



New Website is Host To Auburn Happenings

Page 11

“IN THE END, WE WILL REMEMBER NOT THE WORDS OF OUR ENEMIES, BUT THE SILENCE OF OUR FRIENDS.”

— MARTIN LUTHER KING, JR.



Placer Sentinel

Volume 26 • Issue 01

Serving Auburn and Placer County since 1987

January 16, 2015

Maus Lady Makes Creatures Small



Page 2

Alpine Named to ACWA Post



Page 3

It's All About Fishing!



Page 4

Taking Strides Against Domestic Violence

One Thousand Men Sought for 2015 Record-Breaking March



WEAVE's 2015 fundraising event, scheduled for Sunday, May 3rd, 2015, is slated to top last year's efforts; their goal is to have 1,000 men participate. This will not only bring additional money to the group, but it will break a world record. The organization is accepting registration forms now. Photos courtesy Riverview Media Photography/Tia Gemmell

By Linda Harper

SACRAMENTO REGION, CA (MPG) - Walking in someone's shoes is not always an easy thing to do, especially if you're a man marching in women's high heels. That's exactly what 620 men did last spring to raise awareness of domestic violence and sexual assault at WEAVE's 2014 Walk a Mile in Her Shoes event. Through sponsorships, they raised over \$237,000 to fund many programs the organization provides to victims of abuse.

WEAVE's 2015 fundraising event, scheduled for Sunday, May 3rd, 2015, is slated to top last year's efforts; their goal is to have 1,000 men participate. This will not only bring additional money to the group, but it will break a world record. The organization is accepting registration forms now.

Walk a Mile in Her Shoes is an international event in which men embrace the opportunity to raise awareness about the serious causes and effects of sexualized violence, which

has reached epidemic proportions in every city in our nation. Between 2001 and 2012, 6,488 troops were killed in Afghanistan and Iraq, and 11,766 women were murdered by current or former partners—that's nearly double the amount of casualties of war.

Domestic violence is not a singular incident. Statistics show us that it's a continuous problem, deeply rooted in our culture for decades. This black mark on our moral report card is as American as apple pie. Too many women and children have been held captive for too long by physical violence, financial abuse, emotional abuse, or all three. Organizations such as WEAVE are working tirelessly with law enforcement, social services, health and welfare, and many other federal, state and private sector institutions to serve victims, identify abusers, and educate the public in an effort to combat future tragedies.

According to the California Partnership to End Domestic Violence, approximately 40% of



Children are also an at-risk group; the average age of forced prostitution through trafficking is 13. Statistics show that some 300,000 young boys and girls are forced into the sex industry, and the number is increasing. According to FBI published information, criminals who normally would deal in illegal drugs or weapons have now turned to human trafficking. A measure of dope or an illegal gun can only be sold once, whereas a young boy or girl can be sold 10-15 times a day. Photo courtesy Tia Gemmell

women experience some form of partner violence in a lifetime. Young women 18-24 years of age were significantly more likely (11%) to be victims of physical intimate violence in the past year. A report made by the California Student Survey (CSS) showed a prevalence of teen dating violence. At least one incident was reported by 5.2% of 9th grade girls and 8.2% of 11th grade girls. Additionally, among students with steady boyfriends, the rates

of dating violence increased to 8.8% in the 9th grade and 12.8% in the 11th grade. These figures are disturbing, and they warrant educational intervention. The hope is that early education of these young men about these issues will help them change their ways and prevent them from becoming adult abusers.

Although domestic violence and sexual assault can happen to any woman in any relationship



Bob Draga will play clarinet during Assistance League of Greater Placer's "A Little Night Music". Photo courtesy of Assistance League of Greater Placer

'A Little Night Music' Fundraiser Slated for February 5

PLACER COUNTY, CA (MPG) - Assistance League of Greater Placer is again hosting a concert fundraiser to support its philanthropic programs.

"A Little Night Music" is an ensemble featuring Bob Draga, clarinet; with Jason Wanner, piano; Shelley Denny, bass; and Ron Jones, drums. The event will be held February 5 at the Rocklin Events Center, 2650 Sunset Blvd., Rocklin. Complimentary hors d'oeuvres and no-host bar are from 6 to 7 p.m. The concert and dancing will run from 7 to 9 p.m. with complimentary dessert and no-host bar at intermission. Cost is \$45 per person, of which \$25 is tax-deductible.

Tickets are available at the Assistance League Thrift Shop, 1263 Grass Valley Hwy., Auburn, or call (530) 305-3508. As with last year's concert, funds raised at this event will help Assistance League continue its philanthropic programs that are administered by more than 200 volunteers in our local communities. Some of these programs provided school clothing

Continued on page 6



Jason Wanner will perform on piano during Assistance League of Greater Placer's "A Little Night Music"

CALL 530.823.2463 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

Placer Food Bank Collects More Than 50,000 Pounds of Food

Thunder Valley, Whitney Oaks Help Shatter Record

PLACER COUNTY, CA (MPG) - Thunder Valley Casino Resort and Whitney Oaks Golf Club announced that they have broken Placer Food Bank's record for the largest amount of food collected during a food drive. Together, the businesses collected more than 50,000 pounds of food, shattering Placer Food Bank's former record of 35,449 pounds. This total includes cash donations as well as

non-perishable items. The holiday food drive began on Thursday, November 13 and ended Thursday, December 18 at noon. The food drive was a collaborative effort between Thunder Valley Casino Resort and Whitney Oaks Golf Club, owned and operated by the United Auburn Indian Community. "On behalf of the entire Thunder Valley and Whitney

Oaks team, we are thrilled by the outcome of this holiday food drive event," said Dawn Clayton, general manager of Thunder Valley Casino Resort. "We are grateful for all of the patrons and Team Members who contributed to the food drive event, and we are very proud to be able to invest in our local community and work with the Placer Food Bank to help end hunger in our community."

"We greatly appreciate the support of the patrons and employees of Thunder Valley and Whitney Oaks as well as the entire United Auburn Indian Community," said Dave Martinez, executive director of Placer Food Bank. "We are very fortunate to have such a wonderful community that continues to support our efforts. It is through this community support and our network of 80 agencies that we

are able to impact nearly 75,000 individuals each month." The Placer Food Bank estimates that the donation received from Thunder Valley and Whitney Oaks will provide approximately 400,000 meals to families in need. To learn more about the Placer Food Bank and their programs visit www.placerfoodbank.org. Source: Doug Elmets ★

Visit us online at www.PlacerSentinel.com

J Ross Parrelli's Jazz Matazz

AUBURN, CA (MPG) - J Ross Parrelli brings back the rare originality and attitude that defines great musicians. With the freshest infusion of Jazz, Reggae, old-school Hip Hop, and Motown Soul, her uncanny ability to intermix song, rap, and poetry within the same verse over Funk, Reggae, Soul, and hip-hop tracks has garnered the support of loyal fans from the West Coast of the United States to the West Coast of Africa.

Her upcoming performance at the newly remodeled State Theatre in Auburn, "Jazz Matazz with the Element Brass Band," is based on her interpretations of Jazz on Hip-Hop. The Element Brass Band is a live, full-piece New-Orleans-style brass band.

It has been said that Parrelli's voice vibrates the sweet hymns of Aretha Franklin, the rich melodies of Ella Fitzgerald, and the graceful sophisticated flows of Lauryn Hill. Parrelli has the soul and power of a gospel singer and the sultry mood-setting effect of a Great Depression Jazz singer. Parrelli's tour schedule continues to swell as she has been headlining and performing at various festivals such as the Mount Shasta Renegade Festival, North West World Reggae Festival, Sierra Nevada World Music Festival, Lafayette Music and Cultural Festival, Caesar's Casino of Lake Tahoe, and Nigeria's Calabar World Music Festival.

With her global community work and growing interest in the education system and reform, she has co-founded Beats Lyrics Leaders. Parrelli has co-created a Hip-Hop Curriculum that is now being piloted with youth in schools, after school music programs, foster youth gatherings and on Native Reservations. The combination of her unique musical talent and passion for empowering the next generation is infectious. She is making a difference with everyone from at-risk youth to aspiring young artists, using Hip-Hop education to change the world.

Concurrently with her performance on January 24 at the State Theater, there will be a silent auction to raise funds for Blue Studio in collaboration with Auburn Hip Hop Congress, a mentorship program and recording studio for the youth of Placer County.

J Ross Parrelli's Jazz Matazz with the Element Brass Band

This event takes place on Saturday, January 24; the preshow starts at 7:30 p.m., and the show starts at 8 p.m. The show will be held at the State Theater on 985 Lincoln Way, Auburn. The cost is \$20 per person. For more information, call (530) 885-0156 or visit www.livefromauburn.com.

From Jazz to Hip Hop: Musicians Workshop with J Ross Parrelli (Workshop only)

This event takes place from 1 to 3 p.m., Saturday, January 24 at the State Theater on 985 Lincoln Way, Auburn. J Ross Parrelli will guide singers and musicians through techniques from Jazz to Hip-Hop. The cost to attend is \$20 per person.

Source: Auburn Placer Performing Arts Center ★

Maus Lady Makes Creatures Small and Smaller

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Of the 10,000 shoppers who swarmed the recent Holiday Show of Hands fair at St. John the Evangelist Church in Carmichael, hundreds made a bee-line for the "Maus Haus" booth.

A vendor at every St. John's fair for 36 years, Diana Boud (55) basked in the "oohs" and "aahs." The tiny mice and bunnies that crammed her miniature shelves were objects of mass affection.

The former Carmichael, now Auburn, resident grew up stitching clothes for her Barbie dolls. As a St. John's parishioner, she offered rodent creations at the church's first craft fair. "I'm a dreamer," she admits. "I'd always loved little animals—the mice in Cinderella were my favorites. My sister passed away in an auto accident, and I found crafting to be very therapeutic. I saw the first St. John's show advertised in the church bulletin. I didn't know whether anyone would like my miniatures." At the debut 1979 event, every whiskered unit sold. Boud had accidentally cornered the craft market on adorable. Noses twitching, pink-eared and toothy, her Beatrix Potter-like critters scuttled straight into sentimental hearts. To regular customers, she is known simply as the Maus Lady.

She sewed full time for years, hitting up to 15 street festivals annually. Now, employed as a Sutter Hospital medical assistant, Boud supplies only two events: her St. John favorite and a Grass Valley Christmas show. Each fair bespeaks around 200 critters and 600-plus hours of sewing. Boud is constantly challenged to raise the bar from cute to cuter. A mouse in a nurse's uniform and a



"Maus Lady" Diana Boud's Lilliputian creations were a hit at the recent St. John's craft fair.



Three inches in height, a mommy mouse sallies forth in crinoline and apron.

bunny housecleaner are recent creations. A ballerina mouse twirls in pink tulle. A mommy mouse hauls a swaddled baby. From her diaper bag peeks a microscopic bottle.

For seasonal appeal, Boud produces Easter bunnies, broomstick-riding Halloween mice, pilgrim Thanksgiving mice (yes, they landed at Plymouth Rock), and inevitably, a Christmas Santa Maus. A macabre head-hunter mouse was once commissioned. It sported a grass skirt and a string of shrunken mouse heads.

Seldom more than four inches high, Boud's critter bodies are cut from felt. Tutus and frou-frou follow. As every stitch is hand set, each creation requires more than three hours in the sewing

room. Mouse prices range from \$24 to \$34, and at fairs, collectors jostle four-deep to wave credit cards with abandon. "Perhaps I should charge more," Boud mulls. "Two of my bunnies sold for

"Seldom more than four inches high, Boud's critter bodies are cut from felt. Tutus and frou-frou follow. As every stitch is hand set, each creation requires more than three hours in the sewing room."

over \$80 each on e-Bay. But I don't like to seem greedy. And I love that so many people can enjoy my work. Hearing the oohs and aahs makes up for all those lonely hours sewing."

Beginning with mice, the crafter progressed naturally to bunnies (longer ears make them an inch bigger than mice) but the menagerie stops there. "I've tried bears," she laments. "But my bears somehow ended up looking like mice. I guess I'm the Maus Lady and that's that." ★

Got a chill?
Call Maki

\$25 Off ANY REPAIR
Present coupon at time of service. One coupon per customer. Not valid with any other offer.

