

The Ranchos Independent



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BRAINS & BRAWN



**In addition to dominating academics in the Central Valley,
Liberty High School is equally as fierce in athletics.**

by Christi McKinney

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by Christi McKinney

Liberty High School has established a very strong athletics program and has become a force to be reckoned with in the Central Valley. In the 12 years the school has been open, the Liberty Hawks have won 35 league championships and 16 section championships.

Mike Mazzone has been Athletics Director for 11 years and he couldn't be prouder. "It has been very exciting witnessing the success of our athletic programs and the commitment and dedication our coaches, student athletes and community display year after year. For being a small school with this many championships our progress has been quite amazing."

The Lady Hawks Soccer team led by Coach Erik Walker just won the North Sequoia League and CIF Division III Section Championship. The team also recently competed in the Southern California Regional Soccer Championships losing in the first round against a very tough Laguna Hills High School team. The Lady Hawks have been the North Sequoia Champions for seven consecutive years now. Coach Walker is ecstatic. "We had a very good team this year. The Ranchos is a great community with a rich soccer tradition that as a coach, you want to continue. The girls here are very dedicated and a majority of them play competitive soccer, which definitely helps."

The Lady Hawks Softball team led by Coach Leslie Wood won the Edison Softball Classic recently. The team is now working hard to earn a third consecutive title as the North Sequoia Champions. Coach Wood is very pleased with the team's ongoing efforts. "I am so lucky to have great players, the support of great parents and outstanding coaches. We are also lucky to have a strong youth league, strong middle school program and great community support. This is what makes Liberty softball successful. I am lucky to be a small part of something this special."

The Lady Hawks Tennis Team led by Coach Greg Ruland won the Division III Central Valley Championship this school year. We previously won a Valley Championship in 2010 and 2011 in Division V so this is quite an accomplishment for the team in the new division" said Ruland. The team has also been the North Sequoia Champions for the past four consecutive years. The girls really came together when playoffs began with sheer determination to win the Division III Central Valley Championship. This is quite a feat for a school of around 600 students competing against schools three times our size or more. This has been the most focused and most enjoyable team to coach," said Ruland.

And of course the Liberty Hawks Football team led by Coach Mike Nolte won their third consecutive Valley Championship. After two consecutive Division V victories, this year the Hawks were moved up to Division IV and took the championship from Central Valley Christian in December of last year. The team's highly impressive record is 37-2 over the past three seasons. "I'm very proud of the team's hard work and all of their accomplishments" said Nolte.

Overall Liberty High School's athletes have enjoyed an admirable record for a fairly new school of its size. Many other athletic teams and athletes are working hard toward making and breaking their own records and improving the high school's enviable records. The athletes, coaches, parents and administrators all point out that the Madera Ranchos community support plays a key role in their success. As such, all of the teams love to have the Ranchos community come out to cheer them on. For a schedule of all the different games Liberty High School is involved in, visit the Golden Valley website at www.gvUSD.k12.ca.us.

\$750K Loan Imposed on Ranchos

By Randy Bailey

On Feb. 10, the Madera County Board of Supervisors passed a resolution which imposed a loan on the Madera Ranchos' MD-10a rate payers of up to \$750,000. This information, provided by Ranchos residents Linda Bresee and Chuck Larue, further states that no official notice was ever sent out and that the reason for the loan is to cover inadequate funds for the Dublin Well Project, scheduled to go online April 15. According to Madera County, without this loan there will not be enough funds to complete the project.

According to Madera County staff, the loan is what is called an "Inter Department Loan" with the funds coming from the Road Department Mitigation Fund at an interest rate of .08 percent. The loan is scheduled to be repaid through the \$8.50 ratepayers are currently paying to the ACO, or Accumulated Capital Outlay Reserve Fund. This amount currently appears on ratepayers' bills each month. County staff estimates it will take 5 to 6 years to pay off the loan.

Bresee and LaRue state that this res-

olution, as well as others, are being passed by the County on a regular basis. The only way to keep abreast of what's happening regarding the Dublin Well or other MD-10a issues is to attend Board of Supervisors' meetings and let your voices be heard.

Regular meetings are held on Tuesday mornings at 9 a.m. at the Government Building at 200 W. 4th Street in Madera. The agenda is posted on the Board of Supervisors' website the Friday before the Tuesday meetings. You can watch the meetings live, and also view videos of past meetings.

In addition, the Madera Ranchos Water System Committee for rate payers holds water meetings on the third Wednesday of each month at 6:30 p.m. at the Ranchos Middle School. Its website is www.ranchoswater.org for more information.

Bresee and LaRue say that District 1 Supervisor Brett Frazier is currently working on a comprehensive plan to provide answers to the many ongoing questions that MD-10a ratepayers have been asking but have not – as of yet – received answers.

Recall Movement Going Forward

By Randy Bailey

An organizational meeting was held Sunday, March 15 at Birdstone Winery by the parties instrumental in proceeding with the attempted recall election of Golden Valley Unified School District Trustees Kathleen Crumpton, John Moseley and Carla Neal.

At the meeting, interested parties were divided up by Trustee Districts and were instructed on the proper way to walk those districts and get qualified signatures for the petition process. At the meeting, it was explained that only residents of the respective districts could actively assist in the signature gathering process, however on March 16 it was learned that California law allows any citizen from anywhere in the state to become involved, provided they are over 18 years old and are not a felon.

In a discussion with recall organizer Warren Parr, the necessary signatures are coming at a faster pace than initially expected. The goal for each area is 400 signatures, which would allow a comfortable cushion beyond the minimum required by Madera County. Parr noted

that in John Moseley's area the target number of signatures was 327, but by the end of just three days of canvassing they had received 340 signatures. Parr estimates that by the time this paper comes out, they will easily have reached their goal of 400 signatures. Parr said they were having similar success in both Crumpton's and Neal's areas.

If the recall petition is certified, a recall election will follow sometime in early summer. The recall ballot will only have two questions on it. The first question is whether or not you think the person on the ballot should be recalled. For that person to be recalled the "yes" vote has to equal a minimum of 50 percent of the vote plus one. The second question is who do you want as Trustee instead? There are a minimum of three candidates interested right now and it's possible others could throw their hat in the ring as well. If there are multiple candidates for the position, the most votes win.

CORRECTION

In last month's Ranchos Independent, mention was made of Principal Shane Pinkard's separation from GVUSD. Pinkard left at the end of the 2009-2010 school year, not in the fall of 2009 as reported.

Dry Well and Need Emergency Water? County May be Able to Help

By Michele Roberts

There's a new partnership in town and it promises relief for at least some of our hardest hit citizens throughout the County. For homeowners whose wells have gone dry due to the drought and left their home without water for drinking and sanitation, emergency water

supplies will soon be available through a partnership between the County of Madera and the non-profit Community Action Partnership of Madera County (CAPMC). Qualified homeowners will be able to apply for the installation, on their property, of a storage tank to hold household (non-drinking) water, the filling of the tank as needed and separate de-

livery of drinking water, all at no cost to them. This new program is based on a similar one now operating successfully in Tulare County.

The MOU (memorandum of understanding) for this partnership was approved by the Board of Supervisors at their March 3 meeting. The agencies involved have just begun to develop the

contract guidelines, qualifications and vendors lists to begin the actual set up of this "Emergency Water Supplies Program." They hope to start accepting applications within the next two months.

Funds from the California Disaster Act of 2014 will be paid by the Madera

Please see CAPMC on P. 13

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Letters

Dear Editor:

Even though I live outside your jurisdiction, I have followed your editorial messages since your inception. I've never had an urge to write until this time. Seems to me you have a "problem in River City."

This writing pertains to [GVUSD] Superintendent Andy Alvarado and trustees Crumpton, Moseley and Neal.

All I know about your community is what I read. Being a reasonable and prudent person, it appears to me that you have a "troika" that has seized your school board. Not knowing the "three," I can't make a judgement on their education or qualifications. We know they were legally elected, however election doesn't mean all candidates can pass the *compos mentis* test.

It appears that Crumpton is the leader of this so-called triumvirate. Her bitterness, along with her vendetta, has caused disruption in your school district. The good people of the area should rise up and stop this nonsense.

Please, folks – a recall is your answer and it's the cheapest way out. You need to make these "wanna-bees" into "usta-bees."

(Name withheld upon request)
Clovis

wish to apply the rules of a governing board on their decisions unless it happens to fit their agenda. The great thing about what is going on now is this: More people are awake and alert paying attention to what's going on and are truly concerned with righting the ship, no matter what that takes.

Whether you support the recall or not, please realize the concerns are real. Maybe we could try adding to the solution instead of the problem. Agreeing to disagree is something that truly has to happen for anything positive moving forward. Signing the recall does nothing more than show your concern that maybe we need to take another look at some of the people that we have elected. It doesn't mean they are automatically just out. My family has been out here for 41 years. I moved away for a few years while I was finding my way and starting a family of my own. I always knew I wanted to wind up back here though. I don't want to live anywhere else and I don't intend to sit on the sidelines asleep anymore. The best thing that can come out of this, in my opinion, is we get the voters to turnout and cast their votes armed with the knowledge they need to make the best decision for our kids and our community.

Tim Chase
Madera Ranchos

Dear Editor:

As anyone living in the Ranchos knows, there are some differences of opinion in the air regarding some things happening in our school district. Happenings that have been, quite honestly, off my radar as things to be concerned about. I have always just taken it for granted that our wonderful little community and its school district were being led through the challenges by impartial, caring, qualified individuals. The recent actions have brought some of those qualities into question.

What the recent turn of events has done for me personally is it has made me realize if I am not going to stay involved in some capacity – to at least pay attention to what is happening – then I really have no right to complain about it either. As of late, I have been paying attention and attending meetings and from what I can see with my own eyes is we have some definite issues that need to be dealt with.

I feel the efforts put forth by the group working toward the recall of some of our current board members have shown just what we all need to see. I'm sure it's not a fun task. I am also sure it's not an easy task. I can also just about guarantee it's not something anyone had planned when the last election was held and our current board members were seated. It didn't take me long once I started paying attention, reading and attending meetings to see the concerns are real. I've heard current seated board members on more than a couple of occasions totally contradict themselves. To me you can't tell two different stories without one being untrue. I've also seen evidence suggesting certain members don't

Dear Editor:

There are questions about the recall election and process which I am continually asked. I would like to take this opportunity to explain and answer the most common of those questions.

First Question: Is Andrew Alvarado willing to return to GVUSD if the recall election is successful? The answer is YES, YES, YES. Prior to me investing my own money and time, not to mention the hundreds of hours and donations from volunteers, I got a verbal commitment from Andrew to return to his position as GVUSD Superintendent if the recall is successful and the new board rehires him. I am in contact with Andrew on a regular basis. I asked him again yesterday. He is willing and desires to return.

Second Question: Are their individuals available and willing to run against the three recalled incumbents? YES, YES, YES. The very first thing I did prior to launching the recall effort was to secure three (one in each trustee area) highly informed, competent and capable individuals – whom I can vouch for – to commit to run in the recall election if needed. I don't know how many candidates there will be in each area, but I do know there will be no uncontested races.

