan Logue, R-Linda, is deeply concerned by the new AB 32 "cap and trade plan", as proposed by the California Air Resources Board (CARB). The plan released early Friday morning included the finer details and associated costs of implementing AB 32, California's landmark global warming reduction law. This important announcement was made without any fanfare and with little advance notice to legislative offices.

"Again, here we have a state agency, of non-elected officials, using their powers to create mandates on businesses and the people of California," stated Logue. "The most outrageous part of all of this is

that they haven't even taken the time to sit down and speak directly to the businesses that will now have to bear the burden."

The proposed cap and trade plan hopes to reduce California's overall green house gas emissions by 273 million metric tons (by the year 2020). Businesses will be taxed based on their emission levels, and made to buy carbon credits to offset total emissions. Currently, CARB has no plan in place to monitor the effects of the cap and trade plan on California's job market.

"People are already struggling to find jobs in the midst of the worst recession since the Great Depression, and now they have to worry about a carbon tax. I find it incredible that

the Air Resources Board drafted this entire plan without figuring out how to monitor what this could do to our jobs. This will devastate us," concluded Logue.

The California Air Resources Board will be receiving public comments on these proposed regulations beginning Monday, November 1, 2010, and plans to vote on adopting the regulations on December 16, 2010.

Assemblyman Logue represents the 3rd Assembly District in the California Legislature, which includes the communities of Butte, Lassen, Nevada, Placer, Plumas, Sierra and Yuba.



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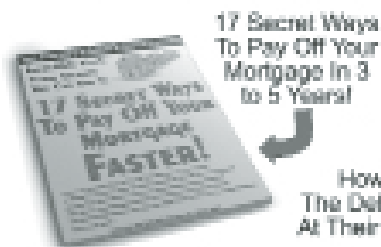
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POPOFF!

with Mary Jane Popp

entities, and opportunistic scientists. Early in his career as a researcher at MIT and Virginia Tech, Dr. Campbell worked to promote better health by eating more meat, milk, and eggs... high quality animal protein. After all, he was raised on a farm and was happy to promote the American way of life. Later, as a researcher in the Philippines working with malnourished children, the project became an investigation as to why so many Filipino children were diagnosed with liver cancer. He uncovered a dark secret. Children who ate the highest protein diets were the ones most likely to get liver cancer.

The research project culminated in a 20-year partnership of Cornell University, Oxford University, and the Chinese Academy of Preventive Medicine, and thus the China Study. The findings? People who ate the most animal-based foods got the most chronic disease. People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease.

Dr. Campbell came up with the Eating Right Eight Principles of Food and Health: 1) Nutrition represents the combined activities of countless food substances. The whole is greater than the sum of its parts.

- 2) Vitamin supplements are not a panacea for good health.
- 3) There are virtually no nutrients in animal-based foods that are not better provided by plants.
- 4) Genes do not determine disease on their own. Genes function only by being activated, or expressed, and nutrition plays a critical role in determining which genes, good and bad, are expressed.
- 5) Nutrition can substantially control the adverse effects of noxious chemicals.
- 6) The same nutrition that prevents disease in its early stages (before diagnosis) can also halt or reverse disease in its later stages (after diagnosis).
- 7) Nutrition that is truly beneficial for one chronic disease will support health across the board.
- 8) Good nutrition creates health in all areas of our existence. All parts are interconnected.

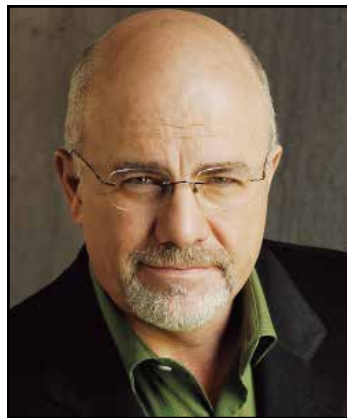
Lots to ponder and lots more to digest in "The China Study" with Dr. T. Colin Campbell. If you need more info, just go to www.thechinastudy.com. Want to keep all of you guys around reading my column for a long time!

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

THE CHINA STUDY

First you read that it's good for you to eat. Then you read the same thing is detrimental to your health! So who do you believe anymore? We get so confused, we just want to throw our hands up and give up! But **Dr. T. Colin Campbell**, respected nutrition and health expert researcher, claims to have the truth revealed in his book "The China Study" when he tears into special interest groups who have taken us down what he calls a deadly path with startling implications for diet, weight loss, and long term health.