MAKI HEATING & AIR CONDITIONING, INC.

www.maki-air.com • 916.782.9242 • 530.885.3449

SOCIAL SECURITY DISABILITY RECONSIDERATION AND APPEALS

25 YEARS EXPERIENCE

DAVID A. VALERIO
ATTORNEY AT LAW
(530) 401-0369
dj.valerio13@gmail.com

P.O. BOX 4977 AUBURN, CA 95604

Placer Sentinel

"Written by the people and for the people"
Serving Auburn and Placer County since 1987

Placer Sentinel is a member of Messenger Publishing Group **MPG**

We are proud members of these newspaper associations.

Publisher: Paul V. Scholl

Contributing Writers: Mary Jane Popp, Marlys Johnsen Norris, Tim Reilly, David Dickstein, Dave Ramsey, Dr. E. Kirsten Peters, Kay Burton, Julie Parker, Ronnie McBrayer, David Graulich

Photography: Amanda Morello, Susan Skinner

Graphics & Layout: Banerjee Designs, Stump Removal Graphics

Advertising Sales: Linda Harper

Distribution Assistant: Gabriel Scholl

Accounting: Nicholson & Olsen CPA

Web Master: RJ at thesitebarn.com, JWS Promotions, Mikahn Design

News Services: Whiskey & Gunpowder, StatePoint Media, NewsUSA, PRWEB NewsWire, North American Precip Syndicate, Blue Ridge Press, ARA Content, Family Features, WorldNetDaily

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

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

Publisher Paul V. Scholl

Responses to 2013-2014 Grand Jury Report Santini Leads PCWA Board

PLACER COUNTY, CA (MPG) - The Placer County Grand Jury has released the Response Report to the 2013-2014 Grand Jury Final Report. The 18 investigations covered in the Final Report generated more than 50 responses from elected officials, boards of governing bodies, government department heads, and school superintendents.

The 2013-2014 Final Report was released in June 2014 and contained 18 investigations and mandated facility inspections. California Penal Code requires that elected officials and governing bodies that are the subject of a grand jury investigation submit a response to the investigation's findings and recommendations. This Response Report includes all the responses submitted to the grand jury.

There were 52 responses submitted to the grand jury. The investigation "Anti-Bullying Policies in Middle and High

Schools: Are They Effective?" generated the most responses covering the Placer County Office of Education as well as 12 different school districts. In general, the responses indicated that many of the recommendations had already been implemented or were in the process of being implemented.

The investigation "Special Fire Districts: Open-Meeting and Ethics Laws Compliance" garnered 12 responses covering nine different fire districts in Placer County. The responses point out that the recommendations from this investigation have been helpful in assisting districts to comply with these complex meeting laws.

"The publication of the Response Report is an important step in assuring that the citizens of Placer County understand what actions government departments are taking in response to the recommendations from the Grand Jury," said Sharon Stanners, foreperson of the

2014-2015 Grand Jury.

The Response Report and the 2013-2014 Final Report are available on the Placer County Grand Jury website at www.placer.courts.ca.gov/grandjury/2013-2014/2013-2014.html. Hard copies of both the Final Report and the Response Report are available by request through the Grand Jury Office at (530) 886-5200.

Under California law, the primary civil function of the grand jury, and the most important reason for its existence, is the examination of all aspects of county and city government, including special districts and joint powers agencies. The Placer County Grand Jury is an investigatory body with the authority to act as a watchdog on local government, investigate citizen complaints, and assist in criminal matters at the request of the district attorney.

Source: Placer County Grand Jury ★

AUBURN, CA (MPG) - District 2 Director Primo Santini was elected by his fellow directors to serve as the 2015 chairman of the Placer County Water Agency (PCWA) Board of Directors. District 3 Director Mike Lee of Loomis was elected as the 2015 vice-chairman.

Also serving on the five-member governing board are outgoing Board Chairman and District 5 Director Joshua Alpine, District 1 Director Gray Allen, and District 4 Director Robert Dugan.

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.

Source: Placer County Water Agency ★



Primo Santini of Lincoln was elected as the 2015 chairman of the PCWA Board of Directors. Photo courtesy of PCWA

Crocker-Kingsley Competition at Blue Line Arts 75 California Artists Selected

ROSEVILLE, CA (MPG) - Blue Line Arts in Roseville will host an exhibition of work from the prestigious Crocker-Kingsley Art Competition starting January 9 and continuing until February 21. The exhibit features 75 works and six prize winners selected from 1300 California entries.

The Crocker-Kingsley competition dates back to 1927. Juror and acclaimed artist Gregory Kondos curated this year's collection, noting that "each exhibit features such strong work." From the 75 works that made the cut, Kondos selected six cash-prize winners whose work will be featured at the Crocker Art Museum in March.

This year, the number of participants increased 175-percent. Entries poured in as the deadline approached, creating strong competition for the coveted exhibit. The works represent a diversity of media including painting, sculpture, and photography. They



Above: Rosebud Farm by Gregory Kondos; Bottom left: New Age by Kanika Marshall. Bottom right: Untitled Pre-Cosmos3 by Kari Breese. Photo courtesy of Blue Line Arts.

come from a variety of artists and reflect many art styles, including representational and abstract work.

Blue Line Arts is at 405 Vernon Street, Suite 100, Roseville. Exhibit times are 11 a.m. to 5 p.m., Tuesdays and Thursdays; 11 a.m. to 3 p.m., Wednesdays, Fridays and Saturdays; and by appointment. Receptions will be held from 6 to 7 p.m., January 17 and February 21 for artists and members and from 7 to 9 p.m. for the general public.

Source: Blue Line Arts ★



Alpine Named to ACWA Post

AUBURN, CA (MPG) - Joshua Alpine of the Placer County Water Agency has been named as vice-chairman of Region 3 of the Association of California Water Agencies (ACWA).

Alpine, a former mayor of Colfax, serves as the elected director for PCWA District 5, and is a member of the ACWA Board of Directors. As a leader in Region 3, he brings Placer County and regional water matters to the board.

"I am looking forward to the expertise and balanced approach to dealing with water issues



PCWA District 5 Director Joshua Alpine of Colfax. Photo courtesy Placer County Water Agency

that Josh Alpine will bring to the board and Region 3 as vice-chair," said ACWA President John Coleman. "Josh will play an important role within ACWA as we continue to deal with the drought and its economic and environmental impacts to our state."

As Placer County's primary water resource agency, PCWA has long been active with ACWA and other regional and statewide water advocacy organizations.

Source: Placer County Water Agency ★

Award for PCWA General Manager

David Breninger, general manager of the Placer County Water Agency, center, is a recipient of a 2014 Distinguished Service Award of the Regional Water Authority (RWA). Others receiving awards at the Dec. 11 RWA-Sacramento Groundwater Authority event in Fair Oaks are, from left, Ed Kriz, City of Roseville; Rob Swartz, RWA; Sean Bigley, City of Roseville; and Dave Brent, retired from the City of Sacramento. Photo courtesy of Placer County Water Agency



FREE LUNCHEON & 20-minute presentation

This is not a sales seminar. It is a 20-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available including Veteran's benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

<p>Friday, January 16 Thursday, March 19 11:30 am to 12:30 pm Elk Grove Memorial Park & Mortuary 9189 E. Stockton Blvd., Elk Grove, CA 95624 Tel 916.732.2031 RSVP: Glenda at glendal@eastlawn.com</p>	<p>Wednesday, February 18 (Spanish & English) 11:30 am to 12:30 pm Andrews & Greilich Funeral Home 3939 Fruitridge Road, Sacramento, CA 95820 Tel 916.732.2026 RSVP: Janice at janicem@eastlawn.com</p>
<p>Thursday, January 29 Friday, March 27 11:30 am to 12:30 pm Sierra Hills Memorial Park & East Lawn Mortuary 5757 Greenback Lane, Sacramento, CA 95841 Tel 916.732.2020 RSVP: Jessica at jessicae@eastlawn.com</p>	<p>Friday, February 6, 2015 11:30 am to 12:30 pm East Lawn Memorial Park & Crematory 4300 Folsom Blvd., Sacramento, CA 95819 Tel 916.732.2000 RSVP: Meredith at meredith@eastlawn.com</p>

Reservations Required,
Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.

www.EastLawn.com FD#136

SIERRA NEVADA energy watch

Are you interested in saving money on your Pacific Gas and Electric (PG&E) energy bill for your business?

There is no better time than now!

Sierra Business Council (SBC), a local non-profit, is working with PG&E to provide rebates to businesses for upgrading outdated lighting to energy efficient lighting such as LEDs. Rebates are also available for energy efficient HVAC and refrigeration systems.

Call SBC for a no-cost energy audit to assess whether you can save on your commercial energy bill. Ask for the Sierra Nevada Energy Watch program.

For El Dorado, Nevada, Placer, and Sierra County, call SBC's Truckee office: 530-582-4800

For Alpine, Amador, Calaveras, Mariposa, and Tuolumne County, call SBC's Sonora office: 209-532-7200

2014 rebates are limited, so call to schedule your no-cost appointment before the rebates are gone!

This program is funded by California utility customers and administered by PG&E under the auspices of the California Public Utilities Commission.

It's All About Fishing!

Rooster Tails Fishing Club Breakfast Meeting

AUBURN, CA (MPG) - The Rooster Tails Fishing Club breakfast meeting will be held on Friday, January 16 at the Auburn Elks Lodge, 195 Pine Street, Lincoln Way in Auburn. The doors to the Lodge open at 7 a.m. with a \$13 wide-selection buffet breakfast served at 8 a.m. The presentation begins at 9 a.m. sharp and will feature Pro River Guide Brett "Bones" Brady, owner of Bare Bones Fishing Guide Service and one of the Rooster Tails Fishing Club's skilled guides. The breakfast meeting is open to the public.

The Rooster Tails Fishing Club, Auburn, is proud to have several full-time pro fishing guides as club members; they are able to offer professional advice to members and guests on catching a variety of fish species. At the January breakfast meeting, Brett "Bones" Brady will host a special presentation on fishing for white sturgeon.

Sturgeon can live more than 100 years and weigh over 500 pounds, reaching lengths of 15-feet or more. Sturgeon has been referred to as "primitive fishes" since their characteristics have remained relatively unchanged since their earliest fossil records; they are literally living dinosaurs. They are prized for their quality table fare as well as for their roe (caviar) and their rod-bending fight when hooked.



Sturgeon can live more than 100 years and weigh over 500 pounds, reaching lengths of 15-feet or more. Sturgeon has been referred to as "primitive fishes" since their characteristics have remained relatively unchanged since their earliest fossil records. Photos courtesy of Rooster Tails Fishing Club

The California Department of Fish and Wildlife regulates the harvesting of all sturgeon, including prohibiting catching the threatened green sturgeon, which are protected and illegal to keep. Anglers may take or possess any legally caught white sturgeon between a slot target of 40- to 60-inches long measured from the nose to the tail-fork. All others must be immediately released unharmed.

One of "Bones" Brady's specialties is fishing for sturgeon on the Sacramento River from Verona to Colusa when they start moving up the river in January to spawn. These illusive fish are cautious and difficult to catch during daylight hours, which is why "Bones" Brady prefers to fish for them at night. His clients enjoy top-of-the-line equipment, including a fully equipped 21-foot Design Concepts Jet Boat powered by a fuel-injected 350 horsepower Chevy engine cranking out 330 horsepower to get his clients to the fish in a hurry. Using state-of-art electronics, "Bones" locates holding-fish and provides quality gear including G. Loomis and Lamiglas rods, Pflueger reels, and variety of lures and baits. He limits his evening boat trips to just two anglers and provides all tackle, bait, special tags, and

accommodations necessary for a successful trip. The boat limit is two sturgeon, which can result in multiple pounds of fish!

You can find out more about Bare Bones Fishing Guide Service by visiting www.fishbarebones.com. You can also reach Brett "Bones" Brady directly at (530) 263-4451 to find out why his motto is "It's All About Fishing!"

