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# Placer Sentinel

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Serving Auburn and Placer County since 1987

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## Experience the Uphill Thrill American River 50 Mile Endurance Run Set for Folsom to Auburn



Tracy Bowling pushes herself to the limit while enjoying the view. Photo courtesy Facchino Photography

**FOLSOM/AUBURN, CA (MPG)** - The 36<sup>th</sup> Annual American River 50 Mile Endurance Run (AR 50) presented by Clif Bar will be held Saturday, April 4. The race starts at 6 a.m.

The course will take participants from Brown's Ravine to Folsom Point, along the Folsom Dam, across the Walker Bridge to the south side of Lake Natoma before rejoining the previous course at Nimbus Bluffs.

The AR 50 is the most popular 50-miler in the United States and offers runners a chance to view picturesque scenery as they navigate the challenging American River Bike Trail and the Pioneer Express Trail all the way to Auburn.

The race now begins at Brown's Ravine Marina, located at 661 Green Valley Road in El Dorado Hills, and finishes at the Auburn Dam Overlook located at 855 Pacific Avenue in Auburn.

Spectators are invited to cheer on the runners, who train for an average of six months prior to competing. Many runners use the AR 50 as a training run for the popular Western States 100 Mile Endurance Run.

Runner check-in is from 10 a.m. to 7 p.m. Thursday, April 2 and 2 p.m. to 8 p.m. Friday, April 3 at the Fleet Feet Sports store at 8128 Madison Avenue in Fair Oaks.

"This race is the perfect starting point for those looking to get into 50 milers and a great opportunity for experienced runners looking to best a personal record," said Julie Fingar, ultra endurance coach, athlete and race director.

The first AR 50 (AR50mile.com) was held in 1980, and for the first two years the race started in Auburn and finished on the American River bike trail in Sacramento. Nearly 200 runners toed the line at the Auburn Fairgrounds for the start of the inaugural AR50. Over the years, more than 12,000 runners have accepted the challenge.

Source: *NorCalUltras* (NorCalUltras.com) ★

## Placer Superior Court Seeks Volunteers for Grand Jury Service

**PLACER COUNTY, CA (MPG)** - The Superior Court of California, County of Placer is seeking applications from Placer County citizens interested in an opportunity to serve on the 2015-2016 Grand Jury. The Grand Jury's one-year term begins on July 1, 2015, and ends on June 30, 2016.

In order to meet the minimum qualifications for service on the Grand Jury, applicants must be United States citizens who are 18 years of age or older and have resided in Placer County for a minimum of one year immediately prior to becoming a grand juror. Service on the Grand Jury requires a substantial investment of time, usually 40-50 hours per month.

For those interested in obtaining more information, the current Grand Jury will be sponsoring two meet-and-greet sessions on the following dates to discuss the workings of the Grand Jury:

- March 27, 2015, at 3 p.m. at the Santucci Justice Center Courthouse, Jury Assembly Room, 2nd Floor, 10820 Justice Center Drive in Roseville.
- April 9, 2015, at 2 p.m. at the Grand Jury's Office, 11532 B Avenue in Auburn.

Additional information and applications for Grand Jury service are available by contacting the Court Executive Office at (916) 408-6186 or by visiting the Court's website at [www.placer.courts.ca.gov](http://www.placer.courts.ca.gov). The application deadline is Friday, May 15, 2015, at 3:00 p.m.

Source: *Superior Court of Placer County* ★



## 'Bracken' Book Review: Love in a Time of Conflict Romance Set Against Backdrop of War Defies All Odds

By **Reene Abbott**  
Special to *Placer Sentinel*

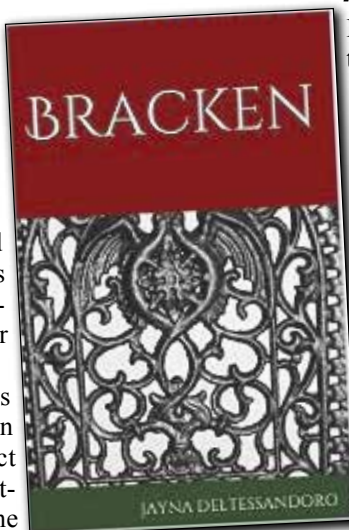
**AUBURN, CA (MPG)** - All good stories start with conflict. And few conflicts were bloodier or more hard-fought than the Wars of Scottish Independence, the backdrop of Jayna delTessandoro's debut novel "Bracken".

Our heroine, Bracken MacPherson, finds herself in an unthinkable situation. King Edward I is not only responsible for the death of her father, but has ordered Bracken to marry the Englishman controlling her family's home and lands, Falkirk. She would do anything to protect her home and its inhabitants, crofters loyal to her father and to Scotland, and to keep them and her sisters safe from the savagery of the English.

And yet the Englishman, Tristian, proves to be a kind and fair lord, treating the residents of Falkirk with

even-handedness and good conscience. Bracken, surprised at his character and shocked at her reaction to his handsomeness, still holds a deeply-held hatred of all things English but finds herself confused at her attraction to him.

The attraction is mutual, and therein lies the true conflict of this intricately plotted book. Both of the main characters have secret histories and painful memories, which only heightens their reluctance to commit their hearts to the marriage forced upon them. Weaving in actual events, delTessandoro uses history to keep her characters at odds until all of her plot points have been resolved.



Her research into the time and place of her story only enhances the story and moves the plot along its many trails. A satisfying romance and a history lesson combine to make a laudable first novel.

Reene Abbott lives and reads in Colfax, and is a regular contributor to the *Placer Sentinel*.

Author Jayna delTessandoro lives in Auburn with her husband, two sons, and a 90 pound yellow lab. An avid lover of history and romance, she delights in the challenge of enmeshing a reader in another time and place.

"Bracken" is available for download on Amazon.com. ★



Jayna delTessandoro of Auburn has published her first ebook, "Bracken". Photo courtesy Jayna delTessandoro



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# New Library Fund Provides Ongoing Support to Local Libraries



Jessica Hubbard, Placer Community Foundation's Philanthropic Services Manager and Veronica Blake, CEO of Placer Community Foundation with Mary George, Director of Library Services for Placer County and Jane Misphey, President of Friends of Auburn Library. Photo courtesy Placer Community Foundation

**AUBURN, CA (MPG)** - Placer Community Foundation (PCF) has announced the newly endowed Placer County Library Fund. This fund is designed to provide ongoing support to libraries throughout the Placer County library system. Establishment of the fund has been a tremendous, collaborative effort. Friends of the Library groups from Applegate, Auburn, Colfax, Foresthill, Granite Bay, Kings Beach, Loomis, Meadow Vista, Penryn, Rocklin, Tahoe City and the Literacy Support Council of Placer County each contributed a total of \$25,000 to seed the fund. Additional gifts from within the general public will grow the fund to increase its impact on the libraries for many years to come.

Placer County libraries provide a place for people to gather and grow through shared resources and experiences. Many have challenged the relevance of the library in the age of the Internet and electronic

books. However, Placer County libraries remain more relevant than ever, offering places where the joys of reading and learning in any format and on any device are collectively treasured and nurtured by all citizens from birth to death for the collective good. Contributions to the Library Fund will enable the Placer County Library to purchase additional resource materials, engage in special projects, and extend the library system's outreach into our community via the Book Mobile and other services.

"I hope many donors in our community will contribute to the fund in support of a thriving library that is intrinsic to community success. Contributions made to the Library Fund will enable the Placer County Library to provide much needed funding for future services," said Mary George, Director of Library Services for Placer County. "I believe this funding will be an essential element in our

long-term plan to create modern, sustainable libraries that can truly be what today's library visitors demand."

Veronica Blake, CEO of the Community Foundation added, "Libraries are important gathering and learning spaces for residents of Placer County, which is evident to the many Friends groups that dedicate their time to keep them accessible to everyone. Over this past year, these volunteers collectively raised the funds needed to endow this fund—meaning donations are pooled and invested over time so the fund can grow and provide ongoing support to the library system. Their work is a wonderful gift to our community."

To contribute to this fund, either with a gift today or through a planned gift, contact Placer Community Foundation at (530) 885-4920. Donations can also be made online at [placercf.org](http://placercf.org). ★

# Renewed Interest in Sacramento River Regional Water Supply Project

**SACRAMENTO REGION (MPG)** - Recent stakeholder interviews, presented to the Placer County Water Agency (PCWA) Board of Directors on Feb. 5, showed renewed interest in the Sacramento River Regional Water Supply Project. The project seeks to pursue a Sacramento River diversion to provide a reliable and safe water supply for the Placer-Sacramento region's economic health and planned development through 2030.

PCWA Director of Technical Services Brent Smith noted that, "not only would a Sacramento River diversion help to diversify and increase the reliability of the region's water supply but it would also help to preserve fishery, wildlife, recreational, and aesthetic values of the Lower American River."