We are still a nation of obese adults and children with kids being diagnosed with Type II diabetes, typically an adult disease, at an alarming rate. In "The China Study" Dr. Campbell details the connection between nutrition and heart disease, diabetes, and cancer. His report also examines the source of nutritional confusion produced by powerful lobbies, government



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.

Prepping Kids for Healthy Habits

Dear Dave,

We have two kids, ages eight and 11. When they get some money we have them take out 10 percent for tithes or giving, and 10 percent for saving. It's difficult with the younger one sometimes, because all he wants to do is spend money. And really, what's the point if he gets ten dollars of putting away just a dollar? How do you convince a child this age that it's good to save?

- Allen

Dear Allen,

First, I think you've got a nice plan in place working with them on saving

and giving. With a kid who's eight, you start out by explaining it the best you can on his level. Then, if he still doesn't want to do it, you make him do it anyway. Sometimes, as a parent, you have to pull rank when it comes to doing what's best for the kid.

Now, here's the point of saving, even if it's only a dollar. You want to make sure you teach them a pattern of habits that will help them win in life. When your kids have homework you make them sit down and do it. Then, you help them when they need help, right? The point is you want them to learn good study habits, so that when they get into high school and beyond they can succeed. That one dollar won't make him rich right now, but getting into the habit of saving - because his mean, old dad made him do it when he was a kid - will make him wealthy one day!

You might try setting goals for him, too. Lots of younger kids have trouble with the concept of saving. But if you set some goals, and let him save up a little bit of money and pay for something himself, it will be a real lesson for him. It will show him that delaying pleasure really pays off.

Make sure you start out small, with a few easily attainable goals. Then, you'll be paving the way for bigger things, like saving for a car and maybe even college!

- Dave

Landlord Wants Protection

Dear Dave,

I'm a new landlord, and I have a question. In the event of a lawsuit, what is the best way to protect my personal assets?

- Carrie

Dear Carrie,

I'd go with a liability umbrella policy of about two million dollars. This picks up where your liability leaves off on your car, homeowner's and rental property fire and extended coverage policies. It's not very expensive, either.

If you start to build a substantial portfolio of investment real estate, such as houses, you might want to begin putting every four or five properties you buy into a separate corporate entity. I'd advise an LLC, which is a kind of cross between a sole-proprietorship and a corporation. Plus, it has some of the best characteristics of both business types.

Each LLC is a separate company with its own checking account. If you do all the paperwork properly, and an LLC entity owns a property where someone falls and sues you, then they can only sue for the assets of that company.

- Dave

For more financial help please visit daveramsey.com.



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Noon - 1pm:	The KAHI Noon News Plus with Mary Jane Popp and the KAHI News Team
1pm - 4pm:	The Dave Ramsey Show
4pm - 7pm:	The KAHI Afternoon News with Dave Rosenthal and the KAHI News Team
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11am - 12pm:	Retirement Catch-Up
12pm - 1pm:	Your Life and Your Money
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1:30am - 7pm:	Big Cletus Country Music
7pm - 8pm:	A Way With Words
8pm - 9pm:	Rewind with Jimmy Jay
Sundays	
7am - 7:30am:	Bayside Auburn Church Service
7:30am - 9am:	Cruisin' Garage & Swap Meet
4pm - 5pm:	A Way With Words
5pm - 8pm:	The Insana Quotient
8pm - 9pm:	Hearts of Space

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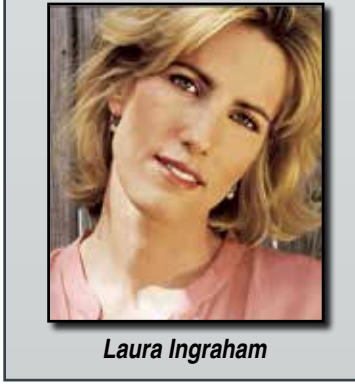
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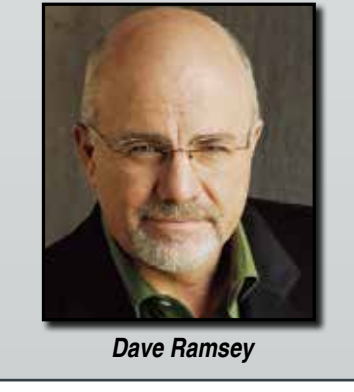
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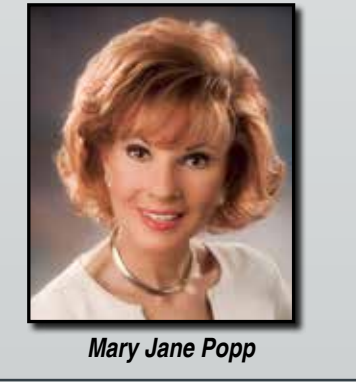
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Arts and Entertainment Calendar and Other Fun Things to do!

