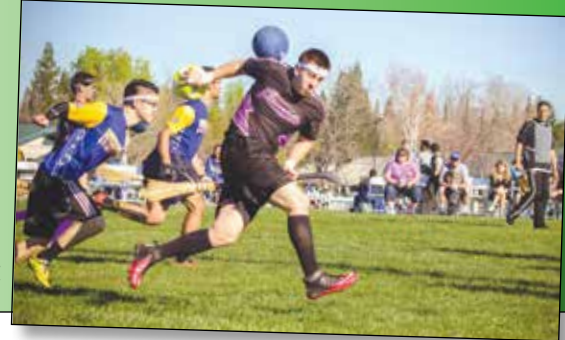




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First-Time Home Buyers to Get County Assistance



The program is designed to promote home ownership among low-income residents. Loans are available on a first-come, first-served basis.

PLACER COUNTY, CA (MPG) - Placer County is accepting applications for a program that helps eligible low-income residents purchase their first homes by making monthly mortgage payments more affordable.

Loans up to \$100,000 are available through the First-Time Home Buyer Assistance Program to help qualified households purchase homes in unincorporated areas of Placer County. Through the program, the county provides deferred-payment second-mortgage loans. The loans are not due and payable for 30 years unless a change occurs—such as owners no longer occupy the homes or go into default, sell, or transfer title to properties.

The program is designed to promote home ownership among low-income residents. Loans are available on a first-come,

first-served basis.

Each participant in the program must have a gross household income equal to no more than 80% of the median income for households of the same size in Placer County.

To be eligible, an applicant must be a first-time homebuyer, be pre-approved for a first mortgage loan, intend to buy a property located in an unincorporated area of Placer County, and have at least 3% of the total purchase price at the time of the application.

The second-mortgage loans cannot exceed \$100,000 and each loan cannot be for more than 40% of a home's value. The maximum sales prices are \$300,000 for single-family houses and \$185,000 for condominiums.

The first step in the process is filling out a Program Interest Application Form. The application form, household income limits, and other details are on the Planning Services Division's website at www.Placer.ca.gov/Departments/CommunityDevelopment/Planning/Housing-Programs. The website also provides a detailed explanation of who qualifies as a first-time homebuyer.

For more information, call the Planning Services Division at (530) 745-3170 or email cdonovan@placer.ca.gov.

Completed applications should be mailed to the Placer County Planning Services Division, 3091 County Center Drive, Auburn, CA 95603.

Source: Placer County

Pedestrians Asked to Stay on Upper Walkway on Foresthill Bridge

AUBURN, CA (MPG) - Illegally trespassing on the Foresthill Bridge catwalk in Auburn has become a social media trend; a potentially deadly trend that the Placer County Sheriff's Office is working to stop.

It is a misdemeanor to trespass on the county-owned bridge's catwalk, and deputies are actively patrolling and citing violators. Ten people, mostly from the Sacramento area, were cited early Sunday and 24 more were encountered there later Sunday.

"It is a misdemeanor to trespass on the county-owned bridge's catwalk, and deputies are actively patrolling and citing violators. Ten people, mostly from the Sacramento area, were cited early Sunday and 24 more were encountered there later Sunday."

Not only is it illegal to enter the gated catwalk area, it is extremely dangerous. There is zero percent chance of survival if someone falls to the American River canyon, 730 feet below the metal structure. Various social media sites are promoting the bridge as a place to "girder hang," which entails trespassing onto the bridge, then hanging from girders without safety restraints.

The Foresthill Bridge is a popular and scenic destination, but the Sheriff's Office is asking the public to stay on the walkways of the upper deck. The view is the same and it's much safer.

Source: Placer County Sheriff's Office



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Music and More's 'The Little Mermaid'

AUBURN, CA (MPG) - Music and More Arts Academy and the Young Singer Actors Troupe present the children's musical, "The Little Mermaid," based on the story by Hans Christian Anderson. The talented cast of young actors brings this charming story to life with delightful songs and a well-written, humor filled script.

Students and mentors in Music and More's Theater Makers Production Design classes designed and created the beautiful set and fanciful costumes. The production design program provides a safe space for these young designers to express their creative capacity, learn problem solving and cross-disciplinary craftsmanship. Theatrical design is an intensely collaborative art form. Students work closely with artists-in-residence and guest instructors in an environment that fully engages their imaginations and allows them to explore basic design principles, historical research, safe use of a variety of tools, art mediums, drafting, patterning, modeling and construction.

These young designers are learning skills such as puppetry, mask making, sewing, painting, faux finishes, and set and prop design. The classes culminate in a showcase

Continued on page 2

Theatrical design is an intensely collaborative art form. Students work closely with artists-in-residence and guest instructors.



Visit us online at www.PlacerSentinel.com

Red, White & Blue Dance in Loomis will Support The Forgotten Solider Program and Gold Country Chaplaincy

LOOMIS, CA (MPG) - The contributions of American Armed Forces and Veterans will be celebrated at the 6th Annual Red, White & Blue dance from 7 to 10 p.m., Saturday, March 7 at the Loomis Veterans Memorial Hall at 5925 Horseshoe Bar Rd, Loomis.

The Forgotten Solider Program in Auburn and Gold Country Chaplaincy will be the beneficiaries of all proceeds from the dance. The live country band will be Flat Busted.

The Forgotten Solider Program (TheForgottenSoldierProgram.org) has helped over 17,000 veterans and their families in nine years by giving them hope through support services and assuring that no one is forgotten. The organization does this by focusing on the needs of veterans and their families, and offering a range of services

including counseling, therapy, nutrition, biofeedback and holistic healing practices.

The Gold Country Chaplaincy (GoldCountryChaplaincy.com) provides spiritual, emotional and mental support in times of need or crisis to our military, veterans and their families and the community. The recent Gold Country Veteran Stand Down served over 300 veterans – most of whom were homeless. They received free medical, dental, vision care and access to many other resources.

Red, White & Blue Dance organizer, Sheila Lee, produced the first dance six years ago to honor American Armed Forces, Veterans and their families, and is committed to raising funds for veterans services. "We will be displaying photos of those who are serving or have served

on a Wall of Honor," said Lee. Contact Lee at (916) 660-2059 if you have photos that you'd like to share or would like to support the dance.

Lee is a member of Soroptimist International of Loomis Basin (SoroptimistLoomis.com) and the club is helping with the event. Soroptimist (Soroptimist.org) is an international volunteer service organization for women who work to improve the lives of women and girls, in local communities and throughout the world.

Tickets are \$15 per person or \$25 per couple and available online at GoldCountryChaplaincy.com or at the door. For more information, call (916) 660-2059 or go to "Flat Busted @ Red, White & Blue Dance" on Facebook. ★

A Taste of Chocolate Flowed with Sumptuous Sweets and Smoochies



Sugar Plump Fairy founder Fran Haynes is all smiles at Sun River Clothing, where chocolate peanut butter cookie cups were served. Photo by Jodi Cottrell

By Carol Guild Staff Writer

AUBURN, CA (MPG) - The rain didn't put a damper on A Taste of Chocolate Sunday, Feb. 8, in Old Town Auburn.

Whether it was the charm of the event and Old Town, the variety of artisan chocolate noshes, or the free hugs and smoochies by the Sugar Plump Fairies, there was a steady stream of people jaunting from one venue to the next, happily toting their collection of creative and sumptuous desserts.

About 20 merchants and

restaurants participated in the annual event that partially benefitted the American Association of University Women scholarship program.

For more about this and other Old Town Auburn events, call (530) 888-1585 or go online to OldTownAuburnCA.com. ★

Dark chocolate mousse (at right), made by Ty Rowe of Bootleggers Old Town Tavern was offered at Oz. Photo by Jodi Cottrell



Music and More's 'The Little Mermaid'

Continued from Page 1

displaying the products they have created over the semester. They have been very involved in all aspects of "The Little Mermaid."

Also, the technical design and student apprentice program provides an avenue for students who are interested in stage managing, sound and lighting. These young people are part of "The Little Mermaid" technical team, as well.