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 the 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 www.roostertailsfishingclub.org. For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim, Club Chairman, at (530) 887-0479 or info@roostertailsfishingclub.org.

Source: Rooster Tails Fishing Club of Northern California ★



On Stage at the Auburn Placer Performing Arts Center

PLACER COUNTY, CA (MPG) - The Auburn Placer Performing Arts Center has announced an exciting lineup of shows for the month of January:

Steve Seskin, Don Henry, and Craig Carothers - 7:30 p.m., Saturday, January 17: Do not miss these three good friends, top songwriters all, as they bring their extensive songbooks to the theater for an "in-the-round" evening of hilarious stories and wonderful music. Tickets are \$20 for general admission.

Songwriting Workshop - 10:30 a.m. to 4:30 p.m., January 17: This songwriting workshop is led by the evening's performers, who will talk about lyric writing, melody writing, inspiration, collaboration, point

of view, and more. They will also take a look at participants' songs in the afternoon. For a description of topics, visit www.steveseskin.com. Cost is \$60; \$75 with concert admission.

J Ross Parrelli's Jazz Matazz with Element Brass Band - 8 p.m., January 24: Let J Ross Parrelli and the Auburn Hip Hop Congress introduce you to glamorous Roaring Jazz standards such as "Take the A Train" and "Ain't Misbehaving," as well as "If I Ruled the World" and "Don't Let It Go to Your Head." This stylish concert introduces audiences to hop-hop using jazz influences and standards. Listen to generations of vocalists and poets tell stories of what matters to them most, all against

a canvas of live jazz and a big brass band.

From Jazz to Hip-Hop: Musicians Workshop - 1 to 3 p.m., January 24: J Ross Parrelli, free-styling lyricist and Universal/M15 recording artist, will guide singers and musicians (bring your instruments) through techniques from jazz to hip-hop. Tickets are \$20; \$30 with concert admission.

All events take place at the Auburn Placer Performing Arts Center in the historic State Theatre Building, 985 Lincoln Way, Auburn. For more information call (530) 885-0156.

Source: Auburn Placer Performing Arts Center ★

AmeriCorps NCCC Assists in Biofuel Reduction



AmeriCorps NCCC team Blue Two have been serving with Placer Land Trust on an environmental stewardship project. The team helped at the Aeolia Preserve as well as Stagecoach where they assisted in biofuel reduction by removing one fourth of an acre of brush to prevent forest fires from harming surrounding neighborhoods. Photo courtesy of AmeriCorps NCCC Pacific Region

AUBURN, CA (MPG) - Twelve AmeriCorps National Civilian Community Corps (NCCC) members have been serving with Placer Land Trust on an environmental stewardship project going through December 19. The team, known as Blue Two, was excited to be working in nature. "To experience true happiness is to immerse yourself in the outdoors," said Team Leader Chalynn Passmore.

Placer Land Trust works with willing landowners and conservation partners to permanently protect natural and agricultural land in Placer County for future generations. Since 1991, Placer has protected 7,770 acres of land.

AmeriCorps NCCC Blue Two team arrived on Thursday, November 8, and was expected

to remove invasive plants and thin brush in order to reduce fire hazards, maintain existing local trails as well as build new ones, and manage native plants and replant native species if needed. The team helped at the Aeolia Preserve as well as Stagecoach where they assisted in biofuel reduction by removing one fourth of an acre of brush to prevent forest fires from harming surrounding neighborhoods.

The AmeriCorps National Civilian Community Corps (NCCC) and its FEMA Corps units engage 2,800 young Americans in a full-time, 10-month commitment to service each year. AmeriCorps NCCC members address critical needs related to natural and other disasters, infrastructure improvement, environmental

stewardship and conservation, and urban and rural development. FEMA Corps members are solely dedicated to disaster preparedness, mitigation, response, and recovery work. The programs are administered by the Corporation for National and Community Service (CNCS). CNCS is the federal agency that engages more than five million Americans in service through its AmeriCorps, Senior Corps, Social Innovation Fund, and Volunteer Generation Fund programs, and leads the President's national call to service initiative, United We Serve. For more information, visit www.NationalService.gov.

Source: AmeriCorps NCCC Pacific Region ★

'Touch of Home' Seeking Names

AUBURN, CA (MPG) - In 2003 a group of family members and friends in the greater Auburn-Colfax area formed a support group for military men and women deployed overseas in harm's way. It was called "Operation:MOM," a branch of the parent organization in the Bay Area. Its Mission: To provide support for those families whose loved ones are serving or have served in the military. To send care packages

to those deployed or stateside that actively serve in our U.S. Military.

As combat activity began to draw down in the Middle East, the Placer County branch of "Operation:MOM" continued this effort in February 2012 by affiliating with the Placer County Council of the Navy League, a 501 (c)(3) non-profit, under the new name "Touch of Home".

Deployments are usually for

eight to nine months. "Touch of Home" desires to continue mailing these care packages to deployed personnel and is asking families and friends in Placer County to assist them in identifying the names and addresses of those who might benefit from receiving these packages. You may contact "Touch of Home" at P.O. Box 8173, Auburn, CA 95604, via email at www.pcnl.touchofhome@gmail.com or call (530) 305-3153. ★



Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.



Call Lenka
(916) 338-7156

FOR VALUE AND PRICE



The Only Place to Shop is the Golden Swann Jewelers
Custom Designed Jewelry & Art Gallery
Gifts and Fine Art • Extensive Bridal Selection

INFO@GOLDENSWANN.COM

881 Lincoln Way
Auburn, CA 95603



800-272-7926
530-823-7926

Looking for Volunteers! 18+

Maybe you're a young adult who needs a grand parent or perhaps, just a friend. Can you commit to eight weekly visits?

If so, call **Joan Martellucci** at Kindred Transitional Care and Rehabilitation **(530) 889-0707 XTN 202** • email joan.martellucci@kindred.com
11600 Education St. • Auburn

AATPA Inc. Limo + Air + Cruise SPECIALS
Easy to Manage - Door to Door - Great for Singles

10 Day Europe \$5998pp w/Air	10 Day Tahiti \$5148pp w/Air
---------------------------------	---------------------------------

"Limousine" Cruises
Oceania Premium
Smaller Ship Elegance
Panama Canal, Tahiti, Rome, Brazil

INCLUDES: Limousine from your Auburn Home to SFO
Free SFO R/T Airfare to the Cruise Port!

Arenz Travel Planners
www.AATPA.com/oceania

Meadow Vista
530-878-2992

CST 2061961-40



Sherm Grady

REALTOR@BRE #01925823
916.768.7704 Mobile
916.773.8027 Office • 916.722.7947 Fax
sherm.grady@cbnorcal.com
www.shermgrady.com

2270 Douglas Blvd., Ste 120
Roseville, CA 95661



RESIDENTIAL BROKERAGE

January Events at the Maidu Museum and Historic Site

ROSEVILLE, CA (MPG) - The City of Roseville has announced the following events this month at the Maidu Museum and Historic Site:

Night Out at the Museum - 6:30 to 8:30 p.m., Saturday, January 17: This event is part of the Third Saturday Art Walk and includes an opening art reception for "Indians, Irony, and Identity," curated by artist Judith Lowry (Mountain Maidu, Hammawi Band Pit River, and Washo). Featured speaker Dr. Brian Baker (Bad River Chippewa), is the Director of Native American Studies at California State University, Sacramento and is the curator of "The Americana Indian: American Indians in the American Imagination".

Museum doors open at 6:30 p.m., and the program starts at 7 p.m. Light refreshments will be available. This is a free event.

New Exhibits - January 17 to April 13: "Indians, Irony, and Identity," curated by artist Judith Lowry (Mountain Maidu, Hammawi Band Pit River, and Washo), explores stereotypes of Native Americans in general.

Continuing Exhibits - through January 31: "Fixing the Earth: NOW!" This art exhibition explores the world renewal ceremonies of the Hupa, Karuk, Tolowa, Yurok, Wiyot, and Ts'ungwe of northwest California. Today, Fix the Earth is the descriptive term for the northwest California annual and bi-annual ceremonial practices

during which the natural world is remade. The primary purpose of the rituals and ceremonies is to remake, repair, and reset the earth onto its prop. This exhibition asks Native artists to consider how this age-old indigenous spiritual practice inspires their art.

The Maidu Museum and Historic Site is at 1970 Johnson Ranch Drive, Roseville. Museum hours are Monday-Friday from 9 a.m. to 4 p.m., Saturday from 9 a.m. to 1 p.m., and third Saturday evening from 6:30 to 8:30 p.m. For more information, call (916) 774-5934 or visit www.maidumuseum@roseville.ca.us.

Source: City of Roseville ★

What Medicare Does (and Doesn't) Cover

By David Sayen

SACRAMENTO REGION (MPG) - Medicare helps pay for a wide variety of medical services and goods in hospitals, doctor's offices, and other healthcare settings. But it doesn't cover everything, and it's useful to know what is and isn't included.

Services are covered either under Medicare Part A or Part B. If you have both Part A and Part B, you can get many Medicare-covered services whether you have Original Medicare or a Medicare health plan.

Part A is Hospital Insurance and it helps pay for:

- Inpatient care in hospitals;
- Inpatient care in a skilled nursing facility (not custodial or long-term care);
- Hospice care services;
- Home health care services;
- Inpatient care in a religious nonmedical health care institution.

You can find out if you have Parts A and B by looking at your Medicare card. If you use Original Medicare, you'll use this card to get your Medicare-covered services. If you join a Medicare health plan, in most cases you must use the card from the plan to get your Medicare-covered services.

Part B (Medical Insurance) helps cover medically necessary doctors' services, outpatient care, home health services, durable medical equipment such as wheelchairs and walkers, and other medical services.

Part B also covers many

preventive-care services.

Under Original Medicare, if the yearly Part B deductible (\$147 in 2014) applies, you must pay all costs (up to the Medicare-approved amount) until you meet the Part B deductible before Medicare begins to pay its share.

After your deductible is met, you typically pay 20 percent of the Medicare-approved amount of the service, if the doctor or other healthcare provider accepts assignment. ("Accepting assignment" means that a doctor or other provider agrees to be paid directly by Medicare, to accept the payment amount Medicare approves for the service, and not to bill you for any more than the Medicare deductible and coinsurance.)

You'll pay more if you see doctors or providers who don't accept assignment. And there's no yearly limit on what you pay out-of-pocket.

If you're in a Medicare Advantage plan (like an HMO or PPO) or have other insurance, your costs may be different. Contact your plan or benefits administrator directly to find out about the costs.

Under Part B, Medicare pays for many preventive services (such as screenings for cancer and heart disease) that can detect health problems early when they're easier to treat. You pay nothing for most covered preventive services if you get the services from a doctor or other qualified provider who accepts

assignment.

However, for some preventive services, you may have to pay a deductible, coinsurance, or both.

Medicare doesn't cover everything, of course. If you need certain services that aren't covered under Part A or Part B, you'll have to pay for them yourself unless:

You have other insurance (or Medicaid) to cover the costs;

You're in a Medicare health plan that covers these services.

Some of the services and goods that Medicare doesn't cover are:

- Long-term care (also called custodial care);
- Routine dental or eye care;
- Dentures;
- Cosmetic surgery;
- Acupuncture;
- Hearing aids and exams for fitting them.

David Sayen is Medicare's regional administrator for Arizona, California, Nevada, Hawaii, and the Pacific Territories. You can always get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).

The views expressed here are those of Mr. David Sayen, and do not necessarily represent those of the Commission or individual members.

Source: Placer County Health and Human Services Adult System of Care - Public Authority. ★

Granite Bay Resident to Head Up Prison Facility Planning

GRANITE BAY, CA (MPG) - Governor Brown has announced the appointment of Deborah Hysen, 53, of Granite Bay as director of the Division of Facility Planning, Construction, and Management at the California Department of Corrections and Rehabilitation, where she has served as acting director since 2014. Hysen held several positions since 2007, including deputy director and chief deputy secretary. She was a special consultant at the California Department of Corrections and Rehabilitation in 2007 and held multiple positions at the California Department

of General Services from 1997 to 2006, including acting chief deputy director, assistant chief, regional manager, manager, assistant deputy director at the Real Estate Services Division and acting director of California Performance Review. Hysen was a senior property manager at Insignia Commercial Group from 1989 to 1997 and general manager at Optima Capital Management from 1986 to 1989. She was a property manager at Columbia Savings and Loan from 1984 to 1986. This position requires Senate confirmation and the compensation is \$157,884.