Mountain Mandarin Festival Seeks Volunteers

Auburn – As the Mountain Mandarin Festival has grown from several hundred visitors to over 35,000 visitors, the need for volunteers has multiplied. Festival manager, Gary Gilligan says that in addition to having a great time, Friends of the Festival are asked to work a shift at the Festival assisting vendors, handing out programs, helping with parking, monitoring buildings, or other tasks in the operation of a three-day event. All volunteers will receive a Festival t-shirt. Applications are on line at www.mandarinfestival.com or by calling 916-663-1918.

Even though the Festival outgrew the town square of Newcastle years ago, and is held at the Gold Country Fairgrounds in Auburn, it



is still presented by the Newcastle Area Business Association (NABA). Proceeds support the NABA scholarship program and community projects as well as the Newcastle Fire Department who will be manning the admission gates.

Follow the Mandarin Festival on FaceBook and Twitter for special offers. Learn more at www.MandarinFestival.com.

17th Annual Mountain Mandarin Festival

November 19, 20 and 21, 2010
Gold Country Fairgrounds,
1273 High St., Auburn, CA

Hours:
Friday: 11:00 am – 5:00 pm
Saturday: 9:00 am to 5:00 pm
Sunday: 9:00 am to 4:00 pm

Admission: \$6; Seniors \$4;
Age 12 & Under Free

Special offers available via
FaceBook and Twitter
Parking \$5, some street parking
available

Public information:
916 663-1918 or
www.mandarinfestival.com

AGROart™ Competition: Turning Something Ordinary into Something Fabulous

Auburn – Mark your calendar for Placer County's most unique art event. PlacerArts' AGROart™ competition returns to the Mountain Mandarin Festival this year, where it first began 14 years ago.

Join PlacerArts on Saturday, November 20 for this ultimate opportunity to play with your food! There are just a few simple rules. All AGROart™ sculptures must contain fruits and/or vegetables, with use of PlacerGROWN produce encouraged. The sky is the limit when it comes to the artists' creativity and the complexity of the AGROart™ sculptures.

Auburn resident Maya Tahti, 20, is a veteran AGROartist, having competed since she was seven years old. "I do it for the fun of it", Maya says, "because I love turning something ordinary, like vegetables and fruit, into something fabulous". She also admires the work of the other contestants. "One of my favorite creations of all time was a mandala that Stan

Padilla created", Maya says. "He used beet juice and painted potatoes and other things with such vibrant colors."

In addition to the requirement of being constructed of fruits and vegetables, the entire sculpture must be created on site, and all framework must be completely covered. At least 60% of the artwork must be fresh produce. The remaining 40% may be dried fruits & vegetables, leaves, seeds, vines or twigs. There are eight age-related entry categories for teams and individuals. Teams may consist of no more than three persons. The categories are: Grammar School (Grades 2-5) Individual and Team; Middle School (Grades 6-8) Individual and Team; High School (Grades 9-12) Individual and Team and Adult Individual and Team.

The competition starts at 9:00am, with judging for Grammar and Middle School at 12:00pm and for High School and Adults at 2:00pm.

Winners receive cash awards, with a bonus award of \$150 for best use of mandarins. All individuals and teams who register by November 10 receive a complimentary ticket to the Autumn Art Studios Tour.

In addition to the AGROart™ competition on Saturday, kids of all ages will enjoy exercising their creativity in the AGROart™ Produce Playgarden, sponsored by Whole Foods.

AGROart™ offers another great family-oriented activity in the rich weekend line-up of events at the Mandarin Festival, which takes place November 19-21 at Gold Country Fairgrounds in Auburn.

Visit PlacerArts.org/AGROart.php or MandarinFestival.com to download AGROart™ Competition Guidelines & Entry Form, or call (530) 885-5670.

