

Placer Sentinel



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Volume 21 Issue 15

Serving Auburn and Placer County since 1987

First Issue of December, 2010

Wineries Host Holiday Wine Country Weekend



Participants include Dono dal Cielo, Fawnridge, Lone Buffalo, Mt. Vernon and Vina Castellano.

Auburn – The Placer County Vintners Association (PCVA) is hosting their annual wine country holiday celebration, "Holidays in the Hills", Saturday, December 11 and Sunday, December 12 from noon–5 p.m. This year's event will take place at Placer County Vintners Association wineries located along the scenic Placer County Wine Trail in Auburn and Newcastle. Participants include Dono dal Cielo,

Fawnridge, Lone Buffalo, Mt. Vernon and Vina Castellano.

Event highlights include a themed Christmas tree decorating contest, toy drive, winery tours, tasting and barrel samples, and food and wine pairings. In addition, a variety of local food vendors and artisans will be on hand for your holiday shopping.

Guests who bring a new, unwrapped toy to the winery of their

choice will receive a hand stamp good for free tasting at all participating wineries. All toy donations will benefit Shriners Hospital for Children, Northern California. There is a limit of one free tasting pass per toy donation per day.

To add to the festivities, each winery will display a fresh-cut holiday tree decorated with a special theme. Themes include Wild, Wild West, Mediterranean Christmas and

Flowers, Flowers, Flowers. Ballots will be available at each winery, and tasting room guests are invited to vote for their favorite themed tree for a chance to win a mixed case of Placer County wine.

For more information on the Holiday in the Hills event, and special weekend accommodation packages visit www.placerwine.com or call (916) 663-4486.

Massive Vandalism Suffered at the Manzanita Cemetery



Veteran's graves were some of those vandalized.

From the Office of Sheriff Edward N. Bonner

Placer County – Placer County Crime Stoppers is offering up to \$1,000 in reward money for information leading to an arrest or arrests for a massive vandalism at the Manzanita Cemetery near Lincoln last month.

Placer County Sheriff's deputies were called to the cemetery Monday after officials at the remote cemetery discovered 100 to 150 tombstones had been turned over, pulled out of the ground or broken in pieces, sometime between Friday and Sunday, November 12 to November 14.



Major memorials were toppled by the vandals.

Damage is estimated at more than \$100,000. Some of the tombstones were more than 100 years old.

Placer County Crime Stoppers is a non-profit group that works in cooperation with each law enforcement agency in the county to reduce crime. Board members are concerned citizens who work with law enforcement

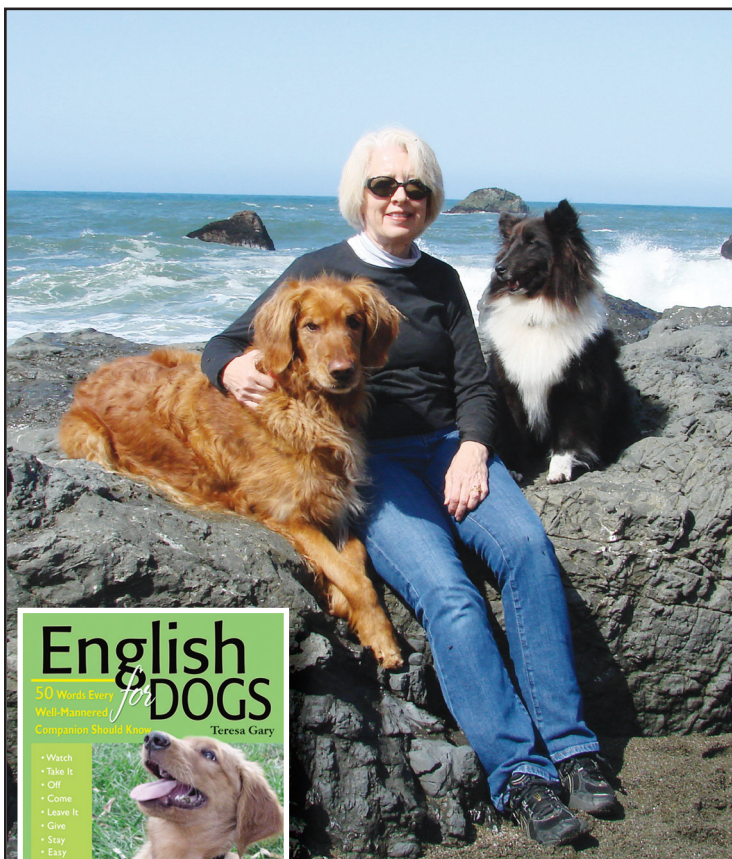
advisors. Through Placer County Crime Stoppers' toll-free phone number, 1-800-923-8191, callers can provide confidential information to law enforcement for cash rewards.

All callers remain anonymous. Go to www.placercrimestoppers.com for further information.



A number of desecrated memorials were well over a 100 years old.

Georgetown Area Dog Trainer Publishes New Book: *English for Dogs*



Teresa Gary, dog trainer for 35 years, retired educator and author of *English for Dogs: 50 Words Every Well-Mannered Companion Should Know*

Georgetown – Teresa Gary, a dog trainer for 35 years and retired educator from the Georgetown area, has published her first book, *English for Dogs: 50 Words Every Well-Mannered Companion Should Know*, available through Alpine Publications. *English for Dogs* shows you how to teach your dog 50 common behaviors using verbal commands and positive training methods. Terry's concise, easy lessons emphasize repetition and consistency, and a handy wall chart makes it easy for everyone in the household to use the same words when working with Fido. The book targets the average dog owner, using simple terms and easy-to-understand explanations for making life with a dog not only manageable but enjoyable.

Terry, a retired local educator who served for 34 years, was formerly the superintendent of schools for the Black Oak Mine Unified School District, serving the Georgetown area, and high school principal of Golden Sierra High School. Prior to that, she was the assistant principal, dean of students, and a teacher in the Vacaville Unified School District. Terry received her B.A. from the

University of California at Davis and did her graduate work at the Sorbonne in Paris. She is currently on the board of directors for NorCal Sheltie Rescue, has been a member of the Association of Pet Dog Trainers (APDT) since 2005, and has been a member of the Sacramento Valley Shetland Sheepdog Club, also since 2005. Terry now devotes her time to the rescue and rehabilitation of homeless dogs and to assisting adopters with a variety of training issues. Always trying to improve the lives of homeless dogs, she actively pursues educational opportunities to expand her repertoire of training strategies. With her certified therapy dog Rocky, she also volunteers at a local assisted living facility.

Terry shares her life with her husband, Cliff, resident dogs Bo and Rocky, parrot Marty, and assorted foster dogs, spending time in the foothills of the Sierra Nevada Mountains, as well as in the coastal town of Bodega Bay, California.

English for Dogs is available at book and pet outlets or directly from Alpine Publications, Inc., at www.alpinepub.com or 1-800-777-7257.

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.

Toot Sweet Brass Co. Offers Holiday Program at Pioneer United Methodist Church



Toot Sweet Brass Co. Clockwise from lower left: Diana Haynie, Mike Koons, George Preston, Erik Rose, Rudy Stubbs. Courtesy Toot Sweet

Auburn—Friday, December 17 at 7:00 p.m., Toot Sweet Brass Co. will present a program of traditional Christmas carols in the sanctuary of Pioneer United Methodist Church,

located at 1338 Lincoln Way in Auburn. Audience sing-along carols are included, as well as a sing-along finale: Handel's Hallelujah Chorus with brass and organ. The

public of all ages is invited to enjoy an evening of holiday brass music. A free-will offering will be taken to benefit the Interfaith Food Closet.

Toot Sweet Brass Co. is an Auburn-based quintet of professional and semi-professional brass musicians, formed in 2008. Members are Mike Koons, trumpet (Colfax); Erik Rose, trumpet (Loomis); Diana Haynie, horn (Pilot Hill); George Preston, euphonium (Auburn); and Rudy Stubbs, tuba (Sacramento). For more information contact George Preston, (530) 888 1801 or brass@georgepreston.com; or Sue Dings, (530) 885 9009.

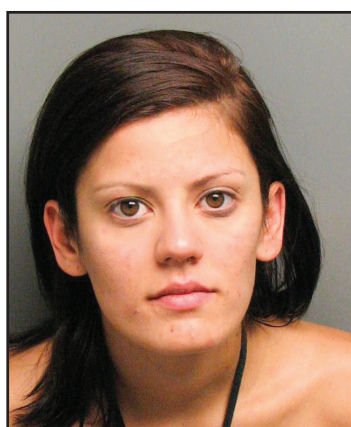
Event facts:
Date: Friday, Dec 17, 2010
Time: 7:00 pm to approx 8:45 pm
Venue: Pioneer United Methodist Church, 1338 Lincoln Way, Auburn
Admission: No charge; free-will donation to benefit Interfaith Food Closet
Info: (530) 885 9009 or (530) 888 1801

Female Band of Burglars and their Male Leader Arrested

From the Office of Sheriff Edward N. Bonner

Placer County— A female band of burglars and their male leader have been arrested for breaking into numerous residences and cars parked at Placer County trail-heads and stealing electronics and jewelry. Placer County Sheriff's detectives are still looking for one more woman involved in the ring.