The show is fun for the whole family. Show times are 3 p.m., Saturday, Feb. 28, and Sunday, March 1; and 7 p.m. Friday, Feb. 27, Saturday, Feb. 28, Sunday, March 1 and Saturday, March 7. Tickets are \$10 general admission and can be purchased at the door or online at MusicAndMore.net. For additional information call Music and More Arts Academy



The show is fun for the whole family. Show times are 3 p.m., Saturday, Feb. 28, and Sunday, March 1; and 7 p.m. Friday, Feb. 27, Saturday, Feb. 28, Sunday, March 1 and Saturday, March 7.

at (530) 885-0594.

The next production is "Aladdin," opening Friday,

April 17. Additional performances of "Aladdin" will be April 18, 19, 24, 25, 26. ★



Chocolate-dipped macaroons from Bistro 103. Photo by Jodi Cottrell



The Sugar Plump Fairies brightened the day at A Taste of Chocolate with endless hugs and smoochies. Shown, from left, are Nancey Holland, Rita Paiz, Fran Haynes, Liz Hunicutt, Jeanie Harris, Randi Swisley and Sonja Conklin. Photo by Steve Conklin

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Auburn Police Detective Castner to Speak at SIRS Lunch Social

AUBURN, CA (MPG) - Retired? Stay involved! Join Sons In Retirement (SIRS) Branch 37 Lunch Social at 11 a.m., Thursday March 5 at the Auburn Elks Lodge, 195 Pine Street in Auburn.

The speaker will be Auburn

Police Detective Carlos Castner. He will discuss I.D. theft problems and how seniors are targets. "Hackers" are gaining access and Detective Castner will provide the most current information on how you can protect yourself.

SIRS group has many

activities, including poker, golf, computers, model airplane flying, bocce ball, and more. There are no dues. SIRS is looking forward to adding new members. For more information call (530) 885-9099 or email ranger_r@pacbell.net. ★

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Publisher Paul V. Scholl

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'Greek Mythology for Kids' Traveling

Lantern's Children's Theatre at the APPAC

AUBURN, CA (MPG) - Traveling Lantern Children's Theatre performs familiar stories of heroism from the ancient civilization by the sea. From their protected perch on Mount Olympus, the Gods of ancient Greece wrap their magic and subterfuge around the humans they choose to meddle with. Their manipulations influence the futures of the mortals who live far below them in a world bound by the realities of life and death.

About the show

Homer's Great-great-great-great-grandson, sets out to write a play for the upcoming Festival of Zeus. Visited by a benevolent blind seer, he learns about famous myths, history, the gods of Mount Olympus, and what it takes to create the kind of magnificent storytelling his illustrious ancestor produced.

Fun, funny, and hands-on Greek for kids! The Traveling Lantern team travels in one vehicle, with all their props,

Traveling Lantern

What:
Traveling Lantern Children's Theatre

When:
Thursday, March 21,
at 6:30 p.m.

Where:
State Theatre,
985 Lincoln Way,
Auburn

Cost:
\$10 Adults,
\$5 Children 17 and
under

Info:
(530) 885-0156 or
www.livefromauburn.com

costumes and set pieces. The performance is geared for (but not limited to) children in the K-8 grade levels.

About the Company

Traveling Lantern has been

educating and entertaining children nationwide since 1985. The mission of the company is to bring great stories to children, to draw them into an active theater experience, to excite their minds and to tickle their imaginations.

Traveling Lantern uses children from the audience in their shows, encourages active audience participation and builds shows to involve the children as much as possible. The production company casts actors non-traditionally: women can play men, humans can play animals, and race is irrelevant.

They encourage a creative approach to traditional stories; dispensing with outdated social and demographic stereotypes, while holding true to the author's original intent. The authors of the performances do not alter classic stories except to make them performable, or sometimes to make them easier for modern-day children to understand. ★

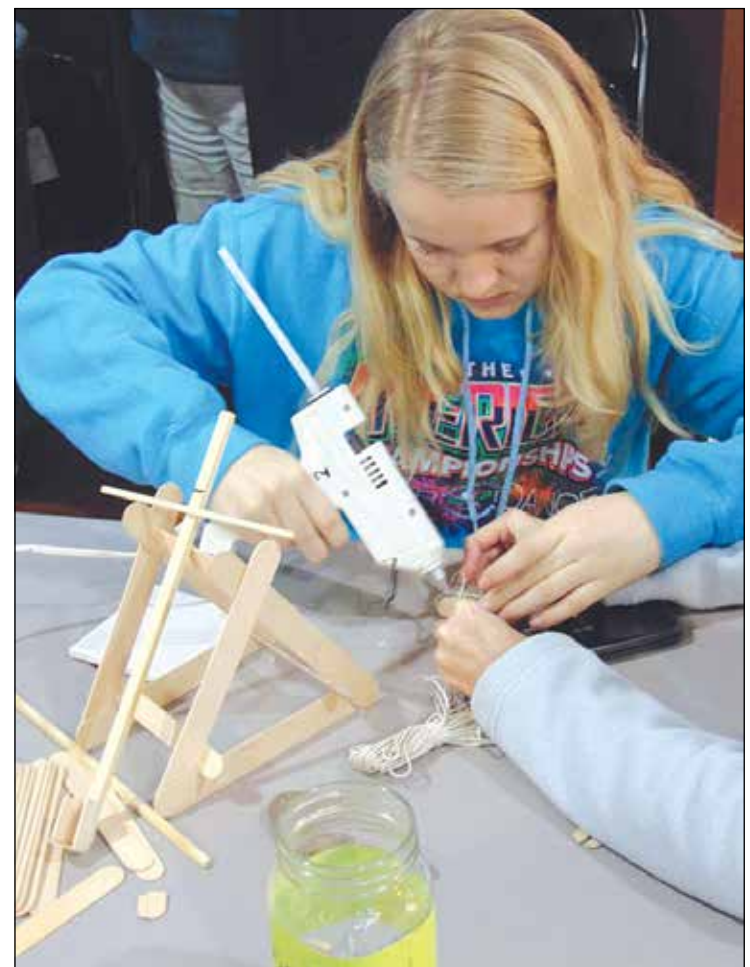
4-H Still Exhibits Day 2015

ROSEVILLE, CA (MPG) - Still Exhibits Day, also known as Favorite Foods Day, was held again this year at the Roseville Veterans Memorial Hall, hosted by the Eureka Granite Bay 4-H Club. Still Exhibits is a platform for 4-H youth to highlight exhibits that are non-animal to help prepare for entering into the Still Exhibits offered by both Placer County Fair and Gold Country Fair.

Youth have the opportunity to enter multiple items to be judged and receive constructive and helpful feedback, as well as participate in hands-on booths during the day. Some of the booths this year were making Valentines for Vets, building trebuchets, stitching together blanket squares to make blanket donations for those in need, glass-blowing demonstrations, and much more.

Eighty members and adult volunteers attended. It was a great day filled with amazing examples of students' work ranging from baked goods to photography and many more items.

Placer County 4-H supports positive youth development and is excited to offer a range of programming options to youth



Brianna Chambers of Long Valley 4-H builds a trebuchet. Photo courtesy UCCE Placer/Nevada County

in Placer County.

For more information about Placer County 4-H, visit ucanr.edu/sites/placercounty4H.

Source: UCCE Placer/Nevada County ★

'Way too Cool' is One Hot Race

PLACER COUNTY, CA (MPG) - From the Endurance Capitol of the World comes the 26th Annual "Way Too Cool 50K Endurance Run" (WTC) on Saturday, March 7, sponsored by Cliff Bar. Ultra Marathon runners from around the world partake in this one of a kind race; fifty miles of breathtaking trails, amazing

views and adventures in the quaint little town of Cool.

Early check in is from 3 to 5 p.m., Thursday, March 5 and 10 a.m. to 6 p.m., Friday, March 6 at Auburn Running Company, 833 Lincoln Way, Auburn. Race day check-in is at the Cool Fire Station from 6 am to 7:45 am.

