

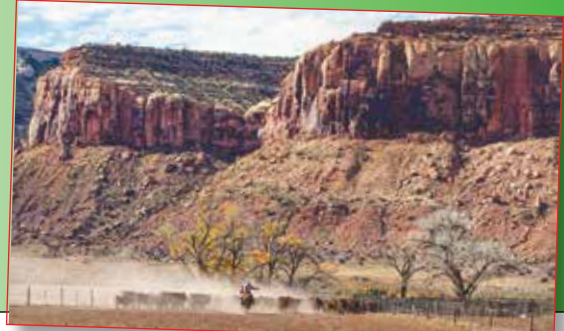


Placer Community Foundation Honors Donors for Giving Back in 2014

Page 4

PLUS: Art Can Heal

Page 3



Placer Sentinel

Volume 26 • Issue 02

Serving Auburn and Placer County since 1987

January 30, 2015

New Bath and Body Shop



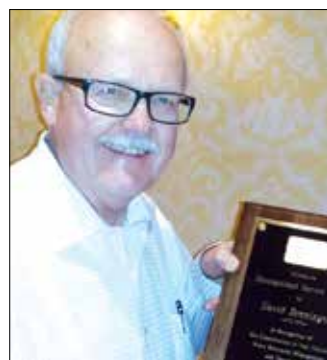
Page 2

Music For Humanity Jams



Page 12

PCWA Service Award



Page 5



Scan our QR Code for a direct link to our online edition!

Emergency Homeless Shelter in North Auburn Considered



ABOVE: New homeless is a growing possibility. AT RIGHT: The Placer County Board of Supervisors held a special meeting Thursday, Jan. 22 regarding a temporary emergency homeless shelter. Photo courtesy Placer County/Mike Fitch.

AUBURN, CA (MPG) - The Placer County Board of Supervisors voted during a special meeting on Thursday, Jan. 22, to further the conversation about allowing a temporary emergency homeless shelter to be opened on county-owned property in North Auburn.

Board members did not make a final decision to allow a nonprofit group known as Right Hand Auburn Inc. to open a shelter, but voted unanimously to consider a temporary conditional use permit at their Feb. 3 meeting that would remove a major obstacle to the group's shelter proposal.

"This is, I believe, a watershed moment for us," said Supervisor Jack Duran before the vote. Supervisor Jennifer Montgomery said she strongly supports Right Hand Auburn's proposal, noting that she and Supervisor Duran met with about 10 homeless residents in December who said they would use the proposed temporary shelter. "It became very clear to me that what we have done to date isn't working," she said. "I think we can all agree on that."

Right Hand Auburn has proposed opening an emergency shelter in a building that until last year housed minimum-security jail inmates. The building is located at the Placer County Government Center, a county-owned complex commonly known as the DeWitt Center.

If approved, the group would contract with Volunteers of America to operate the shelter and would be responsible for operating and facility-improvement costs.

In addition to considering this temporary

shelter, the county has an ongoing homeless needs assessment study currently in development by Marbut Consulting to offer suggestions on a long-term, county-wide solution to the homeless issue. The needs assessment and an action plan are scheduled to be ready for board review in March.

To move forward with the temporary shelter, a conditional use permit is needed because a homeless shelter is not a permitted use under the site's heavy commercial zoning. A temporary permit, if approved by the board, would remain in effect for up to one year. Other structural changes would also likely be needed to bring the facility into compliance with building code regulations.

A conditional use permit requires the board to provide at least ten days' notice to the public, prior to the hearing, so the

public has a chance to testify before the board makes a decision. The issue will be heard at 10:30 a.m., Tuesday, Feb. 3, in the Board of Supervisors Chambers at the County Administrative Center, 175 Fulweiler Drive in Auburn.

Supervisor Robert M. Weygandt said he is willing to take another look at the group's proposal at the Feb. 3 meeting. "Perhaps working together, we can do something a little different, a little more effective," he said.

Other supervisors expressed skepticism and concern about neighborhood impacts, as well as the importance that any solution lead to better lives for the homeless. Several speakers addressed the board during public testimony, urging board members to allow the temporary homeless shelter at the DeWitt Center. Others expressed concern about the impacts to the neighborhoods, the barracks proximity to schools and whether registered sex offenders would be permitted to stay at the shelter, if it is approved.

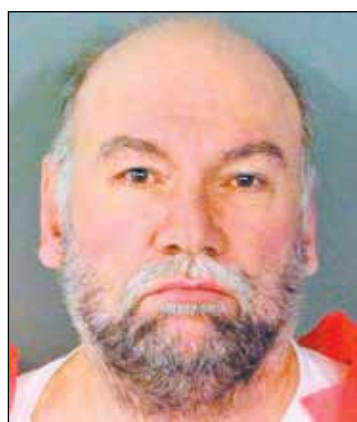
Continued on page 2



"The County remains committed to continuing to partner with the community, as well as the cities, on efforts to reduce homelessness."

- Health and Human Services Assistant

Arrest made in 1991 Cold Case Homicide in Weimar



Joseph Victor Foster. Photo courtesy Placer County Sheriff's Dept.

PLACER COUNTY, CA (MPG) - Twenty-four years after a Weimar couple was found shot to death in their home, Placer County sheriff's detectives have arrested the man believed responsible for killing them.

The suspect, Joseph Victor Foster, was arrested at Soledad State Prison Wednesday, Jan. 14, where he has been serving 50-years-to-life for kidnapping and raping a family member in Modesto in 2006. He was transported to the Placer County Jail

yesterday, where he was booked on two counts of murder.

Foster, 54, is suspected of killing Jacqueline Barton, 33, and Hugh Cleveland Gresham, 37, at their Ponderosa Way home on Jan. 7, 1991. The two were living together at the time. Dozens of people were interviewed, but leads eventually dried up and the case went cold.

Recently, while detectives from both the Placer County Sheriff's Office and the Placer County District Attorney's

Office worked together to solve years-old investigations, or "cold cases," they found forensic evidence that linked Foster to the crime. This information led to yesterday's arrest.

When Foster kidnapped and raped the family member in Modesto in 2006, he was on parole for a kidnapping, assault with intent to commit rape and false imprisonment case that occurred in Placer County on Feb. 14, 1994. He was sentenced to 22 years in

state prison, but was released in April, 2005, just short of 11 years into his sentence.

Foster is scheduled to be arraigned today at 1 p.m. at the Placer County Jail courthouse in Auburn.

Anyone who may have information on the 1991 killings is asked to call Detective Bryan Mattison or Detective Chris Joyce at (530) 889-7889.

Source: Placer County Sheriff's Dept. ★

Old Town Auburn's 'A Taste of Chocolate' Delightful and Delectable

AUBURN, CA (MPG) - It's that time of year when the focus turns to love and chocolate. Smooth, silky, sweet and sumptuous chocolate!

"A Taste of Chocolate" is hosted by the Old Town Business Association and American Association of University Women (AAUW), and happens from 12 to 3 p.m., Sunday, Feb. 8 in Old Town Auburn.

Stroll Old Town and taste the special treats provided by various merchants and restaurants.

For the purchase of a \$20 ticket, you'll have a chance to get tastes of chocolate at any venue, and sample a variety of items.

Last year, participating merchants offered treats such as cherry cordials, chocolate covered Oreos, chocolate biscotti, warm bittersweet chocolate cake, fudge, chocolate mocha cheese cake, raspberry truffle brownies, chocolate fondue and chocolate croissants, just to name a few. There will be chocolate demonstrations by "Blabbermouth Chocolate", and hugs and smoochies provided free from The Sugar Plump Fairies!

Some restaurants will be pairing their entrees with special dessert wines for an additional charge.

Enjoy surprise entertainment and a chance to win one of the raffle gifts donated by the Auburn community.

All of this is, of course, in honor of Valentine's Day.

Singles, couples and groups are encouraged to attend. This event is appropriate for all ages.

All shops and restaurants will be open.

Check-In stations: Auburn Courthouse and Gold Rush Realty Tickets are available for purchase at the check-in stations the day of the event or online at www.oldtownauburnca.com. Tickets and "passports" can be picked up at the Gold Rush Realty check-in station "will call" on the day of the event. For more information contact Linda Robinson at (530) 888-1585 or email sunriver@inreach.com. ★



CALL 530.823.2463 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER



Visit us online at www.PlacerSentinel.com

Apothecary 321: Old Town's New Bath and Body Shop



Kelly Neff, owner of the new Apothecary 321 on Commercial St. in Old Town Auburn displays some of the products available at her shop. Photo by Jodi Cottrell

By Carol Guild
Staff Writer

AUBURN, CA (MPG) - A new bath and body shop opened last month on Commercial St. in Old Town Auburn.