Over the past several months, Stephanie Cooke-Perez, 27, Jayme L. Salcedo, 33, Karissa D. Yeager, 27, and Joseph W. Einspahr, 30, have been breaking into cars in the sheriff's jurisdiction, as well as State Parks' jurisdiction in Placer County. So far, the group has been identified in 10 residential and vehicle burglaries. Detectives are still sorting through



Amanda Jojo, 21, is wanted on burglary charges.

a large amount of stolen property found on the group and attempting to identify more burglaries.

Detectives are seeking Amanda Jojo, 21, who is wanted on burglary charges. All of the

suspects are from Placer County.

Placer County Sheriff's detectives worked in conjunction with State Parks to identify the many victims in this burglary ring, by matching crime reports filed with both jurisdictions.

Salcedo and Yeager both posted bail. Cooke-Perez is being held without bail because of a parole violation and on charges of burglary, receiving stolen property, possession of a controlled substance and committing a felony while out on bail. Einspahr remains in custody at the Placer County Jail with bail set at \$115,000. He is charged with burglary, receiving stolen property, conspiracy, possession of a controlled substance, committing a felony while out on bail and a \$25,000 warrant from Nevada County.

"Our Holiday Wish"

Our Holiday Wish is to Find Homes for the Animals at the Placer SPCA. Adoption Fee Waived for All Cats and Kittens.

Placer County – For the month of December, Placer SPCA is taking the drastic step of waiving the adoption fee for all cats and kittens.

In 2010, Placer SPCA received cats from three hoarding homes, was slammed by a busy kitten season, and saw adoptions reduced significantly. Placer SPCA's Companion Animal Care Center has been over 100% capacity for cat housing for seven out of twelve months.

"It's very hard to see so many cats in need of a home," said Placer SPCA CEO Leilani Vierra. The holidays may be the perfect time to acquire a new companion, especially if people have a little extra time at home to get acquainted with their new pet before returning to

their workplace or school.

Local companion animal welfare experts, the Placer SPCA would like to remind prospective owners that there is no such thing as a "free" pet. Food, toys, and veterinary care will always be required. For now, though, adopters can save the adoption fee for their new cat's future care.

All cats adopted from Placer SPCA receive a FELV/FIV test, FVRCP and rabies vaccinations, and a microchip. Adopters receive a voucher for a free veterinary exam.

For more information about adopting a cat from Placer SPCA, please call (916) 782-7722 or (530) 885-7387, extension 100, or email customercare@placerspca.org.



As time goes on, a small, handsome tuxedo cat named Toad is beginning to wonder if he will find a home for the holidays. Toad is five months old now, but he first came to the Placer SPCA as a tiny kitten, only four days old.

Project Blue Light: Keep the Light on

From the Office of Sheriff Edward N. Bonner

Released by Dena Erwin, PIO

Placer County – The Placer County Sheriff's Office is encouraging residents and businesses throughout Placer County to display blue lights during the month of December in honor of Project Blue Light.

Project Blue Light is observed nationally every year to serve as a memorial to fallen law enforcement officers. Communities are asked to display blue lights to show their respect and encouragement



support of those fighting overseas.

Residents can participate by displaying blue lights on a holiday tree, as outside decorations, in windows, or by using a blue porch light. Businesses can show their support by placing a blue light over a business entrance, in strings of exterior lights or in storefront windows.

For additional information on Project Blue Light, call Community Services Officer Lynn Harrison at (916) 652-2419. Enjoy a safe and happy holiday season and "keep the light on."

for fallen officers and their families. Military families have also adopted the program by displaying blue lights year-round in

Widowed Persons Association, Auburn

Widowed Person's Association of California will hold its monthly luncheon meeting on Fri. December 17, 2010 at 12:00 PM at the Sizzler

Restaurant in Auburn. All Widowed People are invited to attend three activities of this organization prior to joining our membership. For

reservations call Jeanette at 530-888-6880 by December 15. For a free newsletter call 530-878-1728. For one on one grief support call 530-885-8298.

Placer Sentinel

Serving Auburn and Placer County since 1987



Publisher—Paul V. Scholl

Publisher's Statement: It is the intent of the Placer Sentinel to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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Operation Until They All Come Home

Submitted by Pat Thomas

Auburn - Operation:Mom wants to give a BIG thank you to the community for a fantastic packing night for our men and women protecting us overseas. Operation:Mom pack 100 boxes each month for our troops from Placer County and beyond. Each box had a note asking them to share with their fellow service person and send a name and address if any others wish to receive their own box. It takes a village to accomplish this as a non profit organization. We pay \$10.70 for each package loaded with goodies from beef jerky to crossword puzzle books. There is usually over \$25.00 of product all donated from our community and businesses.

This month we packed 197 boxes addressed to individuals from Placer County our first priority. We then packed 16 unit boxes, much larger for a company from Louisiana in Afghanistan that lost everything except the clothes on their backs from a bombing of supply trucks. Finally we packed an additional 4 unit boxes for the Red Cross in Iraq. All this happened because of the generosity of our community and many volunteers on November 16 at Colfax Veterans Memorial Hall. A special thank you to cub scouts and boy scouts of Colfax #25, Lions Club of Meadow Vista, Shirley Paris and her E.V. Caine Students, John Stephens of Grocery Outlet, The many volunteers that work 24-7 from Operation:Mom with Dee Rein at the helm. The Auburn Kiwanis Club and Lincoln Kiwanis Club and the Karel Staple Studebaker Club of Sacramento. I am sure I missed a few and thank you as well.

This is an ongoing project and we need your support. If you would like to be involved in the future or make a donation please contact Operation:Mom at pcooperationmom@gmail.com or give us a call: Pat Thomas 530 888-0784 or Pat Ryan 530-559-8610.

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Around Old Town

with Loyce Smallwood

Auburn – Want to see how it's being done? Stop by and chat with Owner Gloria Rimrock who is always ready with a quick smile and friendly manner at OT Auburn Antiques in Auburn. Gloria has given her store a bright new facelift including Jeeves-like butler as a greeter at the entrance; and the store even has a patio with accessories for the garden and patio. Gloria's rich inventory includes glassware, jewelry, pottery and ironwork. You can cross the street and further enjoy outstanding local art from glass to pottery to tapestry to watercolor from at OT Gallery where you can chat away with one or two of the contributing artists.

Build up your momentum and go to the top of Sacramento Street and enjoy a hot drink and a tasty home-style pastry at OT Desserts and

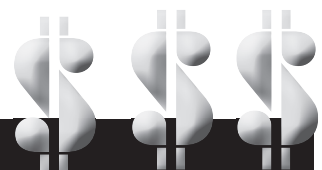


Maria Scoggins enjoys her birthday celebration with Owner Reese at OT Auburn Desserts.

probably end up chatting away with Owners Reese and Tammy Browning who also run OT Pizza across the street. Sit back and enjoy Big Band Music from Sirius radio and learn about all the OT happenings from

patriarch Reese Browning while Tammy serves up her favorite pecan torte. Good stuff here in OT Auburn where the busy Ale House has become a popular draw for this bustling town.

Dollars and Sense



by James J. Scherer, MBA, CPA



Is a Roth IRA Conversion in Your Future?

Congress desperately needs tax revenue to pay for their spending habit. For tax year 2010 they tweaked the Roth Conversion rules by allowing those with modified gross income greater than \$100,000 to make the conversion. You will normally pay income tax on the converted amount at ordinary income tax rates. However, Congress is helping out a little by allowing you to spread the tax bite over two years.

Potential Benefits

- *A larger sum to bequeath to heirs.* The required minimum distribution rules do not apply for Roth IRAs. Therefore, at age 70 ½ and beyond, your Roth can remain invested, which may grow and become a larger sum to leave to your heirs.
- *Tax-free withdrawals on qualified distributions.* Withdrawals from a Roth IRA are tax-free for those who have had the money invested for five years or more and have reached the age of 59½, or have attained another qualifying event.¹

and Drawbacks

- *The tax bite.* Investors who convert assets from a traditional IRA to a Roth IRA are required to pay taxes on the amount that is rolled over. If you have a nondeductible traditional IRA, investment earnings will be taxed but the amount of your contributions will not. The conversion will not trigger the 10% penalty for early withdrawals.

Which Is Right for You?

- If you are considering a Roth conversion please see a tax

professional. You can also review the income tax implications with a Roth conversion calculator. One such calculator is at <http://finance.yahoo.com/calculator/retirement/qua04>.