"The concept for this project originated in the early 90s," said PCWA General Manager Dave Breninger. "It's exciting to see a renewed interest among our regional partners."

West Yost Associates, the company designated by PCWA and its partners to develop a project framework that will re-conceptualize the Sacramento River Water Supply Project, presented its initial findings to the board at its regular board meeting.

Charles Duncan, president

and chief operating officer of West Yost Associates, expressed a very positive outlook from the project's partners. "Findings conveyed a shared interest in how the project would address growth, development, reliability, as well as protect the lower American River," Duncan said.

The project is currently made up of 10 regional partners, with PCWA designated as the project's administrative agency. Project partners include PCWA, City of Roseville, City of Folsom, City of Sacramento, Sacramento County Water Agency, Rio Linda/Elverta Community Water District, Sacramento Suburban Water District, Citrus Heights Water District, El Dorado County Water Agency and California American Water Company. The Sacramento Water Forum and the environmental caucus are key partners in this project as well.

**In other business, PCWA directors:**

Heard from Deputy Director of Technical Services, Tony Firenzi, who is serving as the agency's drought project manager. Firenzi said that with precipitation at 72 percent of normal and low mountain snowpack, PCWA and PG&E continue to operate mountain water systems "very conservatively" and thanked the community for "continued

excellence in conservation."

Heard from Kathleen Shaffer, Leadership Auburn Chair, who expressed gratitude to the agency for their annual program contribution. Leadership Auburn, a program of the Auburn Chamber of Commerce Foundation, is designed to identify and empower current and future community leaders who will develop broad knowledge and experience, and help create a spirit of cooperation to effectively address future community challenges. The program has been running for more than 15 years and has nearly 300 graduates, many of whom currently serve the Auburn community.

**About PCWA**

PCWA is the primary water resource agency for Placer County, with a broad range of responsibilities including water resource planning and management, retail and wholesale supply of drinking water and irrigation water, and production of hydroelectric energy.

Information on PCWA board meetings may be obtained through the Clerk to the Board at (530) 823-4850 or (800) 464-0030. For drought updates and water conservation information, see [www.pcwa.net](http://www.pcwa.net).

Source: Placer County Water Agency ★

# State and Local Officials Welcome University of Warwick to Placer County

**PLACER COUNTY, CA (MPG)** - State and local officials joined community leaders Monday at the State Capitol to welcome Sir Nigel Thrift, vice chancellor and president of the University of Warwick in Coventry and Warwickshire, England, to California. This further cements a partnership to develop a teaching and research campus for the University of Warwick in Placer County.

"This is a momentous occasion," said Senator Jim Nielsen (R-Nielsen), who represents Roseville and the surrounding area in the State Legislature. "This private university will complement our local public

universities and colleges to make the Greater Sacramento area a world-class destination for higher education opportunities. I look forward to the groundbreaking, and more importantly, the first students walking to class."

City of Roseville Council Member Tim Herman added, "The University of Warwick is known for science, technology, engineering, and mathematics; a campus with Warwick's focus will bolster our economy and create jobs. I believe the addition of the University of Warwick to Placer County will improve our quality of life for generations to come."

Envisioned by the University Development Trust and through the generosity of its donors, the campus hopes to be home to 6,000 students by 2031. The University Development Trust is a non-profit, 501(c)(3) organization whose marquee project is to develop a world class teaching and research university on the 1,159 acres it received as a donation from the Angelo K. and Sofia Tsakopoulos Family, William and Claudia Cummings, the Wayne L. Prim Family and more than 40 partners in the Placer 2780 Partnership. The Trust is providing 600 acres of land for the campus.

Source: Senator Jim Nielsen ★

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Publisher  
Paul V. Scholl

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# Steppin' Out With River City Chorale



The River City Chorale will perform its spring cabaret "Steppin' Out on Broadway" March 14 at the State Theatre. Photo courtesy Auburn Placer Performing Arts Center.

**AUBURN, CA (MPG)** - Tap your toes again to River City Chorale's ever popular spring cabaret presentation "Steppin' Out on Broadway" at 7:30 p.m., Saturday, March 14 at the Auburn Placer Performing Arts Center.

Featuring songs from American musical theatre composers Richard Rodgers, Stephen Schwartz, Stephen Sondheim, Meredith Wilson, and Richard Rodgers, the upbeat program includes the best of Dixieland band music, choral presentations and staging from musicals, such

as "Wicked," "Les Miserables," "My Fair Lady," and more.

The 60-voice River City Chorale, a nonprofit corporation, has been bringing fine choral music to the greater Sacramento region for over three decades. The group also enjoys social interaction and fun together at rehearsals, retreats, concerts, parties, and on international tours every three years.

The Chorale sings all styles of music, from baroque to contemporary, from classical cantatas to popular Broadway medleys. ★

**WHAT:**  
"Steppin' Out on Broadway" by River City Chorale

**WHEN:**  
7:30 p.m., Saturday, March 14

**WHERE:**  
State Theatre, 985 Lincoln Way, Auburn

**ADMISSION:** \$20

**BOX OFFICE:**  
(530) 885-0156 or LiveFromAuburn.com

## Community Involvement Opportunity Available Serving on Weimar-Applegate-Colfax Advisory Council

**PLACER COUNTY, CA (MPG)** - The Weimar-Applegate-Colfax Municipal Advisory Council (WAC MAC) currently has one open position. Council members must reside, own property, or own or manage a business within Weimar, Applegate or the unincorporated areas around Colfax.

The WAC MAC has seven members and generally meets at 6 p.m. on the third Wednesday of each month in the Colfax City Hall, 33 South Main St.

Applications are available on the county website at [Pacer.ca.gov/Applications.aspx](http://Pacer.ca.gov/Applications.aspx) or by calling the Clerk of the Board of Supervisors Office at (530)

889-4020 to have one mailed to you.

The WAC MAC is located in District 5 represented by Supervisor Jennifer Montgomery. All applications will be reviewed with recommendations made to the board for final approval and selection. More information about the WAC MAC and its boundaries are available on Supervisor Montgomery's website at [Placer.ca.gov/bos/district5/macs](http://Placer.ca.gov/bos/district5/macs).

Placer County has 13 municipal advisory councils that advise the Board of Supervisors on issues of public interest in unincorporated areas. Commonly known as MACs, the advisory councils

are charged with gathering public comment on a range of topics, including land use, public works, recreation, law enforcement and public health and safety. Serving as a WAC MAC council member can provide a rewarding opportunity to make a difference in your home community.

Completed applications may be delivered to the Clerk of the Board's office in person or by mail. The office location and mailing address is 175 Fulweiler Ave., Auburn, CA 95603.

Completed applications may also be scanned and emailed to [mciafard@placer.ca.gov](mailto:mciafard@placer.ca.gov). Source: Placer County ★



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## A Half-Century of Health at Auburn Nutrition



Maria Francis, Lois Croman, and Tina Clarke (left to right) are the new owners of Auburn Nutrition. Photo by Jodi Cottrell

By Carol Guild, Staff Writer

**AUBURN, CA (MPG)** - A half century of offering health products carries on at Auburn Nutrition with new owners Tina Clarke, Maria Francis and Lois Croman.

As long-time customers, the trio knew when the previous owner was ready to sell. "We've always been interested in the natural food and supplement industry," said Clarke.

So with combined interest and knowledge, they took on what, to many Auburnites, is considered a landmark business. "We've kept a lot of the same products," said Francis. "We're just adding

things, such as healthy snacks, juice, fresh local eggs and raw milk ..."

The store boasts a variety of products, including natural foods, vitamins, herbs, ayurvedic remedies, essential oils and natural cleaning supplies, to name a few. They also do special orders. And they plan to add a line of makeup soon. "I love choosing and trying out new products," Francis said.

"We like finding new products you can't find anywhere else," said Clarke.

"And, we try to do as much local buying as we possibly can," said Croman.

Customers are happy to know

Auburn Nutrition can still be found in the same place on Lincoln Way. "It's neat to realize it's been here for 50 years," said Croman "The previous owner owned the store with her parents."

"A family owned it before, and a family owns it now," said Clarke. "The previous owner is happy about that."

Auburn Nutrition is open from 10:30 a.m. to 6 p.m. Monday-Friday and 10:30 a.m. to 5 p.m. Saturday. Find them at 13112 Lincoln Way, Auburn, or call (530) 885-5095.

To contact Editor Carol Guild, email [placereditor@mpg8.com](mailto:placereditor@mpg8.com). ★

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# Lively Music and Legends with 'Green Fields of America'



Noted storyteller and old-time fiddler Joe McHugh and his wife Paula McHugh weave together legends, tall tales, and ghost stories with lively music on Friday, March 13 at the State Theatre. Photo courtesy Auburn Placer Performing Arts Center.