Source: Governor's Press Office ★

GOT LOCAL NEWS?
Call 530-823-2463
MPG
CarmichaelTimes.com

SACRAMENTO AREA WOOD SPECIALISTS

Flooring Sales & Installation



- Services Offered:
- FLOORING SALES
 - LAMINATES
 - HARDWOODS
 - CARPETS
 - BASEBOARDS
- ...AND MORE!

We have been in the Sacramento area for over 18 years and continue to work with many of the areas investors, Realtors, property managers, retail shops, large area production builders as well as countless homeowners and numerous custom builders.

We specialize in the installation of prefinished hardwood, laminate, carpet and vinyl flooring in both the residential and commercial environment. Installing flooring since 1993 has given us many years of experience in both remodels and new construction. Because we work on our own and also as part of a larger team of licensed and insured contractors, no job is too big or too small.

We show up on time, get the job done and leave the client happy. We understand that the client is what drives our business and we always conduct ourselves in a professional manner.

Flooring Sales & Installation License #920682



Check out our incredible prices on our website:
12mm laminate, upgraded laminate pad and installation from \$3 sq ft
8mm laminate, upgraded laminate pad and installation from \$2 sq ft
Engineered Hardwood and Installation from \$6 sq ft

Check out our new website complete with flooring samples, photos and references at: www.sawsflooring.com
SACRAMENTO AREA WOOD SPECIALISTS
Denny Alexander, Owner / Operator
916-879-1798 • saws.flooring@hotmail.com



Visit our Showroom 11265 Sunco Dr., Suite 100
Rancho Cordova, CA 95742

Earn \$200 per month for just a few hours delivery work per week!
CALL (503) 823-2463
MPG

RUHKALA MONUMENT CO.

- Serving All Cemeteries Since 1889
- Reasonable Prices • Custom Designs

4501 Yankee Hill Ct., Rocklin
916-624-1176

EMERITUS SENIOR LIVING

Emeritus at Emerald Hills offers a wide range of services, from independent living and assisted living, to memory care.

Our Family is Committed to Yours.™

Call for a tour and free lunch!
(530) 888-8847

11550 Education St., Auburn • www.Emeritus.com
Lic. #317001692

Hands-On Tutoring right at your home or office. With you and your Mac, iPhone, or iPad.

Apple Tutoring

2tor

916-996-0609 • tomhenry2012@icloud.com
www.yourappletutor.us

Taking Strides Against Domestic Violence

Continued from Page 1

and circumstance, there are specific groups that should be noted. In a survey conducted by the American Psychological Association, it was discovered that over 40% of women with disabilities were more likely to experience severe partner violence than those without disabilities. Many of these victims are in wheelchairs or suffer from conditions that prohibit them from running or defending themselves, making them the most vulnerable. Another group of women who suffer at the hands of their male domestic partners are female veterans. It has been found that women who served in the military may experience higher rates of interpersonal violence, sexual trauma, and related health challenges than those who have not served. The leading cause of murder among pregnant women is intimate part-

We don't have to be victims of domestic violence and intimidation, sexual assault, stalking, or human trafficking to feel the effects of it all. There's a financial element to this growing crime segment. Nationally, women lose eight million days of paid work every year because of the abuse perpetrated against them by current or former male partners. This loss is equivalent to over 32,000 full time jobs. When a woman is treated for intimate partner violence, the cost of initial care is approximately \$948. Domestic violence is the third leading cause of homelessness among families in the United States. Between 1995 and 2005, the cost of domestic violence against women in the nation was \$5.8 billion. Today, that number has advanced with more than a 30% increase in domestic violence, and unfortunately the numbers are rising.

“Between 2001 and 2012, 6,488 troops were killed in Afghanistan and Iraq, and 11,766 women were murdered by current or former partners—nearly double the amount of casualties of war.”

ner violence. Victims of sex trafficking are perhaps the largest growing segment of male and female casualties due to sex slavery. Children are also an at-risk group; the average age of forced prostitution through trafficking is 13. Statistics show that some 300,000 young boys and girls are being forced into the sex industry, and the number is increasing. According to FBI published information, criminals who normally would deal in illegal drugs or weapons have now turned to human trafficking. A measure of dope or an illegal gun can only be sold once, whereas a young boy or girl can be sold 10-15 times a day.

In 1978, WEAVE opened as a grassroots private organization to serve survivors and families of domestic violence in Sacramento County. Their services were used by countless victims who until then had nowhere to turn. Most thought abuse was just a way of life. The members of WEAVE realized that abuse has many facets. In 1988, they began serving victims of sexual assault, and today it's the sole rape crisis center in Sacramento County. Five years ago, WEAVE became part of Sacramento's Rescue and Restore Coalition to provide services to domestic and international



Domestic violence is the third leading cause of homelessness among families in the United States. If you're a man who wants to take advantage of an impactful way to ensure women in your community are protected from a life of fear and violence at the hands of their partners, don a stylish pair of heels and "Walk a Mile in Her Shoes!" Photo courtesy Riverview Media Photography/Tia Gemmill

victims of human trafficking. Through dedication and hard work, the organization has grown into a nationally recognized agency. Their critical services include a 24-hour support and information line; a confidential, emergency safe house; walk-in triage services including a lethality assessment and therapeutic counseling services; legal advocacy; youth and community prevention education programs; and more.

WEAVE encountered an increased need to house families surviving violence while they worked to make new lives for themselves. In 2009, they built a 12,000-square-foot safe home featuring 18 family suites with onsite support services and a charter school complete with a Nature Explore classroom. To further serve survivors, WEAVE initiated construction of Next Step Housing Village, a long term housing option for families

graduating from the safe house programs. In 2013, WEAVE received a \$1 million grant from the Emergency Housing Assistance Program to purchase and renovate eight apartments to use as emergency shelter options for victims with unique barriers such as service animals. 2013 also saw the launch of Low Bono, a low-cost legal assistance program.

For the past 15 years, WEAVE's Suited for Success program has provided professional clothing and career development to hundreds of women in Sacramento County who have experienced violence. The program grew from the need to assist victims of violence in attaining economic independence. Lack of financial freedom is a common factor that binds abused women to their abusers. Many of WEAVE's clients leave all their belongings behind when they flee their threatening situation; they often arrive with only the clothes on

their backs.

Suited for Success awards clients \$100 worth of professional work clothes from WEAVE Works Recycled Fashion, a professional attire thrift store operated by WEAVE volunteers. This addresses the catch-22 faced by many women who need to rebuild their lives: if a woman does not have a job, she cannot afford career clothing, yet without proper attire for an interview, she cannot get a job. Obtaining employment is a critical step for victims working to reclaim their lives and support their families.

This article was written to bring awareness to the national problem of domestic violence, not to paint a picture where every man is an abuser. The fact is, most men are kind, generous, and loving toward their female companions. Still, it is what it is, and the statistics are staggering. To combat this problem in our neighborhoods, everyone needs to be on board. If you're a man who wants to take advantage of an impactful way to ensure women in your community are protected from a life of fear and violence at the hands of their partners, don a stylish pair of heels and "Walk a Mile in Her Shoes!"

To learn more about WEAVE or to obtain fundraising event information, visit www.weaveinc.org or call (916) 448-2321. If you or someone you know is experiencing domestic violence, call WEAVE's 24-hour support and information line at (916) 920-2952.

Sources: www.weaveinc.org; www.fbi.ca.gov; World Health Organization; CA Women's Health Survey; CA Partnership to End Domestic Violence; American Psychological Association; Vanity Fair, "Sex Trafficking of Americans—the Girl Next Door" 5/11; Huffington Post, "30 Domestic Violence Facts..." 10/23/14. ★

Adult Literacy: Chuck's Story

By Linda Frederick Yaffe

He began work early every day, his alarm clock jarring him awake at 4 a.m. The drywall business was booming, and Chuck's boss kept him busy. The crew raced from one job to the next. At the end of the day Chuck usually collapsed in front of the television. Sometimes he was so tired he fell asleep while eating his dinner. It took a superhuman effort to keep going...but Chuck had few choices. He'd dropped out of high school because he just couldn't keep up: Chuck had never really learned to read.

Then life got worse. Chuck injured his dominant shoulder. He couldn't work and he was out of options. Unable to read, no job, no driver's license (the drywall



Linda Frederick Yaffe

crew boss had shuttled them to their workplaces), and - worst of all - injured and feeling helpless, Chuck became depressed and isolated. But then he confided

his problems to a friend, and was saved by his pal's advice: "Get some help - call your library." Chuck made the call. As his shoulder healed, his self-esteem healed as well. His reading coach gave him the encouragement he needed to build his reading and writing skills. When his coach could see that Chuck was ready to work again, he encouraged Chuck to apply for work, helping him create a résumé and complete job applications. It worked!

Using his new-found skills and confidence, Chuck was hired for a job that required record-keeping as well as physical labor, a job Chuck never imagined he could do ... before he found free, confidential, private, one-on-one reading help at the library. And now Chuck is working towards a

new goal: he plans to get his driver's license. And he can afford - with his new, better-paying job - to buy a vehicle.

Reading: it makes life better. Do you know someone who needs help with reading, writing, simple math, computers, GED preparation, family literacy, or English as a second language? They, too, can get help just as Chuck did. Once they have made the call to the library, they are on their way to a better life.

Call Placer Adult Literacy Service (PALS), (530-) 886-4530, or email PALS@placer.ca.gov. Volunteers are always welcome; all training and materials are provided. Can you spare a few hours a week? PALS especially needs bi-lingual reading coaches. ★

And you can help lift up lives throughout Placer County; become a Reading Booster - join the Literacy Support Council (LSC) of Placer County. Your membership helps to provide the materials and training needed to improve literacy in our communities. Pick up an LSC Reading Booster application at any Placer County Library. Call 530-886-4530 or email lscplacer@yahoo.com. Write to us at Literacy Support Council of Placer County, PO Box 5291, Auburn, CA 95604. Reading makes life better for us all.

Longtime Auburn resident Linda Frederick Yaffe coaches two adult learners and is currently president of the Literacy Support Council of Placer County. ★

'A Little Night Music' Fundraiser Slated for February 5

Continued from Page 1

and supplies for more than 1,600 children, 2,800 teddy bears to comfort traumatized children, more than 2,000 dictionaries to third-grade students, screening for 230 pre-school children for amblyopia, and classroom tutoring and life skill classes, including puppet programs on bullying and safety to more than 4,500 children in kindergarten through third grades.

Source: Karen FunkJas ★

CALL
(530) 823-2463
TO ADVERTISE
IN YOUR
LOCAL HOME-
TOWN
NEWSPAPER

MPG

Classified
Advertising

Sell Your
Stuff!
Reach
1000's of
Readers
Every Week!

MPG

(530) 823-2463

Load your events up!

Go to www.PlacerSentinel.com,
click on EVENTS and add your EVENTS
to our calendar. It's that easy!

Most EVENTS can
be posted for FREE!