Apothecary 321 complements the flavor of Old Town, offering soaps, lotions and lip balms all made with food-grade ingredients. Even the soaps are made with natural oils and are detergent free. "If it's good enough to eat it, it's good enough to go on your skin," said Owner Kelley Neff.

After success selling online and at events such as the Mandarin Festival, Neff was ready to take her business to the next level.

"It's always been my dream to have a little community based bath and body shop," she said.

And Old Town Auburn seems to be a great fit. Even the name "seems to fit in with very nicely," Neff said.

At Apothecary 321 "we don't do anything

medicinal or healing," she said. "But we do our own manufacturing and compounding. Neff and her daughter, Tessa Walker, make everything themselves. "I love making it all," Neff said. "Especially the lip balm."

Neff and Walker are planning to offer demonstrations and classes, possibly beginning this spring, in soap-making, herbal infusions and more. "You can infuse oils with herbs and use them as a base for salves and lotions," said Neff. "You can even use them for lip balms and soaps."

Apothecary 321 will celebrate its open house the weekend of February 6, and will be a stop along Old Town's A Taste of Chocolate event from noon to 3 p.m., Sunday February 8. Neff plans to offer heart-shaped, rose-infused dark chocolate with organic rose petals.

For more about Apothecary 321, visit the store at 321 Commercial St. in Old Town Auburn, or call (916) 865-7738.

To contact Editor Carol Guild email placereditor@mpg8.com. ★



All soaps at Apothecary 321 are detergent-free. Photo by Jodi Cottrell

Emergency Homeless Shelter

Continued from Page 1

The intent of Thursday's special meeting was to allow for a public discussion of temporary shelter options for homeless individuals in Auburn and for the board to hear pros and cons of all possible options in order to make an informed decision.

For the meeting, county staff analyzed the proposal submitted by Right Hand Auburn as well as other options. In a report to the board, staff did not make a recommendation on whether a temporary shelter should be allowed at the DeWitt, since the intent was to allow the board and public to have an informed policy discussion. The staff report added that, if board members opt to support opening a shelter, the former barracks presents fewer immediate challenges than other available county buildings in the Auburn area.

County staff estimates that 30 to 40 homeless individuals in the Auburn area might stay in an emergency shelter at the DeWitt Center. The estimate is based on how many homeless residents took advantage of two short-term options available last month: shelters opened during a major winter storm on Dec. 10-11 and a shelter opened by a local church during the holidays.

A homeless count conducted in 2013 identified approximately 600 homeless individuals in Placer County, including about 350 who were unsheltered. Placer County and partner agencies provide emergency, transitional and permanent housing that can accommodate about 450 people. The Gathering Inn, a nomadic community-based program that partners with local churches, provides shelter to 65 to 70 homeless individuals on a typical night.

"The county remains

committed to continuing to partner with the community, as well as the cities, on efforts to reduce homelessness," said Health and Human Services Assistant Director Graham Knaus. "That's exactly why the county took the lead in funding a comprehensive six-month effort to identify gaps in housing and services and research-based recommendations for the county, cities, nonprofits, businesses, and others to participate in. The absolute key to long-term improvement is for all players to actively participate and provide resources - it's all of our responsibility."

The county and partner agencies have worked for many years to provide programs that house the homeless and offer support services they need to escape homelessness. These programs include transitional housing, rent subsidies, mental health treatment, and substance use disorder treatment.

Right Hand Auburn is proposing to operate the overnight shelter from approximately 8 p.m. to 6 a.m. If approved, the shelter would provide:

- Two pre-prepared meals each day
- Separate sleeping, shower and restroom facilities for men and women
- Referrals for mental health, substance abuse, medical, legal, public assistance and job training services available through the county and other agencies.

If the board decides to grant the temporary conditional use permit and allows the proposed temporary shelter to proceed, board members will consider a series of conditions proposed by county staff for governing the shelter's operations.

Source: Placer County Board of Supervisors ★

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

Visit www.PlacerSentinel.com

BLOW OUT SALE!

25% OFF Storewide
60% OFF Ugly Rack (Outside)
All sales final. Not good with other offers.

While Supplies last

Shop Local Shop Now

SUN RIVER Clothing Co.

TASTE OF CHOCOLATE Feb. 8th
Daily 11-6 • Sun 11-5 • www.sunriverclothing.com

1585 Lincoln Way • Old Town Auburn
530-888-1585

The Silver Store

12th Anniversary Sale

This only happens once a year!
30% OFF Silver Jewelry
Special Savings on Selected Accessories

530-823-0573
111 Sacramento St., Ste. B
Gold Rush Plaza • Old Town Auburn

Sale Good Through 2-28-15

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:

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@PlacerSentinel.com
Be sure to place in the subject field "Attention to Publisher".
If you do not have email access, please call us at 530-823-2463.

Placer Sentinel is not responsible for unsolicited manuscripts or materials. The entire contents of the Placer Sentinel are copyrighted. Ownership of all advertising created and/or composed by the Placer Sentinel is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

For home delivery in Auburn, subscriptions should be mailed to:
Placer Sentinel,
7405 Greenback Lane, #129,
Citrus Heights, CA 95610.
Subscription rate is \$25 per year.
Placer Sentinel is published twice monthly. Call 530-823-2463 for more information. (ISSN # 1948-1918).

Publisher Paul V. Scholl
Editor Carol Guild
placereditor@mpg8.com

Advertising Sales Jodi Cottrell,
placersales1@mpg8.com
916-764-7185, 530-823-2463

Graphics & Layout Banerjee Designs
Stamp Removal Graphics

Distribution Assistant Gabriel Scholl
Accounting Nicholson & Olsen CPA
Web Master RJ at thesitebarn.com
JWS Promotions

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

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

MPG CALL (530) 823-2463 TO ADVERTISE

Auburn Ski Club's Ryan Stassel is FIS Snowboard Slopestyle World Champion

DONNER SUMMIT, CA (MPG)

Olympian Ryan Stassel (Anchorage, AK), a long-time athlete in the Auburn Ski Club (ASC) snowboard team, dominated the slope-style snowboarding field to take home his first-ever FIS World Championship title in Kreischberg, Austria on January 21st.

In a three-run, best-of format, Stassel showed the world that he meant business on Kreischberg's six-feature course, earning the two highest scores of the day. Stassel was the only rider in the field to land three 1260s, including a frontside double cork 1260 off the first jump, which earned him one of the highest scores in World Championships history (97.50). "I'm speechless," said Stassel after the event. "I have been working on that run for a long time and it feels really good to finally pull it all together here at the World Championships." Stassel's performance was more than enough to beat out 2013 World Champion Roppe Tonterri of Finland, who took home the silver.

"It was a great win for Ryan! After the Sochi Olympics and not riding as well as he would have liked to, it was good for him to win against some of the same athletes," said Stassel's ASC coach, Dylan Omlin. "It has been a long process and a lot of hard work for Ryan to get to this level. It's great to see it starting to pay off."

The ASC Training Center, located on Donner Summit, offers opportunities in Snowboarding, Alpine, Nordic, and Biathlon winter sports. ASC programs and junior teams are aimed at athletic achievement and family participation. Since 1928, generations of Northern California skiers and snowboarders have begun their lifetime of winter sports with ASC. The Training Center cross-country ski trails are groomed and open Wednesday through Sunday during the winter. For more information and to get involved in winter sports with ASC, visit www.auburnskiclub.org, email info@assoc.auburnskiclub.org, or call (530) 426-3313.

Source: Auburn Ski Club ★

Art Can Heal

Winter Show at Sutter Auburn Faith Hospital



"Ranch in Canyon" by Howard Koons will be on display during Sutter Auburn Faith Hospital's Winter Show. Photo courtesy Sutter Auburn Faith Hospital.

AUBURN, CA (MPG) - Splashes of color soothe and stimulate at the Art Can Heal Winter Show at Sutter Auburn Faith Hospital now through mid-April.

Art on display includes:

World View - photographs by Howard Koons is on display in the Art Can Heal Gallery

"I'm enamored with photography. My passion is travel. The two make the perfect combination," states photographer Howard Koons, "I'm trained in biological sciences, taught it as well as photography in my previous life in Malaysia and California, retired as a building contractor and now full-time photographic traveler. Fortunately my wife, Marlene, shares this zest for the foreign."

Recent works by Kathy Ryan is on exhibit in the Chapel Gallery

"I often dabbled with the notion that after retirement I might take up painting seriously, and I have done that," states artist Kathy Ryan, "I paint nature, antique cars and figures. I want to keep changing and adding to subject matter and skills, to capture the life in the foothills before it disappears. Another goal is to add social commentary in some paintings, and to create a sense of capturing a moment. Why do art? In a nutshell, it makes life more interesting and enjoyable! It's fun and challenging to create a painting and have it turn out. It also gives a very good feeling to create something beautiful."