**AUBURN, CA (MPG)** - History comes alive in the unique performance of "Green Fields of America" by Joe McHugh and Paula McHugh, weaving together storytelling and folk music to be performed at 7:30 p.m. Friday, March 13 at Auburn Placer Performing Arts Center (APPAC) in Auburn.

The Time Travelers bring together old-time music, storytelling and art in their popular show "Green Fields of America." Noted storyteller and old-time fiddler Joe McHugh and his wife Paula McHugh, a musician and artist whose paintings are inspired by the titles of American and Celtic fiddle tunes and folk songs weave together legends, tall tales, and ghost stories with lively music on the fiddle, banjo, and mountain dulcimer, against a backdrop of projected artwork. From the early settlements on the Appalachian frontier to the rowdy gold fields of California, from the stage of the traveling medicine show to the ravaged battlefields of the Civil War, the Time Travelers bring the past vibrantly to life by kindling the imagination and awakening the ancient memory.

highlights Auburn and Placer County with a whole section on the Gold Rush, including two tunes "Off to California" and "The Unhappy Miner" (based on a poem from an unknown miner collected from the state library). Joe tells a traditional ghost story set in the gold fields of 1849. Auburn was the first home of Joe and Paula on their journey out west in 1988.

**About the Company**  
Joe McHugh was born and raised in the city but in 1970 he moved to West Virginia where he bought a farm. He was twenty years old. While tending an orchard, growing potatoes, and breeding work horses, he also fell in love with the traditional music and storytelling of the Appalachian Mountains. He later spent a year living in Scotland learning the traditional fiddle music of the Highlands. Since then he has performed at festivals, colleges, libraries, museums, art centers, and other venues throughout the United States, Ireland, and Britain. For five years Joe produced a series of programs for public radio titled The Telling Takes Us Home, a Celebration of American Family Stories.

He has authored two collections of American folktales and humor,

an illustrated children's book on the early days of aviation, a novel about the electrical energy industry and the nature of time, and a book about the art.

Paula Blasius McHugh has always loved to draw. Born and raised in the midwest, she studied fine art at Edinboro State College and at the Museum School of Fine Art in Boston. Teaming up with her husband she illustrated and designed three books. They also produced two award-winning radio-drama-based curricula for use in elementary and middle schools.

Source: Auburn Placer Performing Arts Center ★

**WHAT:**  
"Green Fields of America" with Joe and Paula McHugh  
**WHEN:**  
7:30 p.m., Friday, March 13  
**WHERE:**  
State Theatre, 985 Lincoln Way, Auburn  
**ADMISSION:**  
\$10 Adults, \$5 Children 17 and under  
**BOX OFFICE:**  
(530) 885-0156 or LiveFromAuburn.com

**About the show**  
Much of the production

# Striper Fishing During the Drought

**AUBURN, CA (MPG)** - The Rooster Tails Fishing Club breakfast meeting will be held on Friday, March 20 at the Auburn Elks Lodge, 195 Pine St. at Lincoln Way, Auburn. The doors to the Lodge open at 7 a.m. with a fantastic \$13 wide-selection buffet breakfast served at 8 a.m.

The presentation begins at 9 a.m. sharp featuring Pro Fishing Guide Michael J. Peckham, owner of MJP Adventures and Guide Service. Taking into consideration the on-going drought conditions, Peckham will tell the breakfast attendees about Delta hot-spots, how to maximize tackle and bait and a strategy for catching quality fish. The breakfast meeting is open to the public.

The on-going drought conditions have affected thousands of fishing enthusiasts and fishing-related businesses in northern California threatening hundreds of jobs and millions of dollars in commerce. With over a thousand miles of Delta waterways, the drought has impacted the



Pro Fishing Guide Michael J. Peckham, owner of MJP Adventures and Guide Service will be the featured speaker at the Rooster Tails Fishing Club breakfast meeting on March 20. Photo courtesy Rooster Tails Fishing Club

ever-changing Delta in many ways. Traditional steeper fishing locations are no longer productive requiring new techniques. Peckham has spent hundreds of hours fishing for striped bass and has an intimate knowledge of fishing it from his spacious 22-foot Rogue Jet Boat.

As a Boy Scout in his youth, Peckham fished the Sierra and local Watsonville ponds, as well as made trips to the ocean to surf-fish. His father expanded Peckham's fishing experiences by taking him fishing in the family boat for salmon and rock cod in Monterey Bay. Peckham's love of adventure and fishing led him to become a certified scuba diver for abalone.

With fishing in his blood from an early age, he plied the inland and ocean waters owning a variety of boats to ultimately purchasing a state-of-the-art custom jet boat and becoming a professional fishing guide for over 20 years.

Peckham is also bonded, insured, first aid CPR certified and is a U.S. Coastguard

licensed Captain. He resides in Meadow Vista and fishes the Delta and all major river tributaries for a variety of fish species. He can be reached at (916) 764-0485 or mpeckham@pacbell.net.

The 30-year-old, 180-plus member Rooster Tails Fishing Club of Northern California, Inc. is a non-profit organization that meets the third Friday of each month to educate, entertain, and enhance a fishing experience. Unlike many bass and fly fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing Club provides a balanced mix of fishing techniques presented by fishing experts targeting a variety of fish species on multiple types of waters. Further information can be found at RoosterTailsFishingClub.org.

For more information on attending Rooster Tails Fishing Club meetings, contact Club Chairman Jim at (530) 887-0479 or info@roostertailsfishingclub.org. ★



# Placer County Council of the Navy League Monthly Meeting

**AUBURN, CA (MPG)** - The Placer County Council of the Navy League will hold its monthly meeting beginning at 5:30 p.m. on Monday, March 16 at the Veterans Memorial Hall, 100 East Street, Auburn. This month's speaker is Commander James Ronka, USN (ret) who

will speak about the admissions process for Sea Service academies, including Naval, Merchant Marine, and Coast Guard academies. Cost of the dinner is \$14, payable at the door. Advance reservations are required.

The Navy League membership is open to all those who

support the sea services, including Navy, Marine Corps, Coast Guard, and Merchant Marine. No prior military service is required. Please contact Bonnie Potter at (530) 823-2820 for further information.

Source: Mike Holmes ★

# Rodeo Seeking Queen for 2015

**AUBURN, CA (MPG)** - It's almost rodeo time again and the Gold Country Pro Rodeo is looking for its 2015 queen contestants.

If you are between the ages of 13 and 24 and have always dreamed of riding in the rodeo

with chaps-a-blazin' and a crown on top, now is your chance. Yee haw!

Applications are being accepted now. Contact Marilyn Todd at (530) 906-7692 with your email and she will forward

the application.

For more information about the Gold Country Pro Rodeo, happening April 25-26, call EzEvents, Inc. at (916) 726-7404 or the Gold Country Fair office at (530) 823-4533 ★

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# Hometown Hero

**Army Pvt. Andrea G. Valdez** has graduated from basic combat training at Fort Jackson, Columbia, S.C.

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

Valdez is the daughter of Monica Cuevas of Roseville, Calif., and Evaristo Valdez of Sacramento, Calif.

She is a 2014 graduate of Roseville High School, Roseville, Calif.

**Air Force Airman Jonathan D. Lucich** graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force. Lucich is the son of Jennifer L. Lucich of Vacaville, Calif.

He is a 2010 graduate of Woodcreek High School, Roseville, Calif.

Source: Joint Hometown News Release

# How Does the Aging Service Network Work for You?

By Karla Gustafson

In 1965, Congress enacted the Older Americans Act, establishing a federal agency and state agencies to address the social services needs of the aging population. The mission of the Older Americans Act is broad: to help older people maintain maximum independence in their homes and communities and to promote a continuum of care for the vulnerable elderly. In successive amendments, the act created area agencies on aging and a host of service programs. The "aging services network," broadly described, refers to the agencies, programs, and activities that are sponsored by the Older Americans Act (OAA).

Funding for the services required under the OAA is provided by Congress yearly. The funds are then distributed to states, territories, the District of Columbia, Indian tribes, and native Hawaiians on a formula basis that provides minimum funding levels to small population groups and sparsely populated states. It also provides proportional funding levels based on state elderly populations of the majority of the other states. Because of its large elderly population, as an example, California receives almost 10% of the money. And because of its high proportion of older people, Florida is next. Ten states receive 52% of the money.

States receive federal grants based on the number of residents over the age of 60. The federal money is divided up proportionately among states and territories. Small population states and US territories under this formula might not get enough money to operate their programs, so the Administration on Aging provides a minimum funding floor for these aging units. Federal grants provide specific amounts of funding to the states for each of the seven service categories listed below: (1) Supportive Services, (2) Congregate (community served) Meals, (3) Home Delivered Meals, (4) Preventive Health, (5) National Family Caregiver's Support Program, (6) Elder Abuse Prevention, and (7) Ombudsman.

The state has some discretion to put money where it will target people in most need. Funding also depends on making sure that local area agencies

are securing the federal matching requirements under the Older Americans Act. Supportive services require a 15% match in money or in-kind services or assets.