For those who want to

check-in early there is a free raffle for participants. Four lucky winners will get a pass to the 2016 WTC 50K Endurance Race.

For those who wish to volunteer to help email volunteers@norcalultras.com

For all race day information go online to WTC50k.com. ★

Bel Tempo to Play Beautiful Bronze Handbells in Concert



Bel Tempo will perform in concert Sunday, March 1 at Pioneer United Methodist Church in Auburn. Photo courtesy Bel Tempo

AUBURN, CA (MPG) - Pioneer United Methodist Church is presenting the Bel Tempo Handbells in concert at 2 p.m., Sunday, March 1, at 1338 Lincoln Way, Auburn.

Bel Tempo is an auditioned, Sacramento community-based handbell group that is sponsored by Northminster Presbyterian Church. The group was organized in 1983 by Director Mary Balkow for a European concert tour with the River City Chorale, and recently completed its eighth such tour traveling in Western Canada.

The 14 members, ringing five-plus octaves of Schulmerich handbells, perform regularly for the Greater Sacramento area in venues ranging from church services to public and private events. They appear annually with the River City Chorale at its Christmas concerts.

The members come from a variety of backgrounds. Their careers include teaching, biology, environmental science, accounting, veterinary services, hospital marketing and rocket science. They share one common passion: Handbells!

Bell ringers say there are no limits to the music handbells can play. If it can be put on paper, it can be played on these beautiful bronze musical instruments. Bel Tempo has a repertoire as broad as the occasion requires. They play everything from Bach, Brahms and Beethoven, to Jerome Kern, Henry Mancini and the Beatles.

Tax deductible donations will be gratefully accepted for the Pioneer Church Building Restoration. For more information, call (530) 885-9009 or (530) 885-4196. ★



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GMO's and Our Health

By Joan Elliott
Special to Placer Sentinel

PLACER COUNTY, CA (MPG) - One of the big controversies with GMOs is how it affects the health and wellness of those who consume them. Both sides have very strong opinions and valid arguments.

Pro-GMOers talk about the need to feed the world and the altruistic view of using fewer pesticides and less herbicide. They believe that by splicing in gene's that encourage the plant to protect itself will reduce the use of deadly chemicals on crops, thereby protecting the environment.

The science provided through multiple college research projects have found no significant difference in development when testing feed animals side by side with organic and GMO feeds. The University of California, Davis (UCD), study found that the quality and quantity of the meat and eggs was the same. Currently there is a World Food Center at the UCD that takes a "big picture" approach to sustainability and solving humanities most pressing problems in food and health, according to the Examiner.com. Another study that was reviewed by the Mayo Clinic showed there was not a significant difference between organic produce and non-organic in their nutritional content.

UCD published a study "Safety of Genetically Engineered Food" that discussed how GMOs are tested before coming to the market. Basically, the testing looks for potential allergic reactions in humans. They compare GM products with "substantially equivalent" non-GM products

and they test proteins and heat stability. There are many other factors. This is just an overview. In this document, UCD discussed Bt corn (the corn with the insect control agent) and how it was determined to be used only as feed corn because the protein was determined to be a potential allergen.

Outside of the United States, science groups have taken steps to look beyond the first generation of those consuming GM foods. Scientists from India, Russia, China, Venezuela, Africa and many more countries that are growing GM crops are seriously looking at the long term effects of GM consumption and environmental risks.

According to the Latin American Herald Tribune (2/12/2015) the National Council for Scientific and Technical Research have discovered that glyphosates (the active chemical in roundup) when tested on embryos cause dysfunction in embryonic development. Argentina's main crop is GM soybeans and over the last eight years villagers in the overspray area near a large field have developed cancers directly related to the pesticides and fumigants. Because of the disproportionate use of agrochemicals in the cultivation of GM soy, the Health Ministry has created a group to investigate all the problems associated with GM crops.

A separate study conducted by Russian biologist Alexey Surov with GM soy took hamsters and lab rats through multi-generational study by feeding GM soy and comparing it with non-GM feeds. The first generation appeared normal, second generation had a 25 percent mortality and many

sterile subjects. The third generation showed reduced birth weight, 55 percent mortality, reduced litter size, higher sterility rate and significant reduction in testicular measurement, weight and coloration. In this study Surov also commented on pig and cow farmers in central Iowa complaining of sterility, reduced birth rate, and false pregnancies all attributed to GM corn.

According to the Institute for Responsible Technology (IRT) "Glyphosates accumulate in the food portion of Roundup-ready plants, for which allowable residue herbicide thresholds have been increased up to 200-fold. Glyphosate exposure has been linked to sterility, hormone disruption, abnormal and lower sperm counts, miscarriages, damaged human embryonic and placental cells, placental cell death, birth defects and cancer."

The original altruistic plan of less pesticides and herbicides to help the environment has fallen by the wayside. Farmers are applying significantly more Roundup due to the accelerating spread of herbicide tolerant weeds according to the IRT. In addition, roundup is not biodegradable; it lives in the soil for years and can be reactivated by adding phosphate fertilizer.

With the increased knowledge of "what" glyphosates bring to the table, are you sure you want to eat and support GM crops? Or is labeling the acceptable alternative? The next article will look at the environmental impact of GM crops.

Joan Elliott is a resident of Placer County and former restaurant owner with a passion for "good" food. ★

Roseville Hosts Quidditch West Regional Championship



A member of the LA Gambits shows off his athletic skill.

Story and photos by Christie Spurlock

PLACER COUNTY, CA (MPG) - In the world of sports, many people don't know about quidditch. For those who have read the Harry Potter book series, however, the name will be recognizable as a popular wizarding world sport that is played on flying brooms. Since humans have yet to invent such brooms, players of quidditch are grounded, but the sticks remain as a fun homage to the books and as an extra layer of difficulty.



NAU Narwhals and Utah State Murderbirds leap toward the ball.

On February 14 and 15, Roseville's Maidu Regional Park held the West Regional Quidditch Championship. This marks the second time that Roseville's Maidu Regional Park has hosted the event, the first time being two years ago. So what makes Roseville an ideal location? "We always like to have it somewhere where enough teams can attend and there is enough space on the field," said Micah Haji-Sheikh, assistant tournament director. Haji-Sheikh has volunteered as assistant tournament director at the event for four years, and is a part of the LA Gambits, who ended up being the West Regional Champions. "Teams can nominate different cities to have it, and then there is a whole series of bids that has to happen to see what cities

are offering the best deals," said Haji-Sheikh.

So how did quidditch make the leap from the page to the field? While some of the players are huge Harry Potter fans, others became involved simply because it sounded like a great sport.

"I kind of like Harry Potter. But I was more into it for the sport; I wanted something to do. It was a great way to meet friends," said Robert Valenzuela, one of the original founders of the NAU Narwhals quidditch team. "We like to say that the team is a safe haven for anyone who wants to play competitive sports, but also be a part of something more, something where you can build fraternity and family."

The players also want to make it known that just because quidditch started out in fiction, doesn't mean that it's only for nerds. It takes more than just a love of Harry Potter to make it in quidditch — potential players also need to realize that it requires skill and talent, like any other sport. A player from Stanford University said, "All the non-athletic people who show up because 'Hey, quidditch!' stop showing up really quickly."

Some students are even recruited for different quidditch teams, much like any mainstream sport. Quidditch can also be just as dangerous as football or rugby. A quidditch player from the Silicon Valley Skrewts said that he was impaled in the shoulder by a broken broomstick. Tackle injuries are common, and teams play in all conditions, from heat to rain to snow.

For the participating universities, quidditch runs year-round, starting around August and ending in May. For teams, this means a full year of athleticism and camaraderie. "The great thing about quidditch is that you can be out here on the field, and beat each other up, but at the end of the day you can still hug it out and be great friends," said Valenzuela.