MPG

Adoption

PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

Announcements

Thanksgiving to St Jude for Granted Request I have done my Novena and I had my request granted. Thank you St Jude. ICB. (MPG 10-16-14)

Custom Sewing and Alterations •Hard to Fit •Plus Size 916-476-6092 (MPG 08-31-14)

DID YOU KNOW 144 million U.S. Adults read a Newspaper print copy each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW Newspaper-generated content is so valuable it's taken and repeated, condensed, broadcast, tweeted, discussed, posted, copied, edited, and emailed countless times throughout the day by others? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

DID YOU KNOW that not only does newspaper media reach a HUGE Audience, they also reach an ENGAGED AUDIENCE. Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

Antiques/Collectibles Wanted

Always Buying WWII Military Souvenirs, German, Japanese, U.S. Also Antiques Firearms, Obsolete Law Badges, Police, Sheriff, 916-300-8045 (MPG 12-31-14)

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 06-30-15)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 06-30-15)

Autos Wanted

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

CARS/TRUCKS WANTED! Top \$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuyguy.com (NANI)

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042. (Cal-SCAN)

WANTED! I buy old Porsche's 911, 356, 1948-1973 only. Any condition. Top \$\$ paid. Finders Fee. Call 707-965-9546 or email porsche-classics@yahoo.com (Cal-SCAN)

Business Opportunity

BE YOUR OWN BOSS! PT/FT - No Exp Needed. Training Provided. Not MLM. No Cold Calling. Earn up to \$5000 per month! Set Your Own Hours. Schedule your interview at www.bizpro121.com (Cal-SCAN)

Cable/Satellite TV

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL NOW! 1-800-357-0810 (Cal-SCAN)

Get The Big Deal from DirecTV! Act Now - \$19.99/mo. Free 3-Months of HBO, stanz, SHOWTIME & CINEMAX. FREE GEM HD/DVR Upgrade! 2014 NFL Sunday Ticket. Included with Select Packages. New Customers Only. IV Support Holdings LLC - An authorized DirecTV Dealer. Some exclusions apply - Call for details 1-800-385-9017 (Cal-SCAN)

CABLE/SATELLITE TV Dish Network - SAVE! Starting \$19.99/month (for 12 months.) Premium Channel Offers Available! FREE Equipment, Installation & Activation. CALL, COMPARE LOCAL DEALS! 1-800-691-6715 (Cal-SCAN)

DISH TV Retailer. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL NOW! 1-800-375-0156 (MB 06-30-14)

Career Training

AVIATION Grads work with JetBlue, Boeing, NASA and others - start here with hands on training for FAA certification. Financial aid if qualified. Call Aviation Institute of Maintenance 888-886-1704 (NANI)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-8281 (MB 12-31-13)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 ID# 1009 DRE # 00809220 R Dumort (MPG 08-30-12)

Electrical Services

RETIRED MASTER ELECTRICIAN, problem solver! 30 yrs experience, senior discounts. Save big - don't replace panel - rebuild it. Lic.# 513168, 916-595-3052 (MPG 12-31-14)

Financial Aid

Cut your STUDENT LOAN payments in HALF or more even if Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-341-7551 (MB 06-30-14)

Financial Services

SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-966-1904 to start your application today! (Cal-SCAN)

Are you in BIG trouble with the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Seen on CNN. A BBB. Call 1-800-761-5395 (Cal-SCAN)

Do you owe over \$10,000 to the IRS or State in back taxes? Get tax relief now! Call BlueTax, the nation's full service tax solution firm. 800-393-6403. (Cal-SCAN)

Reduce your Past Tax Bill by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call The Tax DR Now to see if you Qualify. 1-800-498-1067. (Cal-SCAN)

Do You Want to Know What Your Home is Worth?

Home Values Have Increased Over 30% in our Area in the Last Year!

Fitness

Your Fitness Goals are Within Reach! 10 years of experience. • Weight Loss • Injury Rehabilitation • Senior Fitness • Yoga • Pilates Safe, Effective, Functional Resistance Training Be Active, Call Today! Jenn@YourFitnessGenie.com (916)768-8767

For Rent

Small "cute" Carmichael office 150 sq. feet. Asking \$200 per month includes all utilities paid, desk, metal cabinet. 4826 El Camino Ave. Call 916-483-7325 or 916-972-0651. (MPG 11-15-15)

For Sale

Million Dollar View 4 bed 3 ba with separate granny flat 2 bed 1 bath 4.88 acre. Qualifies for VA financing. Marvelene Weyer LYON RE 916-837-6400 (MPG 10-31-14)

WHEELCHAIR FOR SALE, \$600 M61 PRONTO Wheelchair with sure step, used very little. Please call (916) 708-1781 (MPG 11-05-14)

Toyota Touring Prius 2009. 58K. Great condition. \$14,900. 408-771-3007. (MPG 12-31-14)

Foster Parenting

Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)

Handyman

QUALITY LABOR & MAINTENANCE Yard Work, Hauling, Gutter Clean, Odd Jobs You Name It! (916) 613-8359

Health & Medical

Can't Stop Eating Compulsive Eaters Anonymous - HOW (CEA-HOW) We're a nonprofit organization for anyone suffering from Compulsive Eating, Anorexia, and Bulimia. A fellowship of individuals who understand your problem and will offer you support. Come find examples of others who have found a working solution. Membership is Anonymous There are no dues or fees for membership The only requirement is a desire to stop eating compulsively CALL: 1-864-434-6894 for meeting times and locations OR visit ceahow.org (MPG 07-31-14)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-281-3958 for \$10.00 off your first prescription and free shipping. (MB 06-30-14)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for \$10.00 off your first prescription and free shipping. (SWAN)

Health & Medical

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

VICTORIA HEATING & AIR CONDITIONING

Lic#877379 Over 10 Years of Experience We Provide SERVICE, REPAIR, CHANGE OUT AND NEW INSTALL • Easy • Fast Response • Reasonable Price • We offer a Special \$50 Diagnostic Fee • We will tell you what is wrong with your unit and how much it will cost to fix your unit before we begin work • Each project is confirmed in writing and one year warranty • OR, new unit installed with 5 to 10 years warranty So Don't Wait! Call Us At (209) 338-4475 or (916) 474-0173 (MPG 16-02-14)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

Part time Merchandiser Auburn, California. Apply at: www.apply2jobs.com/tnj (MPG 12-31-14)

LIVE-IN HOUSEKEEPER in Sacramento

Good English, driving ability and Asian/Indian cooking essential. We have an attached 1 bedroom apartment with separate entrance. For 4-8 wks. Probation at \$15 per hr., afterwards up to \$2500 per month + apt. + food, etc. Call 916-484-1333 (MPG 11-31-14)

CUSTOMER SERVICE

Medical Billing Co. needs 6 CSR's w/ exp. Resume to HR@WeBill EMS.com We support workplace diversity. M/F/D/V. (MPG 09-25-14)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

AVON - Earn extra income with a new career! Sell from home, work online, \$15 start-up. For information, call: 877-830-2916. (Cal-SCAN)

AIRLINE CAREERS start here - Get FAA approved Aviation Mechanic training. Financial aid for qualified students. Job placement assistance. Get started by calling AIM now 888-216-1687 (SWAN)

Help Wanted Drivers

Drivers: Teams and Sols! Teams - \$1000/week min. per driver + \$.01-.12 cpm. Sols - \$.40 + .05 cpm weekly. \$2500 sign-on bonus! 2yrs OTR w/Hazmat. EOE/M/F/V/D Call 877-699-2352. (MPG 10-31-14)

ATTN: Drivers - \$2K Sign-On Bonus! Make \$55k a Year. Great Benefits + 401K. Paid Training/Orientation CDL-A Req - (877) 258-8782 www.ad-drivers.com (Cal-SCAN)

Obtain Class A CDL in 2 1/2 weeks. Company Sponsored Training. Also Hiring Recent Truck School Graduates, Experienced Drivers. Must be 21 or Older. Call: (866) 275-2349 (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

Obtain Class A CDL in 2 1/2 weeks. Company Sponsored Training. Also Hiring Recent Truck School Graduates, Experienced Drivers. Must be 21 or Older. Call: (866) 275-2349 (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

DRIVERS - NO EXPERIENCE? Some or LOTS of experience? Let's Talk! No matter what stage in your career, it's time, call Central Refrigerated Home. 888-891-2195 www.CentralTruckDrivingjobs.com (Cal-SCAN)

LANDA'S HOUSE CLEANING

Serves Sacramento Areas. Residential & Commercial Cleaning Services. For More Information: www.landashousecleaning.com (MPG 04-30-14)

Medical Supplies /Equipment

Safe Step Walk-In Tub Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/ Month CALL Medical Guardian Today 855-334-1975 (MB 06-30-14)

Moving Services

STEADY MOVES You rent the truck...we will make sure it's loaded/unloaded PROFESSIONALLY! (Lic#322945) 916-206-3183. Email msmith2661@comcast.net (MPG 06-30-14)

Miscellaneous

South Oregon Bed and Breakfast Rogue River, Oregon. 8 miles to Grants Pass. One mile off I-5 and from the scenic Rogue River Historic Town. Nightly/Weekly Rates. Thrifty. Call Nancy 541-582-4163 (MPG 02-28-15)

MAKE A CONNECTION Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-909-2569 (SWAN)

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-909-2569 (SWAN)

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

DOG RESCUE Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com

Real Estate HONEST LOCAL INVESTOR BUYS HOUSES FOR CASH... Call Me First!! Mike (916) 203-1585 mike@risproperty.com (MPG 02-28-14)

Real Estate WE PROVIDE SOLUTIONS Call Our Short Sale Hotline for a FREE Consultation (916) 331-3311 Sac Short Sale Pros License #01128753 (MPG 06-30-13)

Real Estate Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-491-6053 (NANI)

Real Estate Bundle & Save on your TV, Internet, Phone!!! Call Bundle Deals NOW Compare all Companies, Packages and Prices! Call 1-855-978-2608 TODAY!! (NANI)

Real Estate CASH PAID for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-776-7771. WWW.Cash4DiabeticSupplies.com (NANI)

Real Estate Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-491-6053 (NANI)

Real Estate Bundle & Save on your TV, Internet, Phone!!! Call Bundle Deals NOW Compare all Companies, Packages and Prices! Call 1-855-978-2608 TODAY!! (NANI)

Real Estate CASH PAID for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-776-7771. WWW.Cash4DiabeticSupplies.com (NANI)

Real Estate Got Knee Pain? Back Pain? Shoulder Pain? Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-491-6053 (NANI)

Real Estate PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-800-741-1410 (NANI)

Real Estate SOCIAL SECURITY DISABILITY BENEFITS. Unable to work? Denied benefits? We Can Help! WIN or Pay Nothing! Contact Bill Gordon & Associates at 1-800-290-8321 to start your application today! (NANI)

Real Estate DIRECTV starting at \$24.95/mo. Free 3-Months of HBO, stanz, SHOWTIME & CINEMAX FREE RECEIVER Upgrade! 2014 NFL Sunday Ticket Included with Select Packages. Some exclusions apply - Call for details 1-800-647-1163 (SWAN)

Real Estate DISH TV Starting at \$19.99/month (for 12 mos.) SAVE! Regular Price \$32.99 Call Today and Ask About FREE SAME DAY Installation! CALL NOW! 877-626-5780 (SWAN)

Real Estate EARN \$200⁰⁰ per month for just a few hours' work per week CALL 530-823-2463 (MPG)

Real Estate Dish TV Retailer - SAVE! Starting \$19.99/month (for 12 months.) FREE Premium Movie Channels. FREE Equipment, Installation & Activation. CALL, COMPARE LOCAL DEALS! 1-800-341-7308 (SWAN)

Real Estate 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)

Real Estate 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)

Real Estate 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)

Real Estate 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)

Real Estate 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)

Real Estate 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)

Real Estate 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)

Real Estate 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)

Real Estate 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)

Real Estate 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)

Miscellaneous for Sale

SAWMILLS from only \$4397.00-MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship. FREE Info/DVD: www.NorwoodSawmills.com 1-800-578-1363 Ext.300N (Cal-SCAN)

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@yahoo.com. 530-263-6926 (MPG 07-31-14)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Painting Services

Anni The Painter One Room at a Time Okay! • Perfectionist • Fun Ideas • Kid's Rooms • Cabinets • Bathrooms • Kitchens • Etc. New Molding Installs • Small Jobs OK! Lic # 733938 • Free Bids 916-532-6194

Personals

Want to hear from a vibrant S.D.A. Church Man. I am a vibrant S.D.A. Church Woman, 81 yrs old, 5 ft 7 ins. Interested in going to church, traveling. Have a FREE pass to Yosemite. Enjoy Camp meetings. Please call me anytime at 916-496-5740 (MPG 10-31-14)

Yoga Restorative Yoga. 1st Class Free. The Cabin, Citrus Heights. Call for Louise. (916) 729-0103 (MPG 05-08-14)

HELP WANTED Now accepting applications for Full time and Part Time Holiday help at the UPS Store Looking to fill a Position for a Notary/ Customer Service Rep. and Part Time Graphic Designer/Service Rep. Please inquire for positions at the store location with resume. 7405 Greenback Lane Citrus Heights CA 95610

HELP WANTED Now accepting applications for Full time and Part Time Holiday help at the UPS Store Looking to fill a Position for a Notary/ Customer Service Rep. and Part Time Graphic Designer/Service Rep. Please inquire for positions at the store location with resume. 7405 Greenback Lane Citrus Heights CA 95610

HELP WANTED Now accepting applications for Full time and Part Time Holiday help at the UPS Store Looking to fill a Position for a Notary/ Customer Service Rep. and Part Time Graphic Designer/Service Rep. Please inquire for positions at the store location with resume. 7405 Greenback Lane Citrus Heights CA 95610



Nothing to Prove

only when we have given up, given out, and given over, can we ever be happy and free.