• *IRA account holders (both traditional and Roth) may make qualified withdrawals before age 59½ only if they meet specific criteria established by the IRS (disability, qualified first-time home buyer and others). Consult www.irs.gov for additional information.*

This article is not intended to provide specific investment or tax advice for any individual. If you have specific questions consult your financial advisor, tax advisor, or give me a call.

James J. Scherer, a registered principal of Scherer Wealth Management, Inc., is, also, a financial advisor with, and securities offered through LPL Financial, Member FINRA/SIPC (CA Insurance License 0C20370). He can be reached at 916-797-1188 or email at james.scherer@schererwealth.com. His web page is www.schererwealth.com.

Tsuda's Goes Gourmet



Auburn – Alex at Tsuda's has said they are "going gourmet" with a full line of new gourmet coffees for their patrons to enjoy. "Gourmet" is due to kick-off later this month, so stop by in Old Town and try one of the many new varieties. Alex rattled off all the names to me when we talked, and the list was enough to make this decaf-drinkers' head spin. I do plan to stop by myself and try a new decaf brand, along with some of that delicious dessert! Tsuda's is on the corner at 103 Sacramento Street. You can also call ahead for lunch at (530) 823-2233, or visit their website at tsudas.com.



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Regional Forum: Rural-Urban Connections Strategy

Join us Friday, December 10 at 7:30 a.m. at the Sacramento Convention Center

- Keynote address from USDA Rural Development Deputy Under Secretary Victor Vasquez
- Highlight the role of agriculture in the region
- Explore agricultural conditions and challenges with representatives of agriculture from around the Sacramento region
- Identify market opportunities for expanding regional agricultural activity
- Share innovations from the project to help shape our region's economic and environmental health

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by David Dickstein

Family Viewing at the Cinema

The Spy Next Door
Opens Jan. 15, rated PG
thespynextdoorfilm.com

His days of playing straight action heroes long gone, Jackie Chan plays an undercover CIA superspy on the brink of retirement in this family action-comedy. Before leaving a career in espionage to pursue the girl of his dreams, he assigns himself one last mission: to win over her three high-maintenance children. Sounds like "Spy Kids" meets "Are We There Yet?"

Hoodwinked Tool: Hood vs. Evil
Opens Jan. 15, rated PG
No official site at press time

If the sequel is half as witty as the 2006 original, fans of fractured fairy tales are in for a treat. Red Riding Hood (voiced by Hayden Panettiere, replacing Anne Hathaway) is again the focus, this time going through training in a far away land with a covert group called the Sister Hoods. Red's new skills are put to good use when she and the Wolf are asked to investigate the disappearance of Hansel and Gretel.

The Tooth Fairy
Opens Jan. 22, rated PG
toothfairy-movie.com

The meanest player in hockey, who alone has extracted more teeth than some orthodontists – earning him the nickname

Films and DVDs for the Whole Family

"The Tooth Fairy" -- is given the ultimate penalty by having to be a real tooth fairy for a week. Dwayne "The Rock" Johnson stars as the goon. Ashley Judd, Billy Crystal and Julie Andrews co-star.

Family Home Entertainment

Angus, Thongs and Perfect Snogging (ages 12-16, rental only, PG-13): Nearing her 15th birthday and the party of parties, Georgia stops at nothing to nab the hot, new boy in school away from her archrival. Well done by "Bend it Like Beckham" director Gurinder Chadha. Some suggestive themes and language make this one to watch without pre-teens in the room. Grade: A

Bugs Bunny's Cupid Capers (ages 4-10, released Jan. 12, not rated): Love, Looney Tunes style hits Bugs, Elmer Fudd, Tweety, Porky Pig and other cupid-targeted characters in this collection of animated shorts packaged for Valentine's Day sales. Amorous skunk Pepe Le Pew offers up the biggest laughs. Grade: A-

Call of the Wild (ages 9-15, just out, rated PG): Getting a

contemporary 3-D makeover is Jack London's classic story of a young Montana girl who attracts the attention of an evil stranger after she rescues an injured wolf. Stars Christopher Lloyd, Joyce DeWitt, Timothy Bottoms and, as 9-year-old Ryan, Ariel Gade. Two pairs of special 3-D glasses are included, along with a 2-D version. Grade: B

Cloudy with a Chance of Meatballs (ages 4-10, released Jan. 5, rated G): Stretching the thin storyline of the popular children's book for a full-length animated feature means the film adaptation bears little resemblance to the source material. Still, the yummy yarn of an inventor who makes it rain food over the tiny town of Chewandswallow is a savory treat. Grade: B+

Scooby's All Star Laff-a-Lympics (ages 3-9, released Jan. 19, not rated): A wacky cross between the Olympics and TV's "Battle of the Network Stars, this series originally aired Saturday mornings in the late-'70s. DVD includes four episodes and an extra from another Scooby and the goofy great dane. Grade: B



Golden Bough Christmas Concert at Music & More Theatre



Margie Butler and Paul Espinoza (co-founders of Golden Bough) with the newest addition to Golden Bough's line-up, violinist Kathy Sierra.

Auburn – Celtic music of Ireland and Scotland has continued to increase in popularity for the past several years. One of the groups spearheading this popularity is the international touring and recording group Golden Bough. Besides the music of the better-known Celtic countries of Ireland and Scotland, Golden Bough will also perform music from the lesser-known nations of Wales, Cornwall, The Isle of Man, French Brittany and Galicia in Spain. The concert will be held at Music & More Theatre, 11596 D. Ave. Auburn, CA, 7:00 PM, Saturday, Dec. 11, 2010

Since 1980 Margie Butler and Paul Espinoza (co-founders of Golden Bough) have recorded and performed the music of the Celtic lands, along with their own compositions. Last

year they spent time in Galicia in Spain to research the Celtic music of that province. This year they have just returned from an extensive tour through Holland, the Netherlands, Austria, and France performing music from Celtic lands.

The newest addition to Golden Bough's line-up is violinist Kathy Sierra, whose vibrant energy, exquisite fiddling and dulcet vocals compliment the singing and playing styles of Butler and Espinoza. She brings a passionate approach to the group's music and a fresh dynamic to their stage performance.

For more than twenty years, Golden Bough has brought their music to enthusiastic fans throughout the United States and Europe, as well as Japan. Their interpretation of this music has made them a favorite

with audiences on both sides of the Atlantic, gaining critical acclaim and enthusiastic support from folk fans wherever they perform.

With a dazzling array of acoustic instruments and haunting vocal styling, this trio of modern day minstrels presents a program that leaves little room for audience members to lose interest. Blending their voices in three-part harmony they sing ballads, lively sing-alongs and beautiful acapella pieces and back themselves with the Celtic harp, guitar, penny-whistle, recorder, violin, viola, octave-mandolin, accordion, and bodhran (the Irish hand drum).

The music of Golden Bough is enjoyed by listeners of all ages and you'll be hard put to sit still once the fire of the Celtic music is flamed by these fine musicians. A splendid time is guaranteed for all!

For further information on Golden Bough, their recordings, concert schedule and history you can access their website at www.goldenbough-music.com. For concert information, call 530-305-0938 cell, or visit www.musicandmore.net for online tickets. Tickets can also be purchased at the door. \$15 General Admission. \$12 Senior 65 and over, and \$10 Children 13 under.

Golden Bough
 P.O. Box 485, Sheridan, OR 97378;
 Web: www.goldenboughmusic.com
 (503) 843-2152; E-mail: goldenbough@compuserve.com

Half Day Retreat "Buddhist Teachings"

EVENT: Half Day Retreat :
 "Buddhist Teachings"
 DATE: Dec. 18, 2010; Saturday

TIME: 8:30 - 12 noon
 WHERE:
 Applegate Community Center
 18014 Applegate Rd., Applegate
 SPONSORED BY:
 Bear River Meditation Group
 CONTACT PERSON:
 Andrea Spark, bearrivermeditation-group@gmail.com
 (530) 878-2629

Saturday, December 18th, from 8:30 a.m. until 12 noon, at the Applegate Community Center (18014 Applegate Rd, Applegate) the Bear River Meditation Group will hold a half day retreat led by Reverend Astor Douglas, Teacher of Buddhism from Shasta Abbey Buddhist Monastery. She will give a Dharma talk titled "The Ship and Three Drums". Basing her talk on the Buddha's teachings on suffering, she will discuss the question: how can we convert our greed, anger and delusions into Compassion, Love and Wisdom and thus help ourselves and all beings lead lives free from fear and doubt? This life-long process will be described with an emphasis on how we can approach fulfilling such an ideal within the context of our own daily lives. The retreat is open to the public, and there will be no charge. Prior to

the meditation period, meditation instruction will be given to anyone new to the practice.