Art Can Heal acrylics by Ronnie Stelling brightens the Garden Gallery
Graduating from Bemidji State University MN, with a BA Cum Laude the artist realized

that she was a full time artist. Ronnie Stelling decided that she wanted to give back by having the goal in mind of creating healing paintings. Other goals for the paintings are light, color, rhythm, energy, fun, the colors of light, the truth of nature, and the layers of life. Stelling has been exhibiting paintings and sculptures in galleries and museums for the last 45 years.

To purchase art, or learn more about the Art Can Heal Program and exhibition possibilities, please call Curator Laurie Barrows at (530) 389-8504 10 a.m. to 4 p.m. Monday through Friday, or email lauriebarrows@att.net.

To find out more about Sutter Auburn Faith Foundation, please visit the office at the hospital in Administration, or call (530) 888-4557.

Source: Sutter Auburn Faith Hospital ★

Rocklin Golf Club Wins Wedding Award

ROCKLIN, CA (MPG) - The Rocklin Golf Club (RGC) has received one of the wedding industry's most prestigious honors, the WeddingWire Couples' Choice Award 2015 for wedding ceremonies and reception venues.

"My chef and I feel so proud to have had a part in winning this award," said Christina Harris, RGC event manager. "To have this award for a Rocklin business is just fantastic."

The annual awards program

recognizes the top five percent of WeddingWire's wedding professionals nationwide who demonstrate excellence in quality, service, responsiveness and professionalism.

Winners are determined solely based on reviews from real newlyweds in the region, and their experiences working with RGC.

For more information about RGC call (916) 624-2402 or go to RocklinGolfClub.com. ★

For the One You Love

Cafe Delicias

- ♥ Ask for Our Sweetheart Special!
- ♥ Try Our Lunch Specials M-F, 11-3
- ♥ Don't Forget Our Senior Discount

La Familia Ramirez proudly serving authentic quality Mexican food to Auburn families for 50 years.



782-4004
211 Harding Blvd.
Roseville

624-5469
5190 Pacific Street
Rocklin

530-885-2050
1591 Lincoln Way
Auburn

530-887-0732
3031 Grass Valley Hwy.
Auburn

Open 7 days a week • 10am to 9pm

Call for Takeout • See Our Menu at www.cafe-delicias.com



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



Follow us on Facebook!



Happy Valentine's Day

Roper's Jewelers
Your Hometown Jeweler Since 1956

Downtown Auburn, 818 Lincoln Way 530-885-4852
North Auburn, 2288 Grass Valley Hwy. 530-885-8020

www.RopersJewelers.com

William Jessup University Opens First School of Education

ROCKLIN, CA (MPG) - William Jessup University (WJU), the Sacramento area's only residential four-year Western Association of Schools and Colleges (WASC) accredited private university, will launch a new School of Education during a ribbon-cutting ceremony at the university on February 5th at 1 p.m.

The School of Education delivers both graduate and undergraduate academic preparation to earn degrees and credentials. It prepares students to teach, lead organizations, and significantly contribute to the field of education. One of the goals of the school is to prepare undergraduate and graduate professionals to explore and develop character and ethical behavior to teach in schools throughout the world.

"The school purposely embeds the development of character into all of our programs and courses," said the school's Dean, Tim Gillespie. "We prepare graduates to be excellent educators who exhibit and teach character qualities that administrators and superintendents are looking for to represent their school districts and classrooms, and most importantly, to positively impact the lives of the students they serve."

WJU's School of Education has broad and sophisticated institutional capabilities that focus on

evolving capacities and pursuing the needs within the educational and training communities. The university is committed to providing dynamic undergraduate and graduate programs; conducting and connecting educational research to learning; collaborating and facilitating professional development opportunities; and continually cultivating professional relationships and partners locally, regionally, nationally and globally.

The program is unique because credentialing candidates learn to apply research-based best practices and find early access to the classroom. Candidates in these programs demonstrate excellent first-time pass rates on state mandated testing. Undergraduate candidates can expect to complete their undergraduate degree and credential in four years. Graduate candidates can complete their credential in 12 months.

Other areas of emphasis for the School of Education include research and professional development. Research projects will look at topics such as school dropout prevention, literacy, character development, and leadership. Professional development opportunities for students include utilizing a cohort model; workshops, conferences, and expositions; and STEM related

activities.

Founded in 1939 by William Jessup, WJU moved to Rocklin, California in August 2004. WJU is the first and only WASC accredited private four-year Christian university to have its main campus located in the greater Sacramento area, offering degrees in many different disciplines, including Bible and Theology, Biology, Business Administration, Christian Leadership, Creative Arts, English, Family and Children's Ministry, History, Intercultural Studies, Kinesiology, Liberal Studies & Credentialing, Math, Music, Organizational Leadership, Pastoral Ministry, Psychology, Public Policy, and Youth Ministry. In addition, the university offers a Master of Arts in Teaching. WJU also has a School of Professional Studies at its campuses in Rocklin and San Jose. Program concentrations include Business Administration, Christian Leadership, Counseling, Psychology, Criminal Justice, Organizational Leadership, Public Administration, and a Post-Baccalaureate Teacher Credential Program. For more information, please visit www.jessup.edu or call (916) 577-2200.

Source: William Jessup University ★

Placer Community Foundation Honors Donors for Giving Back in 2014



ReDirect Camino Nuevo's middle and high school Aztec dancers performed at PCF's donor event at the Blue Goose in Loomis. Photo courtesy Placer Community Foundation

LOOMIS, CA (MPG) - Placer Community Foundation (PCF) recently honored about 200 of its donors at the Blue Goose Fruit Shed in Loomis. Guests learned about the many ways their philanthropy impacted Placer County in 2014 and were the first to view a two-minute video showing the impact of PCF's Community Needs Fund on Placer County today.

Todd Jensen, a member of PCF's Board of Directors began the evening by announcing that in 2014, 74 charitable funds managed by the Community Foundation distributed \$660,000 in grants. He went on to honor retiring PCF Board members Justice Keith Sparks and Kelly Richardson, whose forward-thinking initiative helped to create Placer Community Foundation and grow it to over \$12 million in charitable funds, 22 percent of which are unrestricted.

Attendees then heard from PCF's Chairman of the Board Pam Constantino, who spoke of the decision she and her husband made to support PCF's unrestricted Community Needs Fund. "I know we made a difference in our community that we could not have made by ourselves," said Constantino. "We have confidence in the staff and Board at Placer Community Foundation to determine the community's greatest needs and to meet those needs." Attendees also heard from Jose Luis, a participant in ReDirect Camino Nuevo's programs to support at-risk youth in Placer County, who spoke emotionally about the impact ReDirect has made on his life. ReDirect was a 2014 Youth Development grantee, funded through PCF's Giving Circle. "I was being bullied, so I joined a gang because I thought that would help," said Luis. "I was getting in trouble at school and with my family until I joined ReDirect. It changed the way I look at the world. I want to go to college, major in psychology, and help other teens because being a teen can be the hardest part of life." Attendees were also treated to a dance performance by three middle and high school girls from Lincoln. They took part in ReDirect's programs, and because of a grant from PCF are



Left to right: PCF's Chairman of the Board, Pam Constantino, retiring PCF Board member Justice Keith Sparks and Community Foundation CEO Veronica Blake. Photo courtesy Placer Community Foundation

connecting to their cultural heritage and empowering themselves through Aztec drum and dance.

Finally, donors enjoyed a delicious, locally prepared meal by Chef Laura Kenny, author of, "Placer County Real Food" and "The Art of Real Food."

The event was sponsored by SAFE Credit Union, Justice Keith and Mary Sparks, and Carpe Vito.

About Placer Community Foundation
Placer Community Foundation (PCF) grows local giving to strengthen our community by connecting donors who care with causes that matter. Known for sound financial management and knowledge of the nonprofit sector, the Community Foundation continually monitors the region to better understand the nature of local needs, so that it can invest in areas such as arts and culture, education, health and human services, and the environment. The Community Foundation provides regular trainings and technical assistance for the many local nonprofits that are experiencing growing public demand for programs and services. To learn more about establishing charitable funds, visit placercf.org, contact Veronica Blake at vblake@placercf.org, or call (530) 885-4920. ★

Aging Californians Create Demand for Homecare Professionals

Sacramento-Based Franchise to Hire Nearly 180 Caregivers in 2015

SACRAMENTO REGION, CA (MPG) - As America's aging population continues to grow, the need for caregivers has become increasingly apparent. Home Instead Senior Care®, a global provider of home care services for seniors, has announced that its Rancho Cordova-based franchise anticipates hiring nearly 180 caregivers in 2015 across three franchises serving Sacramento, Placer, Nevada, and El Dorado counties.

According to the U.S. Census Bureau, by 2050 the number of Americans aged 65 and older will be 88.5 million, more than doubling the 2010 population. More than 65 million people, 29 percent of the U.S. population, provide care for a chronically ill, disabled, or aged family member or friend during any given year, and they spend an average of 20 hours per week

providing care for their loved one. As the baby boomer generation ages, many more will be faced with this responsibility. Not surprisingly, the demand for caregiving services is outweighing the availability of professional caregivers.