The West Region teams who qualified will go to the World Cup event in April, located in Rock Hill, South Carolina. Here is a list of the USQ World Cup 8 qualifying teams from the West Region: (1) Los Angeles Gambits, (2) Lost Boys Quidditch Club, (3) Crimson Elite, (4) Arizona State University, (5) Silicon Valley Skrewts, (6) Arizona Quidditch Club, (7) The Long Beach Funky Quaffles, (8) Santa Barbara Blacktips, (9) University of California Los Angeles, (10) NAU Narwhals, and (11) Wizards of Westwood.

For more information about US Quidditch, visit USQuidditch.org. ★



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Home Gardeners Invited to Free Seasonal Workshops

AUBURN, CA (MPG) - Placer County Master Gardeners will hold four free seasonal gardening workshop days in their demonstration garden in the DeWitt Center in Auburn. The workshops are open to the public and do not require registration. There is no charge for these workshops, but donations are welcome.

Each of the Saturday workshop days will feature four hour-long sessions designed to help novice and experienced home gardeners have productive and healthy gardens and yards.

On Jan. 6, the U.S. Department of Agriculture (USDA) and the United Nations Food and Agriculture Organization (FAO) kicked off the International Year of Soil, a campaign aimed at bringing attention to the integral role soils play in food production, water quality, climate change and ecosystems as well as farm and ranch resiliency. In keeping with this declaration, one session of each workshop will focus on soil. Gardeners will learn how to test their soil, improve it, and keep it healthy. ★

Workshop dates and sessions

Saturday, March 21

- 9 a.m. **Growing Healthy Soil Part I: Getting Started Know Your Soil — Soil Tests, Soil Triangle, Soil pH**
- 10 a.m. **Creative Composting**
- 11 a.m. **All About Growing Edibles in Containers**
- 12 p.m. **Starting Your Spring Garden**

Saturday, May 16

- 9 a.m. **Growing Healthy Soil Part II: Methods for Amending and Improving Your Soil Feed Your Soil to Feed Your Plants**
- 10 a.m. **Composting**
- 11 a.m. **Planting for Pollinators and Beneficial Insects**
- 12 p.m. **Square Foot Beds, Lasagna Gardens, Biointensive Methods: What Does It All Mean?**

Saturday, July 18

- 9 a.m. **Growing Healthy Soil Part III: Summer Care and Maintenance of Your Soil Keeping It Healthy, Keeping It Happy**
- 10 a.m. **Harvesting and Preserving Your Summer Bounty**
- 11 a.m. **Starting Your Winter Garden**
- 12 p.m. **A Home Gardeners Guide to Seed Saving**

Saturday, Sept. 19

- 9 a.m. **Growing Healthy Soil Part IV: Protect and Feed Your Winter Soil with Cover Crops Leave No Bare Soil**
- 10 a.m. **Seasonal Composting**
- 11 a.m. **Preparing Your Fruit Trees for Winter**
- 12 p.m. **California Native Plants in the Landscape**

A Celebration of Our Environment Through Film

The Wild & Scenic Film Festival Comes to the State Theatre in Auburn

AUBURN, CA (MPG) - Join SYRCL, PARC, and Auburn Placer Performing Arts Center as they host the Wild & Scenic Film Festival on tour at the historic State Theatre. The festival is all day on Saturday, March 7th with kids films showing from 10 a.m. to noon and afternoon-evening sessions from 4 p.m. to 5:45 p.m. and from 6:45 p.m. to 8:30 p.m. A generous intermission between shows will be enhanced by music, and local community interest organizations will be on hand for discussion. The State Theatre concessions stand serves organic popcorn and locally made cookies; local wines and beers for will also be for sale. Rice bowls will be sold with salmon, chicken, or tempeh for a light dinner offering.

The films are a collection selected from the annual

festival held each January in Nevada City, CA, now in its 13th year. The films speak to local and global outdoor and environmental concerns and are also a celebration of the planet. Tour Manager Jenna Brager stated, "In today's busy world, it is easy to disconnect from our role in the global ecosystem. When we watch these films, we realize that change begins with us, we make the difference. Come to see the films on tour in Auburn and get inspired."

The international tour visits over 150 communities around the globe. Auburn is thrilled to be part of such an important network of like-minded people and to have the films screening at the State Theatre. The festival has national support from Patagonia, CLIF Bar, Sierra Nevada Brewing, Orion

Magazine, Klean Kanteen, Earthjustice, and Barfoot Wine & Bubbly. Local tour sponsors are A-Town Bikes, New World Library, Terri Davis and Thea Zelle, Sierra Club-Placer Chapter, Placer Land Trust, Sierra Outdoors Center, and Victory Velo Bike Shop.

The Wild & Scenic Film Festival will be held on Saturday, March 7th at the State Theatre in Auburn, 985 Lincoln Way, Auburn, CA. For tickets and information, call (530) 885-0156 or visit www.livefromauburn.com. The cost to attend the Kids and Family Session is \$5 per person. The cost to attend both the afternoon-evening sessions is \$18 per person.


Source: Auburn Placer Performing Arts Center ★

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Check the following events that have either occurred in your life in the past six months, or that you think may occur in the coming six months:

- Divorce or end of a relationship
- Marriage
- Change in living arrangements (new roommates or moving in with significant other)
- Move to a new residence
- Pregnancy or new baby
- Longer hours or increased responsibility at work
- Financial concerns
- Children leaving home or moving back home
- Care-taking responsibilities for elderly or ill family member
- Significant changes in family routine
- Death of a family member
- Death or disappearance of a family pet
- Relinquishment of a pet (given away or brought to an animal shelter)
- Significant health problems of a family member
- Change in working status of a family member (begins work, changes jobs or retires)
- Frequent travel, either for business or pleasure

- Limited leisure or free time
- Graduation from high school or college
- Disagreement among family members about adopting a pet

Add one point for every pet you currently have (one aquarium counts as one pet).

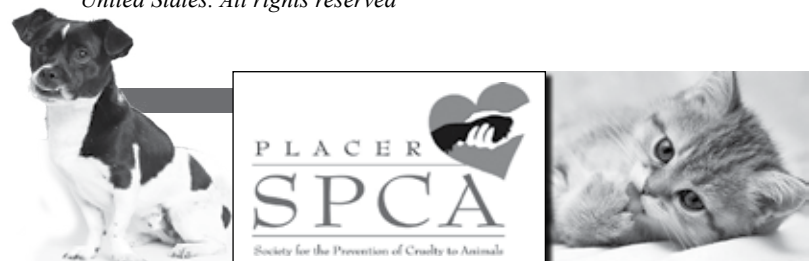
Scoring
0-3: Your life seems fairly stable. Now is probably a reasonable time to acquire a pet.

4-6: You have a lot of responsibilities right now. Although adopting a pet may still work for you, a small mammal, an adult cat, or well-trained, adult dog would probably be more appropriate than a kitten, a puppy or an active breed of dog.

7-10: Let's think twice about this. With all the changes and responsibilities in your life right now, you may not have time to care for a new pet. It would probably be better for both you and the pet if you wait until your life settles down a bit.

10+: STOP! DON'T PASS GO! Acquiring a pet now is not a wise decision. Why not consider a pet rock or a "computer-pet" instead?

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Sudoku Puzzle on Page 8

Table with 9 rows and 9 columns of numbers for a Sudoku puzzle.

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10x10 grid for a crossword puzzle.

Crossword Puzzle on Page 8

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Miscellaneous

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Sudoku Puzzle on Page 8

Table with 9 rows and 9 columns of numbers for a Sudoku puzzle.

Bristol Hospice is looking for volunteers to provide companionship with our hospice patients and families. We provide the training and match you with a family in your area. Please call volunteer services for more information at (916) 782-5511. (MPG 12-31-13)

10x10 grid for a crossword puzzle.

Crossword Puzzle on Page 8

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Miscellaneous

Flying Fine with Wings & Wine

LOOMIS, CA (MPG) - Wings & Wine 2015 offers a taste of the "wild life" in wine glasses and keeps wildlife alive by benefiting the non-profit Wildlife Care Association (WCA.) WCA provides a unique, essential service in caring for and healing injured wildlife in and around the Sacramento area - all through private donations.