The national family caregivers support program requires a 25% matching requirement. There are numerous and complicated rules for moving money around between categories, for administrative costs, and in meeting matching requirements. Here are a few of these: the state must use at least \$150,000 but not more than 4% of supportive services money for outreach programs; not more than 85% of supportive services money can be used for a combination of supportive services, senior centers, and nutrition programs; and the state may transfer up to 40% of funds in the two meal programs between congregate meals and home-delivered meals as it sees fit.

In California, the Department of Aging (CDA) is the starting point for disbursement of funds to the end users. The CDA administers not only the allocation of funds under the Older Americans Act, but also the funds from the Older Californians Act and the Medical program. The CDA takes all the funding and allocates the monies among the 33 different area agencies on aging that cover all of California.

The networks of the 33 California Agencies on Aging directly manage the array of federal and state-funded services. Placer County is serviced by Area 4 Agency on Aging at [www.a4aa.com](http://www.a4aa.com). The Area 4 Agency on Aging oversees seven counties, including Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba. They advocate for local senior issues and funding.

The actual services within in each county are contracted and operated by local providers. Each service provider is examined and regulated by the Agencies on Aging with community representatives and county board supervisors. In Placer County, the representative on Area 4 Agency on Aging also serves on the county Older Adults Advisory Commission ([www.placer.ca.gov/departments](http://www.placer.ca.gov/departments)). Every county offers an array of different services. In Placer County, services are offered by the following:

- **CAREGIVER RESPITE, Del Oro Caregiver Resource Center, (916) 728-9333**
- **CAREGIVER SUPPORT & RESPITE, Del Oro Caregiver Resource Center, (916) 728-9333**
- **HEALTH INSURANCE COUNSELING, HICAP - Health Insurance Counseling and Advocacy Program, (916) 376-8915**
- **HEALTH PROMOTION**  
Placer Independent Resources Services (PIRS), (530) 885-6100  
Home Health Care Management, Inc., (530) 343-0727
- **INFORMATION & ASSISTANCE, Seniors First, Inc., (530) 889-9500, [www.seniorsfirst.org](http://www.seniorsfirst.org). Seniors First, Inc. publishes a comprehensive resource guide of services that are available in the county. Any services funded by the Older Americans Act are available to all seniors regardless of income. They are the main information and referral service for all residents of Placer County.**
- **IN-HOME ASSISTANCE, ResCare HomeCare, (916) 484-7701**
- **JOB READINESS PROGRAM, A4AA Mature Edge Job Readiness Program, (916) 486-1876**
- **KINSHIP CARE SERVICES, Legal Services of Northern California, (530) 823-7560**
- **LEGAL SERVICES, Legal Services of Northern California, (530) 823-7560**
- **NUTRITION - CONGREGATE & HOME-DELIVERED MEALS**  
Meals on Wheels by ACC, (916) 444-9533  
Seniors First, Inc., (530) 889-9500  
Sierra Senior Services, (530) 550-7600
- **OMBUDSMAN SERVICES, Ombudsman Services of Northern California, (916) 376-8910**
- **PERSONAL CARE, ResCare HomeCare, (916) 484-7701**
- **RESIDENTIAL REPAIRS / MODIFICATIONS, Placer Independent Resource Services (PIRS), (530) 885-6100**
- **TRANSPORTATION SERVICES**  
Seniors First, Inc., (530) 889-9500  
Tahoe Transportation District, (775) 589-5500

*The views expressed here are those of Karla Gustafson and do not necessarily represent those of the Commission or individual members.* ★

# Pepperdine University Law Graduate Joins Placer Land Trust Board of Directors

ROSEVILLE, CA (MPG) - Placer Land Trust is pleased to announce that Charles L. Leininger of Roseville was just added as the newest member of its Board of Directors.

Leininger is a founding partner with Merus Law, APC, located in Roseville. His law practice focuses on the areas of family law and estate planning, including wills, trusts, and powers of attorney. Prior to co-founding Merus Law, he gained experience as an associate working for several local law firms. He has served on the Executive Committee of the Placer County Bar Association, Family Law Section for the past two years; he is also a member of the Sacramento County Bar Association.

Aside from his law practice, Leininger is also active within the community. He is on the Leadership Council with Ignite Leaders, a division of the Roseville Chamber of Commerce's economic development department. He is also a member of the Metro Edge, a program of the Sacramento Metro Chamber. In 2014, he was a finalist for the "Young Professional of the Year," an award given by the Roseville Chamber of Commerce.

"Having lived in cities much of my life, I feel compelled to preserve the beauty and



Placer Land Trust is pleased to announce that Charles L. Leininger of Roseville was just added as the newest member of its Board of Directors. Leininger likes to travel and is an avid outdoorsman who enjoys mountain bike riding. Photo courtesy of Placer Land Trust

abundance of nature. Placer Land Trust's work in conserving wilderness and natural lands in Placer County inspired me to join its Board of Directors," explained Leininger. "I look forward to enhancing the community's awareness of PLT, particularly through their current Trails & Recreation Campaign, so that others can be inspired as I have been."

Leininger attended the University of Southern California earning a Bachelor of Science in Music Industry. He then went on to Pepperdine University School of Law, receiving his Juris Doctorate in 2006. While at Pepperdine

University, he served as an Associate Editor with the Journal of the National Association of Administrative Law Judges (NAALJ). He was elected as a representative to the Student Bar Association where he organized numerous social and charitable events, including the first annual Pepperdine School of Law Charity Poker Tournament. While in school, he received many awards and academic scholarships.

"We are excited to have a young professional of Charles' caliber join our board," said Placer Land Trust Board President Fred Yeager. "We hope his leadership experience and connections will help engage and inspire the next generation to share in his passion for the outdoors."

Leininger likes to travel and is an avid outdoorsman who enjoys mountain bike riding.

Placer Land Trust is a private 501(c)(3) nonprofit organization incorporated in 1991 and dedicated to working with willing landowners and conservation partners to permanently protect natural and agricultural lands in Placer County. To date, the Trust has preserved 7,766 acres across Placer County for current and future generations. For more information, call (530) 887-9222 or visit [www.placerlandtrust.org](http://www.placerlandtrust.org).

Source: Placer Land Trust ★

## Emmy Award-winning actress Elaine Bromka to perform at the State Theatre

AUBURN, CA (MPG) - A one woman show "Tea for Three: Lady Bird, Pat & Betty" will be performed March 21 and 22 at the State Theatre by Emmy Award-winning actress Elaine Bromka.

"Tea for Three" reveals life and love in the White House. The show humanizes the political scene with whimsical story and a deeply moving narrative that offers a behind-the-scenes look at Lady Bird Johnson, Pat Nixon and Betty Ford.

Elaine Bromka, with over thirty years in film, television, Broadway and Off-Broadway, starred as eight First Ladies opposite Rich Little in the

PBS show "The Presidents." Intrigued by their stories, she went on with playwright Eric H. Weinberger to create this one-woman show.

Elaine Bromka's credits include Cindy, the mom in "Uncle Buck," "Without a Trace," "E.R.," "The Sopranos," "Providence," "Dharma & Greg," "Made in Jersey," "Sisters," "L.A. Law," "Law and Order," "Law and Order: Special Victims' Unit," "Law and Order: Criminal Intent," Stella Lombard on "Days of Our Lives," the Emmy Award-winning "Playing for Time" with Vanessa Redgrave and "Catch a Rainbow," for which Ms.

Bromka herself won an Emmy. "Tea for Three" is a tale of a remarkable trio in a most unusual job -- and 80 minutes of heartwarming delight! ★

**WHAT:**  
Tea for Three:  
Lady Bird, Pat & Betty  
**WHEN:**  
7:30 p.m., Saturday, March 21; 3 p.m. Sunday, March 22  
**WHERE:** State Theatre, 985 Lincoln Way, Auburn  
**ADMISSION:** \$20  
**BOX OFFICE:** (530) 885-0156 or [LiveFromAuburn.com](http://LiveFromAuburn.com)



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Photo courtesy of Getty Images

To hold a phone properly, keep it at eye level with a neutral, relaxed neck.

# Posture Perfect

## Smartphone Use Affects Spinal Health

FAMILY FEATURES

Despite the many benefits of having information at your fingertips, smartphones and tablets can do damage to your body and overall health in unexpected ways.

You may not realize it, but all that time spent with your head down checking email and texting may be creating more than a social gap — you may also be harming your spine. Research suggests that spinal pressure actually doubles with each inch you bend your head down.

Smartphone users spend an average of two to four hours per day hunched over, says Kenneth Hansraj, chief of spine surgery at New York Spine Surgery & Rehabilitation Medicine, in his recent report for Surgical Technology International. As a result, back and neck pain have increased among users of electronic gadgets, and the effects may linger for years.