Now, if a Greek philosopher's epitaph is too highbrow for your tastes, then maybe you will be better served by the words of Kris Kristofferson as sung by Janice Joplin: "Freedom is just another word for nothing left to lose." And usually the last thing we lose is our wretched insecurity that has us forever chasing after fool's gold, playing for the fickle crowd's applause, or trying to climb some unsurmountable mountain to showcase our strength.

No, there's nothing wrong with ambition, for it has its place. There's no shame in having God-given abilities; be thankful for them. The problem is when we go scrambling for accolades and approval, when we become something of stage actors trying to obtain that elusive appreciation, recognition, and validation. The problem is when we feel we have something to prove to others - that we are capable or lovable. Then, we have imprisoned ourselves.

The imprisoned soul may appear to be a person of great drive and focus. He or she may be sacrificial and benevolent, but as Helen Shucman said, this person is "affected by everything." There is so sense of identity or grounding, no internal peace, no satisfaction. They are shaky, hungry, feel inadequate, insecure, and afraid.

Thus, they go hustling for love and try to shake down approval from every person and situation they encounter; here and there, trying this and trying that,

reaching high and reaching low, straining for everything. They are trapped. Only when the striving ends will such poor souls be free.

The good news is, this can happen. We can quit doing and saying things we don't mean, clutching to approval we don't need, wasting time and energy we don't have. We can be free from the merciless crowd, free from our own pride and insecurities, free to become people who no longer need the flattery of others; others who are as fractured as we are, others who give their approval which lasts for about five minutes, and then the exhausting, self-caging exercise must begin again.

Simply, you can't kiss every pretty girl or boy. You can't win every game. You can't make every person love you (or even like you). You can't react to every sound in the cacophony of voices that call to you. You can't prove to every person you meet how lovable, capable, smart, sexy, accomplished, and worthy you are.

Try to do all of this, and you will be an ego-driven, self-centered maniac; or you will be as fragile as glass, a needy little imp that never experiences a single moment of rest. Either way, you will never be free. It's only when you have let everything go, when you have nothing left to prove, that you will have something truly to live for.

Ronnie McBrayer is a syndicated columnist, pastor, and author. His newest book is "The Gospel According to Waffle House." You can read more at www.ronniemcbrayer.me. ★

By Ronnie McBrayer

Nikos Kazantzakis was a Greek writer and philosopher who penned the fabled book, "Zorba the Greek," which would later become a treasured film starring Anthony Quinn. A second book of his was also adapted by Hollywood: "The Last Temptation of Christ," a Scorsese flick that got Christians all over North America up in arms (Not to mention that the original book got poor Nikos excommunicated from his beloved Greek Orthodox Church).

The controversy surrounding Kazantzakis has more than ostracized him in faith circles, and that is tragic, for he was an incredibly astute, wise man with much to offer, even in death. You'll find his grave on the island of Crete in his ancestral village. It's a simple, plain site with a wooden cross and a capstone with ten Greek words. Translated into English it reads, "I want nothing. I fear nothing. I am free."

This is timeless wisdom, for the things we desire, the things we want, the things we think we need, and the things we chase imprison us. The pursuit, the game of acquisition - and we're usually chasing emotional rather than material things - actually steals our happiness. The pursuit is a dead-end, and

Whatever Happened to an Old-Fashioned Handshake?

Dr. James L. Snyder

I must confess I do have some old-fashioned biases. I would be the first to admit I'm not up to date on the latest fad or trend.

I come from that era that believed the well-dressed man is one that doesn't stand out from everybody else. I've tried to keep to that all these years. I certainly don't want to stand out and have people recognize me or point their finger at me and whispered to each other.

For years, I've been very careful about that. Now, it seems that because I try to dress like a well-dressed man and not stand out I am in fact standing out. Nobody, except me and two other people, really care about being well-dressed.

This has never been an issue with me and it even now is not an issue. But reflecting on the past year and looking forward to the year before me, I have to take some calculations. According to my calculation, I no longer fit into that "well-dressed man" category, because the term "well-dressed man" does not mean what it used to mean.

I hate it when something outlasts its definition.

To be a well-dressed man today, according to the latest fads and trends I have noticed, I need to throw away my belt and let my trousers drop all the way down to my knees.

Let me go on record as saying, never in a million years will that happen.

Then there is the issue about a necktie. Am I the last person on planet earth wearing a necktie?

Very few people today know how to tie a necktie. Well, I do and I will until they put me in a casket and then I hope I'm still wearing a tie. So if you come to my funeral and look at me in the casket and I'm not wearing a tie, complain to someone for me.

The latest trends and fads have no interest to me whatsoever.

This came to my attention recently when I had to sign some legal papers for something to do with the church. I had to sign here, initial there, sign the next page, initial three pages and it went on and on until I ran out of ink.

I'm one of those old-fashioned guys that use a fountain pen and all that signing and initialing drained all of the ink out of my fountain pen. Before I finished, I was on the verge of carpal tunnel.

I sighed rather deeply, looked at the gentleman (I think he was a gentleman because he was dressed like a gentleman), and said kind of sarcastically, "Do you remember the old-fashioned handshake?"

He looked at me without smiling and then said, "Here are some more papers for you to sign."

I thought I was signing my life away, but in reality, I was just signing my ink away.

I do remember when a handshake really meant something. Just about everything was sealed with a handshake and both parties were as good as their word. It would take a lot of undoing to undo that handshake. Now, you're only as good as the word on a piece of paper over your signature. Then, some lawyer can finagle it around to mean something other than what you really meant it in the first place. So what's the purpose of all this?

I know you're not supposed to say this, but I will, I sure long for the good old days when a handshake was all you needed. I get tired of the rignarole passing as business these days. I get tired of paperwork that's piled higher than the tallest tree in the forest.

Of course, if we go back to that handshake scenario, it will put many lawyers out of business. What would these people do for a living? I have some ideas, but I'm

going to keep that to myself.

Trust has gone out of our culture today because everybody is only after what they can get for themselves and they don't care how they get it.

A handshake met something in "the day." In fact, I believe it was more binding than all of the paperwork and signed documents and legalese we have today. It's hard to sue a handshake!

What I want to know is simply this. When we replaced the good old-fashioned handshake with all of this legalese stuff, are we better off? Have we simplified everything and covered all of the bases?

The answer is a loud no.

A man's word used to be his bond and something he would never go back on.

The Gracious Mistress of the Parsonage and I have lived on that marital philosophy all of our married life. I know in the marriage ceremony there is no "handshake." But the philosophy of that handshake is right there. When I said "I do," and she responded by another "I do," we were shaking hands and saying to everybody around us but particularly to one another, "We do."

I think James shook the right hand when he wrote, "But above all things, my brethren, swear not, neither by heaven, neither by the earth, neither by any other oath: but let your yea be yea; and your nay, nay; lest ye fall into condemnation" (James 5:12).

I'm all for getting back to the good old days when a handshake was all you needed.

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnyder2@att.net. His website is www.jamesnyderministries.com. ★

Just a Pinch



Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Toast to the Holiday's with Great Grandad's Eggnog

"This is smooth and creamy!"



Christmas isn't complete without a nice glass of eggnog. And, Susan Seybert's old-fashioned Great Grandad's Eggnog recipe is creamy and downright delicious! It does have a kick to it so, naturally, adjust alcohol amounts to suit your taste. But, we loved this wonderfully classic recipe as-is.

See step-by-step photos of Susan's recipe plus thousands more from home cooks nationwide at:

www.justapinch.com/eggnogrecipe

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

-Janet

Great Grandad's Eggnog

What You Need

- 6 eggs, separated
- 3/4 c sugar
- 1 pt cream
- 1 pt milk
- 1 pt whiskey
- 1 oz Jamaican rum
- Freshly grated nutmeg

Directions

- Separate the eggs. Put the whites in a small mixing bowl and whip until stiff peaks form.
- Add 1/4 cup sugar to the whites and gently fold to combine.
- Add the remaining 1/2 cup sugar and beat into the yolks until light.
- Mix the whites with the yolk mixture in a punch bowl.
- Stir in the cream and milk. Add the whiskey and rum.
- Stir thoroughly.
- Serve cold with grated nutmeg.

Submitted by: Susan Seybert, Philadelphia, PA (pop. 1.5M)
www.justapinch.com/eggnogrecipe

Brought to you by American Hometown Media

STATEPOINT CROSSWORD • BROADWAY SONGS

CLUES

CROSSWORD

ACROSS

- A minority people of New Zealand
- Dr. Frankenstein's workplace
- "___ Enchanted Evening"
- Straight ____, e.g.
- ___ king
- *Exclamatory song from the Buddy Holly Musical
- Narcotics agent
- Under the weather
- Hal-9000's chess opponent
- *Fantine: "I ___ a dream in time gone by..."
- Type of canned tomato
- ___ talk of encouragement
- *"Who's Got The ___?" from "Damned Yankees"
- Pick up, as in a criminal
- Hit song by Katy Perry
- *Desirée: "Quick, send in the ___"
- Footnote word
- Horsefly
- Search helper
- Mongolian desert
- Greek ruler of the underworld
- Ripped
- Edward Teller's creation
- Iranian coin
- *Song title from "Beauty and the Beast" and "The Wiz"
- Conical dwellings
- Gunk
- Pavlova's step
- Dirty money
- Singer-songwriter Stewart
- *Peggy Sawyer: "...I am taking you to forty-___ street."
- Like a light and confident step
- Hammerin' Hank
- *"___ la la!"
- Food safety threat
- Summer romance, e.g.
- Genetic info carrier
- Clean a spill
- Change for a twenty
- Make a seam
- Agenda entries

DOWN

- Fix, especially by sewing
- Month of Purim
- Fictional giant
- Summary
- Chemical compound
- "Best ___ plans"
- *"___ That Jazz" from "Chicago"
- Model-building wood
- *"There's no business like ___ business..."
- Symphony member
- Dehumidifier's foe
- Needle hole
- In an open way
- Historical period
- Clinical twitching
- What meteorologists do
- *Phantom: "Help me make the music of the ___"
- PDF reader
- Jazz style
- Winglike
- Often taken with help of a bible
- Celebrate or "___ it up!"
- Marilyn Monroe's original name
- Sound units
- Play charades
- Toothy wheel
- Impolite dinner sound
- Be in the right place
- Duke of Cambridge to Prince of Wales, e.g.
- *Sofège-sounding "Sound of Music" song
- Emitted from frankincense or myrrh, pl.
- Monocot's alternative
- *Cole Porter's "Love for ___"
- Julia Roberts' character Brockovich
- Flipside of pros
- Playwright George Bernard
- Uh-uh
- Dour
- Puppy sounds
- Away from the bow
- *"___ singular sensation..."

dish

Make the Switch to Dish Today and Save Up To 50%

Call Now and Ask How! 1-800-318-5121

Call 7 days a week 8am - 11pm EST Promo Code: MB0113

Promotional Packages starting at only \$19.99 mo. for 12 months

FREE PREMIUM MOVIE CHANNELS* For 3 months.