WCA is the only non-profit group helping heal the birds that fall from nests, critters hit by cars, or wildlife that needs a little human help to survive in our world. Help keep the mission active and wildlife alive by attending this special benefit event at 5:30 p.m., Saturday, March 7, at the High Hand Nursery, 3750 Taylor Road in

Loomis. Purchase tickets at High Hand Nursery or call (916) 652-2065. Tickets are \$25 each, and only sold in advance. For more information on helping support wildlife care or to become a volunteer, call the WCA at (916) 965-WILD, or go to WildlifeCareAssociation.com. ★

Rocklin's State of the City 2015 on March 6

ROCKLIN, CA (MPG) - Rocklin's State of the City 2015 will be held from 7:30 to 9:15 a.m. Friday, March 6 at Sierra College's Veteran Hall and Dietrich Theater, 5000 Rocklin Road, Rocklin. Rocklin City Manager Rick Horst will be the keynote speaker. Horst will be presenting new and innovative ideas about the Quarry District in downtown Rocklin, the Automotive Overlay, an update on Bass Pro

and the freeway extension at Wild Cat/University Ave. by Whitney High School. Horst will also recap the city's accomplishments and plans from the past year. There will be a light breakfast reception starting at 7:15 a.m. in the Winstead Center (building 'L'), featuring Sierra College's student services department. The address will start promptly at 8 a.m. in the Dietrich Theatre. Tickets to the event often sell

out well in advance, so be sure to make your reservations early. Tickets are \$35 for members and \$50 for non-members. With an audience of local dignitaries and area business people, State of the City is a great opportunity to promote your business. For more information and to register, go to RocklinChamber.com/Events. Source: *Rocklin Chamber of Commerce* ★

Silver Screen Applauds as Actors Save Poland

AUBURN, CA (MPG) - Silver Screen Classic Movie Series continues on Saturday, March 7, with a raucous black comedy from 1942. Joseph Tura is the hammiest ham in a troupe of Polish actors who foil the Nazis at their own game: spying, impersonating officers, and shamelessly overacting. Looking at Tura, listening to him, no one would ever expect that Maria, the luminous woman at his side, would have chosen him to marry. Look at her ... look at him ... really? This movie is shown at 1, 4 and 7:30 p.m. in the Beecher Room of the Auburn Library,

350 Nevada St. in Auburn. Presented by the Library, the movie is free. For information, call (530) 878-7938, or visit AuburnSilverScreen.com. Maria loves her husband, but she also loves the idea of handsome men falling at her feet. So when a young, toothsome Polish pilot catches her eye, she tells him to leave the audience the moment her husband--as Hamlet--begins his "to be or not to be" speech. Eventually, Tura doesn't know which is worse: his great moment interrupted, or his suspicion that his wife is cheating on him.

However, the Turas' marriage is not the only institution in trouble. Hitler has invaded Poland. And it becomes clear that--in this story, at least--this hapless country's only hope is the plot cooked up by this hapless acting troupe. Are these actors good enough to topple Hitler? "An outstanding example of Hollywood moonshine," said critic Leslie Halliwell of this movie. The next movie, a tale made from George Bernard Shaw's most famous play, is shown on April 4. ★

Sutter Roseville Nurses Vote by 96% to Authorize Strike

Latest RN Dispute with Sutter Heats Up at Nine Northern California Facilities

ROSEVILLE, CA (MPG) - Registered nurses at Sutter Roseville Medical Center turned out in overwhelming numbers Thursday, and voted by 96 percent to authorize a strike to protest the Medical Center's refusal to address staffing and patient care concerns - part of a wider pattern, nurses say, of the Sutter Health chain putting profits over safe care delivery. No date has been set for a possible strike. The California Nurses Association/National Nurses United represents nearly 1,000 RNs at the Roseville hospital, in addition to eight other Sutter facilities represented by CNA, where CNA is currently in contentious contract talks with the giant Sutter chain. Like Roseville, RNs at the other hospitals with open contracts are also fighting Sutter demands for cuts that nurses say will erode patient safety, by a chain with a notorious history in recent years of cutting patient services while rolling up huge profits--nearly \$3.5 billion the past five years. In Roseville, the RNs' contract expired in June, and nurses say management has taken a hard line in talks that put their patients in jeopardy as well as pushing cuts to the RNs' own livelihood and standards. Central to RN concerns is the hospital's refusal to address unsafe staffing issues. Budget cuts and a resulting lack of beds

on individual units, for example, mean patients are being admitted with no hospital beds available. They are then housed in the ER, limiting the ability of ER nurses to safely care for other patients needing emergency care while they have to also monitor and provide care for patients who should be in an inpatient hospital bed. It also results in RNs from other hospital units having to leave their patient assignments to work in the ER. "We're fighting for patient safety; we're fighting against unsafe staffing," says Jennifer Barker, an emergency room RN. "I'm inspired by the nurses who are willing to step up and take on the Sutter Health corporation in the name of safe patient care." Labor and Delivery RN Andrea Seils agrees, citing labor and delivery staffing cuts being carried out under the guise of "efficiency" that nurses say is actually about cost cutting at the expense of care. According to Seils, "They're trying to restructure our unit to eliminate positions and combine care. It's unsafe for mothers and babies in our community." Additionally, nurses say Sutter is demanding more than 30 reductions in the RNs' existing health coverage, including big increases in out of pocket costs for nurses, all of which are paid to Sutter under Sutter Health's self-insured plan.

These costs exceed what county and school district employees covered by Sutter's HMO pay to Sutter Health. "There's no economic or operations justification for any of their proposals," says Seils. "The strike vote will send a strong message to Sutter Health that RNs are serious about fighting for patient care." CNA/NNU nurses are engaged in a similar battle for a fair contract at eight other Northern California Sutter hospitals: Sutter Tracy, California Pacific Medical Center (Pacific campus in San Francisco), Mills Peninsula Health Services with facilities in Burlingame and San Mateo, Sutter Auburn Faith in Auburn, Sutter Lakeside, Sutter Santa Cruz (a visiting nurses home health service), Sutter Santa Rosa, and Sutter Solano in Vallejo. RNs have long viewed Sutter as a poster child for corporate medical care in seeking to elevate its enormous wealth over patient services and employee rights. From 2011 to 2013, Sutter RNs held nine strikes at some dozen Northern California Sutter Hospitals. That fight ended only when Sutter agreed to withdraw demands for some 200 reductions in patient care, workplace protections, and nursing standards. Source: *California Nurses Association* ★

STATEPOINT CROSSWORD • THE OSCARS

- CLUES**
- ACROSS**
- They can sting
 - *Oscar winner Henry Fonda to Peter
 - ___ of operation
 - Traditional Inuit home
 - Site of 2016 Olympics
 - Unpleasant airport news
 - Beach souvenir
 - Australian runner
 - On or to one side
 - *"The Theory of Everything" physicist
 - *Filmed over a 12-year period
 - Take your pick
 - Wild guess
 - Bygone bird of New Zealand
 - Ogle or gape
 - School break
 - Great horned ___, pl.
 - Make-up artist?
 - Blind alternative
 - "I'm ___!"
 - Where vows are often exchanged
 - Type of track
 - Renaissance fiddle
 - Deity, in Sanskrit
 - A hair treatment
 - *Yearly Oscar winner for Best Film Editing
 - *Warren Beatty won for directing this flick
 - Yellow ___
 - "My bad"
 - Berg matter
 - Thorough
 - *"The Unexpected Virtue of Ignorance"
 - Evian, backwards
 - In the past
 - Like a gymnast
 - Step
 - Create with cloth
 - Easter's marshmallow treat
 - Church bell sound
 - Unagi
 - *Academy Award winner, ___ Lubitsch
- DOWN**
- ___ list
 - Turkish honorific
 - Boatload
 - "Roll Out the Barrel" dance
 - Putting on a new sole
 - Small amount of residue
 - Between "ready" and "fire"
 - *Meryl Streep was nominated for this 2008 movie
 - Netting
 - Assortment
 - Carpenter's groove
 - Gave the once-over
 - A seat by day, a bed by night
 - African antelope
 - Argo propeller
 - Tai Babilonia and Randy Gardner, e.g.
 - *Alice actress
 - Had title to
 - Cover story
 - *Witherspoon stars in this hiker's story
 - Photoshop option
 - Bat dwelling?
 - Extra tire
 - *Famous march starting point
 - Leave in, as text
 - *Kind of film review
 - Forearm bones
 - *Nominee three years in a row
 - Decompose
 - Claw mark
 - ___ of the moon
 - Gardening tool
 - In or of the present month
 - Created in 1949 for security purposes
 - Obsolete phone feature
 - Bad to the bone
 - New Year's Day game
 - Bearing
 - *Setting for 1965's "The Sound of Music"
 - Hawk's aerie, e.g.
 - "___ whiz!"