The morning Dharma talk will be followed by the Ceremony of Gratitude. This is a ceremony of giving and receiving that has become an annual offering ceremony this time of year from our meditation group to Shasta Abbey. Traditionally the laity offer alms and support to the Monastery providing the traditional "four requisites" of food, lodging, clothing and medicine for monks. The offerings are passed in a circle, from one person to the next. Each person gives and the next receives. A bow is exchanged as the offerings are passed one to another. The offerings are then blessed, and taken to Shasta Abbey to be included in the offering ceremony at the monastery. It is a beautiful ceremony, and one enjoyed by children, who are welcome to attend.

If you would like to join us Saturday morning, please email bearrivermeditationgroup@gmail.com or call Pam or Andrea at (530) 878-2629 for more information.

If you would like to bring an offering for the ceremony, please go to <http://www.shastaabbey.org/giving.html> for the current alms list found at the bottom of the page.

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Marlys Norris, Christian author

By Marlys Norris

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If someone has attacked you with angry unkind words, YOU CAN forgive them — even if they never say they are sorry or give you an apology. YOU CAN do it because your

You Can !

personal relationship with the God of the Bible instructs you to forgive that person Seventy times Seven (70x7 times — Read: Matthew 18:22) YOU CAN AND WILL DO IT because your relationship with God is supremely important to you. To please Him in every area of your life is ultimate. Our reactions and reactions either honor or dishonor him before others. "Let no corrupt communications proceed out of your mouth, but that which is good to use of edifying, that it may minister grace unto the hearers". (Ephesians 4:29) When we do this, we have learned from the Holy Word valuable lessons that honor God and bring Him the Glory He alone deserves.

Every unfortunate experience we have in our lives teaches us specific lessons we need to learn. They also teach us how far we have come in experiencing a sincere and genuine walk with God. It awakens our inner-spirit to find areas in our lives where we need more discipline and control and where we do not exemplify the love of God or a Christ-like Spirit. When we fail we are aware we need some more pruning our sinful fleshly natures and that we have been very lax to examined ourselves as the

Scripture commands: Psalms 26:2 & 3 "Examine me, O Lord and prove me; try my reins and my heart. For thy loving kindness is before mine eyes; and I have walked in thy truth. 2 Cor. 13:5 Examine yourselves, whether you be in the faith; prove your own selves. Know you not your own selves, how that Jesus Christ is in you, except ye be reprobates". When we honor these words and take them seriously we will follow in obedience and be blessed with the favor of God. And I Cor. 11:28 "But let a man examine himself and so let him eat of that bread and drink of that cup". (Speaking of taking the communion cup.) We are not to take communion in vain and dishonor God but be reconciled to all men/women.

"Leave there thy gift before the altar, and go thy way: first be reconciled to thy brother/sister, and then come and offer thy gift". (Matthew 5:24) YES, YOU CAN !!

*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

In 1 Timothy 5:8, Paul tells Timothy:

"But if anyone does not provide for his own, and especially for those of his household, he has denied the Faith and is worse than an unbeliever." (KJV)

In Luke 22:36, Jesus tells His disciples:

"He who has no sword, let him sell his garment and buy one." (KJV)

Study-Grow-Know

"Christians and Self-Defense"

Exodus 22:2 is another example of how God thinks and what He gives people permission to do when facing the threat of criminal behavior:

"If the thief is found breaking in, and he is struck so that he dies, there shall be no guilt for his bloodshed." (KJV)

No law-abiding citizen wants to have to use deadly force, but not to do so when necessary means I am shirking my responsibility as husband and father. Here is the reality: *I will use deadly force if necessary to keep someone from harming my family.*

I was talking to a firearms instructor not long ago who said that since President Obama was elected, the instructor has trained over 1600 people for a Concealed Weapons Permit! *That number again is sixteen*

hundred!

Peace often comes through a show of strength. Jesus said we should have a weapon. Paul tells us that as Christians, we should do everything we can to care for and protect our family.

The Old Testament tells us that killing someone who is out to potentially hurt or kill you is *not wrong*. Liberals and Socialists want you to believe otherwise. Funny how they have their security forces though, isn't it?

As a Christian, I have every right to protect myself and my family from harm. It is not unchristian to do so. I am actually doing the *right* thing by defending myself and my family.

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Fed Up With the Fed

Commentary By

Dr. Mark W. Hendrickson

What happens to a car company that makes crummy cars, a restaurant that serves lousy food, or an insurance company that poorly serves its policyholders? Unless they mend their ways, they lose customers and eventually go out of business. That's how a free market works.

The notable exceptions are entities that enjoy special protection from government. Thus, Uncle Sam bails out select private businesses (e.g., GM, AIG, Fannie Mae); enlarges inefficient government bureaucracies (e.g., FEMA, EPA); and preserves monopolies for poorly performing government-created institutions (e.g., the postal service and the Federal Reserve System).

Let's take a closer look at the Fed. A thorough rethinking of Uncle Sam's central bank is long overdue.

Congress created the Federal Reserve System in 1913 to promote stable money and banking, and to lessen the disruptive ups and downs of the business cycle. The Fed has failed dismally.

Under the Fed's supervision, boom-bust cycles have continued. Three of them—the Great Depression, the stagflationary period from 1974-82, and the current "Great Recession"—have been devastating. Bank failures have occurred in alarmingly high numbers. The dollar has lost 95-98 percent of its purchasing power.

Tragically, the Fed appears to have learned little from its mistakes. Its current policy of "quantitative easing" continues its long tradition of creating bubbles by deliberately implementing inflationary policies. Citing the official Consumer Price Index, the Fed justifies its aggressive inflationary QE2 policy by asserting that price inflation is too low.

People living in the real world

may disagree. In the last year, the Commodity Research Bureau's food index has risen 27 percent; cotton's price has more than doubled to an all-time high; and oil and gasoline prices have posted double-digit gains. The costs of eating, driving, and wearing clothes are trending higher at the very time the Fed plans to inject hundreds of billions of dollars (trillions, if needed) to prop up Washington and Wall Street.

What concerns me about the Fed's current course (apart from the danger it poses to the purchasing power of our income and savings) is the totally arbitrary way in which it is proceeding. The Fed has arrogated unprecedented discretionary powers to itself.

Indeed, the Fed now has a free hand to create however much money it wants and buy whatever financial assets it chooses, whether government or private or even foreign. There is no oversight or accountability. Even the Inspector General for the Federal Reserve, the Fed's official watchdog, has been left in the dark. (Check out this astonishing congressional testimony.)

It is anomalous that there should be such a powerful, unrestrained institution as the Fed in our body politic. Its awesome, arbitrary powers make a mockery of constitutional checks and balances; it threatens not only our money, but liberty itself.

The chairman of the Fed is commonly referred to as the second most powerful person in the country. In a democratic republic, should the second most powerful policymaker be unelected?

Why won't Congress at least audit the Fed? Rep. Ron Paul has proposed this for years, but a majority of his colleagues seem afraid to take this simple, prudent step. This is the same Congress that routinely demands microscopically detailed access to the financial records of private-sector corporations.

Why the double standard?

If there is going to be a central bank (and that is a big "if"), it needs to have a simpler focus than the Fed's current mission statement. The 1970 amendments to the Federal Reserve Act state that the Fed should "promote effectively the goals of maximum employment, stable prices, and moderate long-term interest rates." These goals are misguided and unattainable.

First, the premise that the central bank can promote employment is erroneous. It is based on a spurious academic theory called the Phillips curve that posits a supposed tradeoff between inflation and employment. Unemployment is fundamentally a price problem, not a monetary problem; therefore, unemployment can only be cured by the presence of a free market in wages. Employment is not the responsibility of a central bank.

Second, central bank tampering with interest rates is the fundamental cause of the artificial boom-bust cycle; thus, the Fed or any successor institution should forever cease from tampering with interest rates.

Finally, focusing on "stable prices" is looking at the problem backwards. The Fed shouldn't try to influence prices any more than a nurse should influence the readings on a thermometer. The "fever" that causes prices to rise and purchasing power to fall is unstable, unreliable money. "Heal" the money, and prices will take care of themselves.

The sole mission of the Fed or any alternative guardian of our country's money should be to preserve the integrity of the monetary unit. That means an end to fiat money and a return to constitutional, honest money. The Fed, as currently constituted, must go.

Dr. Mark W. Hendrickson is an adjunct faculty member, economist, and contributing scholar with The Center for Vision & Values at Grove City College. www.VisAndVals.org

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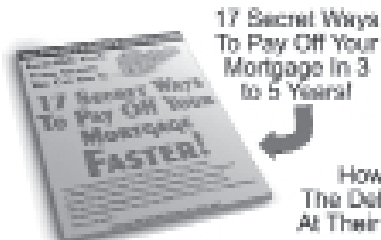
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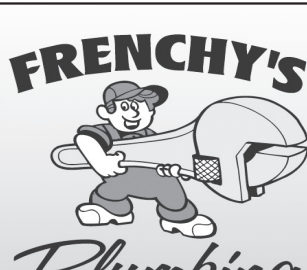
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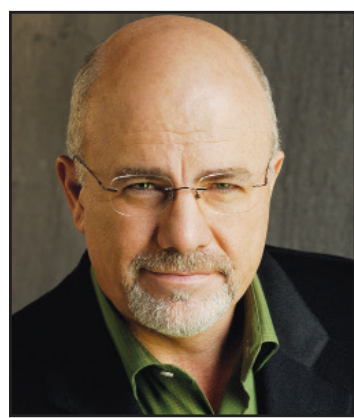
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Dave Says

not theirs. Besides, the only reason they want you to finance is so they'll make a lot more money off the deal.