Third Question: Can the trustees know who signed the recall petition? NO. We will deliver the recall petitions straight to the elections office clerk. The trustees will not have access to the petitions. The 10 individuals who signed the original "Intent to Recall" petition may have access if needed. They however are one of us.

Fourth Question: How much does the Recall

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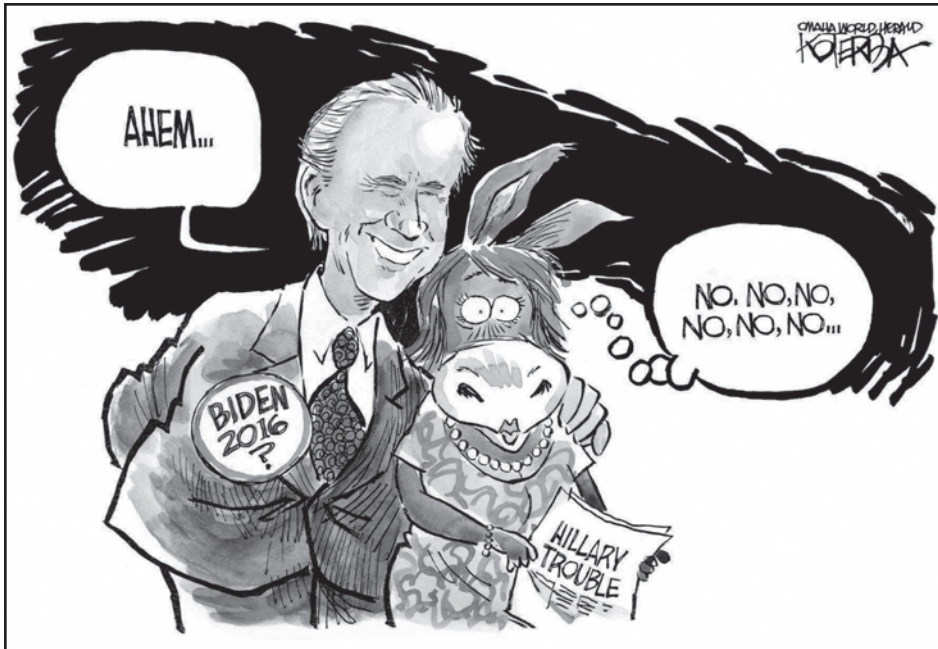
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Guest Editorial

Sen. Tom Cotton's Truth Bomb

By Rich Lowry

Republican Sen. Tom Cotton hasn't been frog-marched from the Russell Senate Office Building -- yet. To believe the Arkansan's harshest critics, that's only because felonious traitors don't get the punishment they deserve.

Cotton wrote an open letter to the leaders of Iran pointing out true and obvious things about our constitutional system, and the world came crashing down on his head.

Disgracing the Senate, per a hyperventilating Vice President Joe Biden, was the least of his supposed offenses. He was aiding Iranian hardliners, violating the Logan Act against subverting U.S. foreign policy and committing an act of treason. If there were any doubt about the latter, the New York Daily News ran a picture of him and fellow Republican signatories of the letter on its front page with the subtle headline "TRAITORS."

Cotton's alleged sedition is hard to fathom. It's not as though he wrote secret letters to the Iranians (that's what President Barack Obama has made a practice of doing). It's not as though he traveled to a foreign country to glad-hand a foreign thug in an express effort to undermine the president's foreign policy (that's what then-Speaker Nancy Pelosi did when she went to Damascus and met with Bashar Assad). Cotton

wrote a letter and posted it on his website. As Brian Beutler of The New Republic pointed out, the letter is functionally indistinguishable from an op-ed.

The contents of Cotton's letter shouldn't have been news to anyone. It is inarguable that as a matter of domestic law a subsequent president can get out of the agreement at will and Congress can pass laws in contravention of the agreement, if a president will sign them. If these are things the Iranians don't know, shouldn't *someone* tell them?

The foreign-policy debate in the Age of Obama is the world turned upside down. In the president's transposition of the norms of American foreign policy, inviting the leader of a close ally to address Congress is an affront, and forging a -- to put it gently -- highly generous deal with an enemy is such an urgent necessity that no one should say a discouraging word.

A more confident administration would have brushed off Speaker John Boehner's invitation to Bibi Netanyahu, as well as the Cotton letter. The Obama administration is so defensive because it has a lot to be defensive about.

It has been outnegotiated by the Iranians. Once, we wanted to prevent Iran from having a nuclear-weapons capability. Once, we wanted zero enrichment, and so did the United Nations. Those goals have long since been abandoned by an Obama administration desperate for any deal so it can include an opening to Iran among the president's legacy achievements.

So, here is my own seditious foray into interfering with the conduct of U.S. foreign policy:

To Whom It May Concern in Tehran,

You are unlikely to ever encounter someone this weak and credulous again in the Oval Office.

The president used to say that no deal is better than a bad deal. Now, that line is inoperative. It's any deal is better than no deal, and woe to anyone who dares say otherwise.

Rich Lowry is editor of the National Review.

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Randy Bailey.....Publisher/Editor

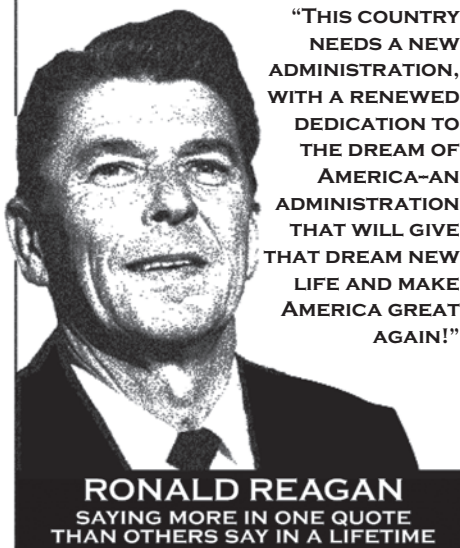
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I'm not sure when it happened or why, but somewhere along the way people seem to have convinced themselves that we don't make choices in life, that our existence is merely shaped by random events over which we have zero control. This lazy approach to your own destiny has created a suffocating air of negativity and an entire generation of victims.

You know who is a victim? That young man who ended up a paraplegic when he crossed the street and got hit by the jerk who was too busy on her cell phone to notice the red light. He is a victim. The woman who was sleeping in her house when a man broke in and brutally attacked her. She is a victim. The guy who dropped out of high school and impregnated three different women before the age of 25 and can't make ends meet while working at McDonald's because his wages are being garnished for child support, he is not a victim; he is a loser. The criminal who tried to hijack someone's car only to get pepper-sprayed and have his leg run

over while the driver tried to escape; he is not a victim, he is a thug. They made life choices that brought them to these destinies; it wasn't forced upon them. It's not all breaking

the law, though. Our choices shape our lives at all levels and pretending that things just happen to you is what makes for sour grapes when you don't like the outcome.

There's a girl at my work (I say girl because despite her age, her mentality seems to be permanently stuck at a cross between angry teenager and Eeyore) who just cannot take responsibility for anything in her life. She complains about having to get up at four in the morning to make her boyfriend lunch and get him off to work, but suggesting she make lunch the night before, or have the grown man make his own lunch in the morning if such early hours are too much for her to handle is met with a blank stare that could rival a department

GENERATION WHY
by **eryn b. nyre**



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She was having an exceptionally long pity party a couple of days ago and evidently the filter that I have been working so hard to keep in place had malfunctioned again and I had a little outburst before I managed to regain control of myself. She was whining about her 45-minute commute, which I've heard her do nearly twice a week since I started working there. She was complaining about how many times she has to fill her gas tank and the miles she puts on her car. My left eye was twitching from the sound of her whiny voice, but I was managing to keep my mouth under control. That is, until she rounded

on me (perhaps she saw my dramatic eye roll worthy of Olympic gold) and told me how lucky I was that I lived so close to work. Lucky? I did weeks of re-

search, I pounded the pavement and made a hundred phone calls. I figured out what I wanted, what I could afford and then did the legwork to make it happen. That wasn't luck – that was determination. She refuses to acknowledge that she has a choice and is totally capable of moving closer to work.

The problem is that choice comes with sacrifice, one option over another, and too many people like to gloss over that little reality. If living closer is so important to her, then she needs to make that a priority and start looking for a new home within a more reasonable distance from the office. She might have higher rent, it might be a

Please see **STAPLER** on P. 13



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LETTERS cont. from P. 4

cost? Phase 1, signature gathering will cost roughly \$20,000 dollars. That cost is born by the recall committee and private donations. Phase 2, I'm not sure of the cost. My guess is about \$30,000. Those costs will be borne by the recall committee, the candidates and private donations. A successful recall will have no negative financial impact on the district. The actual dollar cost to GVUSD from the county is estimated to be \$15,000 - \$20,000 by Madera County Elections Office. There are two reasons why this dollar cost will have no financial impact. The last time (about 8 years ago) GVUSD searched for a new superintendent, the district paid the search firm as I recall \$14,000. Sarah Koligian replaced Dr. Marilyn Sheppard. So, we can pay a search firm \$15,000 -

\$20,000 to find Andrew's replacement, or we can have a recall election and return Andrew. It's a wash. The cost will be about the same either way. The second reason is the recall election will cost less than an unqualified, incompetent school board will lose due to gross financial mismanagement!

Fifth Question: How many qualified signatures needed to force a recall election? Our goal is 400 signatures in each trustee area.

Sixth Question: Who can circulate petitions? That answer has changed. Short simple answer is any California resident, 18 years and older, not convicted of a felony. Any of the Ranchos-area residents can circulate a petition and gather signatures in any trustee area.

Seventh Question: How does the recall election process work? After a successful signature

gathering and validating process, the election process (Phase 2) will begin no more than 19 days after. The election and candidating period will be no less than 88 days and no more than 125 days. I do not know the rationale for determining the proper amount of election days. I can tell you we will be lobbying for the least amount of days possible. There will be a special election. Quite possibly there will be only one item on the ballot: recall election. The special election will only occur in trustee areas 1, 2 and 4. As I understand it, at the top of the ballot it will have the incumbent trustee's name. The ballot will say something like "do you wish to recall trustee John Smith, YES or NO. If the No to recall vote is tied or greater, the incumbent will retain office. If the Yes to recall vote is greater, the incumbent will lose the office. Lower down the ballot will be a

list of candidate(s) running to replace the incumbent. The candidate with the highest vote count will replace the incumbent. The recall election and the candidate election will occur at the same time.

Eighth Question: When will the recall election be held? As early as late July to mid-September. The greatest factor is how long it takes to collect the signatures. We have a limit of 8 1/2 weeks. Team Moseley needed 327 signatures and collected 340 in three days. They will have collected the goal of 400 by the time you read this letter. If Teams Crumpton and Neal hustle, we can have all the signatures we need in two weeks and reduce the time for election by 6 1/2 weeks.

Warren Parr
Madera Ranchos



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He has Risen Indeed!