"We're looking for compassionate and caring individuals who enjoy helping others," said Buck Shaw, owner of the Home Instead Senior Care offices serving Sacramento, Auburn, El Dorado Hills, and all surrounding areas. "These people improve the lives of families in our communities, which can be very satisfying. For recent graduates, job hunters, or employed individuals looking to make a change, a career working with seniors can be a very rewarding experience."

Shaw added that becoming a caregiver is a great option for

individuals looking for a job with a flexible schedule and no medical skills or training required. Not only do caregivers maintain a healthy work-life balance, they also often develop a personal connection with their clients and become a part of the families they support.

While training is not a requirement to be hired, once through the door individuals go through a comprehensive training program where they learn the skills necessary to enhance the quality of life of seniors by providing support that allows them to remain in their homes.

For more information on Home Instead®, visit www.homeinstead.com/CAREGIVER/JOB-REQUIREMENTS/ or call (916)920-2273.

Source: Home Instead Senior Care ★

Give A Monstrous Gift for Valentine's Day!



MONSTERS OF MASSAGE

"It Takes Monsters To Get Demons"

VeLoyce Shackleton

455 Main Street, Ste 1, Newcastle, CA 95658
916-663-0109 • 530-274-2296

www.monstersofmassage.com



Serving the area since 1979

Hearth & Home

In the Victorian Village

- Stoves • Fireplaces • Inserts
- Wood • Gas • Pellet
- Patio Furniture • Fire Pits

Mon - Sat 9-5

1163 Grass Valley Highway, Auburn, CA 95603 • Fax (530) 823-5834

www.lconHearthAndHome.com • email: cindy@lconHearthAndHome.com



Mid-Winter Sale

SAVE \$200-\$400



Professional Consultation & Installation Services

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



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. #317001892





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



Dry January Heightens Drought Concern



General Manager David Breninger (left) receives the National Water Resources Association (NWRA) Distinguished Service Award from NWRA President Dave Koland. Photo courtesy of PCWA

PLACER COUNTY, CA (MPG) - Continuing dry weather is a concern to leaders of the Placer County Water Agency (PCWA).

An update on current precipitation and water storage was presented Thursday, Jan. 15 to the PCWA Board of Directors by Deputy Director of Technical Services Tony Firenzi, who is serving as the agency's drought project manager.

Firenzi said that PCWA and PG&E are operating mountain water systems "very conservatively" to store as much water as possible for the coming year. "The late December rains improved conditions over last year at this time," said Firenzi. "But the almost complete lack of snow in the mountains is a serious concern."

"Available water storage is in better shape this year than last year," Firenzi said. "PG&E's Yuba River Drum-Spaulding Project is storing more than 80,000 acre-feet of water, up from 40,000 a year ago and Folsom Reservoir has risen to over 400,000 acre-feet, up from 200,000 acre feet a year ago," he said.

"Customers are to continue to conserve and use water efficiently as drought conditions continue to prevail across the State," said David Breninger, general manager.

In other business, PCWA directors:

- Heard a presentation on the proposed 2200-acre Placer Ranch master planned community on the northern edge of Roseville. Project representative Jeff Jones said the project is planned to include a 300-acre site for a new combined Sacramento State and Sierra College campus along with a variety of residential, commercial and public land uses. Jones said planning is expected to continue for the next 18-24 months.
- Heard a presentation from John Costa, director of governmental and public affairs for the North State Building Association (BIA), who said new home construction in the region is continuing on an upward pace. Costa said water availability is key to future growth and applauded PCWA staff for participation and leadership in regional planning. "We appreciate your staff very much," he told the board. "PCWA is good to work with and always out in front."
- Heard an update on the energy market and summary of PCWA's 2014 power production from Power Scheduling Manager Ryan Cline.

Because of the drought, the agency's hydroelectric production was only half of average - 513,000 megawatt hours last year. However, he said using increased flexibility of operation the agency's revenue for the year was on target.

Congratulated General Manager David Breninger for receiving the National Water Resources Association Distinguished Service Award on January 14, in recognition of his contributions to our nation's water resources management and development.

The next regular meeting of the PCWA Board of Directors will be held on Thursday, Feb. 5, at the PCWA Business Center, 144 Ferguson Road, Auburn. The board will hold adjourned meetings on Jan. 22 and Jan. 27 as directors consider the hiring of a new general manager to replace David Breninger, who retires March 6 from a 23-year career with the water agency.

Information on PCWA board meetings may be obtained through the clerk to the Board at (530) 823-4850 or (800) 464-0030. For drought updates and water conservation information, go online at www.pcwa.net. ★

Join SIRS at Feb. 5 Lunch Social

PLACER COUNTY, CA (MPG) - Retired? Looking for a social outlet? Join Sons In Retirement (SIRS) Branch 37 during its next lunch social at 11 a.m., Thurs., Feb. 5 at the Auburn Elks Lodge, 195 Pine Street, Auburn. Tony Firenzi, deputy director

of technical services at Placer County Water Agency (PCWA) will give an overview of what the agency is doing about the drought situation, and some insight on PCWA's future planning. The SIRS group has many

activities, including poker, golf, computers, model airplane flying, bocce ball and more. New members are welcome. There are no dues. For more information call (530) 885-9099 or email ranger_r@pacbell.net. ★

FOL Program to Feature "Itty Bitty Treasures"

AUBURN, CA (MPG) - The Friends of Auburn Library (FOL) NOON Program on Feb. 6 is "Itty Bitty Treasures." The program will be in the Beecher Room of the Auburn Library, 350 Nevada Street, Auburn starting at noon.

The program is a free community event. Speakers will be Renate Winter, president of the Itty Bittys, a dollhouse and miniatures club in Carmichael, and members Darwin Spring and

Beverly Taft. They will tell about European and American dollhouse history. They will also have several roomboxes displayed in three different scales. For more information, go to FOLAuburn.org. ★

A Rockin' Celebration at the Boys & Girls Club



AUBURN, CA (MPG) - The Boys & Girls Club of Placer County donor celebration and annual meeting will be held at 5:30 p.m., Thursday, Feb. 5 at the

Mullin & McAdams Clubhouse, 679 Lincoln Way, Auburn. There will be hors d'oeuvres, wine and beer tastings. And the program will feature

the Club Kids. For more information call (530) 889-2273, email cwoods@bgcplacercounty.org or visit www.bgcplacercounty.org. ★

Show Her How Special She is With A One-of-a-kind Gift at the Sweetest Price!

AUBURN JEWELRY & LOAN

Loans • Buy • Trade • Sell
Most Anything of Value

948 Lincoln Way # C
Auburn, California 95603
Downtown Auburn

530-885-9219 • www.auburnpawn.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

RUHKALA MONUMENT CO.

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

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



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

Apple Tutoring



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

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



Paw Pals



ADOPTABLE PETS

Placer County Animal Control (PCAC)

11251 B Avenue, Auburn, CA 95603

Open Tues-Sat 9-5,
ext. hrs. Wed until 7

Closed for lunch 1-2 daily
Closed Sunday, Monday and
County holidays

For adoption/donation information
530 886-5541 • 530 886-5538

Angels Rescuing Kritters (ARK)

9 Depot Street, Colfax, CA 95713

Open Tues-Sat noon-4

Closed Sunday and Monday

For adoption/donation information:

530 637-4635

www.angelsrescuingkritters.com

Friends Forever, A Cat Sanctuary (FFACT)

359 Nevada St., Auburn, CA 95603

Open Tues-Fri 11-4, Sat 11-3, Sun 12-3

Closed Monday

For adoption/donation information:

530 885-4228 • fax 530 885-8116

Placer SPCA Companion Animal Care Center

150 Corporation Yard Rd.

Roseville, CA 95678

Open Tues, Fri, Sat, Sun 11-4

Open Wednesday & Thursday 2-7

Closed Monday and holidays

For adoption/donation information

916 782-7722, 530 885-7387

customer care@placerspca.org

Placer SPCA Pet Adoption & Resource Center in Auburn

1482 Grass Valley Highway

Auburn, CA 95603

Open Daily 12-4:30,

Closed major holidays

For adoption/donation information

530 823-7722

auburn@placerspca.org

Animal Spay & Neuter Clinic
3524 Koa Way, Auburn, Ca 95602
Vaccinations Tues-Thurs 10 to 2
Surgery Mon-Thurs
by appointment only
Wellness Clinic-Tues-Thurs 1-2:30
For appointments and information
530 889-8800
www.animalspayneuter.com

We do **purrr-fect** work!!