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
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72						73			74				

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6			2	1	3		

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Thorpe

Winter Warm-Up, White Bean and Spinach Soup

"A yummy, healthy Italian soup!"



Hearty and healthy Cynthia Holbert's White Bean and Spinach Soup will quickly become a family favorite. The zesty cayenne and lovely black wild rice make this recipe kicky in more ways than one. A terrific way to warm up on a cool day!

See step-by-step photos of Cynthia's recipe plus thousands more from home cooks nationwide at: www.justapinch.com/beansoup

You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...

-Janet

White Bean & Spinach Soup

What You Need

1/2 lb dried navy beans (soaked for 6 hours)	1 c diced carrots	• Add beans, chicken broth, pepper, rice, and spices.
2 tbsp coconut oil	Salt to taste	
2 stalks celery, diced	1 c black wild rice	• Bring to a boil, then simmer on medium low for 1 hour.
1 medium onion, diced		
2 Italian turkey sausage links	Directions	• Add washed spinach and bring to a back to a boil.
36 oz organic chicken broth	• Soak beans for 6 hours in water.	
1/2 tsp pepper	• Heat oil in large pot over medium heat.	• Lower heat and simmer for 10 minutes.
5 oz spinach, fresh	• Remove sausage from skin, brown and crumble.	
1 tbsp dried basil	• Add diced carrots, celery and onion.	
1 tbsp dried oregano	• Saute for 5 minutes.	
1 tsp powdered red pepper		
1 tbsp garlic powder		

Submitted by: Cynthia Holbert, Houston, TX (pop. 2.1M) www.justapinch.com/beansoup

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By Gerry Mifsud

County supervisor Jim Holmes and ARD director Scott Holbrook headed for shelter as the storm of common sense ran past them. Supervisor Holmes finally got on board with the other supervisors by accepting a need for a temporary homeless shelter, while director Holbrook was rejected by all of his fellow ARD board members in trying to get an ordinance passed for aggressive solicitation. Both Holmes and Holbrook showed insensitivity toward the homeless.

On the temporary homeless shelter issue, the chairman of the board of supervisors, Mr. Uhler, delegated authority to the director of facility services to execute a site access agreement with Right Hand Inc. for a temporary shelter. The shelter would be located in portions of building 303 A/B out at the sheriff's barracks in DeWitt, and would authorize facility services to take action to implement and administer the agreement on behalf of the county, at no net county cost.

The supervisors finally approved a temporary Conditional Use Permit for a

NEVER GIVE UP

Head for Shelter

period of one year to be reviewed every three months. The conditions of the permit are that no illegal drugs, alcohol, or weapons of any variety will be permitted within the facility.

The Board voted 4-0 to take action, with supervisor Durran being out of the country. It was supervisor Jennifer Montgomery who led the effort to get the shelter along with Durran and Uhler to get this on the agenda. The last holdout was Holmes, who had heated debates with Durran that Chairman Uhler had to break up.

What didn't help Holmes was that in bolstering his feeling against a shelter, he read a letter from ARD's Scott Holbrook, and Holbrook's letter was met with disapproval. Avoiding political fallout, Holmes went to St. Theresa's Church and a Seventh Day Adventist Church to witness how they handle the homeless. Finally, Holmes started to come around to the majority of the supervisors.

Victory came with the final approval for the shelter. Maybe it was the heartfelt appeals from the men of God (Father Mike and Pastor Dan) that got more and more pointed toward the end of the debate. Leo MacFarland from Volunteers of America (VOA) reminded the supervisors that homelessness is a national problem and Auburn has to step up to its responsibility. VOA will run the Shelter with help

from the community and Right Hand Inc. with its partner AAHF (Auburn Area Homeless Forum).

I am a member of AAHF, and maybe I could have influenced the vote when I appeared at the podium dressed as a homeless person. While trying to drive home the point of homelessness, I grabbed hold of my torn t-shirt and started to rip it further, much to the surprise of the supervisors.

ARD director Scott Holbrook took his negative feelings about a shelter to a related matter involving homeless people, before the board of directors. Holbrook tried to get an ordinance passed claiming aggressive solicitation was taking place at DeWitt's Regional Park. Director Jim Gray refused to go along with Holbrook, and after arguing back and forth, the directors all voted not to accept this unnecessary ordinance. Gray said he saw no aggressive solicitation while visiting the park, and that he considered the ordinance to be overkill.

The Auburn homeless people will go to a shelter very soon. Right Hand Inc. with AAHF and VOA will head to the barracks to retrofit and continue to seek the \$90,000 worth of donations needed. Supervisor Holmes will come on board. Finally, Director Holbrook should seek shelter in the business of ARD's policy and procedures, not politics.

For comments, e-mail nevergiveupshow5@gmail.com. ★



POPPOFF!

with Mary Jane Popp

add to your body, you will burn approximately 500 more calories a day. Do strength training 2-3 times weekly 30-40 minutes. It will take about four months to add on 10 additional pounds of muscle, so be patient.

2) INCREASE YOUR AEROBIC EXERCISE.

Aerobic exercise, which doesn't make you out of breath, trains muscles to burn fat and increase metabolism. Make aerobic exercise part of your fitness program at least five days a week, if you want to lose fat. Walking is one of the best aerobic exercises.

3) GRAZE THROUGHOUT THE DAY.

To boost your metabolism, strive to eat several small healthy meals a day... about every 3-4 hours...instead of eating 2-3 large meals.

4) KEEP YOUR BODY WELL-HYDRATED WITH PURIFIED WATER.

Your metabolism abates whenever you're even minimally dehydrated. Drinking 6-8 glasses of water daily supports fat loss. Keep in mind that alcohol, caffeinated teas, and colas all dehydrate the body. They are wet, but they are anti-water.

5) SLEEP YOUR WAY TO A HEALTHIER METABOLISM.

Research shows that skimping on sleep interferes with your body's ability to process carbohydrates,

which can lead to elevated blood-sugar levels and an increased tendency to store calories as fat. When you're sleep deprived, your body produces more of the stress hormone cortisol, which sets this chain reaction in motion. Get 7-8 hours nightly.

6) NOURISH YOUR SPIRIT.

To maintain a healthy body, first nourish your spirit. Do those things daily that help you relax and feel positive about your body. When you learn to love yourself, love will come to you in forms of health, happiness, success, peace, and prosperity.

So the key here is not to beat yourself up. But do make up your mind to begin period! Stop looking at all those computer generated models and look to the best you can be. For over 35 years, Dr Susan Smith-Jones has looked to a healthier you and she looks great! You can too. Check out her website for great free information and monthly newsletter to encourage us all to be healthier and happier at www.SusanSmithJones.com.

No matter what your age, Susan incorporates her best-of-the-best health-enhancing secrets to reverse aging, achieve high-level wellness, and live with gusto! So go for that brass ring, grab on, and never let go! It's your life! ★

RESOLUTION REVISITED

So you made that New Year's resolution with all good intentions. You know the one...I will lose weight and get in shape in 2015. Instead, those extra pounds you put on during the holidays are haunting you. Want to feel more in control of your body? According to Dr. Susan Smith-Jones, author of some 27 books including "Walking on Air," your goal should be to boost your metabolism. The control mechanism for obesity (or being overweight) is not diet, it's muscle metabolism. Your basal metabolic rate is the rate at which your body utilizes energy. It's how efficiently your body burns calories. When your metabolism is higher, you burn more fat, and have an easier time losing weight (fat). She has some tips to supercharge your metabolism.