Since Easter is my favorite holiday of the year, either Christian or secular, I couldn't let it slide by without writing about it. We celebrate Easter Sunday because Jesus was crucified for our sins (John 3:16) died on the cross on Friday, was buried and rose from death on Sunday (Mark 16:6). The resurrection of Jesus Christ is one of the fundamental principles and beliefs of Christianity. It's why we say, "Christ is Risen – He is Risen Indeed!"

Egg Dying Time

In our families, Saturday before Easter is egg dying day. Each family with children begins with two or three

dozen eggs but don't always end up with that many. There are the one or two eggs that crack during the boiling, and invariably there are always the ones that "accidentally" hit the floor.

On Easter Sunday when we get home

from church, there are always egg hunts for the kids – seems like every year there is one egg that just can't be found (until about July). Eggs are a traditional symbol of new life. According to the book *Festivals and Celebrations* by Rowland Purton, eggs were dyed in ancient times by the Egyptians and Persians who exchanged them with their friends. "It was in Mesopotamia that Christians first gave eggs to their friends at Easter to remind them of the resurrection of Jesus," Purton wrote.

Our Easter Feast is real simple – Baked Ham, Scalloped Potatoes, green beans, green salad, rolls and desserts. Oh, and deviled eggs. NOT the ones that were up in a tree, behind a lawn chair or stepped on a couple of times earlier that day.

I start the eggs (I usually boil about two or three dozen) in cold water, and after they start boiling,



Aunt Jean's Ranchos Recipes

by Jean Briner

turn the fire down and cook at a light boil for about 10 minutes. After the 10 minutes I usually test one to make sure it is done then IMMEDIATELY drain the hot water into the sink and turn the cold water onto the eggs. I let the cold water run on the eggs until you can pick up an egg easily then crack and peel them, leaving them whole. I have found this method the easiest to peel the egg without tearing it up. I have read of other methods but this one works best

for me – if you have a method you have used, then by all means use it. After you have peeled them and they have cooled enough that you can handle them, cut them in half from top to bottom with a sharp paring knife, putting the yolks into a

bowl and the whites on a flat surface. I have a Tupperware cake saver that I use. If you aren't going to finish deviling them at this point be sure to put them in the refrigerator.

When the eggs have been separated, put the whites in the fridge until you have the yolks ready. All I do is smash the yolks with a fork until they are kind of like corn meal. Add enough mayonnaise or Miracle Whip (I prefer Miracle Whip for most things, but in these eggs, I use half mayonnaise and half Miracle Whip) to make them moist, but not runny. If you aren't used to doing this, start with only a couple of tablespoons, and add a little at a time until you get the consistency you want. Add a squirt of mustard (not too much) and salt and pepper to taste. Last year I added just a couple of tablespoons

My favorite Easter Hymn is Christ Arose! I get goose bumps when the chorus is sung, "Up from the grave he arose, with a mighty triumph o'er His foes, He arose a Victor from the dark domain, and He lives forever, with His saints to reign. He arose! He arose! Hallelujah! Christ arose!" Have a blessed Easter.

Please see **RECIPE** on P. 16

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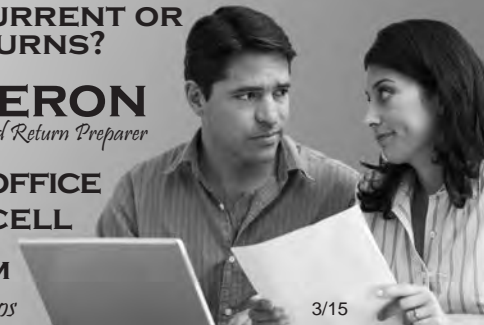
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By Chuck Newcomb MS, RD, CDE

brought on by smoking.

Low Sex Hormones - Sex hormones also regulate the inflammatory immune response. The male hormone testosterone and female hormone estrogen can inhibit the production and secretion of several pro-inflammatory markers. After menopause, lower estrogen levels cause the formation of osteoclasts, the macrophages that are responsible for breaking down and recycling bone, which leads to osteoporosis. A decrease in the production of sex hormones also increases the risk of several inflammatory diseases, including atherosclerosis, asthma, rheumatoid arthritis, and inflammatory bowel disease.

Sleep Disorders - The production of inflammatory cytokines appears to follow a circadian rhythm and may be involved in the regulation of sleep in humans and animals by interfering with the production or use of melatonin (a hormone that acts on the body as it gets dark to cause sleep). A disruption of normal sleep, due to conditions like sleep apnea and narcolepsy, can lead to daytime elevations of these pro-inflammatory molecules.

Stress - Both physical and emotional stress can trigger inflammation that, if left unchecked, can contribute to disease and age-related deterioration. Prolonged stress decreases tissue sensitivity to the hormone cortisol that has a regulatory effect in inflammatory processes. Stress can also affect sleep, lead to overeating and obesity, and increase blood sugars, which are all independent causes of inflammation.

Periodontal disease can produce a systemic inflammatory response that may affect several other systems, such as the heart and kidneys. It is by this mechanism that periodontal disease is thought to be a risk factor for cardiovascular diseases.

Medications

Some common medications used to treat a variety of diseases or conditions have anti-inflammatory effects. These include: Metformin, Aspirin, and Low-Dose Statin Drugs

Nutrition to the Rescue

The battle to beat chronic inflammation must start with good nutrition and eating habits. A good rule of thumb is to go back to basics: 1 - eat a good variety of mostly whole, fresh, natural foods - as close to the earth as you can get; 2 - spread foods out through the day in mod-

There is no such thing as a Magic Bullet when it comes to health ... or is there? There is more and more evidence that attributes many chronic diseases and ailments to one common condition - chronic inflammation. As people age it is rare to find someone afflicted with only one chronic illness or condition and not another.

Inflammation is a normal process in the body that defends against infection and foreign invaders. Some products recruited in response to inflammation interact with cells of the immune system in order to regulate the body's response to disease and infection.

Some symptoms of chronic inflammation include fatigue, headache, muscle stiffness, joint pain, and fluid retention. Chronic, low-level inflammation contributes to common conditions like heart disease, cancer, respiratory disease, stroke, Alzheimer's disease, diabetes, kidney disease, osteoporosis, depression, bowel diseases, as well as arthritis and lupus.

Risk Factors

Diet - A diet high in saturated fat is associated with higher pro-inflammatory markers, particularly in diabetic or overweight individuals. The effect may be more notable in obese individuals.

A high-calorie intake is a major contributor to inflammation as well as other harmful age-related processes. On the other hand, eating a calorie-restricted diet is an effective way to minimize physiologic stressors.

High glycemic index (GI) foods cause rapid increases in blood sugars. When excess blood sugars come in contact with blood proteins and lipids a damaging oxidizing reaction occurs that makes low-density lipoproteins (LDL) associated with heart disease.

Obesity - Fat tissue, especially in the abdomen, is an endocrine organ that stores and secretes hormones and cytokines into the circulation that affects metabolism throughout the body. Fat tissue can also be infiltrated by macrophages (type of white blood cell), which secrete pro-inflammatory cytokines.

Smoking - Cigarette smoke contains chemicals that promote inflammation and triggers an immunologic response to vascular injury leading to atherosclerosis. Chronic Obstructive Pulmonary Disease (COPD) and lung cancer are other diseases related to inflammatory processes

Please see **DIET** on P. 10

DIET cont. from P. 9

erate amounts; and 3 – include lots of colorful fruits and vegetables.

Healthy fats and fatty foods.

- Monounsaturated fats found in olive oil, canola oil, avocado.
- Omega-3 Fatty Acids – fish oil, flax seed, nuts.

Vitamin E is a fat-soluble antioxidant with anti-inflammatory properties especially related to the heart and lungs. Common food sources include nuts, seeds, and green leafy vegetables.

Vitamin C is a vitamin that has many beneficial effects on inflammation throughout your entire body. This water-soluble vitamin is used immediately and any excess is then excreted. Since it is not stored, it is important for you to consume vitamin C-rich foods every day.

Vitamin D, the vitamin that works with calcium to strengthen bones, can also protect against a number of inflammatory diseases, including rheumatoid arthritis, lupus, inflammatory bowel disease, and type-1 diabetes. The best source of vitamin D is the skin when exposed to sunlight. It is also found in fish, beef, egg yolks, and some fortified foods.

Vitamin K, found in green vegetables like asparagus, broccoli, kale, and spinach, is best known for its role in blood clotting, but it may also help reduce inflammatory markers throughout the body. Taking supplement forms of vitamin K is not recommended.

Minerals

Several significant anti-inflammatory minerals are found in foods such as fish, nuts, whole grains and leafy greens.

Magnesium is regarded to be one of the most anti-inflammatory dietary factors found in in food. Other important minerals include zinc and selenium.

Other Food Components

Phytonutrients and polyphenols are natural compounds found in foods, herbs and spices that exhibit powerful antioxidant and anti-inflammatory reactions in the body.

Carotenoids (a form of vitamin A) are a group of phytonutrient compounds that includes beta-carotene, lycopene and lutein, that battle against free-radical damage. Carotenoids are found in colorful orange, yellow, red and green fruits and vegetables like carrots, sweet potatoes, dark leafy greens, tomatoes and mandarin oranges.

Resveratrol is a powerful polyphenol component of only a few foods including blueberries, dark chocolate, and the skin of red grapes. The most potent source of resveratrol is red wine, which, when taken with a single high-fat, high-carbohydrate

meal may prevent sharp post-meal increases in markers of oxidation and inflammation.

Tea polyphenols - the anti-inflammatory effects of green and black tea polyphenols have been well known for quite some time.

Curcumin, a substance found in turmeric, is best known as a spice. It's one of the main components of curry powder. In India and other parts of Asia, turmeric is used to treat many health conditions. It is believed to have anti-inflammatory, antioxidant, and perhaps even anticancer properties.

Quercetin and allicin are phytonutrients found in garlic and onions.

Genistein is a phytoestrogen (estrogen-like chemical compound present in plants) that binds to estrogen receptors and has both weak estrogenic and weak anti-estrogenic effects. There are three major classes of phytoestrogens that have estrogen-like actions in the human body - lignans, isoflavones, and coumestans.

- Lignans are abundant in seeds such as flax, sesame, sunflower, poppy and pumpkin seeds.

- Genistein is an isoflavone found in soybeans products, garbanzo beans, alfalfa sprouts, mung beans and peanuts. Miso is especially high in genistein.

- Coumestans can be obtained from split peas, pinto beans and lima beans.

Bromelain, found in pineapple, may help reduce the inflammation of muscle and soft tissue, and relieve pain and stiffness associated with carpal tunnel syndrome and arthritis. Bromelain may also help ease digestive distress and fight infections.

Supplements

Coenzyme Q10 (CoQ10) is an antioxidant that is made in the human body, but decrease with age, when taking certain medications, and may be low in people with certain diseases associated with chronic inflammation. Levels may be increased by taking CoQ10 supplements.

Beta-alanine is a non-essential amino acid that is the rate-limiting factor of carnosine synthesis. Carnosine is an antioxidant which stabilizes and protects the cell membrane especially in the muscles and brain. Carnosine also helps reduce muscle soreness from high-intensity anaerobic muscle performance by buffering acids in your muscle tissue to reduce inflammation.