AUBURN BODY SHOP
Celebrating **51** Years of Service

196 Nevada St.
Auburn, CA 95603
Same location since 1964

530-885-5582 • auburnbodyshop@sbcglobal.net
Fax 823-7316 • www.auburnbodyshop.com

Complete Collision Repair Free Estimate Family Owned and Operated Howard Davidson Dave Davidson



• New
• Reroofing
• Repairs

Auburn ROOFING INC.
SHEET METAL - GUTTERS

Complete Roofing Expert
Specializing in Residential Reroofing

Prompt Emergency Service 823-9900
CA License # 375323

130 Elm Avenue, Auburn
Fax (530) 823-9903 • www.auburnroofing.com



Gregg's Music Center



Featuring **Roland Atelier**

Dylan
Male, Black and White
Domestic Shorthair,
4 yrs. old (ARK)

Private & Group Keyboard and Organ Lessons

180 Cleveland Avenue • Auburn, CA 95603
(916) 740-5120
E-mail: greggsmusiccenter@gmail.com



Kat Tails Pet Grooming
All Breeds of Dogs and Cats

(916) 652-5084
(916) 532-6880

\$5 OFF
with mention
of this ad

455 #3 Main St.
Newcastle,
CA 95658



Marilyn's Fashion-a-tions

Check Out the Deal of the Day!

Missy Blue
Female, Gray and white,
Staffordshire Terrier,
6 yrs. old (ARK)

866 Lincoln Way (530) 823-2468
Auburn, CA 95603 fax (530) 878-7581
E-mail: mwelz@inreach.com



Open 7 Days a Week

The Daily Egg

Hours: 7 am to 3pm

Hen
female, red and brown - (PCAC)

844 Lincoln Way • Auburn, CA 95603
(530) 878-5325 • Cell (530) 613-4364
vidal.melissa@gmail.com



Help these pictures disappear.
Please Spay and Neuter Your Pets.

S.O.S. APPLIANCE

Appliances in Distress call SOS 530-823-2560

242 Sunrise Avenue, Colfax



Donations & Volunteers Needed!

THRIFT SHOP
"the Cat's Meow"

Got Books? Pack them up and donate them.

Alexa
Female, Orange Tabby,
3 yrs. 9 mo. (FFACT)

359 Nevada St., Suite 101-103, Auburn, CA 95603
Tues - Fri 10-4 Sat 11-3

530-885-4228

Adjacent to the Adoption Center



ANDERSON'S SIERRA PIPE CO.

Pump Sales & Service
Kitchen & Bath Design & Sales

Plumbing
Irrigation
Pipe
Electrical

Golden Fire GOLDEN FIRE WOOD FUEL PELLETS

(825 Nevada Street • Auburn CA 95603)
(530) 885-8475 • Fax (530) 885-4643




"My name is Meli, short for Melody Singer and I am an American Eskimo/Sharpei to the best of my knowledge. My Paw Pal Jodi brought me home from Placer County Animal Control almost 12 years ago when I was very young. After visiting cold Illinois for 10 years (thank goodness for my double coat), I am now back in my warm Auburn home."

Jodi is trying to get my new friends adopted so they will have nice homes and families like mine. If you adopt one of my friends, call or send a picture of your new addition to Jodi at 916 764-7185 or email her at placersales1@mpg8.com to be featured in the next Paw Pals page."

Want to sponsor a pet?
Call Jodi because she has her old job back.
Thank you and have a great day!

PLACER SPCA
Society for the Prevention of Cruelty to Animals




"Enhancing the lives of companion animals and supporting the human-animal bond since 1973."

SUPPORT US!

Please visit our website and select one of the options below to learn how you can help.

- Support the Placer SPCA Guardian Angel Program
- Planned Giving
- Corporate Partnership
- Memorials & Honorariums
- Kennel Sponsorship
- Special Events
- Other Ways to Give

Adoption

PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. Choose from families Nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions 866-413-6296 Void in Illinois/New Mexico/Indiana (NANI)

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)

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)

1\$SSS Cash for Cars! Top Dollar Paid. Running or not! All makes and models accepted. Free Towing. We're local! Open 7 days a week. 1-888-989-2810 (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)

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

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 (MPG 06-30-14)

Career Training

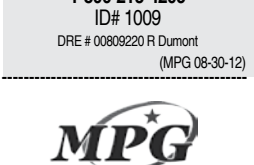
AVIATION Grads work with JetBlue, Boeing, NASA and others - start here with hands on training for FAA certification. Financial aid if qualified. Call Aviation Institute of Maintenance 888-686-1704 (NANI)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (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 # 0089220 R Dumont (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)

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! Call Now for a FREE Market Analysis of Your Home (916) 992-9922 Dare & Associates Real Estate License #01228753 (MPG 06-30-13)

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 1-15-15)

For Sale

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

Chairs, Matching Barcalounger Recliners; Jade, Excellent Condition, Asking \$150 each. Call (916)728-1362 (MPG)

For Sale Mobile Home

\$19,999 55 & over community. Well maintained 2 bedroom 2 bath. Castle City MHP Newcastle CA. For more info email cbwoods72@gmail.com (MPG 02-28-15)

Handyman

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

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)

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: 916-434-5894 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 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)

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 (MPG 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 888-686-1704 (NANI)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 855-341-6281 (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 # 0089220 R Dumont (MPG 08-30-12)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)



Heating & Air

VICTORIA HEATING & AIR CONDITIONING
Lic#8773739
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/tnmg (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)

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)

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)

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)

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

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

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)

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)

Inhome Childcare

Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collier@surewest.net

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (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)

EARN \$200⁰⁰ per month for just a few hours' work per week

CALL 530-823-2463 (MPG)

Got Local News?

Call 530-823-2463

Sudoku Puzzle on Page 8

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

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)

TOP CASH PAID FOR OLD GUITARS! 1920's thru 1980's. Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Fickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins/Banjoes. 1-800-401-0440 (NANI)

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

SELL/RENT YOUR TIMESHARE Now! Guaranteed Services find more buyers/renters. NO GIMMICKS JUST RESULTS! www.BuyATimeshare.com 1-888-879-8612 (NANI)

HERO MILES - to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse.org (NANI)

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 800-980-6076 for \$750 Off. (NANI)

CASH FOR CARS: All Cars/Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer. 1-800-864-5960 (NANI)

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

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)

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)

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

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

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)

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)

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. freddieballbert1@yahoo.com. 530-263-6926 (MPG)

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)

Yoga

Your Fitness Genie Making Your Fitness Goals Come True! 14 Years of Experience
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active. Call Today! Jenn@YourFitnessGenie.com (916)768-8767

Yoga

Your Fitness Genie Making Your Fitness Goals Come True! 14 Years of Experience
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active. Call Today! Jenn@YourFitnessGenie.com (916)768-8767

Yoga

Your Fitness Genie Making Your Fitness Goals Come True! 14 Years of Experience
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active. Call Today! Jenn@YourFitnessGenie.com (916)768-8767

Yoga

Your Fitness Genie Making Your Fitness Goals Come True! 14 Years of Experience
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active. Call Today! Jenn@YourFitnessGenie.com (916)768-8767

Yoga

Your Fitness Genie Making Your Fitness Goals Come True! 14 Years of Experience
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active. Call Today! Jenn@YourFitnessGenie.com (916)768-8767

Yoga

Your Fitness Genie Making Your Fitness Goals Come True! 14 Years of Experience
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active. Call Today! Jenn@YourFitnessGenie.com (916)768-8767

Yoga

Your Fitness Genie Making Your Fitness Goals Come True! 14 Years of Experience
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates
Safe, Effective, Functional Resistance Training
Be Active. Call



No Fixing a Fool

Compassion." The Hebrew sages had a word for one who could not be helped. They called such a person a "fool."

There was a time when a fool was merely an entertainer. Fools were common in the palaces of kings and queens, court jesters who made the monarchy laugh. It was not the most secure job, as the fool could easily be beheaded or disemboweled for a bad joke. Thus, a fool was someone who not only had the job of being laughed at, but over time became anyone idiotic enough to even take such a job.

As the word and its use have evolved over time, a fool is someone who simply "lacks good judgment." Maybe it is immaturity. Maybe it is ignorance. Maybe it is inexperience or a lack of education. It's a person not capable of making good choices. The book of Proverbs goes further. In that ancient book of Hebrew wisdom, a fool is described a hundred or so times. The word means "fat," "heavy," or "thick."

It is someone who is immovable, stuck, unyielding, and stubborn. It is the person who refuses to "get it," who refuses to learn, and refuses to accept correction or critique. This person cannot be taught - not by people and not by his or her circumstances. In the words of Hebrew scholar William Wilson, "The fool has a weak mind but confident expectations," so it's damn the torpedoes, full speed ahead, and nothing you say or do will make a bit of difference with such

a person. If you don't believe me, go into business with a fool, marry a fool, move in with a fool, work for a fool, hire a fool, and you will discover it to be one of the most maddening experiences of your life. The better part of wisdom is to keep some distance, for a fool is as dangerous and toxic as poison, and will suck you into a never-ending death dance.