1) INCREASE YOUR MUSCLE MASS THROUGH STRENGTH (WEIGHT) TRAINING. For every 10 additional pounds of muscle you

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Weekdays

6 - 9am: The KAHl Morning News with Casey Freelove and the KAHl News Team

9am - Noon: The Dave Ramsey Show

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

1 - 4pm: The Savage Nation

4 - 6pm: The KAHl Afternoon News with Bob Stephenson and the KAHl News Team

6 - 7pm: Poppoff with Mary Jane Popp

7 - 10pm: Sports Byline USA with Ron Barr

10 - 11pm: TMZ Sports

Saturdays

6 - 7am: A Time for Seniors

7 - 8am: The Swap Shop

8 - 9am: The KAHl Corral

9 - 10am: The Garden Goddesses

11am - 12pm: The 45 Guy with Mike Mackenzie

12 - 7pm: Sinatra & Friends Music

7 - 8pm: A Way With Words

8 - 9pm: Rewind with Jimmy Jay

Sundays

7:30 - 9am: Cruisin' Garage & Swap Meet

9 - 9:30am: The Crossroads Radio Show

10 - 11am: The Dew Sweepers Golf Show

11am - 6pm: Sinatra & Friends Music

7 - 8pm: A Way With Words

8 - 9pm: Hearts of Space

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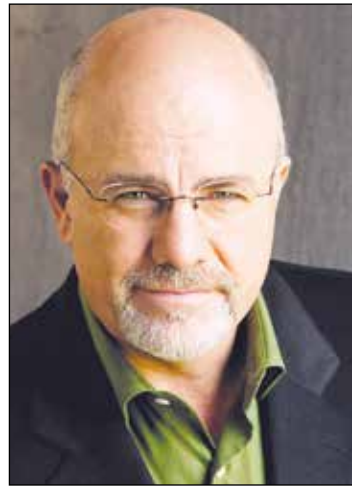
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Dave Says

It Shouldn't Take a Year

Dear Dave, I'm 30 and debt-free. Do you think I should stop making contributions to my 401(k) account for a year in order to save up an emergency fund?

- Beth

Dear Beth, Yes, I do. But it shouldn't take you a year to set aside an emergency fund if you're debt-free and making decent money at your job. Just make it part of your monthly budget plan, grit your teeth and do it!

I recommend that people put off or stop investing until they are debt-free, except for their home, and have an emergency fund of three to six months of expenses in place. In some cases, depending on how much debt they have, it could

take three or four years to do all this. I know it seems like a long time, but it's really not in the grand scheme of things.

Here's the way I look at it. If you have no emergency fund, but you're contributing to your 401(k), there's a good chance you'll end up cashing out your 401(k) if a large, unexpected expense comes along. When you cash out a 401(k) early, you get hit with a penalty plus your tax rate. That's not a good plan!

That's just one of the reasons I tell people to have an emergency fund in place before they start investing!

- Dave

A Waste of Money?

Dear Dave, I have a question about home warranties. Are they a waste of money if you already have a fully-funded emergency fund, with six months of expenses or more set aside?

- Andy

Dear Andy, In my opinion, they're a waste of money even if you don't have that much set aside

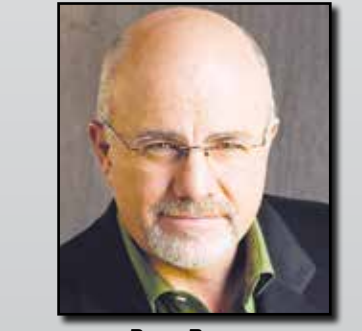
for emergencies. I recommend an emergency fund of three to six months of expenses to cover the unexpected things that life will throw at you. This amount of cash, sitting in a good money market account with check writing privileges, will give you easy access in the event of a financial emergency.

I don't do extended warranties of any kind, Andy. They're not a good deal. You're better off to self-insure against things breaking down, and put what would have been profit and marketing dollars for the extended warranty company in your own pocket!

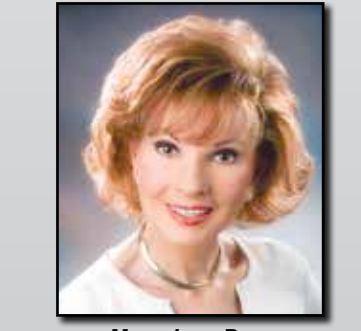
* Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books, including The Total Money Makeover. The Dave Ramsey Show is heard by more than 8.5 million listeners each week on more than 550 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★



Michael Savage



Dave Ramsey



Mary Jane Popp

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SMART CHOICES FOR LIFE

Number Crunch

Healthy eating means understanding and closely monitoring the calories and nutritional value of the foods you eat. The registered dietitians and research and development teams at Seattle Sutton's Healthy Eating prepare meal plans that comply with the following nutrition guidelines:

- Low in fat (25 percent calories from fat)
- Low in saturated fat (less than 7 percent)
- Low cholesterol (less than 200 mg)
- Calorie-controlled (1,200; 1,500 vegetarian; or 2,000 per day)
- Sodium-restricted (less than 1,500 mg/day on the 1,200 calorie plan)
- No hydrogenated or partially hydrogenated oils (zero trans fat)
- Free of food dyes and harmful additives as preservative

FAMILY FEATURES

When you set out to make life changes such as weight loss or adopting a more active lifestyle, it can be tempting to look for shortcuts that expedite your path toward your end goal. However, long-term success is more attainable for those who take a slow and steady approach that puts health first.

"There are dozens of reasons people look to develop healthier eating habits, ranging from weight loss to disease prevention," said Rene Ficek, registered dietitian and nutrition expert for Seattle Sutton's Healthy Eating (SSHE). "Regardless of the motivation, success begins with a well-balanced eating plan that is based on sound nutrition and physical activity." Ficek offers this advice to individuals looking for a new approach to eating:



Rene Ficek

- Adopting a healthy diet is the key to successful, long-term weight loss. A healthy diet provides adequate calories and nutrients to support your body's energy and nutritional needs while allowing you to shed an average of 1-2 pounds per week.
- Be wary of diet plans that promise loss of five or more pounds per week, which is unrealistic and unhealthy.
- Look for a meal plan that takes the guesswork out of eating right by serving calorie- and portion-controlled meals that reflect a well-balanced diet.
- Aim for at least 30 minutes of exercise every day. If you have been primarily sedentary, start slowly with a moderate walk each day, working up to more aggressive cardiovascular exercise and weight training to develop muscle.

- Find ways to make your new lifestyle as convenient as possible, such as meal programs that save on grocery shopping and cooking time or gyms that specialize in short, well-rounded workouts.

Another important aspect of a successful weight loss program is a menu that incorporates high-quality ingredients to create an appetizing array of meals that adhere to current nutrition guidelines.

Finding a menu that offers variety is a smart approach, Ficek says. "When you're watching what you eat, it's easy to get stuck in a rut and eat the same foods repetitively. Unfortunately, that approach can backfire if you become bored with your food and gravitate toward options with new flavors that may be less nutritionally beneficial."

On the breakfast menu, SSHE offers options such as Strawberry Yogurt & Dark Chocolate-Berry Crunch Parfait, which features layers of strawberry Greek yogurt with orange-cherry-cranberry sauce and a decadent granola-berry-dark chocolate crunch. Or for lunch, the Pecan-Cranberry Mixed Greens Salad offers a fresh mix of salad greens, roasted pecan halves, Swiss cheese, dried cranberries and celery seed dressing served with a tomato juice sipper.

To learn more about convenient and healthy approaches to losing weight, visit www.seattlesutton.com or call 1-800-442-3438.