Placer Arts is the Arts Council of Placer County.

Mandarin Orange Coffee at Mountain Mandarin Festival

Auburn – Local coffee roaster Pine Mountain Coffee Roasting will offer their exclusive Mandarin Orange Chocolate flavored coffee beans at the upcoming Mountain Mandarin Festival.

As a Mandarin Festival vendor for the seventh year, Pine Mountain Coffee Co. owner Fred Relyea said "We're excited to offer this popular flavor again, our customers have been waiting for it and we'll launch it at the festival."

The annual event will be held in Auburn at the Gold Country Fairgrounds the weekend of November 19, 20, 21, 2010.

"Since we're located in heart of the Mandarin growing region, this coffee fits perfect into our flavored coffee selections," added Relyea "we also ship gift orders and gift baskets, so it's a great way to share the local mandarin flavor with family and friends across the country."

With over 50 different coffee va-

rieties and flavors, the European-style roasted coffee beans from Pine Mountain Coffee have become a favorite of customers in the Auburn area for many years, including attendees of the weekly Farmer's Market on Saturday mornings in Old Town Auburn.

Pine Mountain Coffee Roasting can be reached at 916-960-9129, by e-mail at info@PineMountainCoffee.com, or ordered online at www.e-java.com.

Placer County Office of Education Offers Ideas for Fun Winter Activities

Placer County – On Thursday, December 9th, from 6:30 to 8:30 pm, a special class is being offered to help parents and child care providers relieve winter boredom. The two-hour workshop will help the house-bound

with ideas for fun winter activities that can be enjoyed by children of all ages.

This workshop will be held in Rocklin at the Rocklin Sunset Center, 2650 Sunset Blvd. Registration fee is

\$10 and can be mailed to the PCOE office at 365 Nevada St., Auburn, 95603. Deadline for registration is November 16th. Any questions, please call 530.745.1380.

Colla Voce Chamber Singers Rehearse for Upcoming December Concerts

Placer County – Colla Voce Chamber Singers, Auburn's 28-voice adult ensemble, is currently rehearsing for the upcoming December concerts. New singers are invited to audition for the spring season through January 10th by contacting the conductor for an appointment at director@collavoce.org. Audition information is online at www.collavoce.org.

Rehearsals are held Wednesday evening, 7pm-9:15pm at Faith Lutheran Church in Meadow Vista.

The singers, under the direction of conductor and artistic director Janine Dexter, are known for delivering an

artistic and "profound" musical experience. Colla Voce Chamber Singers presents a series of concert experiences in December and in May, and perform several times a year for community and private functions.

The ensemble is currently preparing for their December concerts, "In Freezing Winter Night: Songs of Winter" which features Britten's Ceremony of Carols, the premiere performance of Brian Steckler's newest compositions "Winter Bells" and "Winter's Sleep", John Rutter selections, Morten Lauridsen's "Sure on This Shining Night" and several holiday

favorites.

Colla Voce Chamber Singers will be traveling to Costa Rica for several concerts in March of 2012, and will join the Tuam Cathedral Singers for a concert tour in Ireland and Greece, June of 2013.

The upcoming concerts are Saturday, December 11, 2010 at Grace Lutheran Church, Grass Valley (7 pm), and Sunday, December 12, 2010 at Pioneer Methodist, Auburn (3 pm and 7pm). For tickets and more concert information, see www.collavoce.org or call Emily at 530-305-1316.

Colla Voce Children's Chorus to Begin rehearsals

Placer County – Colla Voce Children's Chorus (CVCC) will begin rehearsals for the spring season January 19th, Wednesdays from 4:15-5:15. Auditions are currently underway by appointment with conductor, Janine Dexter at director@collavoce.org. New members will be accepted through January.

CVCC performs with the adult group, Colla Voce Chamber Singers, in December and May. The youth choral program has musicianship at its core, and includes solfège

vocal exercises, rhythmic dictation, melodic reading and vocal training. Scholarships are available.

CVCC has been invited to join Athanasia Kyriakidou and her 70-voice youth choir in concert in Thessaloniki, Greece, June of 2014, and will be hosted in the homes of the young Greek singers. Supporters of this Auburn area youth choir are excited to build a vibrant choral group for young people that will represent the community locally and abroad, as well as enrich and transform the lives

our our youth. For more information, email director@collavoce.org, or see www.collavoce.org.