Now, I know this can be hard wisdom to accept, especially for those of us who are engineered to "help" others. We want to solve their problems, be a listening friend, or offer a little support while they are down on their luck. In most cases, this is gracious and appropriate intervention, but when it comes to the fool, there is no fixing them. You might as well try to rescue a drowning man who is still fighting the water. Both the savior and saved will drown in the struggle.

No, I'm not advocating a lack of compassion for those who need some help along life's way. I'm only calling attention to the fact that, in the words of the old Greek proverb, "Talking sense to a fool only makes you foolish." For once you are tangled up with one who refuses to learn or listen, he has a way of making you look and behave like an idiot as well.

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

Zen Buddhists use a descriptive phrase that we who are Christian should adopt as our own. The phrase is "Idiot's Compassion." It was first used by Chogyam Trungpa, a provocative and controversial Tibetan who helped bring Buddhism to the West in the 1970s. According to Trungpa, "Idiot's Compassion" is this intense desire to help someone who is in need, but this benevolent desire blinds the do-gooder from seeing reality.

The classic example of such behavior is the relationship between the addict and the enabler. Suppose an alcoholic friend comes to you in much suffering. Her body is racked by convulsions and tremors. She is financially used up. She is tormented by her disease. She begs you for a drink. You are persuaded to offer her a drink - just one drink - to alleviate her immediate pain. You do this, in your own mind, out of mercy. Yet, this act is far from merciful.

In providing the addict another drink, another high, or another hit, you have actually given her more of the poison that will ultimately take her life. This is not mercy. It is foolish cruelty. It is "Idiot's

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 rigmarole 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.jamessnyderministries.com. ★

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Put a Twist on the Traditional with Fried Wonton Tacos



"A switch on taco night!"

Each bite of Mindy Sena's Fried Wonton Tacos are super savory and make a wonderful appetizer. But, add some rice and refried beans and you can turn these yummy apps into a memorable Mexican-inspired meal everyone is sure to love!

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

www.justapinch.com/wontontaco

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

- Janet

Fried Wonton Tacos

What You Need

- 1 lb ground beef
- 1 pkg taco seasoning mix
- 16 wonton wrappers
- 1 c Mexican blend shredded cheese
- 1 large chopped tomato
- 1/2 c shredded lettuce
- 1 small onion, diced
- 1 can black olives, sliced
- 1/2 c water
- 3/4 c canola oil

Directions

- In a skillet, brown hamburger until no longer pink. Drain hamburger. Add taco seasoning and 1/4 cup water. Let simmer.

- Chop tomato, lettuce and tomato. Set aside.
- Fill wonton wrappers with 1 tablespoon of hamburger, sprinkle with cheese and fold in triangle. Brush edges of wontons with remaining water to seal the seams.
- In a medium skillet, warm oil over medium high heat. Add wontons, brown on each side, about 2 minutes.
- Remove from skillet once golden and crispy. Place on paper towels to absorb any grease.
- Add toppings, as you would a taco. Serve with refried beans and rice, or as an appetizer.

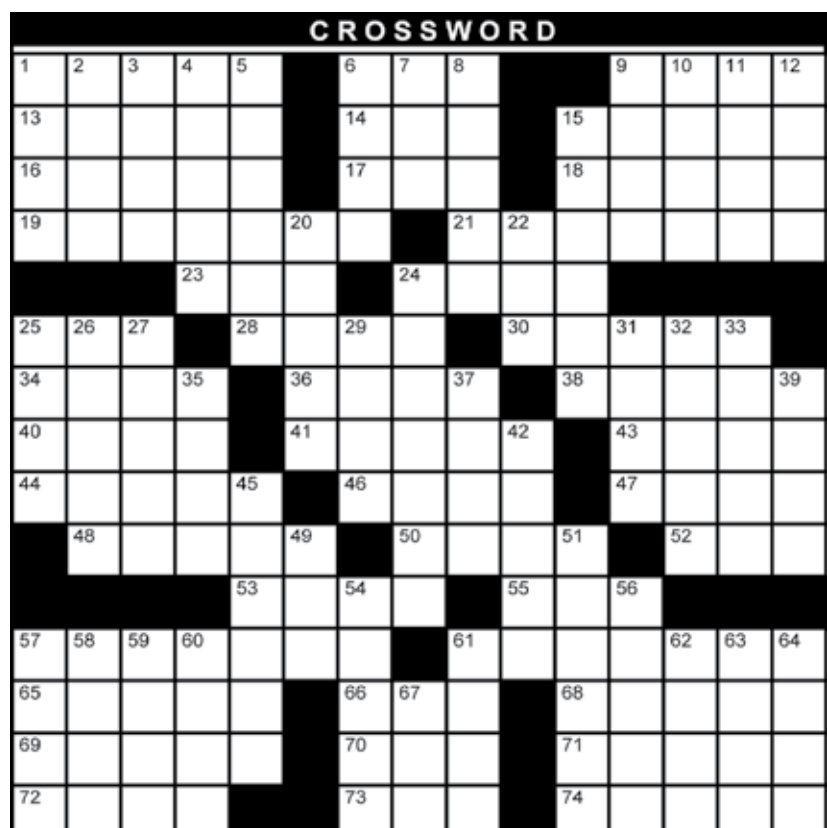
Submitted by: Mindy Sena, Burlington, IA (Pop. 25,663)
www.justapinch.com/wontontaco

Brought to you by American Hometown Media

STATEPOINT CROSSWORD • SUPER BOWL

CLUES

- CROSSWORD**
- ACROSS
1. Supporting workers
 6. Military activities
 9. Self-satisfaction
 13. *Mike Ditka has his own brand of this smoke
 14. One who is not Jewish, Yiddish
 15. Done for dramatic affect?
 16. Often done for one's sins
 17. Unagi
 18. Garment enlarger
 19. *The _____
 21. *Winners of first two Super Bowls
 23. Après-_____
 24. Keep it up?
 25. State V.I.P.
 28. Starch used in Asian food
 30. Extremely tiny
 34. Top of Kilimanjaro, e.g.
 36. Texting button
 38. Result of too much pressure
 40. Pharrell Williams' 2014 album
 41. Last European colony in China
 43. Muslim honorific
 44. Tax evader's fear
 46. *Something to play for
 47. Track _____
 48. Confusion
 50. Feudal laborer
 52. Like humor or martini
 53. Charades action
 55. 401(k) alternative
 57. *Super Bowl host state
 61. Fracas
 65. Precedes birth
 66. Former measure of U.S. economy
 68. Made cow noise
 69. Mixtures
 70. Earned at Wharton or Kellogg
 71. "_____ it!" said the accused
 72. *Hendricks and Ginn Jr.
 73. Make a scene
 74. Type of car
- DOWN
1. Wound, eventually
 2. South American monkey
 3. All excited
 4. Vampire's feature, pl.
 5. One who _____ out at the site of a snake
 6. Curved molding
 7. "The Raven" writer
 8. Airy spirit
 9. Dropped or fell
 10. Source of artist's inspiration
 11. _____friendly
 12. Understands
 15. Alfresco meal
 20. Unhealthy vapors
 22. *Teams rely on this kicker sense
 24. To the point
 25. Lady of "Applause"
 26. Poppy product
 27. Opera composer Giuseppe _____
 29. *Cleats, helmet, pads
 31. Pack like sardines
 32. Was violently angry
 33. Shade of yellow
 35. *49
 37. Copenhagen native
 39. *Super Bowl halftime performer
 42. Finno-_____ language
 45. Malignant or benign ones
 49. Bowling target
 51. Drab and unattractive people
 54. Molten rock
 56. Before, in the olden days
 57. Sir Mix-____
 58. Rapid series of short loud sounds
 59. Footnote acronym
 60. Menageries
 61. A quarrel
 62. *Not a Super Bowl party without it?
 63. Bulgarian money
 64. Place of forbidden fruit
 67. *Where to watch



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 *Offer subject to change based on premium channel availability

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

FREE PREMIUM MOVIE CHANNELS* For 3 months.
HBO, SHOWTIME, CINEMAX, STARZ

esurance on Allstate company

SUDOKU

you could save 28%*
Call 1-800-970-4376 to see how much you could save on car insurance.

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.

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

Come back every week for Crossword and Sudoku!



NEVER GIVE UP

Faith B's Bridge Home

trafficking consists of forced farm labor, sweat shops, and domestic servitude situations.

Faith said, "The demand for young boys is growing, also victims are mostly Black and Hispanic." One alarming fact came out when Faith said "Law Enforcement turned a blind eye to this activity." Professional men were forced on her as well as date rape drugs and I.V. hard drugs that turned her into an addict. She said that fear kept her from trying to escape. She was forced to recruit innocent victims while continually being physically brutalized.