HBO, SHOWTIME, CINEMAX, STARZ

*Offer subject to change based on premium channel availability

SUDOKU

you could save 28%

Call 1-800-970-4376 to see how much you could save on car insurance.

esurance on Allstate company

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

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

Come back every week for Crossword and Sudoku!



By Gerry Mifsud

AUBURN, CA (MPG) - For my Never Give Up show on Auburn Community TV, I talked about scams aimed at seniors. Louise Schnur, the proud 84-year-old author of the book From Darkness to Light, told the story of how she survived being harassed by mail scammers. Schnur and I joined Police Chief John Ruffcorn to educate seniors and others in Auburn of various scams.

Mailed scam letters play on words to lure seniors into giving money. Ruffcorn said that if you give money once, more and more scam letters will follow. Ruffcorn also said that many senior names are put into a pool and sold to different kinds of scammers.

Schnur was fooled once and gave \$5. After her first \$5 donation, 60 more letters followed. She got suspicious early on and took action like a true

NEVER GIVE UP

Scam Busters

scam buster. She noticed that the letterhead read "The Seniors Center," so she took the letter to the local senior center. There, director Barbara Crowell told her the letter was a scam because the scammer added an "s" to the word "senior" to make people believe it was from a reputable source. Crowell said, "Seniors are very vulnerable because they came from an era when they believed folks easily."

Schnur systematically identified 19 phony organizations and directors. One scam director's name that frequently appeared was Dan Perrin from Washington, D.C. His name appears on www.RipOffReport.com, stating his involvement in mail scams since 2012.

Schnur was determined to educate her friends and neighbors about scam letters, so she gathered them together to show them examples of what a scam looks like. She showed them the outside of an envelope that said "Emergency response needed." Inside the four pages were phrases like "Save your social security" or, appealing to people's emotions, "My dear friend is begging you for help." Schnur added, "Always question the words 'not tax deductible.' A

donation is always supposed to be tax deductible."

I, too, received a scam telephone call. The phone message said that it was from the I.R.S. Criminal Division, and alleged that I was in serious trouble for tax fraud. I knew it was a scam because I only receive Social Security and do not file. I reported them to the I.R.S. Fraud and Scam Division at (800) 829-0433.

Chief Ruffcorn also addressed the issue of professional panhandler scammers who look like homeless people. They drive from their homes to street corners and take money intended for the homeless. Ruffcorn said, "Give your money instead to faith-based organizations that provide a variety of assistance."

You can report mail scams to the U.S. Postal Inspector at (877) 876-2455. Don't answer phone calls from numbers you don't recognize, the same goes for letters. The scammers don't break the law when sending scams, only when they cash your checks. So be like Louise Schnur and think before you open your wallet.

Gerry Mifsud, TV Host and Senior Activist. ★



AMAZING PREDICTIONS PART I

They call him Amazing, and he is! Is he a psychic? No. Is he a Fortune Teller? No. But he has made amazing predictions for most of his life, and he shared some of what he feels will happen in 2015 when he visited my POPPOFF Radio Show just before New Year's Day. He is the one and only Amazing Kreskin." And he shares his life in "Conversations with Kreskin." Kreskin is tuned to the desires, wishes, and concerns in our society and he projects what he feels are strong trends and happenings to come like the following.

1) The growing interest in the Western world of séances and attempts to communicate with the dead is back, and far exceeds the public interest of the 1920's. In the latter part of the 19th century, séances were popular with the upper middle class and the wealthy. Television has helped spread the interest with numerous

POPPOFF!

with Mary Jane Popp

series like going to "haunted houses" and the like. This interest reflects somewhat the unease and searching of many people who feel dissatisfied that leaders and society does not have the solution to the oncoming problems. Once again, this is a predecessor of great social challenges, fears, and unrest.

2) There will continue to be private home break-ins at least 1 in every 5 homes. The majority will take place during the day, and will involve not one but 2 or 3 individuals. Today's crook cases and observes the home. Yes, there is electronic security, but the larger solution has been forgotten... "Neighborhood" when people knew each other and children could play outside. It was awareness of neighbor to neighbor.

3) What about strong leaders for our future, especially with all the turmoil in our government? Will they come from the U.S. Senate or Congress? Will there be anyone who will step up to the plate? Kreskin says...nobody! He feels that in years to come, the real salvation and re-strengthening of our government will come from outside the present political system, a young person with a philosophy of the early founders of our country. Not a lawyer either. Their salary will be returned and they will give back to our country in service.

4) What about a comparison to historic leaders like Franklin Roosevelt or Ronald Reagan? Kreskin personally thinks the ideal individual today would be Harry S. Truman.

5) What about jobs? Kreskin feels a threatened profession in the months and years to come will be in the profession of teaching. Teachers become disillusioned with their work, especially those in grammar school and junior high school, and they will try to find a way to leave their job. He thinks that a very unhealthy element threatening the profession is parents converging into principals offices, often complaining because of the failing or non passing marks of their children. And yes, there has been abuse by teachers of children...horrendous activity. But the vast majority of teacher abuse cases are found innocent, but by the end of the investigation, their reputations are permanently damaged.

There was so much more detail in his predictions, but at least we get a small sample of what he is concerned about in 2015. I will have Part II coming in my next column. In the meantime, you can check out Kreskin's website at www.kreskin.com. Kreskin is coming up on his 80th birthday, and his concern for our well-being continues! Happy birthday Kreskin and our hope is for many more to come! ★

THE VOICE OF THE FOOTHILLS
AM 950 KAHI
 Community Involved
 Live at AM 950 - Live at www.KAHI.com

Weekdays	
6 - 9am:	The KAH1 Morning News with Casey Freelove and the KAH1 News Team
9am - Noon:	The Dave Ramsey Show
Noon - 1pm:	The KAH1 Noon News with Mary Jane Popp and the KAH1 News Team
1 - 4pm:	The Savage Nation
4 - 6pm:	The KAH1 Afternoon News with Bob Stephenson and the KAH1 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 KAH1 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

Live at AM 950 - Live at www.KAHI.com

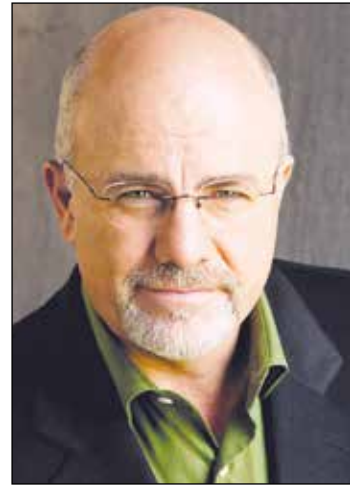
Listen to Placer High School and Del Oro High School football games, Friday nights on KAH1.

Miss the game live? Games are available for replay or podcast download at the 'Audio On Demand' page at www.kahi.com.

Local news on am950 and local news at www.kahi.com

Tune into KAH1 Radio each weekday for six hours of locally produced and locally focused programming plus the best in nationally syndicated talk radio programming.

Most of our locally produced programs are available for replay or podcast download at the 'Audio On Demand' page at www.kahi.com.



Dave Says

have any money. But if you've got some cash, and you bump into somebody, it's a really good thing to have that extra umbrella insurance policy in liability situations!
 - Dave

Drop the Arrogance

Dear Dave,
 My son is in his thirties and has been married for seven years to a girl from a wealthy family. Her parents provided them with a lot of financial support over the years, but now they're getting divorced and he has come to us for the money to make this happen. On top of all this, when we ask him why he doesn't have the money he tells us it's none of our business. We don't like his attitude, but we're not sure what to do.
 - Dee

Dear Dee,
 This is a grown man we're talking about, and if he's going to take on the lifestyle and actions of a grown-up he needs to act like one and take care of his responsibilities. I understand he's your son, and he's hurting

right now. Still, it takes a ton of arrogance to beg money from someone and tell them the reason they don't have it is not their business.

If he seriously wants to get into some financial counseling and start becoming accountable for his money — to himself and to you — then you might consider helping him out financially. But at this point, you're giving a drunk a drink if you just hand him money because he wants it.

Anyone can make a mistake, Dee. But it's not your job to fund his irresponsible behavior or his arrogance!
 - 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. ★

Michael Savage

Dave Ramsey

Mary Jane Popp

DELIVERY ROUTES AVAILABLE IN AUBURN!!
 Earn \$200 per month for just a few hours delivery work per week!
CALL (530) 823-2463

ROUTE AVAILABLE AUBURN
 Earn \$100 for 4 to 5 hours work
 Route is Delivered twice each month

Must have an economical car, current auto registration, and current auto insurance.

Route includes: Pick up newspapers in Newcastle/Auburn, home delivery to homes in Auburn and newsstand/store delivery.

Delivery is performed during regular business hours for store delivery. Home delivery can be completed overnight.

Delivery is as an Independent Contractor.

Call 916-773-1111

ROUTE AVAILABLE LOOMIS
 Earn \$100 for 4 to 5 hours work
 Route is Delivered twice each month

Must have an economical car, current auto registration, and current auto insurance.

Route includes: Pick up newspapers in Rocklin or Loomis, newsstand and home delivery is delivery is to Loomis ONLY.

Delivery is performed during day or night hours.

Delivery is as an Independent Contractor.

Call 916-773-1111

GOT LOCAL NEWS?
 Call (530) 823-2463
 Visit us at PlacerSentinel.com



Classics REINVENTED

Brown Rice Frittata with Bacon and Edamame

FAMILY FEATURES

When you are looking for a taste of yesteryear this holiday season, look no further than your pantry for a staple you can incorporate into holiday meals, including snacks, breakfast, the big dinner and even desserts. Instant white or brown rice and multi-grain blends provide easy ways to put a fresh twist on traditional recipes your family knows and loves.

For a delicious, modern take on classic family favorites, look for ways to integrate current or seasonal flavors that complement the original recipe. Start new family mealtime traditions with easy recipe make-overs. For example, traditional broccoli, cheese and rice casserole only gets better with bacon, and using quinoa adds a subtle new texture. You can also give your sweet potato casserole a lift with white or brown rice for an updated take on this revered dish.

Using a quick and wholesome ingredient like fluffy Minute Rice saves cooking time so you can transform your favorite recipes while spending less time in the kitchen and more time with loved ones.

These recipes demonstrate how to update recipes from a frittata and casserole to dressing and stuffing for new ways to enjoy the classics this holiday season.

Explore more recipes and preparation tips at www.minuterice.com.

Brown Rice Frittata with Bacon and Edamame

Servings: 6-8

- 1 cup Minute® Brown Rice
- 4 thick cut bacon slices, cut into 1/2-inch pieces
- 4 scallions, thinly sliced (whites and greens divided)
- 1 cup frozen shelled edamame
- 6 eggs
- 3/4 cup sour cream, divided
- 1/2 teaspoon kosher salt

Preheat oven to 400°F.

Prepare rice according to package directions.

While rice cooks, sauté bacon pieces in 10-inch oven-proof skillet over medium heat until starting to crisp, about 5 minutes. Drain off all but 1 tablespoon bacon fat, then add scallion whites and edamame (or if desired, use 1 cup frozen green peas) to the bacon in the pan and sauté 1 minute.

Add cooked rice, and sauté 1 minute. In a bowl, whisk together eggs, 1/2 cup sour cream and salt. Add egg mixture to pan, swirling gently to distribute mixture evenly throughout other ingredients. Cook undisturbed for 2-3 minutes, until edges look set. Then place pan in preheated oven until set in center, about 10 minutes.

Mix together scallion greens with remaining 1/4 cup sour cream. Serve frittata in wedges topped with a dollop of scallion cream.

Sweet Potato Rice Casserole

Servings: 6

- 1 can (8 ounces) crushed pineapple in natural juice, drained (reserve juice)
- 1 cup Minute® White Rice or Minute® Brown Rice, uncooked
- 1 large egg, lightly beaten
- 1 can (5 ounces) evaporated skim milk
- 1 can (15 ounces) sweet potatoes, drained
- 1/2 teaspoon ground cinnamon
- 2 cups miniature marshmallows

Preheat oven to 400°F.