The upcoming concerts for Colla Voce Chamber singers are Saturday, December 11, 2010 at Grace Lutheran Church, Grass Valley (7 pm), and Sunday, December 12, 2010 at Pioneer Methodist, Auburn (3 pm and 7pm). For tickets and more concert information, see www.collavoce.org or call Emily at 530-305-1316.

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Placer Collaborative Meets to Discuss Health Care



Latino Leadership Council - Edwina Pereles-Agront, Sonia Samaniego, Elisa Herrera and Ixel Morell.

Auburn – Nearly 50 people gathered in Auburn on November 4th to discuss access to healthcare issues in Placer County. The Placer Collaborative Network (PCN) hosted the day-long meeting of leaders from county and city government, community-based organizations, healthcare providers and the faith community. The conversation was facilitated by Dale Ainsworth and Chris Aguirre from Valley Vision and sponsored by Sutter Health and Kaiser Permanente.

Participants brainstormed solutions to improve access to healthcare in Placer County. It was estimated over 30,000 residents have no health insurance and another 20,000 residents are underinsured. A panel discussion regarding the new healthcare reform legislation was moderated by Carol Serre, from Kaiser Permanente and included Pat Brady, CEO for Sutter Roseville Medical Center and Scott Hauge, Small Business California.

A working group was created to continue the work of the larger group. "Access to healthcare is a serious concern in our community," said Holly Harper, Community Benefits, Sutter

Health Sacramento Sierra Region. "We are working together to build a continuum of care. This meeting was a phenomenal and important start."

Additionally, Placer Collaborative Network awarded the Outstanding Collaboration Award. This year's recipient was the Latino Leadership Council (LLC). LLC is a nonprofit organization comprised of more than 50 Latino professionals who provide a multitude of services to the underserved Spanish-speaking populations. "They've partnered with many organizations to improve the health of hundreds of people in the Latino community, through health screenings, immunizations, educational, fitness and social events," said Janice LeRoux, First Five Placer and PCN Co-Chair.

LLC Board President Sonia Samaniego and Board Members Edwina Pereles-Agront and Ixel Morell accepted the award on behalf of the LLC. Samaniego noted that it is only through their partnerships with existing organizations that they have been so successful. "We work with agencies and organizations to fill service gaps faced by Latino

communities," she stated. "We find ways to help them achieve cultural proficiency while helping build the skills of the communities they serve."

About Placer Collaborative Network

Placer Collaborative Network (PCN) brings community leaders together to develop creative solutions for challenges and unmet needs within western Placer. Results include a variety of initiatives in which business practices are changed to bring about a better quality of life for those living in Placer County. Over 40 members comprise the army of service providers at Placer Collaborative Network. Through on-the-ground projects, leadership development, and networking, solutions are forged for our most pressing community issues. For more information visit www.placercollaborativenetwork.org. Placer Collaborative Network is a project of the Placer Community Foundation whose mission is to encourage philanthropy for the betterment of communities in our region—www.placercf.org.



by David Dickstein

Family Viewing at the Cinema

Harry Potter and the Deathly Hallows: Part 1
Opens Nov. 19, rated PG-13
harrypotter.warnerbros.com/harrypotterandthedeathlyhallows



Harry Potter fans found out 16 months ago how J.K. Rowling ended her wildly successful book series, and now the movie based on the grand finale novel is stretching things out over 8 months. In July 2012 we'll see the ultimate battle between Harry and Lord Voldemort, but what leads up to that long-awaited moment will be unveiled this month, at least cinematically. Here, Harry, Ron and Hermione go on a Horcrux hunt to prevent the Dark Lord from achieving immortality. Good news for those of you living under a rock: No spoilers here.

Megamind
Opens Nov. 5, rated PG
megamind.com



What does a supervillain do after he kills off his superhero rival? This unfathomable concept is entertained in Will Ferrell's first stab at 3-D animation. In a phone interview with Messenger Publishing Group, Ferrell said what made voicing Megamind so appealing is the good vs. evil struggle of his character. "He starts out as this bad guy and in the absence of his nemesis he realizes that he misses him so much that he actually starts to turn good, so it's been nice to kind of get to do both with this," he said.