Finally at 38 years old, Faith B. found her Bridge over troubled waters, Bridge Network. Faith credits Peggy Fava with saving her, but Peggy's organization embraced Faith with mentoring and classes and a broader family of well-trained teachers with programs to help guide troubled youth back into society as strong, hopeful citizens. Peggy would call to attend the avenue that traffickers look for future victims. The Internet, i.e. Facebook, Instagram, and Twitter are ways traffickers befriend our innocent youth.

Auburn has felt the presence of this illegal activity when the Asian Massage Therapy was busted in July 2014 after a seven-month-long investigation for suspicion of pimping, pandering, and possible human trafficking. Operating for almost two years makes me wonder who in this town were their customers? Auburn police Chief John Ruffcorn said, "We respect that

there are some legitimate massage businesses out there but there are illegitimate ones as well."

Good mentoring from Bridge Network and praying with the compassionate Peggy Fava got Faith this far. Faith knew ahead of time the questions I would ask and I knew what her answers should be. When I heard her voice cracking, I clenched my fist to show her to be strong. The last two questions were for Faith to give inspirations. Yes, mentoring in nature. I asked her to speak to young people and their parents. Faith B. said, "If I had a mother that cared or was concerned of my whereabouts or safety things might have been different." To parents, she said, "Be involved, let them talk to you. Listen to your kids." "Be open; make them feel comfortable. Be available; make time."

I then asked Faith to address a possible victim now in the hands of a trafficker. She said, "Be strong, you've been in a risky life style. You've been taking risky chances with risky people. Take one more step to be brave. There are people out there to help. It will be there. Take that chance. It takes some time and courage, of course. A little bit of clarity. Lots of prayer and deep breathes and you'll get there."

I said to her, "You are so brave, anyone can see your heart, your pain, and hope. You give hope to people, Faith."

I gave her a bouquet of roses and Peggy and I got a hug from a strong woman who would NEVER GIVE UP named Faith B. ★



POPOFF!

with Mary Jane Popp

AMAZING PREDICTIONS PART II

Time to continue the predictions of the Amazing Kreskin. Keep in mind that he told me on my POPPOFF Radio Show that he is not a psychic, but more like a Mentalist, but his predictions have been spot on in the past. So let's get on to the "More to Come" for 2015.

1) With all the insanity happening around the world the past couple weeks from France to Belgium, I found what Kreskin had to say about our war on terror was fascinating. He was asked how long the war with this enemy will last. His prediction is that there is no one alive today who will see the end of this war. Study history, and one will find that the longest wars in history have been religious wars. A more recent tool is now available to war mongers and terrorists...one that was not available to Hitler or Stalin. It's the internet that makes it possible for a well-organized group

to attract followers. There are a sufficient number of discontents and evil people in every society all through history but, in this case, they can be attracted and acquired through messages on the internet. The messages arouse their inner turmoil.

2) There will be a small but significant movement urging young people to go to college immediately after they leave high school. Kreskin has urged this quietly, but seriously, that many young people going to college are not prepared for the commitment, dedication and hard work. They need to go into an everyday setting to understand what the world is all about. Then, after having a small but constant job, when they go to college, they will be more prepared with their new values of hard work commitment. Interestingly enough, in the past two years, Princeton University has publically stated this could be the best policy for young people.

3) There is going to be an interesting resurgence of the popularity of gossip columnists, the likes of which we have not seen since Hedda Hopper and Luela Parsons, and even Walter Winchell. However, the columns will come from a different source. They will come from local cities and individuals digging into neighborhood activities, and it will go up on the internet that will create their

own gossip column filled with half-truths, rumors, etc.

4) The home market and auto industry and the sale of cars will drop for young people. They will find less desire to buy a car and move into a house. The reason? Lack of job opportunities and the move to larger cities, and no need for a car with parking etc. As for homes, it would be madness to consider buying in a larger city with prices the way they are. Moving in with multiple roommates will be more feasible.

5) As the minimum wage increases, many service businesses will cut the number of workers. Already in preparation are electronic devices where individuals will no longer wait for a human in a restaurant. They will fill out a form and be alerted when their food is ready, then picked up by the customer at a source or delivered by a waiter. The remaining servers will get an increase in salary, but there will be less jobs available.

So that's 2015 through the eyes of the Amazing Kreskin way. Kreskin will join me again soon, and we will check out how some of these predictions fared. Don't forget, you can get to know the Amazing Kreskin in "Conversations with Kreskin" or you can check out his website at www.kreskin.com. Amazing isn't it? ★

On my recent Never Give Up TV show, I sat riveted to my seat as I interviewed a Survivor of 20 years in the human/sex trafficking world. Also joining us was "Bridge Network," a non-profit organization and its Executive Director and Founder Peggy Fava who helps at-risk youth and victims of domestic trafficking.

Human/sex trafficking has been identified as the largest human rights violation in the history of mankind and a form of modern-day slavery.

Faith B. was the name I gave this 41-year-old survivor to protect her identity. I met with Faith face to face two days before the interview to go over what she wanted to talk about and to gain her trust, and I did. As I listened to her emotionally filled story on my show, I just wanted to reach out and embrace her, but that is not easy for her though she trusted me. What weakened her to the luring hands of these evil traffickers was the fact that she was molested from the ages of 4 to 15 by a family member and getting involved with the wrong crowd as a teenager in Sacramento.

20 million victims worldwide are lured in to this \$120 billion dollar a year illegal business; 55% are woman and girls and 5 million are children. Sex is a major component but human

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

Weekdays	
6 - 9am:	The KAHl Morning News with Casey Freelove and the KAHl News Team
9am - Noon:	The Dave Ramsey Show
Noon - 1pm:	The KAHl Noon News with Mary Jane Popp and the KAHl News Team
1 - 4pm:	The Savage Nation
4 - 6pm:	The KAHl Afternoon News with Bob Stephenson and the KAHl News Team
6 - 7pm:	Poppoff with Mary Jane Popp
7 - 10pm:	Sports Byline USA with Ron Barr
10 - 11pm:	TMZ Sports
Saturdays	
6 - 7am:	A Time for Seniors
7 - 8am:	The Swap Shop
8 - 9am:	The KAHl Corral
9 - 10am:	The Garden Goddesses
11am - 12pm:	The 45 Guy with Mike Mackenzie
12 - 7pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Rewind with Jimmy Jay
Sundays	
7:30 - 9am:	Cruisin' Garage & Swap Meet
9 - 9:30am:	The Crossroads Radio Show
10 - 11am:	The Dew Sweepers Golf Show
11am - 6pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Hearts of Space

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

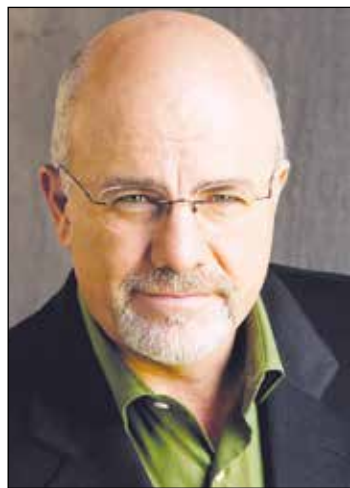
Listen to Placer High School and Del Oro High School football games, Friday nights on KAHl.

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 KAHl 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

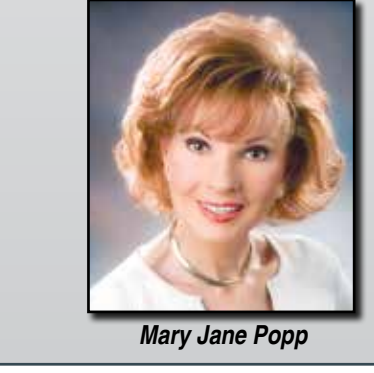
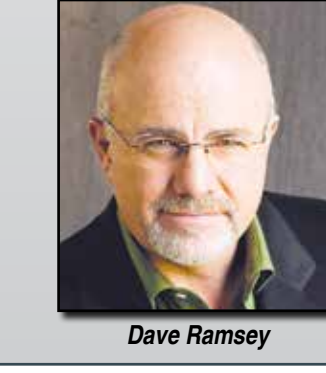
Dear Dee,
 This is a grown man we're talking about, and if he's going to take on the lifestyle and actions of a grown-up he needs to act like one and take care of his responsibilities. I understand

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. ★



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



Photos courtesy of Getty Image

A Healthy New Addition to Your Diet

UNLOCKING SPROUTED GRAINS

FAMILY FEATURES

Sprouted grains have been popular among health food junkies for years, but they've only recently hit the mainstream, popping up everywhere from breads and cereals to restaurant menus. This hot new healthy ingredient has loads of nutritional benefits and is increasingly easy to find. But what exactly are sprouted grains?