“Poor posture is easy to spot in the hunched over forms of older adults who have carried bad habits for a lifetime,” said Stephen Gubernick, Doctor of Chiropractic at The Joint Chiropractic. “However, few people realize that there are health implications that make good posture essential for healthy living at any age.”

Dr. Gubernick explained that a misalignment of your spine can affect your overall health and well-being. Your spine protects your nervous system, which controls and coordinates all the different functions of your body. Any disruption in nerve communication to your organs and tissues may result in abnormal function. “There are countless benefits from simply improving the alignment of the spine,” he added.

Poor posture negatively impacts your muscles and ligaments, as well as your spine, which can lead to a host of health problems ranging from neck and back pain to gastrointestinal problems and even hyperkyphosis — a condition in which the spine curvature is significantly exaggerated, with increased risk of pulmonary and arterial health problems.

When posture or other factors cause a misalignment, a spinal adjustment is one way to help restore normal nerve function and communication, thereby allowing your body to work normally and naturally.

In addition to recommending exercises that strengthen your core postural muscles in an effort to sustain and improve posture, a chiropractor can also assist you with identifying proper posture techniques to use during daily activities that help reduce the risk of injury.

To learn more about how your spine affects your body’s overall health, visit <http://www.thejoint.com/spine>.

### Why Posture Matters

There are many benefits to practicing good posture. According to the American Chiropractic Association, keeping your spine aligned properly:

- Ensures bones and joints are correctly aligned. This helps the muscles to be used properly, diminishing the abnormal wear which can cause degenerative arthritis and joint pain.
- Places less stress on the ligaments which link the spinal joints, decreasing the chance of injury.
- Creates efficiency within the muscle groups, helping the body use less energy and avoid fatigue.
- Reduces the likelihood of back and muscular pain, overuse disorders and muscle strain.

### Maintaining Good Posture

Ditching your smartphone probably isn’t a practical solution for improving your posture, so instead work to keep your posture in check with these tips:

- To protect your posture while using your phone and other electronic devices, avoid angling your head down for prolonged periods. Raise the device closer to eye level, or use a stand to prop the screen.
- Treat back and neck pain, which may signal a posture problem or worsen poor posture habits, with regular chiropractic adjustments to keep your body balanced and flexible.
- When sitting, avoid crossing your legs and keep your knees at or below hip level. Use a back pillow to support your lower and middle back. Relax your shoulders and avoid sitting in the same position for extended periods of time.
- While standing, keep your feet shoulder width apart and your knees slightly bent. Stand straight with your shoulders pulled back and your stomach tucked in.

### What to Expect When You Visit the Chiropractor

If you’ve never visited a chiropractor before, you may find yourself intimidated by the unknown. Take heart, you’re not alone. According to The Joint ... the chiropractic place, the following are answers to some patients’ most common questions:

**Do I need an appointment?** You will most likely need an appointment at traditional chiropractic clinics but not at The Joint where chiropractors are available on a walk-in basis, including during evening and weekend hours.

**What will happen during the visit?** After a full exam and consultation, you will be adjusted on a comfortably cushioned adjustment table. You will remain fully clothed for the duration of your visit, so wear non-restrictive clothing to make it easier to rest comfortably while lying down on the table.

**How long will my visit take?** You should plan around 20 minutes for your first visit, though follow-up visits can take as few as five minutes or so. At the end of your visit, your doctor will determine the best treatment plan for your specific needs.

**Will I experience side effects?** Although chiropractic is a proven safe and effective treatment, you might experience side effects after your first visit, such as headaches, fatigue and soreness. Side effects from chiropractic care typically are mild and disappear within 24 hours.

**What will it cost?** Many insurance plans cover a limited number of chiropractic visits. Average appointment costs may range anywhere from \$40 to \$125 per session, and no-insurance clinics, such as The Joint, offer affordable plans and packages that eliminate the need for insurance.

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**SEASONAL WORK 03/30/2015 through 11/20/2015** Montana Trees, Inc., located in Northwest Montana, Town of Trout Creek, is seeking five (5) seasonal workers. Wage: \$11.14 per hour; Job Duties: must lift 50lbs, plant seedlings, digging, bending over continuously, transplant seedlings, cutting trees, hand tie/dig mature trees, maneuver 150lb-300lb root ball, hand stack, harvest plants; Employer provides: housing, transportation/subsistence expenses upon completion of 50% of work contract; tools & supplies. Employer guarantees employment for a minimum of 3/4 of the workdays of the total specified job contract. To apply: Contact your local State Workforce Agency, or Montana Job Service at: **jobs.mt.gov** type in Nursery Worker or Job Order No. 10104421 and click on Montana Trees, Inc., or contact employer directly Zachary P. Hannum @ Montana Trees Inc., (406) 827-3984. (MPG 04-24-15)

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**Sudoku Puzzle on Page 8**

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

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**DISCLAIMER** Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

**Sudoku Puzzle on Page 8**

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

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**Volunteers Needed** LIKE TO PLAY BINGO? Support Veterans While You Play! Bingo Volunteers needed every Thursday, Friday, Sunday nights from 4-10pm at Sacramento Bingo Center. 916-533-9811. (MPG 03-31-14)

**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)

**Want to Buy**

# Outstanding Women Recognized at Soroptimist International Loomis Basin Awards Ceremony

**LOOMIS, CA (MPG)** - Soroptimist International of Loomis Basin (SILB) presented nearly \$5,000 in community awards on Feb. 26. The club raises funds all year through events, such as the upcoming Tostada Bingo on March 28, to support local and international projects focused on women and girls.

**Violet Richardson Award**  
Undral Khuyag, who attends Del Oro High School and volunteers for Sacramento T.Y.C. (Team of Youth Care) club received the Violet Richardson Award that recognizes young women for their volunteer efforts that make the community and the world a better place. Khuyag received a scholarship and a contribution was made to T.Y.C.

The goal of the Mongolian teenagers who belong to the T.Y.C. is to help the Sacramento community as well as provide international aid through fundraising and volunteering. Khuyag led the "Toys and Books for Kids" project by organizing volunteers to cook and serve at a Sacramento restaurant to raise money to send five boxes of toys, books and clothes to the Children's Care Center in a hospital in Mongolia.

"Since Mongolia is a developing country, the Children's Care Center is crowded with little room and equipment," said Khuyag. "I wanted to bring smiles to the children's faces, and I realized that those books and toys we sent them may help to do just that. Dr. Adiyasuren, our contact in Mongolia, informed T.Y.C. how grateful everyone at the hospital was because they know they're unable to afford such items themselves."



**Undral Khuyag, left, and Stephanie Lawler.** Photo courtesy Soroptimist International of Loomis Basin

provide spiritual, emotional, and mental support to the Law Enforcement Community, their families, and the citizens of Placer County. Parker explained that she completed extensive training to serve as a PCLEC chaplain and is called out frequently in the middle of night,

that will have lasting impact on numerous classes over time.

Laurie Balsano, an 8th grade teacher at H. Clark Powers Elementary School, received a grant to purchase non-fiction books that will increase students' vocabulary and world knowledge.

Melissa Davis, a 6th grade teacher at Loomis Basin Charter School, will be adding green tree frogs to her science classroom with the grant funds. The students will be able to observe the frogs as they learn about tropical regions and study animal adaptations.

Cinnamon Johnsrud, a 7th & 8th grade teacher at Franklin Elementary School, will use her grant to upgrade technology. The students will use mini iPads to film and edit video news reports, screencasts and video essays to showcase what they are learning.

Kathy Lowry, a 3rd grade teacher at Ophir Elementary School, will be integrating art, science and citizenship lessons in cooperation with Save Auburn Ravine Salmon and Steelhead (SARSAS). She will purchase clay with the funds so that the students can make salmon-shaped ocarinas, a flute type instrument, and then learn how to play them.

Amanda Ross, a kindergarten teacher at Placer Elementary School, will use her grant to purchase a new egg incubator. She says that the children are so excited to watch the entire process of the ducklings hatching.

Kristen Strong teaches transition Kindergarten at Loomis Grammar School and will use the grant to purchase blocks for hands-on learning, applied math and creative thinking activities. Student projects include replicating designs from famous buildings and constructing skyscrapers.

Julie Trokey is the librarian at Penryn Elementary School. She will be selecting hard-bound updated non-fiction books on foreign countries that will broaden students' understanding of world cultures and can be used for research projects.

*Soroptimist (Soroptimist.org) is an international volunteer service organization for business and professional women who work to improve the lives of women and girls in local communities and throughout the world. Soroptimist International of Loomis Basin is a 501(c)(3) organization. For more information, go to SoroptimistLoomis.com or contact President Peggy Word at (916) 837-6106.* ★



**Jenny Knisley, left, of Soroptimist presented Ruby Award to Carol Parker**  
Photo courtesy Soroptimist International of Loomis Basin

**Live Your Dream Award**  
Stephanie Lawler of Loomis won the Live Your Dream Award designed to help women provide the primary financial support for themselves and their dependents pursue additional education to upgrade their career skills.