DHEA supplementation in elderly volunteers (50 mg/day for 2 years) significantly decreased TNF- α and IL-6 levels, as well as lowered visceral fat mass and improved glucose tolerance.

Please see **DIET** on P. 20

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“MADERA COUNTY HAS DECLARED THAT THE GROWTH AND ACCUMULATION OF WEEDS IN THE UNINCORPORATED AREAS OF THE COUNTY POSES A FIRE SAFETY AND PUBLIC HEALTH RISK AND THEREFORE HAS DECLARED WEEDS A SEASONAL AND RECURRING NUISANCE. THE RESPONSIBILITY TO ABATE SUCH NUISANCE LIES WITH THE INDIVIDUAL PROPERTY OWNER. THIS YEAR THIS NUISANCE MUST BE ABATED ON OR BEFORE MAY 1, 2015.”

Due to the weed regrowth and the continual hazard throughout the summer HAZARD ABATEMENT MUST BE MAINTAINED THROUGHOUT THE FIRE SEASON. This may require REDISCING/HAZARD ABATEMENT MORE THAN ONCE AS WEEDS AND HAZARDS MAY RETURN.

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By Christi McKinney

On Saturday, March 7 the Ranchos residents came out in droves to the Grand Opening of the new Dollar General Store located at 37303 Avenue 12. Attendees enjoyed receiving \$10 gift cards combined with \$5 off coupons. They also received free recyclable gift bags stuffed with products, free t-shirts, coffee, donuts, hot dogs, sodas and popcorn.

The store is bright and clean and well setup. It's been compared to a "mini Walmart." Ranchos residents have warmly welcomed this new business and enjoy the discounted savings that Dollar General brings to the neighborhood.

To maximum your savings go to www.dollargeneral.com for additional discounts, coupons and electronic coupons. It's nice to see local residents behind the counter like the always helpful and smiling Morgan Bennett. You can also apply for available jobs on the website.

Dollar General is headquartered in Goodlettsville, Tenn. It is the largest small-box discount retailer in the U.S. with more than 10,000 retail locations in 40 states. This year, the company has opened several new stores in the Central Valley, including locations in Fresno, Madera, Reedley and Earlimart. The Ranchos Dollar General phone number is 559-645-0506.

Say you saw it in the **Ranchos Independent**

SEMUCU
 SOUTH EAST MADERA COUNTY UNITED ANNOUNCES:
Water Essay Contest for Students of GVUSD!

PRIZES AWARDED FOR EACH 1st PLACE WINNER!!!

High School Winner - \$150
Middle School Winner - \$100
Elementary School Winner - \$50

PROMPT:
 Students must write an essay discussing their view of the current water shortage situation facing Madera Ranchos and/or the Central Valley of California in general, while offering sustainable solutions they feel will help address the problems our community currently faces.

REQUIREMENTS:

1. High School participants must write an essay that is a minimum of 3 pages, double spaced, with 12 point font.
2. Middle School Participants must write an essay that is a minimum of 2 pages, double spaced, with 12 point font.
3. Elementary School participants must write an essay that is a minimum of 1 page, double spaced, with 12 point font.

DEADLINE FOR SUBMISSION:
Monday, April 20th by 5pm
 Essays may be submitted online to info@semcu.org or delivered in-person to the Golden Valley Chamber of Commerce Office at 37167 Ave. 12, #5C, Madera, CA.

Contest winners will be announced during the Flatlander's Day Parade on May 9th

SEMUCU – By the Community, for Our Community!
www.SEMCU.org - info@SEMUCU.org

This event is not sponsored by the Golden Valley Unified School District. Approval for the flyer does not imply endorsement, but is a courtesy service to the community.

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Liberty High School Athletic Fields – May 9th 1PM
 After the Flatlander's Day Parade

PRIZES AWARDED FOR EACH 1st PLACE WINNER!!!

High School Winner - \$150
Middle School Winner - \$100
Elementary School Winner - \$50

REQUIREMENTS:

1. Kite must be self-made by each student
Store purchased/pre-assembled kites are not eligible.
2. Kite must fly for a minimum of 5 minutes in order to qualify
3. Each student must invest at least 50% if the effort into the project; Family participation is encouraged!
4. No specific designs or parameters are required; Have fun and go crazy with the kite you want to build! Many ideas are available online, including Google Image.

Registration will occur at the event on May 9th, 2015

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Transitional Kindergarten in GVUSD

By Christi McKinney

California is one of just four states in the country (along with Connecticut, Michigan and Vermont) to offer a program called Transitional Kindergarten. TK serves as a bridge between preschool and kindergarten. It's designed to provide students with time to develop fundamental skills needed for success in school in an age and developmentally appropriate setting.

In California, this program was created by the Kindergarten Readiness Act (SB 1381), which was signed into law in 2010 by Gov. Schwarzenegger. The act also changed California's relatively late kindergarten entry date from December 2 to September 1, so children enter kindergarten at age 5.

This program is alive and working well right here in the Ranchos in Erin Dahlem's classroom at Sierra View Elementary School. Dahlem uses modified kindergarten curriculum that is age and developmentally appropriate.

"This is the child's first real school experience, and I do my best to get them excited about learning," Dahlem said. "I want them to love to learn, to make them life-long learners." Students in TK are taught the social skills needed for kindergarten, like sharing, working together on a puzzle and friendships. They also learn how to raise their hand, take turns, walk in lines (to the cafeteria, playground, or library), to sit on the carpet for morning circle time and just how the basic classroom works.

"My classroom is fun but challenging. We learn concepts that most people wouldn't or do not think 5 year olds could learn, but they do," she said. "They are amazing and soak up all the information I give them. We learn the alphabet and their sounds, counting and number recognition, lots of practice cutting, gluing, and coloring."

Each week the class focuses on a letter and Dahlem surrounds the curriculum around it. For example, on the letter "M" they had mustache Monday where they wore mustaches, played mustache smash, did math activities with mustaches and read the book Mustache Baby. For the letter "R," in science they learned about reactions, watching baking soda and citric acid react and then how vinegar and baking soda reacted. The highlight of the day was watching root beer and ice cream react, and then of course they drank it.

The difference between a preschool and TK is the location. "We are located at an elementary school site. These students have a feeling of belonging to something much bigger. They learn what going to school is all about how it works – from fire drills to going

to the library to eating in the cafeteria." Also, TK is taught by a credentialed teacher. "My job is to make sure they are kindergarten ready" said Dahlem.

Sierra View is the only site that offers TK in GVUSD (but it's made up of Webster and Sierra View children). Webster students are offered busing morning and afternoon to Sierra View. TK begins at 8 a.m. and ends at 11:50 a.m. Students are not tested for kindergarten when they leave TK. They have been assessed throughout the school year and that information is given to the kindergarten teacher. The number of students allowed in the class depends on the district.

Registration for the program is in February. Your child will be assessed by Dahlem or another credentialed teacher as part of the registration process. In order to register you would need your child's birth certificate proving that your child will be five by September 1, along with proof of immunizations and proof of residency within the Golden Valley Unified School District boundaries. For more information about TK call Webster Elementary at 559-645-1322 or Sierra View Elementary at 559-645-1122

Research indicates that beginning kindergarten at an older age improves children's social and academic development. Positives include less retention, less need for special education programs and higher achievement scores beyond grade three. Plus, children attending transitional programs will be older and more mature in high school and college. The only negative seems to be that it can add a year of schooling.

Not all California children can attend a public TK program. In some school districts there is no funding available, or enrollment may be limited to disadvantaged children.

For more information about transitional kindergarten, www.tkcalifornia.org has plenty of answers.

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STAPLER cont. from P. 6

smaller place, but it is not out of the realm of possibilities. What she just won't wrap her mind around, because she is a stubborn little twit, is that she chose less rent and a backyard over distance. If her lease is up, she is free to do the opposite now. She is completely blind to the less desirable option so she doesn't even acknowledge it. Just because it's an unappealing option doesn't mean it isn't viable. Someone puts a gun to your head and demands your purse. A smart person hands it over because it can be replaced, a bullet to the brain is permanent. But, in all honesty, even in this situation (which is obviously far more serious than picking an apartment) there is still a choice. You could choose to refuse, but that option comes with a potential fatal conse-

quence. It doesn't seem like a choice, but it is, though a really crappy one. Not all decisions are life and death, but they all come at a cost. Something chosen is something else being discarded. In her mind she is practically being held in her apartment by an army of realtors with semi-automatic weapons, so she has no choice – she can't move.

As I fired all of this back at her in an attempt to make her see the possible solutions that lie before her, it became painfully clear that it was sailing over her head and a step ladder and a butterfly net wouldn't help her catch it. So I broke it down to her like this: move or don't move, it's not my decision to make, but keep whining to me and I will be forced to choose between my staying out of prison and beating you over the head repeatedly with my stapler.

CAPMC cont. from P. 3

County Office of Emergency Services (OES), directed by Sheriff Jay Varney. This office, along with the County De-

partment of Environmental Health, will accept applications from homeowners and verify each household is eligible for emergency services because of the drought. Those eligible households will then be referred to CAPMC so that services can be performed. All costs for the installation of the tank and the delivery of water will be paid by the State of California through OES funding.

There are some limitations. This is available only for homeowners living in their own home. It is not available for rentals. Additionally, this is NOT a program to drill any homeowner a new well. This program is offering a temporary fix only and has no funds for well replacement or deepening. There are already 72 local service wells identified by the County as no longer producing water for people. Subsistence water will not become readily available through this program for at least two months. Since the duration of the drought is an unknown, the length of this program will be limited by the funds available from the State and/or the end of the drought conditions.

For more information contact the Community Action Partnership of Madera County at 1225 Gill Avenue, Madera. Call 559-673-9173. Or contact the Madera County Environmental Health Dept. at 200 W. 4th Street, Third Floor, Madera. Call them at 559-675-7823. You can also contact the Madera County Office of Emergency Services, directed by Sheriff Jay Varney, at 14143 Road 28, Madera. Call them at 559-675-7770.

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Promoting Productivity vs. Shutting Down

The other day I was typing along when suddenly a message popped up on my laptop screen. “Low Battery. Your Mac will sleep soon unless

plugged into a power outlet.” At that point I had a choice. I could get up, go get my cord and plug in, or take a chance of my computer shutting down.

When I coach people around life management issues, I sometimes wish I could hold up a sign, “Your self-care is dangerously low. If you don’t recharge, you’re at risk of shutting down.”

Shutting down can have many symptoms – exhaustion, stress, colds/flu, sleep problems, mindless eating, inability to focus, anxiety, depression, memory loss, auto-immune and heart disease, strained relationships, etc.

Why is it that we often don’t concern ourselves with self-care until a shut-down has occurred? We might think we don’t need much sleep because we pulled all-nighters in college. We might think the world (or at least our family) will fall apart if we don’t do-it-all. Or, we might be

working under a deadline.

This month, my son Chase and his bride Alison got married. Those of you who have planned weddings know there is an endless list of last minute things that keep creeping up. The choice was do they run themselves into the ground and use the honeymoon to recuperate, or choose ways to get stuff done and still show up healthy and ready for the big day?