Films and DVDs for the Whole Family

Tangled
Opens Nov. 12 (limited), Nov. 24 (wide), rated G
disney.go.com/disneypictures/tangled

Rapunzel lets down her hair and goes from victim to perpetrator when she takes traps the kingdom's most wanted – and most charming – bandit in a tower where she's been held captive for years. Mandy Moore voices the damsel with the locked away locks, all 70 feet of them, in this updated retelling of the classic fairy tale. For added bounce, Disney has added 3-D conditioning to this hairy computer-animated family flick.

Family Viewing at Home

Angelina Ballerina: The Nutcracker Sweet (ages 2-5, now available, not rated): Overloading on Mom's famous fruitcake and candy canes gives Angelina a tummy ache, which puts in jeopardy her Dance of the Sugar Plum Fairy. Five episodes and two bonus features might not satisfy the sweet tooth of young viewers, but it will entertain them for a solid hour. Grade: B+

Families of the World (ages 5-11, Nov. 2, not rated): The latest titles in the fabulous "Families of the World" DVD series focus on Kenya and Afghanistan. As with the other installments, viewers are introduced to two children from an urban and rural household. Seeing how each goes through daily routines and family activities, youngsters will see the similarities and differences that exist between the stars of these documentaries. Grade: A

Peanuts Holiday Collection (ages 3 and up, now available, not rated): The three gems among all Peanuts TV specials, plus a holiday



bonus of extra episodes, make up this Blu-ray+DVD combo pack. "A Charlie Brown Thanksgiving," available on Blu-ray for the first time, is packaged with "A Charlie Brown Christmas" and "It's the Great Pumpkin, Charlie Brown." The Peanuts gang looks and sounds better than ever as they learn the true meaning of three festive holidays. Grade: A

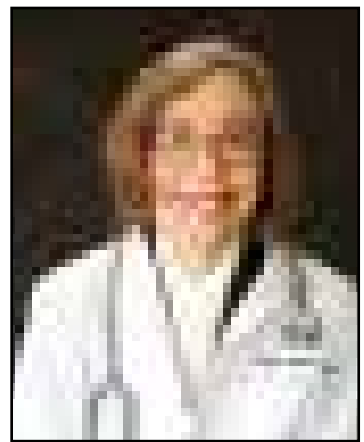
Shalom Sesame (ages 3-6, now available, not rated): The initial titles of a new 12-episode DVD series from the folks on Sesame Street are out, starting with "Welcome to Israel!" and "Chanukah: The Missing Menorah." The next batch of titles will be released in January, all celebrating Jewish traditions, culture and holidays. Joining the Sesame Street gang are Debra Messing, Jake Gyllenhaal, Christina Applegate, Greg Kinnear and a whole shmeer of stars. Grade: A

Toy Story 3 (ages 4 and up, Nov. 2, G): Not spot-on perfect like its predecessors, but definitely something special from Pixar. The only disappointment here is a lack of ingenuity in the main plot; with so many years passed since "TS2" (11!), you'd think the sharp minds involved could conceive a story without going back to the old "toys get lost and look for home" chestnut. Still, many magical and hilarious moments are found in this toy box, and any adult not a soggy mess during the final scene has sadly lost his inner child. Grade: A

The Sorcerer's Apprentice (ages 6-16, Nov. 30, PG): Eyes are dazzled, but the mind isn't in this special effects-driven live-action expansion of a classic segment from Disney's "Fantasia" (1940). Nicolas Cage is miscast as a wizard who has been looking for a chosen one to carry on a centuries-old battle against an evil sorcerer. A squeaky-clean script and tidy 90-minute running time make this an adventure better suited for youngsters than the entire family. Grade: C

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Saving the "Good" in Healthcare Reform: a Thought Experiment



Commentary By Jane M. Orient, M.D.
<http://www.aapsonline.org/>

Some have suggested piecemeal repeal of the most obnoxious features of the Affordable Care Act (ACA). The risk of this approach is comparable to that in cancer surgery: you might not get it all. In 906 pages of arcane statutory language, a lot can be hidden. I suggest instead that we wipe the slate clean with a total repeal, and then consider reenacting any features that most agree are good. This would be the most efficient method because the list of items is shorter. Much shorter. The most popular part is probably the elimination of "pre-existings." You can't eliminate the uninsurable condition of course, only the insurance company's ability to deny coverage to people who have it. How would such an isolated law work?