Lawler's goal is to become a licensed Ultrasound Technician and is currently enrolled at Sierra College in the Nursing Assistant program. "I hope to gain experience in the medical field as a nursing assistant while I continue my education towards my goal of becoming a Diagnostic Medical Sonographer," said Lawler.

**Ruby Award**

Carol Parker, a volunteer chaplain with Placer County Law Enforcement Chaplaincy (PCLEC) was recognized for her countless hours of service to those faced with a death in the family, traumatic accident or other family crisis. The Ruby Award for Women Helping Women is given to those who improve the lives of other women or girls through their professional or personal activities.

The mission of PCLEC is to

spending four to six hours with the family.

"Once on scene, our first duty is to fill the emotional needs of those involved by being a calming, caring and comforting presence," said Parker. "One of the things I love about this is that I have been given some really great tools to help people move on and forward with their life - whether it be a 93 year old woman who has just lost the love of her life or a 22 year old mom who just lost her two month old child."

**Special Recognition**

Fred & Acsa Hitchen received a grant to continue their work at the Senior L.I.F.E. Center of Loomis. The Center was founded in 1978 with support from Soroptimist International Loomis Basin. Those over age 55 can enjoy many social, physical and educational activities at the Senior L.I.F.E. Center.

**Teacher Grants**

Many years ago, the SILB club created a signature Teacher Grant program in addition to the Soroptimist International awards to support local schools. These grants help teachers fund projects

# LETTERS TO THE EDITOR

## The Men of Charlie Company 1-184 Air Assault Infantry Need Your Assistance

**From Antonio Cueva:**

We were Charlie Company 1-184 INF out of Auburn, CA. The unit is located on High St., near downtown. My unit was stationed in FOB Falcon Iraq, a few miles away from the green zone but in the heart of the Al Dora district. The mission was easy: to serve as a security unit for a meeting of the elders of the community and top ranking US military officials. My squad was broken into two. One half was designated as a QRF (quick reaction force), and the other half was used on rooftops as counter snipers. That day, it reached 118 degrees, so you can imagine how hot it was on the roofs of Baghdad. I received a distressed radio call that Dup was shot in the arm. We were unable to communicate, since most of the trucks were equipped with anti IED devices that fumbled calls over the radio. So myself and a few others began to run over to where we believed the call came from. I reached the roof only to find out that he had not been shot in the arm, but the round had

pierced his radio he had mounted on his chest. His eyes were open and he seemed to be alive but couldn't talk and blood was coming out of his mouth.

At the same time, a QRF unit had arrived. They began directing traffic in the streets. I began to hear rounds being fired in all directions. A soldier exited his truck, a large whipping sound was made, and a round pierced his neck. It missed his jugular, but painted the truck with blood. A medic was standing nearby. He ran to the downed soldier, dragging him to safety as the ground began to dance with bullet ricochets. Bullets began to fly by me and we had to get off the rooftop. Myself and four others carried Dup off the rooftop to the ground and began first aid. Sometime between the rooftop and the helicopter, Arnold Duplantier II died. The Green Zone hospital let us say our goodbyes. A prayer was said and we all wept.

We got back into our truck and made are way back to FOB Falcon. But they were waiting for us. I was in a state of delirium

when the rounds began to hit our truck. My gunner was yelling for me but I did not respond. It wasn't until a RPG slammed into the side of my truck when I awoke and exited the truck.

I guess the burning question is: why am I telling you this? Why am I sharing this? The widow of Arnold Duplantier is putting together a get-together for the 10 year anniversary of this event for men of Charlie Company 1-184 Air Assault Infantry based out of Auburn. The event will be held at the National Guard Armory in Auburn on June 22, 2015. We are not rich and need resources. We are looking for a catering company and a beverage catering company to help support this event. If you do not know anyone like that, we have set up a "gofundme" account at [dm.gofund.me/nbap5w](http://dm.gofund.me/nbap5w). This is no scam, just an event to bring together ordinary people placed in an extraordinary place and told to survive. Thank you and have a great day.

*Antonio Cueva, from Auburn, CA* ★

## Vote for Convention of States

**From Tom Dowdy:**

George Washington said: "This government, the offspring of our own choice, uninfluenced and unawed, adopted upon full investigation and mature deliberation, completely free in its principles, in the distribution of its powers, uniting security with energy, and containing within itself a provision for its own amendment, has a just claim to your confidence and your support."

Stand tall for this nation, and do not let The John Birch Society, deceive you with their lies, threats, false hoods and just plan scare tactics. For they are delivers if deceit and deception. Their threats are idle, for the man that stands up to tyranny and resist persecution will be victorious in the end.

We the true conservatives of Arkansas and this nation stand with you. Please vote for Article

V Convention of States this is our last legal means of rein-ing in this out of control federal government.

Remember, Government is not reason; it is not eloquence; it is force! Like fire, it is a dangerous servant and a fearful master.

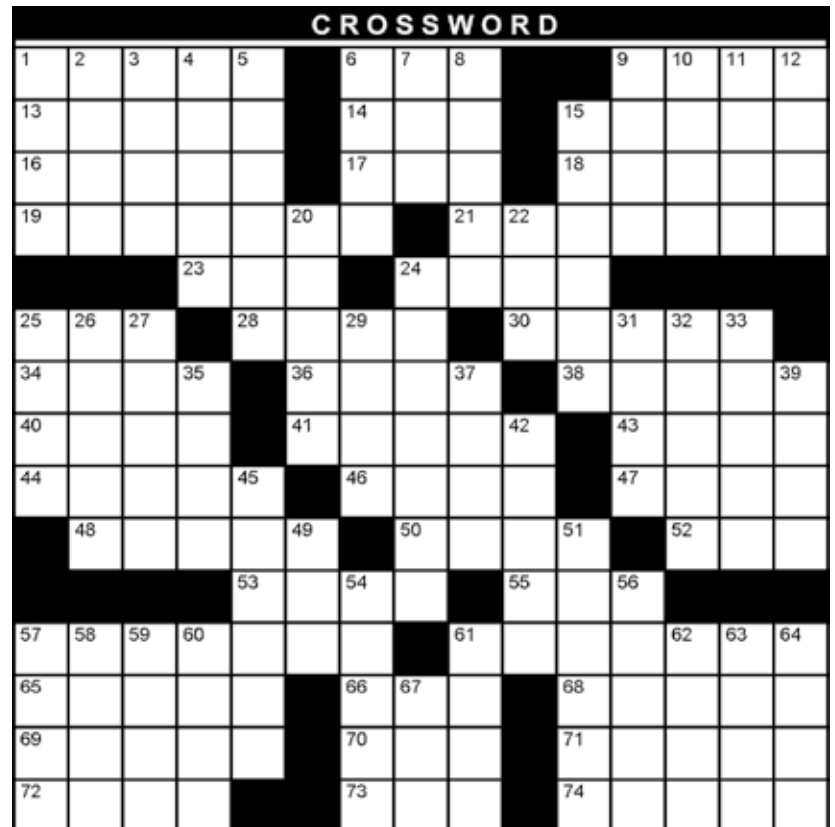
For Liberty and Freedom, Tom Dowdy, Convention of States Project ★

# STATEPOINT CROSSWORD • SWEET TOOTH

**CLUES**

- CROSSWORD**
- ACROSS**
- Face fringe
  - Like a wallflower
  - Something that happened too fast?
  - One hipbone
  - Romanian money
  - Sheep's clothing, e.g.
  - Bassos, alternative spelling
  - Middle-earth creature
  - Balance sheet item
  - \*Peanut \_\_\_\_\_
  - \*Popular pastry center
  - Exclamation of surprise
  - Duds
  - Tapped at parties
  - Two-masted vessel
  - Orient's bigwig
  - Misfortunes
  - Not that
  - Australian cockatoo
  - Done after shuffling
  - Popular garden perennial
  - Triathlon ride
  - Part of surgeon's prep
  - Rudolph, e.g.
  - Affirm
  - Austrian province
  - Ogler
  - Former name of Tokyo
  - Give notice
  - Clinton \_\_\_ Rodham
  - \*Dessert in honor of a dancer
  - Text treatment
  - French farewell
  - Labour group
  - Kind of salami
  - House coat
  - Little squirt
  - In the company of
  - Bone-dry
  - \_\_\_ Khan
  - "Dressed to the \_\_\_"

- DOWN**
- Kind of lettuce
  - Having wings
  - Not final or absolute
  - Vigorous enjoyment
  - Blacksmith shop
  - \* \_\_\_ gin
  - Part of H.M.S.
  - New Mexico's state flower
  - Portrait sculpture
  - Mona \_\_\_
  - One who uses something
  - Short for "retired"
  - Pompous windbag
  - Strongly opposed
  - Funerary vase
  - Shiny from moisture
  - \*Sour Patch \_\_\_
  - Choose by vote
  - Dazzling
  - \_\_\_ Afraid of Virginia Wolf?"
  - \*Rum \_\_\_
  - Martini garnish
  - \*Alaska's state
  - Hurtful remark
  - Dog command
  - Parade honoree
  - \_\_\_ provocateur
  - Back down
  - Head or john
  - 40th President
  - \*Indian yogurt staple that can be sweet or salty
  - Fragrant resin
  - Hemingway nickname
  - Jewish month
  - Henry \_\_\_
  - \_\_\_ your hand"
  - Tiny bit
  - Involved in a secret
  - \*Sugar, waffle or cake \_\_\_
  - Droops
  - \*Yule \_\_\_



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

\*Offer subject to change based on premium channel availability

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

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By Gerry Mifsud

I am an op-ed columnist when I write in the Placer Sentinel and a news investigative reporter on my "Never Give Up" T.V. Show on ACTV channel 20 on Wave cable T.V.