Dude, you're a 24-year-old college student who has been smart enough and industrious enough to scrape up \$30,000 over the last few years. You don't need to throw a huge chunk of that into something that's going to go down in value like a rock. New cars lose 60 percent of their value in the first four years. A \$28,000 car would be worth around \$11,000 after that period of time. That's not what I call a smart investment.

You don't need a brand-new car, Devon. Once you've got a million dollars in the bank, then you can go out and buy a new car. For now, you need to stick with good, used, low-mileage vehicles that are about three or four years old.

If I were in your shoes and had your budget, I'd shop around and pay cash for a cool little \$10,000 car. You can get a great automobile for that kind of money, plus you'll still have the majority of your savings sitting there!

- Dave

No, No, No!

Dear Dave,

Should I take \$20,000 out of my thrift savings account to use as a

down payment on an investment property? My payment would be \$1,200 a month, and I could lease it for \$1,500 a month. It will also give me a better return than if I left it in my savings account, even with all the penalties. What do you think?

- Cecilia

Dear Cecilia,

So, you want to cash out retirement, and take a penalty, to buy an investment property. And on top of that you're going to take on debt, too? This is like combining two dumb things into one big mess. I don't think so!

I understand the allure of real estate. I love real estate. But it's pretty obvious you've never been a landlord. Bringing in \$1,500 and paying out \$1,200 sounds good to you, but there's also a lot of risk involved, and that's something you haven't figured into the equation. Sometimes you have places that just sit there empty. Other times you have renters who don't pay, things that need fixing, or people who just tear stuff up.

The idea that you're going to make a bunch of money off this situation is pure fantasy. Don't go there!

- Dave

For more financial help please visit daveramsey.com.

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.

College Kids Don't Need New Cars

Dear Dave,

I'm 24, and I'm finishing up college. I've been driving an old, used car for a while now, and I'm thinking about getting a new one. I've managed to save up about \$30,000 from my jobs, but every time I go to a car dealer they want me to finance a new car instead of paying cash for one. What do you think I should do?

- Devon

Dear Devon,

Who gives a crap what the car dealers want? This is your purchase,



POPPOFF!

with Mary Jane Popp

You might now find yourself in relationships where you fear intimacy, rejection.

Abandonment: Many of us get stuck when we fell alone or have a sense that we have been abandoned by friends, partners, and family. When we feel abandoned, we shut everyone else out and isolate.

Anger and Resentment: Whenever we feel anger or resentment towards someone else, we actually tie ourselves energetically to that person or situation and continue to draw to us similar negative experiences.

How We Define Ourselves: Rather than defining ourselves as connected to everyone else, we perceive ourselves to be isolated and disconnected except through externally imposed social groups.

Lack of Self Love: Isn't it funny that many of us feel guilty whenever we do something nurturing for ourselves and we feel like we are doing something wrong? Why?

Inadequacy and Powerlessness: Some of the tests we face in life create crisis such as a loved one dying, divorce, being fired from a job, a career has lost its reward, a driving dream was not realized, financial problems, children in crisis. When something like this happens, we beat ourselves up feeling as if we have

failed.
Heartache: Depending on the intensity of the event, we heal from acute pain in time, but we learned to guard our heart so we are not left so vulnerable again.

The Unknown: One of the greatest fears is the fear of the unknown. Many people get stuck in their circumstances for fear of taking a different path.

Stress: We often get caught up in the fast pace of our daily lives that we no longer feel refreshed or alert or have the clarity to observe where we are in our lives and that we have created for ourselves.

Habit: We create something every day. It can be more of the bad stuff or we can start the habit of creating good.

Self-Discipline: With all the world's negativity, how do we keep it from seeping into our lives? We need regular routines that keep us balanced in body, mind, and spirit.

Check out her website at www.12keystoshift.com. Now go out there and be positive! It's the holidays! Be kind to yourself! You deserve it!!!

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

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

Thursdays 7pm – 9pm: Thursdays With Basil

Saturdays

- 6am-7am: A Time for Seniors
- 7am-8am: The Swap Shop
- 8am-9am: The KAH! Corral
- 9am-10am: The Garden Guru
- 10am-11am: Medically Speaking Radio
- 11am-12pm: Retirement Catch-Up
- 12pm-1pm: Your Life and Your Money
- 1pm-1:30pm: Study-Grow-Know
- 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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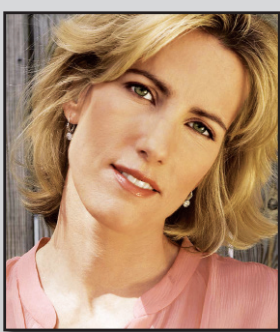
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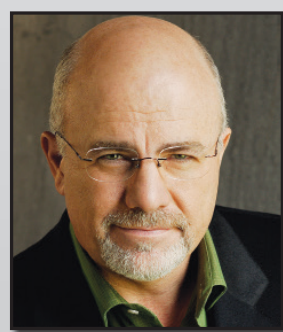
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Arts, Entertainment and Other Fun Things to do!



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 interface 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 exhibit also features a selection of unique holiday gifts.

The Arts Building Gallery is located at 808 Lincoln Way, Auburn, CA95603. 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.

Masters Of Magic

Family-Friendly Production Show Returns to Tahoe's South Shore for Christmas - New Year Week December 25, 2010 - January 1, 2011

South Lake Tahoe – "Masters of Magic," a high-energy, family-friendly show featuring four headliner magicians with grand illusions, sleight of hand, mind-blowing tricks and a splash of comedy, will appear nightly at MontBleu Resort Casino & Spa, (<http://www.montbleuresort.com>) December 25, 2010 through January 1, 2011. This world-class family production in a major showroom at South Lake Tahoe has tickets priced at \$24.95 for adults and \$16.95 for children 17 and under.

Masters of Magic features four award-winning national headliners in non-stop action with grand illusion, sleight of hand, mind-blowing magic, and a splash of comedic relief. It is produced by the recipients of the 2010 Producers Of The Year award, Paul Reder and Tony Clark, which is magic's equivalent of an Oscar.

Starring in this grand production is World Champion master magician, *Tony Clark*. Clark won the coveted title of World's Best Sleight-of-Hand Magician at the International Magic Awards. He was also named World Class Stage Champion by the Society of American Magicians, and he is a recipient of the Bill Baird Award for Excellence in Manipulation, as well as the Best Classical Magic Act Award

at the World Magic Awards which aired on CBS TV.

The Award Winning Magic Of *Eli Kerr* has toured the World performing for royalty and heads of state. You may have also seen one of his numerous television appearances, like NBC's

"Americas Got Talent" or on "Comedy Central". His performances have also earned him many accolades like "Best Casino Show", and "Best Magician in Northern Nevada". His unique look, dramatic stage presence, one-of-a-kind sense of humor, and quick wit, all come together to produce one amazingly talented entertainer!

Mark Kornhauser is one of the most successful comedy magic acts in the world. Above he is seen on the cover of the January issue of *MAGIC* magazine. He has performed as an opening act for some of the biggest celebrities in show business: Tom Jones, Elvis Costello, Lou Rawls, Tony Orlando, Dom Delouise, Terry Fator, Frankie Valli, and many more. He has worked consistently in the most prestigious casinos and shows in Las Vegas, Reno, Lake Tahoe, and Atlantic City. He has appeared on dozens of television shows including "The Tonight Show with Jay Leno". He was this year's Master of Ceremo-

nies for the prestigious and celebrity studded Academy of Magical Arts Award Show at the Beverly Hilton, and was nominated by his peers in a recent *MAGIC* magazine survey as one of the funniest magicians in the world.

Zsa Zsa was 6 years old when she made her live performance debut. She has performed in five different Las Vegas Casinos and at the Magic Castle in Hollywood. She was discovered 6 1/2 years ago at the Henderson Animal Shelter and became the famous, *Zsa Zsa - The Talking Dog*. She is mostly Australian Cattle Dog and Terrier Something. Definitely a herding dog, she still retains the one bad habit of occasionally going after a stray human's heels. Everyone loves Zsa Zsa.