Whether you’re under a deadline, trying to keep up at home, planning a big event, or feeling overwhelmed with life in general, I want to encourage you to take time to “plug in” with a few of these recharging techniques.

1. Breathe – Obviously you’re already doing this, otherwise you wouldn’t be holding a newspaper. But, when you’re feeling stressed, breathing deeply is a healthy, de-stressing activity. Breathe

in slowly and deeply through your nose filling your abdomen, not your chest, with air. Slowly exhale through your mouth. Repeat several times. The added oxygen to your brain and simply stopping to “catch your breath” will have a calming effect.

2. Nap – Babies nap. Older folks nap. Why are those of us in between missing out? A 20-30 minute nap can recharge your batteries and provide a boost of energy.

3. Eat healthy and regularly – A pretty obvious way to recharge and yet often neglected. Eating healthy and regularly keeps our bodies fueled and gives us a good reason to stop and rest, at least for a few minutes. If you can put down the phone for a few minutes while you eat, even better.

Please see **ORGANIZED** on P. 16



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Golden Valley Chamber

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2015 Flatlander's Day

Parade Day: Saturday, May 9, 2015 • \$10 Entry Fee

Group Individual Business

Group or Business Name _____

Individual Entry or Responsible Person's Name _____

Phone: _____

Address: _____

Theme of Entry: _____

Will youngsters walk with the entry? Yes No

Approx. number of participants _____ Approx. length _____ ft.

Entry Category (select ONE most closely suiting your entry):

Horses (Single) Horses (Group) Explain: _____

Band/Music Name: _____

Floats (Non-profit) Name: _____

Floats (Business) Name: _____

Floats (Other) Name: _____

Children's Groups Name: _____

Dance Groups Name: _____

Single Entry (Children) Name: _____

Single Entry (Adult) Name: _____

Novelty Name: _____

Additional information: _____

Parade begins at 10 a.m. sharp!
Registration of entries begins at 8:30 a.m.
Parade route: Ave. 12 from Topper to Kensington

The undersigned entrant and all participants agree to abide by all parade rules, follow the directions of parade officials and agree to release parade officials from any and all responsibility from loss, damage, and/or injury to any person or property as a result of participation in the parade.

Signature: _____ Date: _____

Bring, fax or mail this form by **May 1** to: **Golden Valley Chamber of Commerce**
37167 Ave. 12 Ste. 5C • Madera, CA 93636 • Fax 645-4002 • Call 645-4001

Flatlanders is sponsored by the Golden Valley Chamber of Commerce, Ranchos Kiwanis and Friends of the Ranchos Library.

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Crab Feed "500" Sponsors

The 12th Annual Golden Valley Chamber of Commerce Crab Feed was a huge success on March 6, and what really made the event possible was a group of special sponsors:

Fernwood Gardens • Bedrock Engineering • Vulcan Materials • Liberty Groves
Pistoresi Ambulance • Pizza Factory • VDI Services

The 25th Annual Flatlanders Day is Almost Here!



The 25th Annual Flatlanders Day Parade, sponsored by the Golden Valley Chamber of Commerce, is coming Saturday, May 9 beginning at 10 a.m. The annual event showcases local groups, businesses and individuals from the Ranchos and beyond. The parade starts at 10 a.m. sharp and then there's a food and crafts fair at the Maywood Center sponsored by the Friends of the Ranchos Library that will last into the afternoon. Flatlanders Day is always celebrated on the second Saturday in May.

An entry form for the parade is found to the left of this article and applications for booths at the food and crafts fair are available at the Ranchos Library.

New Members

The Golden Valley Chamber of Commerce would like to welcome the newest members to the Madera Ranchos business family

Mike Bustamante
Keller Williams Real Estate

Lindsay Orcutt & Dawn Hilterbrand
Dough Ray Me Bakery & Coffee Spot

Chamber Mixer

The Golden Valley Chamber of Commerce is excited to announce our next mixer sponsored by the

Ranchos/Hills Seniors
37330 Berkshire Dr. • Madera Ranchos

Wednesday, May 13 from 6 - 7:30 p.m.

The Golden Valley Chamber of Commerce is helping a new business open its doors with a

A Ribbon Cutting
The Branch & Vine Fruit Barn
38802 Ave. 12 • Madera Ranchos

Saturday, April 18 at 11 a.m.

shop local · buy local · shop local · buy local · shop local · buy local

ORGANIZED cont. from P. 14

4. Develop routines – In his book *The End of Illness*, Dr. David B. Agus says, “One of our biggest stressors is not finances or marriage but the lack of a regular routine. Even simply eating lunch an hour later than usual can spike levels of the stress hormone cortisol and disrupt your body’s ideal state.” Rather than starting your day running around like a chicken with its head cut off, design a routine for the things you do daily before leaving the house. Your time at home will be more productive and you’ll be saving mental energy for more important things.

5. Go to bed “on time” – That time might be different for everyone, but according to the National Sleep Foundation, the average adult body needs 7-9 hours of sleep each night. Turning off electronic screens earlier in the evening and creating a clutter-free bedroom help promote a good night’s sleep.

6. Exercise – Yep, you knew it was coming, right? But it doesn’t have to mean spending an enormous amount of time and money going to

the gym. *FitnessMagazine.com* has a 15-minute De-Stress Workout you can do at home; even something as simple as walking or riding your bike will help. Think of something you enjoy doing and will be able to continue. You certainly don’t want to get stressed about de-stressing.

Managing our self-care is an important component of productivity. Just like the air-safety demonstration before takeoff, we need to put the oxygen mask on ourselves first, so that we can thrive and be productive for those around us.

Chase and Allison chose mindful eating and some yoga to help them stay healthy and productive during their wedding planning. They did a great job and created a beautiful marriage celebration – and still looked refreshed and ready for a trip to Costa Rica.

Contact Brenda McElroy at *Organized by Choice* (because things don’t always fall into place) at P.O. Box 26152, Fresno, CA 93729. You can also call her at 559-871-3314 or email her at info@organizedbychoice.com. You can also visit www.organizedbychoice.com online.

RECIPE cont. from P. 8

of sweet pickle juice. After you have the yolks tasting the way you want, put them in the whites and refrigerate until ready to serve. I use a teaspoon to fill my whites, but a pastry bag with a pretty tip would make them more festive.

The Easter Ham

As far as the ham goes, I think everyone has their favorite glaze – and some people don’t like any – but it is entirely whatever your family prefers. We drain the juice from a can of pineapple chunks into a bowl; add enough brown sugar to make a paste – not real thick – and a squirt of mustard. When the ham is almost done (about 30 minutes before it is ready) take it out of the oven and score the outside (not real deep) in diamond shapes. With toothpicks put the pineapple chunks on the ham and spoon the juice mixture over that. Put back in the oven until it is done.

When it comes to the potatoes we really cheat here! We have found that the boxed ones are good, and a lot less trouble. With our gang, usually between 15 and 20, we usually use 10 to 12 boxes. Can you imagine peeling that many potatoes? You’d feel like you were on KP duty in the Army. We use about four disposable aluminum baking pans, cooking two pans at a time.

The balance of the meal is simple, and just whatever your family likes.

Like so many of our meals (we have seven households coming together) there are always a lot of desserts. My sister usually makes a coconut cake, I make a pineapple upside down cake, Adam will bring a couple of his apple pies and there will probably be a banana pudding (I can remember my grandma always made one for Thanksgiving dinner. But she made real pudding, not the boxed ones we use today).

I’m looking forward to more recipes from the Ranchos’, Rolling Hills’ or Bonnadelle’s good cooks. Or how about kids? I’d love to do an article on kids’ favorite foods – anything from hot dogs to s’mores.

An Easter Favorite

My favorite Easter Hymn is *Christ Arose!* I get goose bumps when the chorus is sung, “Up from the grave he arose, with a mighty triumph o’er His foes, He arose a Victor from the dark domain, and He lives forever, with His saints to reign. He arose! He arose! Hallelujah! Christ arose!”

Have a blessed Easter.

This article originally appeared in the March 2011 issue of the Ranchos Independent.

Editor

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The Bookshelf
Shake, Rattle & Read at the Library

By Amanda Judd

Things are certainly moving in the library these last few weeks. We have continued to get some new items out on the shelf and they fly out as soon as they come through the door. It's very exciting to see.

We still have tax forms available, but please remember the IRS did not print federal instruction booklets this year. The tax table for your income range can be printed out for free at the Library Reference Desk.

I would also like to introduce this year's theme for the Summer Reading Program. This year we are going to: Read to the Rhythm. We will be exploring music, movement and books. We will cover the links between experiencing tone, melody and lyrics and how it affects the acquisition of early literacy. It will be a fun and exciting program that will surely provide for educational entertainment. Be certain to watch for future updates to provide the program dates, performances, crafts and other important information. So let's get ready for a Summer of Shake, Rattle and Read.

We also have an exciting new series that has just hit our New Juvenile Fiction Shelf. Written by Gabrielle Lord, the *Conspiracy 365* series will surely be an exciting adventure for our young readers. A suspenseful fiction series that covers 12 months through a series of 12 books based on a young man who has been hurled into a life on the run. Character Callum Ormond is chased down by a sick man that heeds a deadly warning: "They killed your father. They'll kill you. You must survive the next 365 days." Cal is desperate to uncover the truth about his father's death. Uncertain of who he can trust, as the whole world wants him dead, he is searching for a history changing secret.

Are you up for the challenge?

The 25th Annual Flatlander's Day is quickly approaching. Preparations are well underway and the library is humming with excitement. Craft Fair Vendor applications are still available. If you are interested in being a vendor please contact the library. Applications will be sent via email and there are some printed packets available for pick up in the library during regular operating hours. Don't wait until the last minute; you certainly don't want to miss out on being a participant.

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Congratulates Our 2014/15
Varsity High School Soccer Players

<p>MADERA SOUTH HIGH SCHOOL Division II Valley Champions Gigi Gutierrez - Defender Sabrina Ibrahim - Midfielder Maria Leal - Defender Leila Monzon - Forward Izzy Navarro - Defender Angel Rodriguez - Midfielder Sophie Zertuche - Forward</p>	<p>LIBERTY HIGH SCHOOL Division III Valley Champions Emma Horanic - Defender Sydney Horanic - Defender Jamie Lewis - Defender Johana Lewis - Midfielder Alissa Tenorio - Forward Raina Wristen - Forward</p>
<p>CLOVIS NORTH HIGH SCHOOL Division I Finalist Ri Castaneda - GK</p>	<p>CENTRAL HIGH SCHOOL Division I Semi-Finalist Justine Fuentes - Forward Ebony Hernandez - Midfielder Jordan Kizirian - Midfielder Cheyenne Martin - Midfielder</p>
<p>MADERA HIGH SCHOOL CMAC Champions Kim Gaona - Midfielder Angelica Hernandez - GK Cassie Ortiz - Midfielder Holly Perez - Defender Jamie Simpson - Midfielder</p>	<p>SANGER HIGH SCHOOL Division II Qtr-Finalist Alyssa Flores - Forward Brissa Rodriguez - GK</p>
<p>KERMAN HIGH SCHOOL Division IV Qtr-Finalist Leanne Heslep - Forward</p>	<p>MINARETS HIGH SCHOOL Kailey Lemon - GK Jamie Reichard - Midfielder Maribeth Villanueva - Defender</p>

3/15

For tryouts, coaching opportunities and additional info, please call Fidel Dorado, 559-479-1078.