I will address the renovation of the barracks, by Right Hand Inc., in preparing for a temporary homeless shelter. But for me, vacating and renovating is taking place in my senior apartment complex, Auburn Villa Apts. The million dollar project will affect all 50 units of seniors who have to pack up everything and set it aside and relocate for one week while building contractors retrofit kitchens and bathrooms - with new rugs, to boot.

All the tenants got \$750 to relocate with some going to hotels and most going to relatives or friends to save the big bucks for a rainy day.

I turned vacating into a mini-vacation, as my son Joe let me stay at his place. With complex negotiations going on between me and ACTV involving policy and politics muddling our issues, a break is needed at this point.

So I've been thinking a lot in this period while staying on an equestrian ranch. I'd wake up in the mornings and go and talk to "Dalton", an old white horse

# NEVER GIVE UP

## Renovation Vacation

with plenty of spunk. He knocked off my Never Give Up hat while eagerly eating sugar cubes and carrots. I wanted to saddle him up and ride off into the sunset leaving ACTV board of directors to realize the value I bring to the station.

At night time I'd sit out on the quiet porch looking at the night time sky. Looking up at the stars I spoke to my mom who had passed many years ago. I could feel her telling me to hold the course and stay true to myself. I spoke to my brother Jim, the priest, who's with our mother and who wore a cap saying Never Give Up.

I've taken that motto and have run with it. I was able to sit with my son and map out his future for himself and think of my future as well. I have to acclimate myself to the fact that my son Joe will move on with his life and not be physically close to me - 24 years being so close to him won't be easy for me to let him go, but I know better, as a parent to an adult son.

The recently approved temporary homeless shelter will take \$90,000 to renovate the old barracks. The last hurdle, besides the "no" vote from Supervisors Holmes and Uhler, was getting the supervisors to repay Right Hand for the improvements if the supervisors refuse to renew the lease on their property. Supervisors Montgomery and Duran were yes votes and with the other two against, it was Supervisor Weygant who finally came on board with the third yes vote, because of the passion he felt from Right Hand and its partner Auburn Area Homeless Forum, of which I am a member.

To fully understand the homeless issue, the county hired Dr. Robert Marbut to study and report back to them, at a \$60,000 cost. The supervisors were willing to hear what they needed to do and listen to what is wrong with what they are doing. Dr. Marbut said Auburn and Roseville need 24/7 permanent shelters. Hard data, not decisions, made on anecdotes and myths are needed. An action plan and a strategy are needed to stabilize, assess and treat the homeless.

Four elements are needed to work together: County, City, faith-based and non-profit, and finally the business community. Ten-year-plans are not successful. Our temporary shelter is needed because emergency efforts need to be put in place while we plan for a permanent shelter that will take a few years to get up and running. Facts such as: Homeless do not come by the railroad system and 80 percent of the homeless we see in Auburn are from Auburn, your neighbors and friends.

With concerning mental health issues, the homeless need links back into society. Dr. Marbut will explain the situation further when I interview him on my T.V.Show.

After hearing Dr. Marbut, Supervisor Jennifer Montgomery said "It was a great turn out and I feel that the evening was very productive both for the community and for Placer County staff. I look forward to hearing Dr. Marbut's recommendations in a few weeks."

I welcome any comment from the public, email me at nevergiveupshow5@gmail.com.

Gerry Mifsud, Human Rights Reporter ★



## RESET YOUR LIFE

Are we facing an epidemic? And no, it's not a virus. It's diabetes. Would you believe nearly 26 million Americans have Diabetes? And, there's a threat to an additional 80 million adults and children. The World Health Organization has tagged diabetes as the health hazard of the 21st Century. There are two types. Type 1 usually occurs during childhood. Type 2, the most common form of the disease, occurs in adults. Imagine controlling, avoiding, and reversing diabetes. Now you can. So what do we do? **Dr. George King** has come up with 8 strategies that are simple yet dramatically life changing. He has pulled together research conducted by the world's most respected and largest group of diabetes researchers from Harvard's Joslin Diabetes Center. He told me on my POPPOFF Radio Show that implement just one of the strategies and your Diabetes will

# POPPOFF!

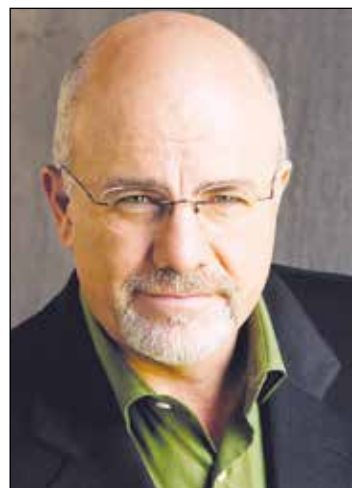
with Mary Jane Popp

improve. Go for all eight, and your body will reset its glucose metabolism. So comes his book "The Diabetes Reset." Let's get to those simple strategies that can change your life.

- 1) CUT YOUR FAT IN HALF, DOUBLE YOUR FIBER.** Switch to a high-fiber diet of 70% complex carbohydrates, 15% fat, and 15% protein. He disentangles the myths and confusion surrounding carbs, fats, proteins, and fiber, and shows why all carbs are not bad and sugar is not the root of all evil.
- 2) INCREASE YOUR MUSCLES' GLUCOSE-ABSORBING ABILITY THROUGH AEROBIC EXERCISE AND STRENGTH TRAINING.** 80% of the glucose circulating after a meal is handled by the skeletal muscles. Fat deposits in Muscles trigger harmful inflammation, which can be corrected with a balance of strength and aerobic training...and in turn increase glucose sensitivity.
- 3) ACTIVATE YOUR BROWN FAT (WHY NOT ALL FAT IS BAD FOR YOU).** Brown fat is activated in the cold, and helps you burn up to 15% more calories. Brown fat activity is boosted fifteen-fold at 65 degrees F during exercise, when exposed skin meets the cold air.

**4) BECOME AN INFLAMMATION FIGHTER.** Chronic, low-grade inflammation is a major contributor to a host of issues including type 2 diabetes. Inflammation can be measured by C-reactive protein levels (CRP), easily checked in your annual blood test, and is crucial to interpreting your risk of Diabetes, and cardiac arrest.

I will get to the last four strategies in my next column, but keep in mind that, within each chapter of "The Diabetes Reset," **Dr. King** provides evidence to support the strategy and advice on adopting it into a daily routine. It also busts the myths that keep Americans from changing their habits, and outlines a clear twelve-week implementation plan with a tool to track your progress. **Dr. King M.D.** is research Director and Chief Scientific Officer at the Joslin Diabetes Center. He is one of the most sought-after speakers on diabetes and diabetes-related issues. **Dr. King** explains why preventive care is important for everyone regardless of current health or family history—including the surprising role of dental care and hygiene in Diabetes prevention. We'll get to the rest of the story in my next POPPOFF column. I don't want you to become a statistic! ★



# Dave Says

to relax and let off little steam. Just make it part of your regular monthly budget, and stick to the amount. Little things like this will help keep your total money makeover moving in the right direction without wearing you out!  
- Dave

emotional during times like these that they make bad decisions. So, pre-planning and making selections ahead of time is a great idea.

But it's never a good idea to prepay for this kind of thing, and here's why. If you live to an average age, for what you'd prepay today at age 45, you could invest the amount, be self-insured for that kind of thing, and in all likelihood have a ton of money sitting there when your time comes.

Events like this make you realize the need for proper planning, but don't ever prepay them. Lots of people in the funeral industry don't like me for this stance, but that's just because they make lots of money on prepayment plans.  
- Dave

*Dave Ramsey is America's trusted voice on money and business. He has 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 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.* ★

### Serious about Getting Out of Debt?

Dear Dave,  
Should you budget for mad money, or ju--arrying around cash, when you're trying to get out of debt?  
- Aurora

Dear Dean,  
What really matters is the amount of mad money you allow yourself to have. Everyone needs a little pocket money. It's probably not going to throw you off too much if you put \$10 or \$20 in there. But \$100 or \$200? That's a bit much when you're scrimping, saving and supposedly working hard to get out of debt.