Master of Magic will run Saturday through Sunday in MontBleu Theatre inside MontBleu Casino Resort starting December 25, and run through January 1, 2011. Show times are 8:00p nightly. Tickets are only \$24.95 for adults and \$16.95 for children 17 and under. Tickets are available at the MontBleu Box Office, or charge by phone at 800-648-3353 or purchase online at www.ticketmaster.com.

For more information call MontBleu, (775) 588-3515.

Children's Art Cheerfully Adorns Hospital Halls



Submitted by Patrick Witz

Meadow Vista – Creative Kids Preschool & Child Care in Meadow Vista has been given the privilege to exhibit over 75 pieces of children's

art covering the autumn, Halloween, Thanksgiving, and Christmas seasons. The free exhibit is available for viewing from October through the end of December in the Children's Art Can Heal Gallery at Sutter Auburn Faith Hospital. The hospital hosted a two hour juice and cookies reception for the "artists" and their parents on November 17, 2010.

From the initial hanging of the pieces, doctors, nurses, staff, patients, and visitors walking the halls stopped momentarily to smile, giggling, and enjoy the various art pieces the 2 to 6 year-olds created. The preschool children unwittingly accomplished the ultimate objective of the "Art Can Heal" project by bringing positive, brighter, and sometimes humorous feelings into the emotionally stressful, somber, and often overwhelming hospital environment. Smiles, humor,

and upbeat positive feelings have been proven to enhance and speed healing... and what better way than children's art.

The preschoolers had a fabulous time creating the art and hope the community will as well have the opportunity to enjoy their work. If you happen to be patient, or plan on being a patient, work in, or are just visiting the hospital, take a minute or two to visit and enjoy the exhibit. One never knows, you might be lucky enough to be granted an audience with one of the artists... however, don't expect a lengthy interview on any particular subject, as the artists are rather eccentric, have short attention spans, and tend to speak with brutal honesty about anything and everything that instantaneously captures their attention.

AARP Chapter Plans Day Trip to Casino

Auburn – AARP Chapter 1474 is planning a day trip to "REDHAWK" casino on December 9, 2010. We have several pickup places around Auburn. The cost is \$25 and you get a bonus refund of \$15 on your player card and \$5 food credit. We play

Bingo on the bus. You do not have to belong to AARP but you must be at least 21 years old. If anyone is interested in joining us for a day of fun and a short ride up highway 50, we would love for you to join us. If you can't make it this time maybe you can

make it in the future. We have trips once a month and always on the 2nd Thursday of the month.

Please call Diane @ 889-1680 for more information and to reserve your seat.

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.

Christmas in Newcastle

Newcastle – With the lights from the valley twinkling far below, Kris Kringle will arrive in the Foothills on the Newcastle Volunteer Fire Department's antique engine, during the community's Christmas In Newcastle celebration on Wednesday, December 8. Children will receive a goodie bag from the jolly old elf, and can have their picture taken with him at no charge. The official lighting of the Christmas Tree will take place at 6:00 p.m. which is the clue for Santa to arrive. The first 200 arriving will receive a gift of up to a \$50 merchant gift card.

For adults, watching the wonder

of children is enough of a reason to join the festivities, but they will enjoy the neighborly event as well, with complimentary snacks and beverages donated by Newcastle merchants. Sing-along Christmas Carols, roasting marshmallows by the Bonfire, crafts and other holiday activities are being planned, all free. Everyone is encouraged to bring canned food for the Newcastle Lion's Club food drive.

A Christmas Cookie Contest is being sponsored by Sage Tax Solutions for adults and kids 12 and under. Just bring two dozen cookies to share with friends and the community – winners

will receive a scrip gift card (Newcastle school scrip) from Tax Solutions.

You can enjoy this small-town celebration on Wednesday, December 8, from 5:30-7:30 pm in the Denny's Plaza, I-80 and Newcastle Rd exit at Indian Hill Rd. Christmas in Newcastle is sponsored by the Newcastle Area Business Association.

To make donations for children's Goodie Bags, decorations, or to volunteer to help, please contact Sharon, Newcastle Preserves, at SPW1@aol.com. For more information about the Christmas Cookie Contest, please contact Marcia Bice at 916-663-4825.

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Christmas Treasures Brings Joy to Military Children



Decadent triple chocolate cookies, luscious low-carb brownies, delicious double chocolate fudge – these are just a few of the 400 plus recipes in this new e-Cookbook, Christmas Treasures, released just in time for the

Christmas Holiday baking season. Christmas Treasures, a new fund raising e-Cookbook is stuffed full of recipes for your favorite sweet treats—cookies, bars, tarts, squares, pies, cakes, sweet breads and much more – all your traditional favorites plus new recipes that will keep them coming back for more.

In honor of our military, Christmas Treasures is being sold to raise needed funds for Toys for the Troops' Kids (TFTTK), a non-profit that gives Christmas toys to children of military personnel who are deployed during the Christmas Season. Find out more about TFTTK at their website, www.ToysfortheTroopsKids.org.

Christmas Treasures can be purchased for \$9.99 online at www.CookBooksforProfit.com. \$5.00 from each purchase goes directly to TFTTK. Purchase Christmas Treasures today and bring joy to the children of those who sacrifice so much to keep America safe and free.

To find out more about how to use our e-Cookbooks for your next fund raiser or how to use them to promote your business, please visit www.cookbooksforprofit. Also sign up to receive regular alerts as new e-Cookbooks become available in 2011.

Gaines Collecting Toys for "Never Forget Our Fallen" Toy Drive

Assemblyman Gaines is pleased to join forces with Roseville's Never Forget Our Fallen organization this holiday season to support the group's 3rd Annual Military Children's Toy Drive.

Placer County – Founded in 2007 by Roseville military mom Deborah Getz after the loss of her son, Kristofer Thomas in Iraq, Never Forget Our Fallen has helped thousands of children who have parents serving overseas or who have lost a parent enjoy the Christmas holiday.

"Our troops and servicemen and servicewomen are not the only ones affected while serving our country," Gaines said. "The families who are left behind are also impacted. Never Forget Our Fallen is a wonderful way to put a smile on the children's faces of those military



Ted Gaines

members and their families during the holidays, one of the most emotionally difficult times to be away from home."

Last year, Never Forget Our Fallen collected enough toys to serve more than 1,200 military families.

New, unwrapped toys for ages 0-17 can be dropped off at Assemblyman Gaines' district and Capitol offices through December 17.

For more drop off locations or for more information about Never Forget our Fallen, visit www.neverforgetourfallen.com.

Legislative Analyst's Office Projects \$25.4 Billion Shortfall

From the Office of Ted Gaines, Assemblyman

Placer County – Recently, the bi-partisan Legislative Analyst's Office projected California's budget deficit will be more than \$25 billion next year.

This shows us what a tough uphill battle we face in the coming year and that this worsening crisis requires our immediate attention

and true spending reform.

Governor Arnold Schwarzenegger has called a special budget session set for this month to address our gaping budget hole.

Every day we don't act, our problems worsen, and now is the time to tackle the real, structural budget solutions that got us into this mess in the first place.

I have long called for a spending

limit that will help the state live within its means. We must also get serious about reducing the overall size and scope of state government by passing reforms to make government leaner and more efficient.

For my part, I am ready to work through this special budget session as long as it takes to bring our budget into balance.

An Economical Yet Tasteful Way to Make the Most of the Holidays



For a taste of tradition, serve or give an elegant Christmas Pudding during the holidays. It could make your get-togethers more fun than the

(NAPSA)–The state of the economy doesn't have to leave you feeling like Ebenezer Scrooge this holiday season. Instead, you can celebrate with the warm and delicious tradition of giving gifts of great food to friends, family and guests. For example, consider a Christmas pudding Mrs. Cratchet would have been proud to serve. It's been not only a highlight of holiday meals for centuries, but it can also be very economical. The pudding is generally prepared using breadcrumbs, raisins and other fruits and spices available around the house. Given the investment many holiday bakers make in ingredients, such as nuts and dried fruits, it's usually wise to invest in fresh ingredients to help your holiday treat turn out as intended.

April Osburn, Culinary Classroom Manager for Clabber Girl, stresses that using outdated or near-date ingredients in your recipe can dramatically affect the finished product. "The holiday season is a time when you are baking to impress, and time, as well as money, is at a premium. The last thing you want to do is let an expired ingredient cause your recipe to fail. Using old ingredients can compromise taste and the integrity of your baked goods." It's important to be sure all your ingredients are fresh, especially baking soda, baking powder, cornstarch, flour and spices. Replace any that are a year old or more. If in doubt,

start anew and date each item to be sure you'll know each time you bake.

This holiday season, impress everyone with the Christmas pudding that can make a great addition to a neighborhood cookie exchange, a visit with family or as dessert for your own holiday dinner.