RMS Takes Academic Pentathlon



Ranchos Middle School's 8th grade winning team took 1st at the 2015 Academic Pentathlon.

The 2015 Madera County Academic Pentathlon culminated with an awards ceremony on Saturday, March 21 naming Mountain Home School Charter's 7th grade team and Ranchos Middle School's 8th grade team winners of the competition.

More than 400 students participated in this year's five-event academic competition, held on two days. Math and essay tests were held on Friday, March 13 at SCCCD, Madera Center, and literature, speech and super quiz were held Saturday at Ranchos Middle School.

Ranchos Middle School came in second place in the 7th grade competition and North Fork Elementary School placed third. Coarsegold Elementary School came in second in the 8th grade competition and Sherman Thomas Charter School placed third.

Coarsegold Elementary School and Ranchos Middle School tied for first place in the 7th grade Super Quiz competition. Coarsegold Elementary School placed first in the 8th grade competition. Mountain Home School Charter placed second in the 7th grade competition and North Fork Elementary School came in third place. In 8th grade competition, Sherman Thomas Charter School came in second place and Ranchos Middle School placed third.

"We have a great group of middle school students in Madera County," said Cyndy Dolph, Associate Superintendent, Madera County Office of Education. "It was very evident today by the amount of participation, great sportsmanship and the accolades these students received. We are so fortunate to have such wonderful support from our community and districts for student academic events."

Each event contained a maximum of six students per team. Students were allowed to compete in as many tests as they wished. Teams had been practicing for this event since

November.

Saturday's competition began with the speech and literature events. Participants delivered a four-minute prepared speech on the topic of caring and a two-minute impromptu speech in front of a panel of three judges.

Literature students took a test based on the required reading *Scat*, by Carl Hiaasen. Participants had 30 minutes to answer 50 questions based on the book, a poem and language skills.

The Super Quiz was conducted immediately following both events. Teams walked into the testing arena to face off in a series of questions on the topic "Earth and Life Science, Including Evolution."

Each Super Quiz team consisted of four to six members answering 15 questions out of 30. The four highest scores were added up to determine the winning team.

The awards ceremony was held immediately following the Super Quiz and lunch. Certificates and pins were handed out to all participating students.

Seventh grade winners included:

Literature

Allena Miller Ranchos Middle Gold
David Portnoff Ranchos Middle Bronze
Kadee Hiatt Ranchos Middle Bronze

Math

David Portnoff Ranchos Middle Bronze

Speech

Nathan Pearce Ranchos Middle Silver
McKenna Egan Ranchos Middle Bronze

Eighth grader winners included:

Essay

Nathanael Samarin Ranchos Middle Silver

Literature

Lindsay Noble Ranchos Middle Gold
Israel Mendoza Ranchos Middle Silver

Tacherra in Congress Race Again

Tacherra, who nearly defeated three decade career politician Jim Costa in 2014 despite being heavily outspent, lays out visionary water agenda to protect the Central Valley.

16th District Congressional candidate Johnny Tacherra officially declared his candidacy to unseat Congressman Jim Costa in 2016 by continuing to hold him accountable for his failures to deliver on the most important issue facing the 16th District: water.

"Congressman Costa spent decades in Sacramento and took care of his political career to go to Washington instead of producing a long-term fix for California's water supply and delivery system," stated Tacherra. "After more than 30 years in office, it is obvious that his seniority and elitist connections have meant little to the Valley. We need a new voice that fights for the Valley. Agriculture and rural areas are the ones being forced to cut back. If there is pain caused by a drought and poor planning, the pain needs to be spread equally and include those responsible for passing the buck and causing this problem in the first place."

Tacherra's focus on an agenda to fix California's water problems is founded on his life as a family farmer who is stunned that the federal Central Valley Project allocations of water for the San Joaquin Valley last year were zero. That is expected to be the case once again in the coming year despite Congressman Costa's claims of having influence and seniority.

"First and foremost, this is a disaster and Costa continues to worry about reelection and those funding his campaign instead of delivering solutions that save jobs and farmland. We must increase the

supply by encouraging recycling and desalination in coastal cities. It is good for California in the long run and makes much more sense than spending billions of tax dollars on trains to pay off campaign donors. It is critical that our Member of Congress be focused on protecting the Central Valley. It's also time our urban friends in this state pay their fair share and address their drain on the state water system by adopting these new technologies which will create jobs and protect agriculture at the same time," said Tacherra.

"Last year over 500,000 acres of productive farmland went unplanted and over 17,000 jobs were lost. We must have the courage to make the right choices, including reforming the Endangered Species Act which has become a tool for elitist bureaucrats and extremists at the EPA and elsewhere to attack farmers. I will be vigilant to protect our way of life and farmland. The Central Valley is not merely an ATM of resources that can be pillaged at will."

"There needs to be a new way for the Central Valley that focuses on agriculture, jobs for working families and security both here and abroad," said Tacherra. "Over 49 percent of the district agreed with me in the last election that I have the ideas and vision to move the Central Valley forward and Jim Costa's ability to get the job done is questionable at best. I look forward to winning over many more of our citizens to finish the job in 2016."

Golden Valley Baptist Church

Easter Sunday Celebration

April 5 Schedule:

7 a.m. - "Sonrise" Service
(Free Pancake Breakfast)

9 a.m. - Bible Study (for ALL ages)

10:30 a.m. - Worship Service

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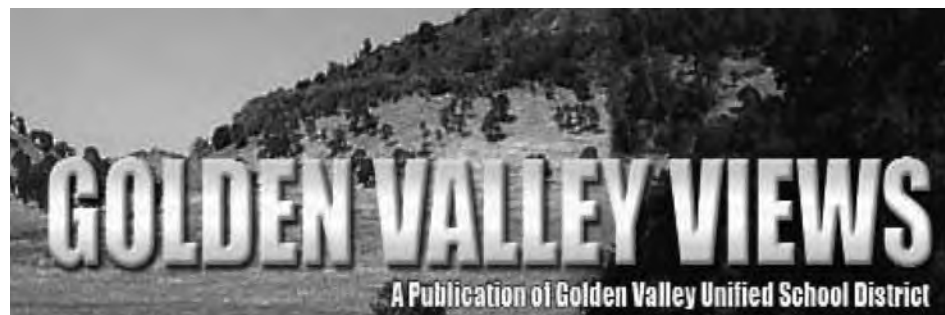
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3/15

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Soccer Champions

The Ranchos Middle School girls' soccer team won its third straight WSAL championship to complete its third straight undefeated season. Ranchos defeated Coalinga Middle School, 4-3, in the championship match.



Ranchos Middle School's girls' soccer team after winning their third WSAL Championship.

The Liberty Hawks girls' soccer team completed its seventh straight undefeated North Sequoia League season with the school's first Div. III Valley Championship after a 2-1 victory over the East Bakersfield Blades. It is the program's fourth Valley Championship after winning two in Div. V and one in Div. IV.



Liberty's girls' soccer team after their fourth Valley Championship and seventh straight undefeated season.

Liberty Shatters Pennies Goal

Liberty High School came united in raising money for the Leukemia Lymphoma Society during February. The school had a goal of \$2,000 and more than exceeded the goal by raising \$2,651.47 to the society. More than \$1,700 in pennies were donated to the school as well as more than \$900 in sabotage money.

"Seeing everyone reach into their pockets to do last minute donations at lunch was inspiring," activities director Sarah Burress said.

Denice Lane's class was the overall winner with \$177.33 in pennies and raising \$588.13 overall with sabotage. Each class donated pennies and "sabotaged" other classes by donating silver change and bills into the class donation box. Mike Erickson's class placed second with \$160.34 in pennies and Laura Markle's class was third with

\$158.74. Honorable mention goes to Rick Tarango's class that received \$521.87 in sabotage money.

"Because the efforts were truly campus-wide and we went so far over our goal, the ASB leadership has decided to throw a school-wide "United as One" barbecue to reward everyone for a job well done," Burress said.

Sierra View News

Three Sierra View Elementary School Destination Imagination teams advanced to the state competition in Riverside after placing in the top three at the regional competition at Sutter Middle School in Fowler.

Sierra View had teams in grades first through sixth at the competition. More than 50 schools from kindergarten through high school participated in the event.

"Destination Imagination is an annual program that challenges students to create authentic learning experiences by solving complex problems," Principal Chris Imperatrice said. "Students have been practicing for over two months at Sierra View."

Sierra View's Wild About Reading program concluded on March 20 with its goal to read more than 54,000 books, which was a record last year.

The program requires students to read 10 books in two weeks in kindergarten through third grade and students fourth through sixth grade to read 300 pages in a chapter book. Students who achieve this goal will receive tickets to a Fresno Grizzlies game.

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DIET cont. from P. 10

Melatonin is a potent antioxidant normally produced in the body in the evening when it gets dark causing sleepiness. Studies suggest a link between low melatonin levels and an increased incidence of diabetes.

Essential oils can often be taken topically, inhaled or internally. Some of the antioxidant activities of essential oils include preventing lipid peroxidation and scavenging free radicals. Use the whole original source whenever possible. Some oils with proven anti-inflammatory benefits include:

- Rosemary
- Chamomile
- Ginger
- Tea Tree Oil (Melaleuca)
- Lavender
- Peppermint
- Eucalyptus

Putting it All Together

How much should I eat?