Meal Program Lets Senior Achieve Lifelong Goal

Decades of weight loss and gain followed — as much as 400 pounds up and down through the years. Now, at 63, Janet Wilke is adopting healthier eating habits and learning exactly what and how much to eat.

In May 2013, Wilke weighed in at 299.8 pounds. Just 15 months later, she achieved her goal weight of 150 pounds. Her secret? An eating plan that guides her to make healthy choices at each meal following a 1,200-calorie eating plan created by Seattle Sutton's Healthy Eating (SSHE), a family-owned company based near Chicago.

"In the past when I would lose weight, I would save my clothes just in case," Wilke said. "This time, I am confident because I know exactly what to eat and how much and I feel fabulous. I have never felt as energetic and healthy as I do now, and the smaller size is a bonus."

Through SSHE, Wilke orders convenient and freshly-prepared meals delivered to her home. A weekly menu consists of three meals per day, with both regular and vegetarian menu options available to provide a mix of vegetables, fruits, beans, whole grains, nuts and low-fat dairy products.

"Now, I look for opportunities to move because I feel so 'light' and pain free," Wilke said. "I can get up and down out of my chair almost effortlessly and my sleep has improved as well. I have even given away all of my 'too big' clothes because I know that I will not regain the weight."



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SPOTLIGHT ON BUSINESS

Golden Swann **Collectibles & Jewelry Gallery**




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Golden Swann Jewelers has been serving this community since 1972 with their showroom opening in 1980. In the 35 years that the store in Auburn has been operating the Swanns have collected one of the world's largest showcases of fine collectibles; featuring Lladro, Giuseppe Armani, Disney, Salvatore Polizzi, Swarovski and much more. To walk through their amazing showroom is like being in a museum.

Margareta Swann greets you like you are one of the family and puts her heart and soul into finding just the right piece. You never leave feeling like you're a number; each and every person is special.

Margareta came to Auburn from Germany with her new husband and settled on a 15 acre parcel where they built their family home. She started her business in turquoise, traveling all over the West and Southwest visiting mines and collecting stones, which were turned into fine pieces, beads and raw stone. From there Margareta went into the metals business, buying and selling specialized metals for jewelry, belt buckles, bits, spurs and more.

Margareta is also a cancer survivor as she was diagnosed with breast cancer in 1999. She felt the diagnosis was a wakeup call found her way back to God and has been cancer free since. She attributes her path to Auburn Grace Community Church, where she stated she learns something new every time she walks through the doors.

The Golden Swann is Located at 881 Lincoln Way in Auburn, California.
They can be contacted by phone at (530) 823-7926 or on the web at <http://goldenswann.com>.



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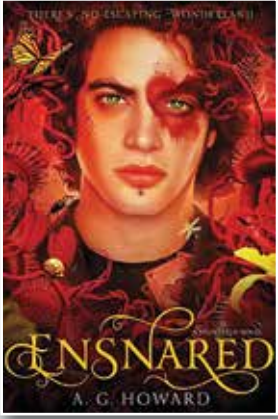
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For the Love of Books



Book Review by Amy Shane
amy-shane@att.net



ENSNARED

by A.G. Howard

- ◆ Publisher: Amulet
- ◆ Release date: January 06, 2015 ◆ hardcover, 405 pages
- ◆ Intended audience: Young adult ◆ Rating: ♥♥♥

On the Book Jacket: After surviving a disastrous battle at prom, Alyssa has embraced her madness and gained perspective. She's determined to rescue her two worlds and the people and netherlings she loves. Even if it means challenging Queen Red to a final battle of wills and wiles . . . and even if the only way to Wonderland, now that the rabbit hole is closed, is through the looking-glass world—a parallel dimension filled with mutated and violent netherling outcasts. In the final installment of the wildly popular Splintered trilogy, Alyssa and her dad journey into the heart of magic and mayhem in search of her mom and to set right all that's gone wrong. Together with Jeb and Morpheus, they must salvage Wonderland from the decay and destruction that has ensnared it. But if they succeed and come out alive, can everyone truly have their happily ever after?

Amy's Review: Dive, once again, into the madness that is Wonderland!

More than ever before, fate is riding on Alyssa's shoulders, to save everyone she loves; from Jeb, to her father, her mother and of course Morpheus. For the last time, readers follow Alyssa not down a rabbit hole, but through the looking glass, into the outcast world of AnyElseWhere, where Alyssa must once and for all, make her decision. Will she face the Red Queen and battle for her rightful calling as ruler of Wonderland, or turn her back to live in the human world and let it all fall?

However, once Alyssa arrives with her father into the backwards world of AnyElseWhere, she quickly realizes it's not only Red that she must battle, but newly created monsters and netherlings, as well as their creator. Needing to make a decision, between starting or stopping her eternal rule of Wonderland, Alyssa must learn to use the two forces set against her to solve the riddles of Wonderland, once and for all. Being torn between two loves, tears

Alyssa's heart in two, as her human side and her netherling side must battle each other. Making it harder than choosing which world to dedicate her life too, along with who she must marry. Not only for Wonderland and the Human world, but for her heart's desire as well.

Strong willed and even stubborn, this time, Alyssa finally discovers who she is, who she wants, and what she is meant to do. This time she won't let anyone prevent her from succeeding, finally learning to stand tall in spite of her magic and human self, using her own wings to fly.

A.G. Howard, takes you on the final, magical journey of fantastical dark creatures with wicked intent.

Writing not only a tale that is wickedly sweet, but one that takes you on a picturesque journey, where words drip off the pages like a canvas. Bringing to the surface the true essence of Splintered's magic, which is as poetic, as it is beautiful, painting scenes that are vivid, while artfully writing a tale.

Financial Peace University Provides Hope to Families in Auburn

AUBURN, CA (MPG) - More than 2.5 million families have positively changed their financial future through Dave Ramsey's Financial Peace University (FPU). The nine-week course provides families and individuals with practical tools to gain control of their finances and set themselves up for long-term financial success. The course meets once a week, and each week a different lesson is taught by Ramsey on DVD followed by a small-group discussion. Lessons include budgeting, relationships and money, getting out of debt, saving for emergencies, and investing.

FPU classes will be held at 6:30 p.m., Wednesday, March 11 at Upper Room Community Church, 490 Nevada Street in Auburn. The classes will begin Wednesday, March 11 at 6:30 p.m. Contact Lori Bergenstock at (530) 885-9400 for more information or to register.

Through common-sense principles and small-group accountability, FPU gives people the tools they need to change their behavior and succeed financially. On average, families who

complete FPU pay off \$5,300 and save \$2,700 in the first 90 days. Following the class, nearly 94 percent of those families now budget regularly.

"FPU will not only transform the way you handle money, but also your marriage and other areas of your life," said Ramsey. "This isn't a boring financial class. We make learning about money fun and easy to understand so people in every situation can benefit from the information."

Ramsey knows firsthand the pain that financial stress can cause. After creating a net worth of more than a million dollars by age 26, he quickly lost it all. Since then, Ramsey has helped families and individuals across the country learn how to get control of their finances and avoid debt so they don't have to experience the same pain he did.

FPU lessons also include guest speakers Rachel Cruze, speaker and daughter of Dave Ramsey, and Chris Hogan, counselor and speaker for the Dave Ramsey organization.

After purchasing a membership, each participant receives

a workbook, Dave Ramsey's Complete Guide to Money, an envelope system, and an audio CD library. Participants will also have access to budgeting forms and MP3s of all the lessons. For more information or to purchase a membership, go to www.daveramsey.com.

Dave Ramsey is America's trusted voice on money and business. He's authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership, and Smart Money Smart Kids. "The Dave Ramsey Show" is heard by more than 8.5 million listeners each week on more than 550 radio stations, "The Dave Ramsey Show" channel on iHeartRadio, and a 24-hour online streaming video channel. Ramsey Solutions offers a suite of products and services to help people get control of their finances and other aspects of their lives. Follow Ramsey on Twitter at @DaveRamsey and on the web at www.daveramsey.com.

Source: Dave Ramsey Media Relations

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by E. Haig – Sacramento Gazette, March 14, 2014

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