Christmas Pudding

- 2 1/2 cups all-purpose flour, sifted
- 1 teaspoon Clabber Girl Baking Powder
- 1 1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1 cup milk
- 1/4 teaspoon nutmeg
- 1 1/2 cups raisins
- 1/2 cup currants
- 1/3 cup chopped citron
- 1 cup packed brown sugar
- 3/4 cup margarine, softened
- 2 eggs

Mix and sift dry ingredients. Add fruits and stir until they are well coated. In a separate bowl, cream butter and brown sugar until fluffy. Beat in eggs and add flour/fruit mixture alternately with milk. Mix well. Turn into greased 1 1/2 quart mold. Cover and steam 2 hours. (To steam, set mold on a rack in large kettle/saucepan. Keep boiling water to half the depth of the mold, adding water during steaming process when necessary.)

Makes 8 servings.
Learn More
You can find more recipes and food ideas at www.clabbergirl.com.

Don't Miss the Auburn AARP 1474 Christmas Buffet Luncheon!

Auburn – You don't want to miss this event! Keith Atwater, a professor at American River College, and Jane Roach, the pianist, have planned a Christmas musical, that you'll remember for a long time. Keith has taught high school band, director of choirs and musical theatre. He finds time to compose and arrange music for choirs, hand bells and instrumental ensembles. Jane is a great musician. She accompanies choirs for various organizations in Auburn. She is a member of a local quartet, and works with youth in musical theatre. Two great musicians!

The Christmas luncheon will be at the Elks Lodge, located at 195 Pine, Auburn. The chef for the Elks Lodge is preparing our Christmas Luncheon Buffet. Chuck the chef, prepares a marvelous luncheon, including many of the favorite foods of the Holiday season. Everyone enjoys both a wonderful meal and an opportunity for fellowship.

Hurry! Hurry! Buy your ticket by December 10th. AARP 1474 members pay \$12, and non members pay \$16. Mail your check immediately to Beverly Sponsler (2233 Corral Dr., Auburn Ca. 95603. Phone 530-

889-1243). Please mark the check "Christmas Luncheon". Tickets will not be sold at the door on December 17th.

You might like to join AARP 1474 for \$7 per year. You would then receive the discount for this year and hopefully for the 2011 luncheon. If you decide to join AARP 1474 then write a separate check for \$7 and mark the check "Dues".

For a fun AARP 1474 fundraiser, call Diane Brunelle our AARP 1474 tour director (889-1680).

Hope to see you on December 17th at the Christmas Luncheon.

Free Electronic Waste Drive-Through Drop off Fundraiser to help Auburn Elementary Parent Teacher Club and Save the Environment!

What: Free Electronic Waste Drop off Fundraiser, Participants won't even have to get out of their car. Pop the trunk or open the door and we will unload for you! Why? To help pay for valuable programs and keep our library and computer lab open.

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Information: For more information, call (530-887-1958) www.cearinc.com/news.htm

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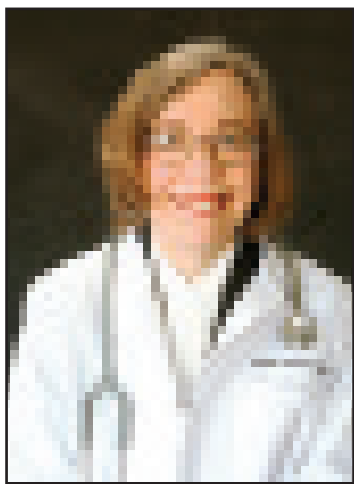
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The Medical Problems of Airport Screening: It's Not Just the Radiation



Commentary by
Jane M. Orient, M.D.
www.aapsonline.org

The radiation dose is likely the least of the problems with airport screening.

If operating as specified, a scanner delivers about 0.01 millirad of radiation, or 0.00001 rad. You unavoidably get 10,000 times as much from the natural environment every year.

The worry is not surprising in a nation that has been barraged with antinuclear propaganda for decades. Keeping people terrified of doses even tinier than those from airport scanners seems to be government policy. Fearmongering has likely caused a \$10 trillion loss to our economy by stopping the expansion of nuclear power plants, and greater dependency on hostile foreigners for energy—including those who sponsor terrorism.

We must not induce unreasoned fear, not even to oppose an outrageous assault on liberty. There is, however, another aspect to the airport scanners. They use an ingenious low-energy backscatter technique, which is apparently wonderful for identifying explosives in cargo. Since the radiation doesn't penetrate far, it wouldn't affect an unborn baby. But it does concentrate the dose in the skin.

Some scientists warn that this effect has not been properly studied, and one nuclear medicine expert told me that he is going to opt out of the scan. I think this much is clear: if you had a deadly disease, and the scanner were an FDA-regulated device that might save your life, your doctor wouldn't be allowed to use it, because of inadequate study.

Also, if your doctor had an ownership interest in the scanner, he might

go to federal prison for referring you for a scan. These anti-kickback laws, however, do not apply to the influential government cronies who stand to make a fortune from the scanners.

Leaving aside the radiation, let's look at U.S. airport security from the perspective of a terrorist, or a Martian. We have TSA agents scurrying about, fighting the last war against the shoe and the underwear bombers, both caught by vigilant human beings. The threat is from aspiring martyrs, who are captive to an ideology that advocates turning its sons and daughters, even little children, into bombs.

So is the remedy to subject all Americans to virtual strip searches, and even little children to groping that we teach them is wrong? Does it make us safe, and are the medical and psychological side effects worth it?

Inmates of Nazi concentration camps were frequently subjected to strip searches. It was probably just one more way to dehumanize the prisoners.

The TSA process treats American travelers (except congressmen and other significant people) like prisoners, and strips them of Fourth Amendment protections against unreasonable searches and seizures. It subjects them to enhanced risk of loss (or theft) of important things like their indispensable government-issued photo ID. While in the scanner, their luggage is unattended—what about that risk of "introduction of items without their knowledge"? And what about the transmission of scabies, crab lice, bedbug larvae, and all manner of germs by TSA gropers? Do they change gloves and wash their hands between subjects, as hospital personnel must do?

The option of a "private room" is no protection against violation of dignity. We need, so to speak, transparency in government operations. Let Americans see—and record on video—their protectors in action. Let them watch agents search a screaming three year old to see whether it makes them feel safer.

How much "safety" is enough? Will a virtual stripping suffice, or do we need an invasive body cavity search of everyone? Even then, there would be threats. Swallowed explosives detonated by radio frequency. A bomb set off in the crowd waiting

to get through security. A blast in the luggage compartment. A missile launch.

The Israelis use intelligence, but Americans seem to have ruled that out, to keep our agents safe from the charge of "profiling."

Safety requires vigilance, not mindless rules. We need plainclothes observers, watching for tell-tale behavior. We might consider screening polygraphs with questions such as "Where do you expect to be this evening?" For suspected explosives, we have sniffers: technologic ones, and dogs.

Watching the holiday scene at the airport may awaken Americans to the reality that we are not rich enough or powerful enough to keep acting this stupid.

Use those scanners to check luggage and cargo. But still, it's not the radiation that's the problem; it's the abandonment of common sense.

Jane M. Orient, M.D., On Air contributor speaking on *Healthcare Reform*. Dr. Orient has appeared on *NBC, MSNBC, ABC* and many major broadcast venues throughout the US, as well and her Op-eds have been printed in hundreds of local and international newspapers, magazines and followed on major blogs.

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.

Government's Grope and Grab has Got to Stop!



Commentary by
Elizabeth Lee Vliet, M.D.
www.aapsonline.org

Intrusive gropes of traveler's private parts by TSA's government employees is just the latest overreach of this administration to "grope and grab" every aspect of our lives. Here are some examples:

1. Grope our bodies, literally or by x-ray, treating everyone as an equal threat to safety, and grab harmless items.
2. Grope our medical privacy in the electronic records the government wants for every medical visit.
3. Grab our right to choose our medical treatment with our physician, rather than the government panels now being created.
4. Grope our financial records in the new "reform" act.
5. Grab our money for higher health insurance premiums to cover new Obamacare mandates.
6. Grope and grab our paycheck with more reporting and higher taxes.
7. Grab our liberty to choose how we pay for medical care.
8. Grope and grab our food choices with a food bill being rammed through in the lame duck Congress: as with "healthcare reform" it has to be passed into law before we can see what's in it.
9. Grope and grab our CO2 emissions—from traveling, from heating and cooling our homes, even from eating high-fat foods—in a vast new EPA power grab.
10. Grab our energy sources with drilling bans onshore and offshore.
11. Grope and grab our 401k and IRA plans in a proposed mandate to buy Treasury bills.
12. Grope and grab 30% of all personal and business international wire transfers of money beginning 1-1-2013, buried in the "Jobs" bill.
13. Grab added 3.8% tax on the gain

over \$250,000 on sale of our homes

14. Grab our kids' toys, mandating removal from Happy Meals, starting in San Francisco.

The TSA indiscriminate body scans and intrusive gropes are a good example of what Benjamin Franklin warned against when he said in 1755 that "Those who would give up essential Liberty to purchase a little temporary Safety deserve neither Liberty nor Safety." His statement is often misquoted to omit the key adjectives essential liberty and a little temporary safety, which then changes the meaning significantly. He recognized that we always have to make tradeoffs.