- Increase mono & polyunsaturated fat

in place of saturated fat

- Increase omega-3 fats: fish 2-3 servings/week, flax seed & oil daily
- Nuts/seeds: 2 oz/day
- Soy proteins: 25 g four times per week
- Oats or Water-Soluble Fiber: 3 g/day
- Red Wine: 6 oz/day with meal
- Black/Green Tea: 1-2 cups/day
- Garlic: 1-3 fresh cloves daily
- Natural Cocoa: 2 Tbsp powder per day
- Use herbs and spices whenever possible

Anti-inflammation Super Nutrition Mix
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- Whey protein powder - 2 cups
 - Natural cocoa powder - ¾ cup
 - Flax seed ground - ½ cup
 - Chia seeds - 2 Tbsp
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7	8	5	6	1	4	2	9	3
8	9	3	4	2	6	7	5	1
4	5	1	9	3	7	6	8	2
2	6	7	5	8	1	4	3	9
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5	7	8	1	6	3	9	2	4

6	11	20						
3	5	4	19					
9	6	3	1					
2	1	8	8					

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Items Wanted

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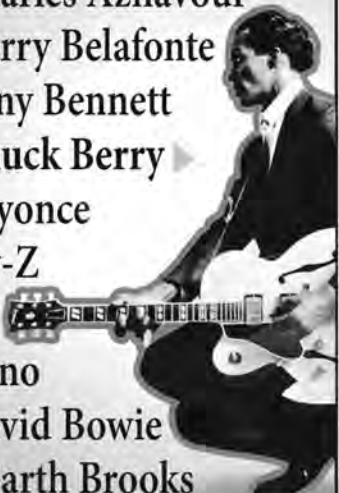
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top ten

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3. Harry Belafonte
4. Tony Bennett
5. Chuck Berry
6. Beyonce
7. Jay-Z
8. Bono
9. David Bowie
10. Garth Brooks

Source: TheBestSchools.org



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Click on "Local News" at

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	-		×		8
×		×		-	
	-		÷		1
÷		+		×	
	×		+		19
6		11		20	

1 2 3 3 4 5 6 8 9

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SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

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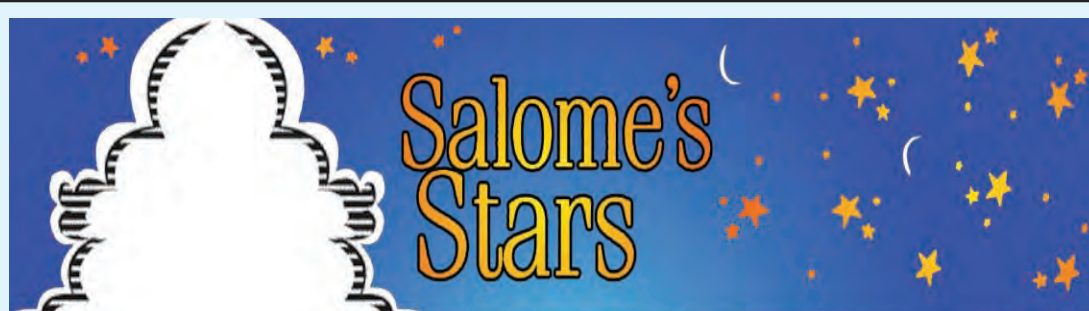
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3/15

Just Like Cats & Dogs by Dave T. Phipps



ARIES (March 21 to April 19) You might be upset about having to deal with problems that are no fault of your own. Turn the annoyance into an asset by showing how quickly and how well you resolve them.

TAURUS (April 20 to May 20) The Bovine's fondness for tidiness pays off when you untangle a situation that seems hopelessly snarled. You might later be surprised to learn who will be expressing his or her gratitude.

GEMINI (May 21 to June 20) Although you can tackle your assignment the way you prefer, it might be a good idea to at least ask for suggestions. Who knows? One or two might even turn out to be helpful.

CANCER (June 21 to July 22) Make all the changes in your plans or proposals that you feel are necessary before -- repeat, before -- you submit them to your colleagues. You'll come off looking more decisive that way.

LEO (July 23 to August 22) You might feel a mite intimidated in a new environment, be it a job, a classroom or meeting the future in-laws. But enter with a big smile, and everyone will see you as a real take-charge Cat.

VIRGO (August 23 to September 22) This could be a romantic time for you if you can set aside your cynicism and let yourself believe that someone really cares. If you're already in a relationship, expect your partner to be extra-loving.

LIBRA (September 23 to October 22) It's a good time to shed any doubts about your abilities. You've proved yourself in the past, so why not accept that you'll do just as well, or better, in dealing with the new challenge ahead?

SCORPIO (October 23 to November 21) Your suspicions might be on the mark, but unless you can prove what you assume, you need to exercise that Scorpion discretion and let events unfold without your assistance.

SAGITTARIUS (November 22 to December 21) Be careful not to go over the top this week. Avoid overeating (especially of the wrong foods), or drinking too much, or working too hard. You can do it all, but in moderation.

CAPRICORN (December 22 to January 19) A family matter is given to you to resolve because you have the gift for bringing quarrelsome kinfolk together. But while you're playing Dr. Phil, don't neglect your career obligations.

AQUARIUS (January 20 to February 18) Someone of importance shares your goals but disagrees with your plan to achieve them. Never mind. Defending your methods with logic and facts earns you admiration and respect.

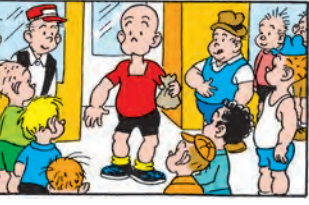
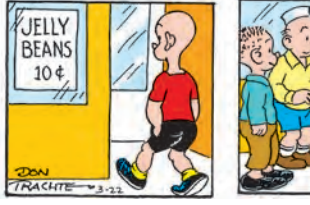
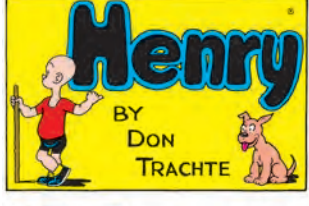
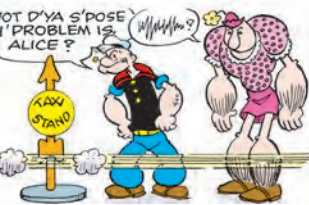
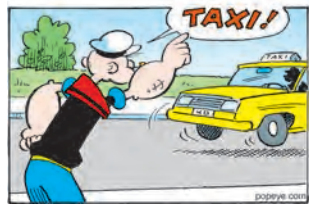
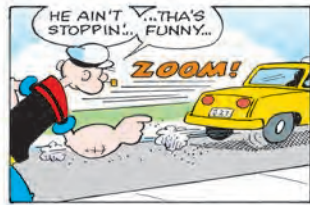
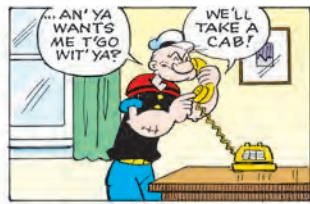
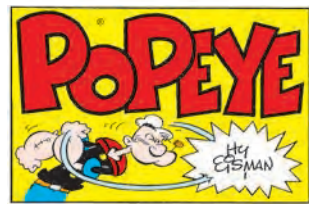
PISCES (February 19 to March 20) Get away, perhaps for the weekend, despite all the demands made on your time and energies. You'll return refreshed and ready to tackle it all with your usual finesse.

Born this Week

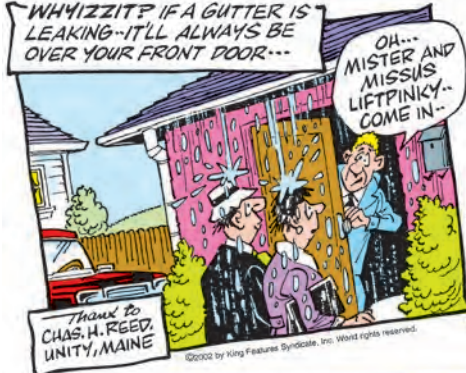
You have a sense of honesty that makes people believe and trust in you.

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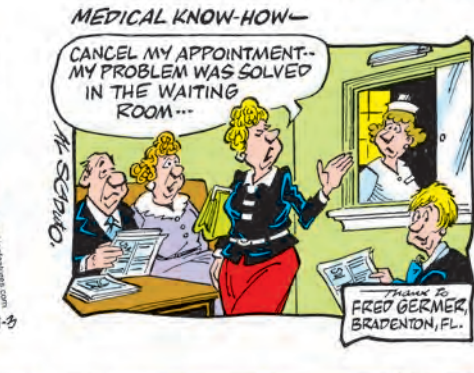
FUN PAGES



THEY'LL DO IT EVERY TIME



BY AL SCADUTO



Junior Whirl

by Hal Kaufman

A-PLUS! Beginning with letter A, at right, add a letter in each step to form a new word, rearranging letters as necessary. As shown, every other word has a letter A at its center.

Delimitors: 1. Report card grade (A, in place). 2. Alongside. 3. Double-crosser. 4. Interest concern. 5. It beats for you. 6. Dire warning. 7. Critics' milieu.

1. A
2. A
3. A
4. A
5. A
6. A
7. A

THREE SUM! Invite a friend to select three consecutive numbers. Have him or her total the numbers and divide by three. Presto, answer is the middle number. Give it a try.

501	503	504
500	499	498
502	505	

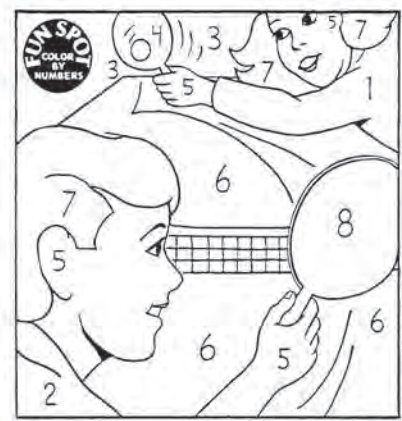
OFF THE WALL FIGURING

Our bricklayer pal is attempting to complete a wall that will total 1992 in all directions. That is to say, across, down and diagonally.

Eight consecutive numbers from 488 through 505 are already in position. Eight more consecutive numbers, from 491 through 498 (498 appears twice), remain to be inserted.

Helpful hint: Number 491 belongs in one of two vacant upper corners (including the brick in his hand). See if you can help the bricklayer complete his formation.

DOG DAZE! How many dogs do you see in this picture? Our artist claims there are 26. Find them, if you can.



SMASH HIT! One good return deserves another in a nip and tuck Ping-Pong game. Colors: 1—Red, 2—Lt. blue, 3—Yellow, 4—Lt. brown, 5—Flesh, 6—Green, 7—Dk. brown, 8—Purple.

SPELLBINDER

SCORE 10 points for using all the letters in the word below to form two complete words:

DISPROVE

THEN score 2 points each for all words of four letters or more found among the letters.

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Wishing Well

7	5	2	6	8	5	8	6	5	6	5	3	2
J	A	D	G	S	B	T	E	E	T	A	F	U
3	8	2	8	2	6	2	4	8	3	7	2	4
U	E	T	P	I	B	E	A	C	T	O	S	C
8	2	5	7	8	5	6	2	8	2	8	5	7
A	R	M	Y	R	I	A	E	E	D	F	N	F
3	8	6	3	4	3	4	5	4	3	4	2	6
U	U	C	R	C	E	E	G	P	C	T	E	K
8	5	8	5	4	3	5	2	5	4	7	6	4
L	S	L	M	Y	R	I	F	L	O	U	T	U
3	2	4	5	2	3	4	3	8	6	3	4	6
U	I	R	E	N	I	L	S	Y	O	E	I	B
4	6	7	6	4	6	2	6	7	6	7	2	7
F	A	L	S	E	I	E	C	D	S	A	D	Y

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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MAGIC MAZE • BILLYS AND BILLIES

I T Q N G L J G D A X U R O L
J G D A X N L P V S P N K N I
F C A X V S I E Q O C L I J H
E C A X V P T K H R A T P N L
J H F G E D B O N C R Y X V T
R P Y R D O L M L A T S Y R C
K I G A E I E E M D E I B E Z
X W U H D E K T O R R J M D Q
O N L A J N B E I J G B U L C
F D Y M C A U O H Y X W V I T
S R P O N L K S B T A O G W J

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

Beer	Goat	Joel	Sunday
Carter	Graham	Martin	The Kid
Club	Holiday	Mitchell	Wilder
Crystal	Jean King	Piper	

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TRIVIA TEST

By Fifi Rodriguez

- LITERATURE: How many publishers rejected James Joyce's "The Dubliners" before it finally made it to print?
- GEOGRAPHY: The Falkland Islands are located off which continent?
- MYTHOLOGY: What does the Greek goddess Aphrodite represent?
- PRESIDENTS: When was Lyndon Johnson elected president?
- MEDICAL TERMS: What is the common name for "epistaxis"?
- RELIGION: In the Christian calendar, what is Low Sunday?
- THEATER: What was the name of the female protagonist in the play "West Side Story"?
- LANGUAGE: What would "turbid" water look like?
- U.S. STATES: What state's nickname is the Pine Tree State?
- GENERAL KNOWLEDGE: What do the first three numbers of a Social Security number signify currently?