In a free market, coverage for people with pre-existings might well be available, without any law—if insurers could simply charge a premium

reflecting their risk, or limit the potential pay-out. The premium, naturally, could be very high. That would be a strong incentive to buy insurance when young and healthy, and resist temptations to spend the premium money on iPods and new cars instead. But for many it is already too late.

The U.S. already has the equivalent of fire insurance for those whose house is burning down. It is called Medicaid. Roll into the emergency room desperately ill, and the hospital will treat you, and probably enroll you in Medicaid—likely after you have spent through any assets and lost your SUV and your home.

To prevent such personal tragedies, how about a law that simply said: "Insurance companies must take all comers, without price discrimination for pre-existing conditions." This is called "guaranteed issue" and "community rating" (GI/CR).

GI/CR would work well, if insurance were a magical money multiplier (MMM): put \$100 in the slot machine, pull the lever, and watch \$6 million in medical services pour out. The problem is that if a lot of healthy people who don't expect to need medical services decline to feed in their premiums, knowing they can always do so as soon as they get sick, premiums will have to escalate rapidly. This is called adverse selection (only sick people sign up), or the death spiral. It has happened every time GI/CR has been tried.

This popular part of ACA is impossible without the hated and unconstitutional individual and employer mandates.

What about doing away with limits on lifetime coverage? Limiting out-of-pocket expenditures? Doing away with copayments? All of these have the same problem: lack of an MMM, such as a money tree or the Philosopher's Stone that turns base metal into gold. The more we require insurance to pay out, the more money has to be poured in, with the inevitable loss to administrative overhead.

How about "giving doctors incentives to be more efficient"? In a free market, that is called the profit motive. In the ACA, the "incentives" are sticks painted to look like carrots, involving vast new reporting systems, with payments funneled through managed-care mechanisms. The choice is freedom—or ACA bureaucracies. Which of the some 159 new bureaucracies do we want to keep?

What about "affordability" provisions? Since prices are going up, in ACA "affordable" means forcing someone else to pay. It's a matter of redistributing money from those who earn more than 400% of the federal poverty level (around \$88,000) to those who earn less. Americans are divided into winners and losers, guaranteeing constant fights over one's share of a shrinking pie.

One part everyone might favor is the one about allowing people to keep their insurance plan and their doctor if they like them.

Oh, that's not in the bill. That was just a Presidential promise. The ACA has rules for "grandfathering" some plans—a good term since they are not expected to have a long life

expectancy. ACA also appears to be designed to drive independent doctors out of practice, and it virtually outlaws new doctor-owned hospitals.

If we continue to scour through the ACA looking for isolated good points that will make things better or less costly, rather than worse and more expensive, I predict that our thought experiment will lead to what in mathematics is called the "null set."

So far I have found no such provisions, zero. Nought, nada, nichts, zilch.

Dr. Orient is the Executive Director of the Association of American Physicians and Surgeons. She has been in solo practice of general internal medicine since 1981 and is a clinical lecturer in medicine at the University of Arizona College of Medicine. She received her undergraduate degrees in chemistry and mathematics from the University of Arizona, and her M.D. from Columbia University College of Physicians and Surgeons. She is the author of Sapira's Art and Science of Bedside Diagnosis; the fourth edition has just been published by Lippincott, Williams & Wilkins. She also authored YOUR Doctor Is Not In: Healthy Skepticism about National Health Care, published by Crown. She is the executive director of the Association of American Physicians and Surgeons, a voice for patients' and physicians' independence since 1943. Complete curriculum vitae posted at www.drjaneorient.com. Additional information on health-related issues: www.aapsonline.org and www.takebackmedicine.com.

Upward Sports Comes to Auburn



Auburn – Upward Sports Basketball League is coming to Parkside Church with team evaluations Wednesdays December 1st, 8th, or 15th from 6:00-8:00 PM at Parkside Church. Practices will begin on Monday January 17th. Upward Sports is the world's largest Christian sports league for children and provides the BEST sports experience for every child. Upward Sports teaches sport fundamentals in an environment of healthy competition, helping kids develop skills for the sports arena and values for life. Parkside Church offers Upward Sports Basketball League for kids 1st through 6th grade. With weekly practices and games limited to one-hour each, this league is family-friendly and fun for everyone! Please register NOW through January 1, 2011. At the awards banquet on March 14, 2011, every participant will receive an award. Contact Parkside Church today at 530-823-9911, or check our website at www.parksidenaz.org for more information, or to register.

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