Measure reserved pineapple juice and add enough water to make 1 cup. Prepare rice according to package directions using juice-water mixture.

In large bowl combine pineapple, rice, egg, milk, sweet potatoes and cinnamon. Mix well. Spread in 2-quart casserole dish. Top with marshmallows.

Bake 20 minutes, or until marshmallows begin to brown.

Honey Nut Dressing

Servings: 6

- 1 cup Minute® Brown Rice, uncooked
- 1 tablespoon butter or margarine
- 1/4 cup chopped walnuts
- 3/4 cup chopped onion
- 3/4 cup chopped celery
- 1/2 cup raisins
- 2 tablespoons chopped fresh parsley (optional)
- 2 tablespoons honey
- 1 tablespoon lemon juice
- 1/4 teaspoon salt

Prepare rice according to package directions.

Melt butter or margarine in large skillet over medium heat. Add walnuts; cook and stir until lightly toasted. Add onions and celery; cook and stir until crisp-tender.

Stir in rice and remaining ingredients. Heat thoroughly, stirring occasionally.

Cranberry Pecan Multi-Grain Stuffing

Servings: 4

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/4 cup chopped fresh celery
- 1/4 teaspoon poultry seasoning
- 1/2 cup dried cranberries
- 1 cup chicken broth
- 1 bag Minute® Multi-Grain Medley, uncooked
- 1/2 cup chopped pecans, toasted
- Salt and ground black pepper, optional

Heat oil in medium saucepan over medium heat. Add onion and celery, and cook 2 minutes.

Add poultry seasoning, cranberries and broth. Bring to boil, and stir in rice.

Cover, reduce heat and simmer 5 minutes.

Remove from heat, and let stand 5 minutes. Stir in pecans and season with salt and pepper, if desired.



Sweet Potato Rice Casserole



Honey Nut Dressing

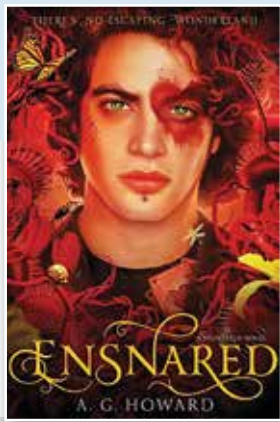


Cranberry Pecan Multi-Grain Stuffing

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 wits 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.

New Website is Host to Auburn Happenings



Bottom Row: Monique Hall, Amanda Dixon, Diane Nolen, Jackie Weston, Rhonda Lamoureux, Natalie Litchfield, Cheryl Maki; Middle Row: Katie Kenoyer, Brigitte Parvin, Dave Johnson, Wayne Trimble, Steven Lease, Bonnie Pebley, David McHugh, Ralph Roper, Scott Nelson; Top Row: Bill Radakovitz, Renee Berg, Tony Ferrari. Photo by Gabriela Michanie

PLACER COUNTY, CA (MPG) - Renee Berg Enterprises joined the Auburn Chamber of Commerce in October 2014. The ribbon cutting occurred on Thursday, January 8, 2015 in front of Dr. Fox's statue of a coolie pushing a wheelbarrow near the future home of the Gold Country Museum.

Although Renee Berg Enterprises consists of a variety of businesses, the recent

ribbon cutting focused on her website, www.VisitAuburnCA.com, dedicated to promoting the Auburn area to tourists all over the world. "Auburn may be small, but it has a lot to offer, said Renee Berg. "Including great hiking trails, wonderful museums, award winning wineries, thrilling white water rafting, challenging and historic endurance events for both humans and horses, the highest bridge in

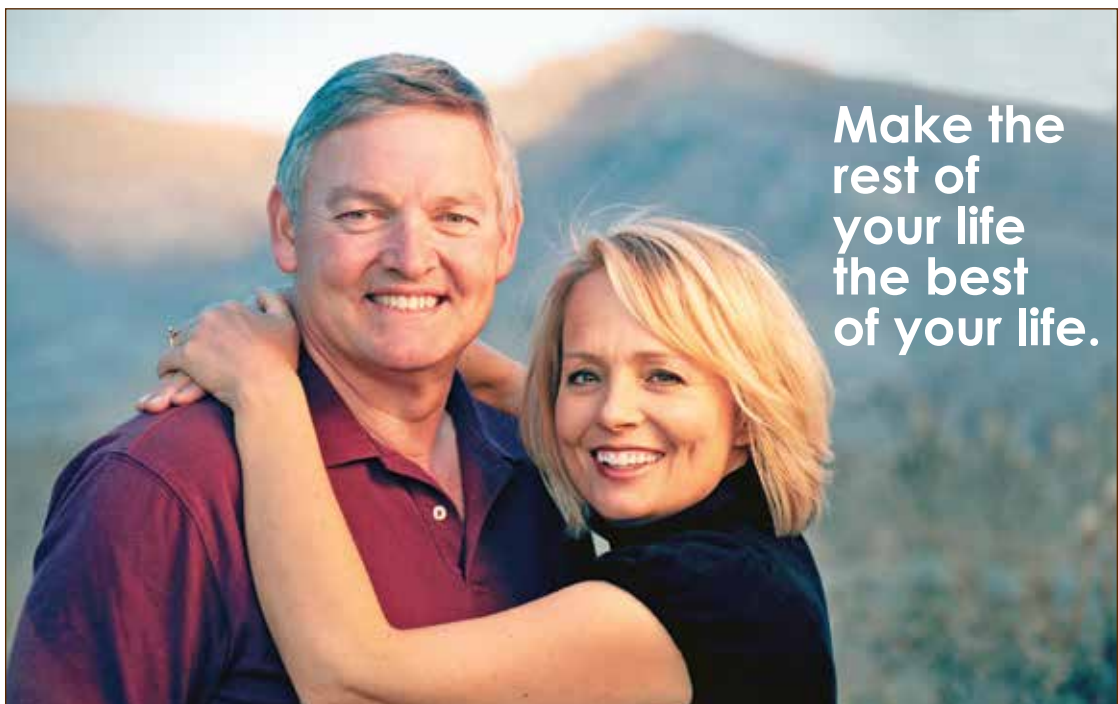
California, and so much more."

Berg's website launched in the middle of September and is based around a calendar of events for the area, hiking and history blogs.

She will also be launching her own blog series called "Discover Placer Gold" in which she will highlight some of the great places in Auburn. ★

Earn \$200 per month for just a few hours delivery work per week!

CALL (530) 823- 2463



Make the rest of your life the best of your life.

Search Single Again Dating Free Today!

Are you looking for a relationship? With our online dating tool we've made it easy for you to take the first step in to finding your perfect partner. We understand that dating can be a daunting experience, but with our help we can ease you through it. Using our simple and FREE sign up system you could be browsing for other single people within a couple of minutes.

With members who will match your profile to others who may have a completely different background, it's a great way to get to know new people and to start a new journey. Whether you are looking for friendship, a relationship or just a little bit of fun, you can find it here knowing that member share your same values. So wave goodbye to long, lonely nights! Sign up today.

With instant messaging, status updates, member feeds, video dating, dating diaries and more, there are plenty of ways to get to know some of our two million members!

Here's how it all works...

When you first join us, you become a free member. As a free member you can create a profile, add a photo, search for people by county, create your favorites list and send unlimited winks. You'll also receive an email if someone adds you as one of their favorites, winks at you, or sends you a message. If you decide to become a full member, you will also be able to:

- Send and receive private messages
- Chat online with instant messenger
- See who's looked at your profile
- Add multiple photos to your profile
- Video chat
- Create and read dating diaries
- Create and watch video profiles

You can upgrade from free to full membership by accessing 'My Account' when you login, or click here to be taken to the membership page once you are logged in. If you have any questions about your membership, or have any trouble using singleagain.com/dating, our dedicated support team are on hand to help you.

The best online dating site!
100% Free to register and search today!

Single Again

WWW.SINGLEAGAIN.COM/DATING

Jim Miller Answers Your Senior Questions



Check Out This Week's Topic!

How to Claim the Retirement Saver's Tax Credit

Dear Savvy Senior,

A coworker was recently telling me about a tax credit she got last year for simply contributing to our company's 401(k) plan. What can you tell me about this, and who's eligible? - Over 55

Dear Over,

It's called the "retirement saver's tax credit," and it's a frequently overlooked credit that's available to low and moderate-income individuals and families who make saving for retirement a priority. Here's how it works.

If you contribute to a traditional or Roth IRA, or an employer sponsored plan like a 401(k), 457, 403(b), SEP plan, SIMPLE IRA or other retirement-savings plan, the retirement saver's tax credit will allow you to claim 10, 20 or 50 percent of your contribution, depending on your income, up to a maximum of \$1,000 per person or \$2,000 per couple.

To qualify, you must also be at least 18 years old and not a full-time student, and were not claimed as a dependent on someone else's tax return. And your adjusted gross income in 2015 must be \$61,000 or less as a married couple filing jointly, \$45,750 or less if filing as head of household, or \$30,500 or less if you're a

single filer. These income limits are adjusted annually to keep pace with inflation.

To get the 50 percent credit, you'll need to have an income below \$18,250 if you're single, \$27,375 if you're filing as head of household, and \$36,500 for couples in 2015.

The 20 percent credit rate applies to individuals earning between \$18,251 and \$19,750; for head of household filers it's \$27,376 to \$29,625; and for couples it's \$36,501 to \$39,500.

And the 10 percent rate is for individuals with an adjusted gross income between \$19,751 and \$30,500; for head of household filers 29,626 to \$45,750; and couples it's between \$39,501 and \$60,100.

Double Tax Break

You also need to know that the retirement saver's tax credit can be claimed in addition to the tax deduction you get for contributing to your employer's retirement plan or a traditional IRA. Here's an example of how this works.

Let's say you're married and have an income of \$37,000, and your spouse is not working. If you contribute \$1,000 to your company's 401(k) plan, your adjusted gross income would be reduced to \$36,000 on your tax return. You would also be able to claim a 50 percent

retirement saver's credit, which is worth \$500, for your \$1,000 401(k) contribution.

Keep in mind though that this is a tax credit, not a deduction, so it lowers your income tax dollar for dollar. It is, however, a nonrefundable tax credit, which means it cannot reduce the amount of tax owed to less than zero.

How to Claim

To claim the credit, you will need to fill out Form 8880 (see irs.gov/pub/irs-pdf/f8880.pdf) and attach it to your 1040, 1040A or 1040NR when you file your tax return. Don't use the 1040EZ Form.

If you think that you would have qualified for the credit in previous years but didn't claim it, you can file an amended return as far back as 2011 and still get the credits. A 2011 amended return is due by April 15, 2015. See IRS Form 1040X (irs.gov/pub/irs-pdf/i1040x.pdf) for instructions on how to file an amended return.

And for more information on the retirement saver's tax credit, see IRS Publication 590 "Individual Retirement Arrangements" (irs.gov/pub/irs-pdf/p590.pdf).

If you don't have Internet access to see or download these forms, call the IRS at 800-829-3676 and ask them to mail them to you. ★

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

SPRING 2015



EUROPEAN MASTERWORKS

Magnificat (West Coast Premiere) | Cecilia McDowall
Great Mass in C Minor, kv 427 | W.A. Mozart

Hailed by Gramophone magazine as the new voice of English composers, McDowall's evocative and poignant "Magnificat" is the perfect prelude to Mozart's triumphant masterpiece.

Nikki Einfeld, Soprano
Marina Boudart Harris, Soprano
Ross Hauck, Tenor
Daniel Yoder, Bass

*Projected
supertitle
translations*

Saturday, March 14 at 8:00 p.m.

7:00 p.m. – Pre-concert talk by Donald Kendrick

Community Center Theater
1301 L Street, Sacramento

Concert Sponsor



Nikki Einfeld



Marina Boudart Harris



Ross Hauck



Daniel Yoder

"In all, the concert (European Masterworks) was another example of how glorious choral music can be when sung by skillfully directed singers who are accompanied by a fine professional orchestra."

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

Community Center Theater Tickets
CCT Box Office | 916.808.5181 or TICKETS.COM

SACRAMENTOCHORAL.COM