Think of it as a safety valve, Aurora. Everyone needs a break and a little fun now and then. Whether it's grabbing lunch out, or going to a movie once in a while, you need

### It's a Better Idea to Pre-plan

Dear Dave,  
My wife passed away last year, and she was just 43-years old. I paid cash for the funeral and all the arrangements. Now, I'm getting solicitations from the funeral home, wanting me to prepay my own funeral. I'm 45-years-old. Is this a good idea?  
- Dave

Dear Dave,  
God bless you and your family. I'm so sorry you have to go through this, but I'm glad to hear you were in good enough shape financially to handle the burden. That means you were both very wise with your money.

My advice is to pre-plan, but don't prepay. As you discovered, having to make important decisions in the midst of that kind of grief is a hard thing to do. Sometimes, people are so

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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
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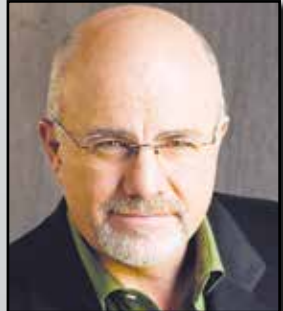
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## PCWA Board Approves Historic Water Supply Agreement

**AUBURN, CA (MPG)** - The Placer County Water Agency (PCWA) Board of Directors unanimously approved a water supply agreement between PCWA and Pacific Gas and Electric Company (PG&E) at its board meeting on February 19. The new agreement will ensure continued reliable water delivery to the people of western Placer County for the next 30 years.

"This agreement provides a strong foundation for moving forward and working in partnership with PG&E," said, Primo Santini, chairman of the PCWA board of directors.

### Under the new water supply agreement:

The price of water is unchanged at \$40 per acre-foot in 2015 and will be adjusted annually based on the Consumer Price Index thereafter.

There are no longer any practical restrictions on the place of use for PG&E water within western Placer County.

PCWA retains the right to construct two new points of delivery,

one for the Ophir Water Treatment Plant and one to provide emergency service to Meadow Vista.

PCWA will have the right to construct a new permanent pump station at Rock Creek reservoir.

PCWA will have the right to use PG&E's South Canal when needed during outages. However, PCWA is obligated to construct new raw or treated water capacity between Ophir and the Foothill-Sunset system within 7 to 10 years to eliminate reliance on the South Canal during routine outages.

The agreement replaces a 1968 agreement originally set to expire in 2013 but since extended. Renegotiations of the agreement have been in process since July 2012. The Board also approved a letter agreement with PG&E pertaining to PG&E's filing with the California Public Utilities Commission for approval of the water supply agreement.

### In other news, PCWA directors:

Heard from PCWA Director of Resource Development, Andy Fecko, regarding the potential transfer of approximately 10,000

acres of private land in the upper Middle Fork American River watershed area. In a letter to the Wildlife Conservation Board and the American River Conservancy, PCWA expressed concern for long-term watershed health, public access and ongoing stewardship to protect the area from catastrophic wildfire.

Heard from Deputy Director of Technical Services, Tony Firenzi on the impacts of the 2015 drought emergency to local water supply availability in Placer County and PCWA's Water System. Firenzi cited the similarities between current drought conditions and those of 2014. Based on 2014 year-end results, he concluded that the Board should have the ability to offer water to its agricultural customers in Zone 5.

Information on PCWA board meetings may be obtained through the Clerk to the Board at (530) 823-4850 or (800) 464-0030. For drought updates and water conservation information, see [www.pcwa.net](http://www.pcwa.net).

Source: Placer County Water Agency ★

## Ophir Gardens Once Again has Safe, Reliable Water Supply

**OPHIR, CA (MPG)** - Residents of Ophir Gardens no longer have to worry about having a safe, reliable water supply.

The cluster of 16 cottages on a four-acre parcel between Auburn and Newcastle attracted widespread attention a year ago when it was identified by the California Department of Public Health as one of 17 rural communities in the state with vulnerable water systems because of the drought.

Even before the state's announcement, the Placer County Environmental Health Division and Placer County Water Agency were aware of the water woes at Ophir Gardens and working to find a permanent solution.

Late last month, their efforts paid off when PCWA put into service a 2,200-foot pipeline along Ophir Road that connects Ophir Gardens with one of the agency's

existing treated water pipelines.

"This is a great example of public agencies and a community working together to solve a problem involving a basic service most of us take for granted," said 5th District County Supervisor Jennifer Montgomery. "I am very impressed by the collaboration among everyone involved - and their success in finding a solution that ensures Ophir Gardens residents will have a safe, secure water supply in the future."

Completed before nearby Interstate 80 was built, Ophir Gardens was able to rely on a single well for many years. The drought caused the well's production to drop to the point where it was producing less than a gallon per minute. To supply enough water during peak-demand times, the owners turned to an expensive, short-term solution:

trucking water in to help fill their holding tanks.

During the fall of 2013, Environmental Health, PCWA, and owners of Ophir Gardens began meeting with state officials to discuss potential water system improvements and funding opportunities.

The California Department of Public Health provided a \$500,000 grant through its Public Water System Drought Emergency Response Program and the U.S. Department of Agriculture committed a \$500,000 Emergency Community Water Assistance Grant.

Last September, the PCWA Board of Director's approved a construction contract for the \$1.1 million pipeline extension project.

Source: Placer County Water Agency ★



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#### Issue Number One

Rising Interest Rates! Buy low and sell high is good advice in any market, but especially when borrowing money. Interest is what you will pay for the loan until paid off, so rising interest rates are key and a sparkplug that should fire up interest in finding your American dream now. The rate

is expected to rise to 5-5.5% this year. This will make homes a little less affordable for buyers and put the brakes on some sales. When rates go up the market gets smaller, especially with rates that may hit 6 or 7%. Some of us remember when mortgages were lending at 17-18%, so acting while rates are low is a real incentive to both buying and selling your property.

Please take advantage of our expertise in making the right decisions for your home purchase or sale. It's easy, just email your question to us and we share the answer so everyone can learn from it in this column. We, of course, change the names to protect the innocent!

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Next time: The second and third most critical issues for buying or selling your property in 2015! ★

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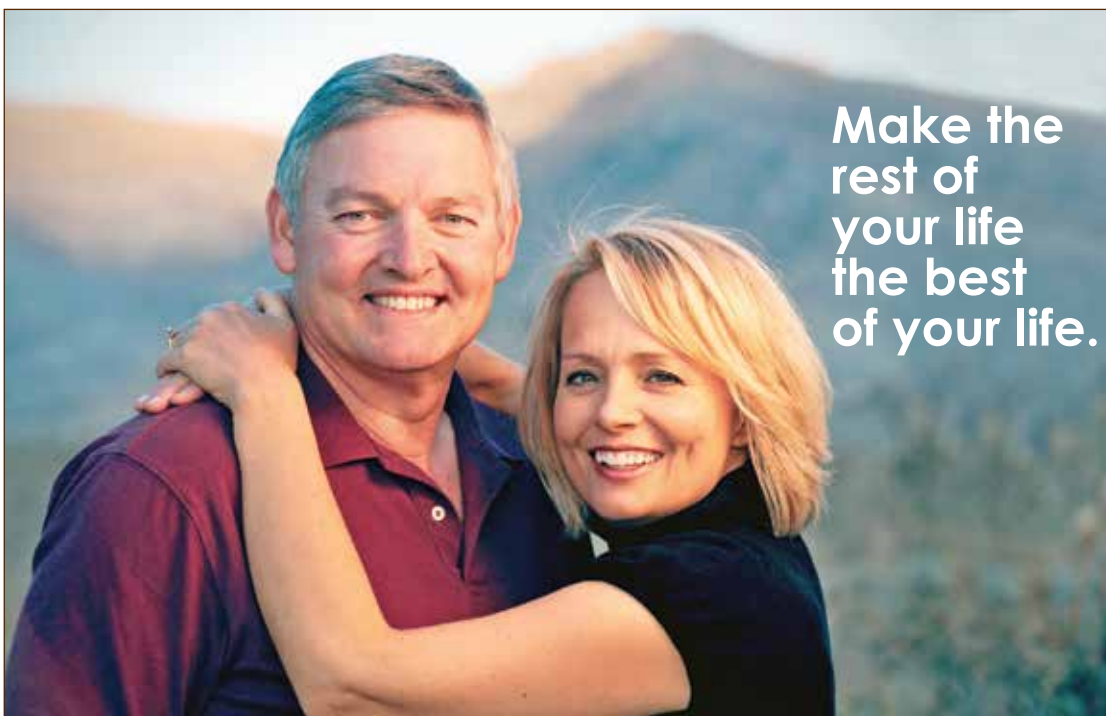
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- Video chat
- Create and read dating diaries
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