In the name of airline safety, millions of Americans are being deprived of their fundamental, essential 4th Amendment liberty and have not really gained any greater safety than we had with the walk-through magnet and targeted pat-downs. Body cavities can still be used by suicide bombers to carry explosives. And cargo is incredibly still not being adequately screened for explosives. So it is only the illusion of "enhanced security" that is being offered in exchange for gross violations of our bodies and our liberty—and without the basic safety precautions required in medical x-ray facilities, or the infection control precautions demanded of medical personnel. This grope-and-grab policy, like the others, is about control and subjugation of the public, not security. What price are we willing to pay in dignity and privacy for the illusion of more safety?

The government pretends it is all "for our own good." Anybody could be a potential terrorist, and we as consumers and patients are too stupid to know how to manage our own lives. Dr. Donald Berwick, recess appointed head of Medicare and Medicaid even said it directly in July 2008 as he celebrated the 60th anniversary of Britain's National Health Service: "I cannot believe that the individual health consumer can enforce through choice the proper configurations of a system as massive and complex as healthcare. That is for leaders to do." (italics mine)

Based on 30 years of medical practice, I disagree vehemently. Patients and physicians acting as partners make far better medical decisions than any government bureaucrat I have ever encountered.

We are being incrementally stripped of our liberties at an alarming rate, like the proverbial frog in a pot of gradually

warming water. Once we have lost all, it is too late to jump out of the boiling water, back to our essential liberty our Founders fought to achieve.

The fundamental question is this: Do you want the government groping and grabbing all these aspects of your life, or do you feel YOU should make the choices that are best for you? It really isn't a dispute over whether changes need to occur – it is whether the changes should be planned centrally by Washington to control and direct your life, or whether YOU are empowered to make the changes that are best for you, the individual.

I think it is high time we demand that our new Congressional representatives start off the New Year with a bold halt to the federal government "grope and grab." That's a New Year's Resolution for change we can live with.

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Dr. Vliet speaks as an independent physician, not as an official spokesperson for any organization. Dr. Vliet has no financial ties to any health care system, pharmaceutical company, or health insurance plan. Her allegiance and advocacy is to and for patients.

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The Forest, the Trees and the TSA

Commentary by
John Jay Myers,
Whiskey & Gunpowder

With all the naked viewing and groping going on, I wonder if this is the United States of America or the back room of an adult video store. We have two major problems here, the TSA and its intrusive unconstitutional invasions of our rights, and the bigger question of why are we turning into a police state.

Let's start with the TSA. How many passengers have I seen interviewed on TV who all share the notion that "If it makes us safer then I think it is a good idea. I just want to get to my destination in one piece." Not only does this presume that the government is more capable at assuring safety than private citizens, but it also illustrates an alarming trend in this country where we have become willing to so easily trade freedom for the illusion of safety (or prosperity, or charity).

Let me ask you this — who has the greatest interest in safe and secure airplanes? The government? On the contrary, the people themselves have the greatest self interest in safety. The airlines would not want to jeopardize their reputation, their financial security, nor the lives of the passengers. Then there would be the insurance companies who insure those planes who would insist on the airlines taking proper steps for safe travel. And finally there are the passengers, who are so interested in safety that they willingly bend over and accept the government's intrusion. So we now have three key private players with major interest in the safety of planes.

The TSA only had a two-year contract before the airlines could opt out. I believe it is time for America's airlines to opt out, or for the people to opt out of America's airlines. Let airlines decide what security policies they employ, and then let the free people of America choose which airlines they feel safest flying. This simply means if you don't want to blow up prematurely (if blowing up was already on your agenda), ride on a plane with tight professional security, and if you don't want to pay more for a ticket (or be probed) ride on the plane without it. Freedom and security is not a trade off. Freedom IS security.

If you believe that the federal government has the greatest interest in a secure plane, or that we should employ a more intrusive "papers please" approach or the Israeli model of rapid fire interrogations, let me ask you a few questions. If we could make airlines 100% safe, so safe that we know that a terrorist will never board a plane and take it over, would that be the end of terrorism as we know it? Do secure airlines mean a secure America? Hardly, considering that in America we have thousands of events held daily where greater numbers of people gather.

Which brings us to the title of this article, "The Forest, the Trees and the TSA." The TSA is actually only a symptom, while the real problem is our foreign policy. Our history in the Middle East did not start on Sept. 11, 2001. Understanding our involvement around the world and how it has a habit of coming to roost is key before we end up with check points outside our children's soccer games.

Though any step toward privatization in the airline industry is an improvement, the ultimate solution to our problems is bringing our troops home and minding our own business. Foreign belligerence is immoral, incredibly costly, and it threatens our security by inspiring people to hate us.

This is not a "blame America first" mentality. This is blame bad policy first. The fact is that our foreign policy of a trillion dollars a year is bankrupting this country. The fact is that our involvement in these countries is the main reason some want to attack us. The fact is that the TSA represents a victory for the terrorists and a loss for freedom, and facts are never unpatriotic. We are accepting a federal government to protect our freedom when the federal government military/security state is openly hostile to freedom.

We have sent the government scrambling to find new ways to intrude on our rights, without realizing that our current foreign policy of entangling alliances and questionable corporate intent is the opposite of what our founders envisioned. We need to think about this the next time we see a Fox News report about the impending threat of Iran followed by an advertisement sponsored by Lockheed Martin. America can continue down a road of war, terror, insecurity and an ever increasing police state, or we can choose a new direction of peace, commerce, security and a foreign policy of freedom.

To me the choice is clear.

Regards,
John Jay Myers,
Dallas, Texas, U.S.A.

Placer Valley Tourism Hires David Attaway as New CEO



David Attaway, the new CEO of Placer Valley Tourism

Placer County – Placer Valley Tourism, the destination marketing organization for Roseville, Rocklin and Lincoln in South Placer County, has hired tourism and hospitality marketing expert, David Attaway, as its new CEO. Attaway will take over the position on December 1, 2010.

Attaway brings with him strengths as a visionary, results-oriented leader with more than twenty years of proven success in managing both profit and not for profit hospitality organizations. Placer Valley Tourism's primary function is to provide marketing and promotional opportunities for the South Placer County region that result in higher hotel occupancy rates at area hotels. Attaway's extensive marketing experience with destination marketing organizations and major casino hotels like Caesar's Tahoe and Alladin Casino in Las Vegas will bring a new perspective

on building more opportunities for bookings to South Placer's hotels.

"David Attaway will be a tremendous asset to our team, bringing extensive experience in tourism marketing from both the destination and hospitality industries," said David Huber, board chairman of Placer Valley Tourism.

"There is a tremendous opportunity to grow tourism in this community. Placer County has extensive assets like world-class shopping, great dining, wineries, historic sites like the Maidu Center and great weather to support sporting events," explained Attaway. "I look forward to helping build programs to market the region and offer more reasons for visitors to extend their stay overnight at one of our great Placer Valley hotels."

Placer Valley Tourism is in the final stages of completing a feasibility study for the development of a sports tourism center. Attaway will take the lead on managing the study and next steps based on the results of the soon to be released study.

"Sports are an important part of the fabric of the Placer Valley community, and sports competitions are already delivering many guests and hotel stays," added Attaway. "We look forward to the results of the study and learning our next steps to expand this lucrative market segment."

Attaway is familiar with Northern California tourism, having spent 13 years in South Lake Tahoe. Most of his time was spent at Caesar's Tahoe in hotel entertainment and

marketing. Prior to joining Caesar's Tahoe, Attaway led the merger of the South Tahoe Marketing Council with the South Lake Tahoe Visitors Bureau into what is now the Lake Tahoe Visitors Authority.

Since 2005, Attaway served as the executive director for the Switzerland County Tourism in Vevey, IN. Attaway developed programs and marketing strategies to dramatically increase occupancy by retailer and increase tourism to the region. Through strong PR programs, Attaway helped attract innovative tourism driven retail outlets to Vevey which helped drive an increase in overnight stays. Vevey was selected as the "Fourth Coolest Small Town in America by Budget Travel" which resulted in national exposure on CBS News. His marketing programs which increased hotel occupancy Programs were awarded the prestigious Efrogmson Award for Excellence in Cultural Tourism Development 2007.

"Overnight visitors contribute significantly to our local economy," added Attaway. "The longer guests stay in market, the more they spend at our local restaurants, shops and many cultural and entertainment attractions. All of these activities create more jobs and tax revenues for municipalities."

Placer Valley Tourism is a visitors bureau and marketing organization created in 2003 by a business improvement district for hotels in the cities of Roseville, Rocklin and Lincoln.