- Answers**
- 122
 - South America
 - Love and beauty
 - 1964
 - Nosbleed
 - The Sunday after Easter
 - Maria
 - Muddy or cloudy
 - Maine
 - The state or district where the applicant resides
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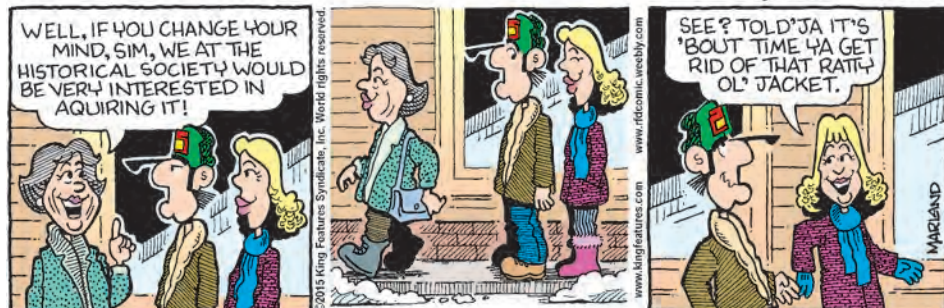
Amber Waves

by Dave T. Phipps



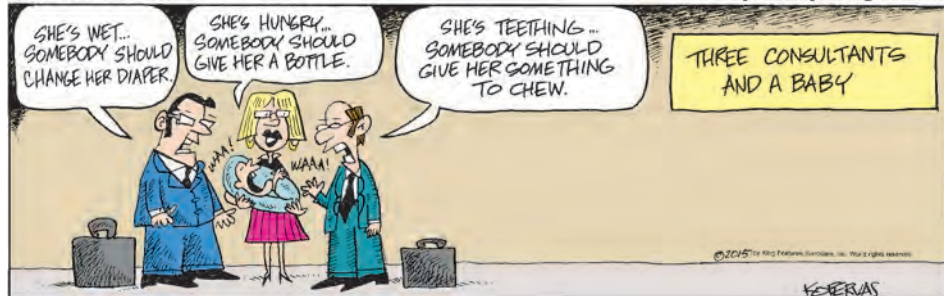
R.F.D.

by Mike Marland



Out on a Limb

by Gary Kopervas



The Spats

by Jeff Pickering



Intelligent Life

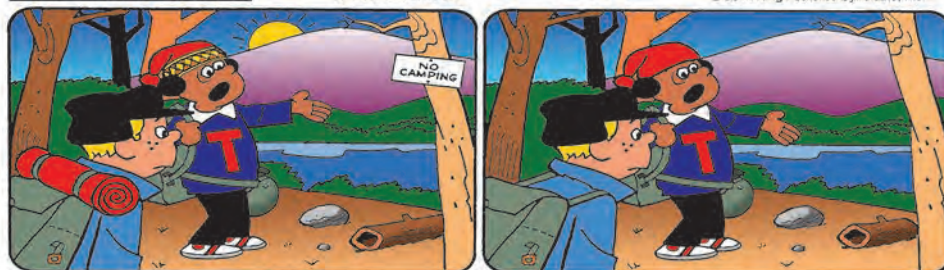
by David Reddick



HOCUS-FOCUS

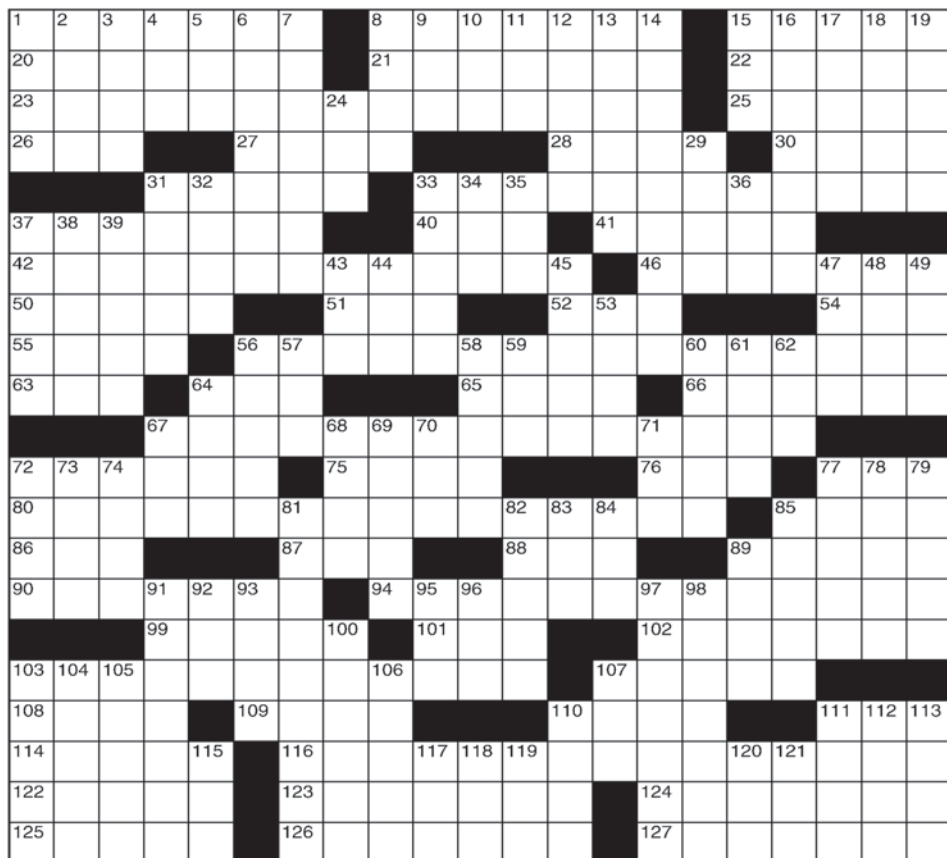
BY HENRY BOLTIHOFF

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Differences: 1. Blanket roll is missing. 2. Cap is different. 3. Sun is missing. 4. Arm is moved. 5. Sign is missing. 6. Log is smaller.

Super Crossword



- | | | | | | |
|---------------------------------|------------------------------------|---|--|-------------------------------|----------------------------|
| 1 It may begin "Here lies ..." | mode | "Macbeth" | treaty inits. | 53 "Shape — ship out!" | with |
| 8 Like fables with morals | 55 Just makes, with "out" | 107 Cantaloupe or honeydew | 12 Pope before Gregory XIII | 56 Alphabet opener | 92 Christie's cry |
| 15 Sprayed like a firefighter | 56 1965 Marvin Gaye hit | 108 Body gel additive | 13 More nonsensical | 57 "May — of service?" | 95 Coloring stuff |
| 20 Composer Saint-Saëns | 63 Dial-up alternative, for short | 109 "There's — haven't heard!" | 14 Prison, informally | 58 Burglar's job | 96 Camera — |
| 21 Maui tourist town | 64 Fall away | 110 — prayer for | 15 — and haw | 59 Missile's path | 97 Ones toeing the line |
| 22 Wash away | 65 Cube inventor | 111 Univ. Web site suffix | 16 Pizza herb | 60 "Deathtrap" star Michael | 98 Tag anew |
| 23 Like overly harsh punishment | 66 Feeble | 114 Beach hills | 17 More irritated | 61 "For — us a child is born" | 100 In the habit of |
| 25 Consolidate | 67 Noncircular paths around bodies | 116 "77 Sunset Strip" actor, familiarly | 18 Rocker Winter | 62 Guitarist Paul | 103 Crossed a ford |
| 26 Suffix with prophet | 72 Homeland, affectionately | 122 Mrs. Bunker | 19 Plow pioneer | 64 "Green" sci. charged atom | 104 Get by |
| 27 Calc prereq | 75 Big name in dog food | 123 Use an umbrella, say | 24 Noisy clamor | 67 Sci-fi power | 105 Like a |
| 28 Hosiery hitch | 76 108-card game | 124 Posts again | 29 Basic idea | 68 Robert De — | 106 Cyclical, at the beach |
| 30 Transmission option | 77 Toque or fez | 125 Hunter's lure | 31 Actor Jimmy | 69 1990s exercise fad | 107 — tai (drink) |
| 31 Coil of yarn | 80 1967 hit for the Doors | 126 Fusible alloys | 32 Granny, e.g. | 70 Bldg. units | 110 "The — the limit!" |
| 33 1985 hit for Sheila E. | 85 Infrequent | 127 Bad-mouth | 33 At — of (priced at) | 71 Virus, e.g. | 111 Markey of Tarzan films |
| 37 Female graduates | 86 "Star Trek" rank: Abbr. | DOWN | 34 Item in a P.O. box | 72 Not closed | 112 Nixing mark |
| 40 Middle: Abbr. | 87 Pilfer from | 1 "Lo!", to Livy | 35 Part of NATO: Abbr. | 73 Jay of NBC | 113 Stalin's land |
| 41 Cello bow rub-on | 88 Singer Yoko | 2 Golf norms | 36 Acne spot | 74 Biblical verb | 115 See 43-Down |
| 42 Monkey of kid-lit | 89 Leaks slowly | 3 Don of radio | 37 Performed on stage | 77 Belittling frat brother | 117 English dramatist |
| 46 Upholstered footstool | 90 To no extent | 4 Deadlock | 38 Lies in wait | 78 Circus venue | 118 Lyrical verse |
| 50 Country singer Travis | 94 Mismatched collection | 5 100% | 39 Apocryphal archangel | 79 Touchy | 119 Bruin |
| 51 Inits. on a navy vessel | 99 Knife of old infomercials | 6 Tableland | 43 With 115-Down, nervous and apprehensive | 81 Bohemianism | 120 Peru's Sumac |
| 52 Neighbor of Ger. | 101 — Kippur | 7 Units of inductance | 44 Part of i.e. | 82 Meanders opp. | 121 Campaigned |
| | 102 Stream of electrons | 8 Chug- (guzzle) | 45 "... wife could — lean" | 83 Question's opp. | |
| | | 9 Suffix with Caesar | 47 Injure badly | 84 Turndowns | |
| | | 10 Mu — pork | 48 Jai — | 85 Like Brutus | |
| | | | | 89 Prince — von Bismarck | |

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