A sprouted grain is the beginning of a grain seed's life cycle, before it becomes a mature plant. Given just the right temperature and moisture conditions, the outer layer will split open and a young shoot will sprout out of the grain, releasing vital nutrients and enzymes stored inside. Grain seeds are similar to long-term storage packages, designed to keep their goodness locked inside until conditions are right to grow a new plant.

According to the Whole Grains Council, the sprouting process can increase the amount and availability of some vitamins (notably vitamin C) and minerals, making sprouted grains a potential nutrition powerhouse.

"With the attention paid to gluten-free, a dark cloud has been surrounding whole grains for several years," said registered dietitian, Kashi nutrition partner and author,

Toby Amidor. "Unless you have celiac disease or other individual needs, whole grains — including sprouted grains — are an important part of a healthy diet."

"Sprouted grains are a delicious way to add fiber and essential minerals such as iron, zinc or magnesium to your diet," continued Amidor. "They aren't just for the serious health food aficionados anymore — many new packaged foods feature these unique and nutritious grains."

Eating real, pure foods is at the core of a healthy lifestyle. By taking a closer look at packaging while at the grocery store, you can find items made with wholesome ingredients and positive benefits. These days, many grocery stores carry a variety of nutritious options on their shelves as well.

"People don't always check the nutrition label while they're shopping," says Amidor. "Take a moment to pause and read the labels to get the full picture and really understand the foods that are going into your grocery basket and onto the family table."

For tasty and nutritious food and recipe ideas, check out www.kashi.com and for additional nutrition information on whole grains, the Whole Grains Council is a great resource.



Nutrients unlocked

Sprouted grains are a great way to obtain the essential minerals and fiber that help you feel good:

- **Iron:** Carries oxygen.
- **Zinc:** Nourishes skin.
- **Magnesium:** Helps support bones.
- **Fiber:** Aids digestion.

Sprouted grains in your diet

The daily recommended intake of whole grains is 48 grams, and the nutritional advantages of sprouted grains make them a great option to achieve this daily goal. Here are some ways to incorporate sprouted grains into your positive eating routine:

- Sprinkle them into salads or stir fries.
- Check grocery aisles for products with sprouted grains, like Kashi's new Organic Promise Sprouted Grains cereal.
- Use sprouted grain flours in your favorite baked goods or homemade pasta.

The scoop on whole grains

What are whole grains and what makes them so healthy? Simply put, they are small, edible seeds that come from grasses such as wheat and barley. Whole grains can be ground, cracked, or flaked, and still retain their benefits. Here are three ways whole grains have a positive impact:

- **Healthy Weight:** Packed with nutrition in the form of vitamins, minerals, complex carbohydrates and fiber, whole grains contain some of the best elements to keep you on track when it comes to maintaining a healthy weight. Research supports the notion that eating healthy amounts of fiber, which are found naturally in whole grains, helps people manage their weight.
- **Happy Heart:** Consuming more plant foods, like fruits, vegetables and whole grains, has been associated with reducing the risk of heart disease.
- **Positive Energy:** Because whole grains are complex carbohydrates and they naturally contain fiber, they give you more nutrients per calorie than refined carbohydrates. It's a better way to fuel your day!

For the Love of Books

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

MAKE IT AHEAD: A BAREFOOT CONTESSA COOKBOOK by Ina Garten

◆ Publisher: Clarkson Potter
◆ Release date: October 28, 2014 ◆ hardcover, 272 pages



On the Book Jacket: For the first time, trusted and beloved cookbook author Ina Garten, the Barefoot Contessa, answers the number one question she receives from cooks: Can I make it ahead?

If you've ever found yourself stuck in front of the stove at your own party, scrambling to get everything to the table at just the right moment, Ina is here to let you in on her secrets! Thanks to twenty years of running a specialty food store and fifteen years writing cookbooks, she has learned exactly which dishes you can prep, assemble, or cook ahead of time. Whether you're hosting a party or simply making dinner on a hectic weeknight, Ina gives you lots of amazing recipes that taste just as good—or even better!—when they're made in advance.

In *Make It Ahead*, each recipe includes clear instructions for what you can do ahead of time, and how far in advance, so you can cook with confidence and eliminate last-minute surprises. Make a pitcher of Summer Rosé Sangria filled with red berries, let it chill overnight for the flavors to develop, and you have a delicious drink to offer your friends the minute they arrive. Simmer a pot of Wild Mushroom & Farro Soup, enjoy a bowl for lunch, and freeze the rest for a chilly evening. You can prep the kale, Brussels sprouts, and lemon vinaigrette for Winter Slaw ahead of time and simply toss them together before serving. Assemble French Chicken Pot Pies filled with artichokes and fresh tarragon a day in advance and then pop them in the oven half an hour before dinner. And for dessert, everyone needs the recipe for Ina's Decadent (gluten-free!) Chocolate Cake topped with Make-Ahead Whipped Cream. Ina also includes recipes for the biggest cooking day of the year—Thanksgiving! Her Ultimate Make-Ahead Roast Turkey and Gravy with Onions & Sage may just change your life.

With beautiful photographs and hundreds of invaluable make-ahead tips, this is your new go-to guide for preparing meals that are stress-free yet filled with those fabulously satisfying flavors that you have come to expect from the Barefoot Contessa.

Amy's Review: Once again, I am thrilled by a cookbook prepared by *The Barefoot Contessa* - Ina Garten, dedicated to meals that can be prepared ahead. Changing lives and kitchens everywhere, Ina Garten answers the call, giving readers a cookbook dedicated entirely to, make it ahead meal planning and recipes. Everything you need to be successful is included, from the number of servings yielded, ingredients, detailed instructions, personal sentiments, as well as helpful tips and techniques.

The Barefoot Contessa explores everything from baking ahead, cooking ahead, food storage, and even Thanksgiving preparation. No one is left out, with even a recipe included for the family dog. Best of all the beautiful mouthwatering photographs that accompany each recipe, bring life to the meal. Every meal is encompassed, with a wide range of recipes from breakfast to dessert. Recipes flank every page of the book, with instructions to make items such as:

asparagus and prosciutto bundles, goat cheese mashed potatoes and savory French chicken pot pie, to tri-berry crumbles and chocolate cake with mocha frosting. *Make It Ahead* explores not only the world of recipes, but tips for party planning, meal planning and even drink recipes for those drop in guests, making this book a valuable addition to any kitchen.

While, this book is described as make ahead meals, it is not a book that will stock up your freezer, it primarily focuses on preparing meals from one day to seven days in advance. The moment I received this book, I instantly flagged numerous recipes I wanted to try, which is always the number one sign of a spectacular cookbook. Once again, showing readers how easy it is to make sophisticated food simple. Truly a remarkable cookbook and a definite recommendation for fans of, *The Barefoot Contessa* cookbook line and would be a great gift for the foodie at heart.

Jim Miller
Answers
Your
Senior
Questions



Check Out This
Week's Topic!

Savvy SENIOR

Getting Around When You No Longer Drive

Dear Savvy Senior,
Where can I find out about alternative transportation options for my elderly mother? She needs to give up driving, but before she does, we need to figure out how she'll get around.
- Searching Daughter

Dear Searching,
Alternative transportation services vary widely by community, so what's available to your mom will depend on where she lives. Here's what you should know.

Transportation Options

For starters it's important to know that while most urban areas offer seniors a variety of transportation services, the options may be few to none for those living in the suburbs, small towns and rural areas. Alternative transportation is an essential link in helping seniors who no longer drive get to their doctor's appointments, stores, social activities and more.

Depending on where your mom lives, here's a rundown of possible solutions that can help her get around, along with some resources to help you locate them.

Family and friends: This is by far the most often used and favorite option among seniors. So make a list of all possible candidates your mom can call on, along with their availability and contact information.

Local transportation programs: These are usually sponsored by nonprofit organizations that serve seniors. These services may charge a nominal fee or accept donations and often

operate with the help of volunteer drivers.

Also check out the Independent Transportation Network (itn-america.org), which is a national nonprofit that has 27 affiliate transportation programs in 23 states. With this program, seniors pay membership dues and fees based on mileage. And, most programs will let your mom donate her car in return for credits toward future rides.

Demand response services: Often referred to as "dial-a-ride" or "elderly and disabled transportation service," these are typically government-funded programs that provide door-to-door transportation services by appointment and usually charge a small fee or donation on a per ride basis. Many use vans and offer accessible services for riders with special needs.

Taxi or car service: These private services offer flexible scheduling but can be expensive, however, they're cheaper than owning a car. Some taxi/car services may be willing to set up accounts that allow other family members to pay for services and some may offer senior discounts. Be sure to ask.

Another option to look into is ride-sharing services, which connects people with cars, with people who need rides. Uber (uber.com), Lyft (lyft.com) and Sidecar (sidecar.com) are three of the largest companies offering services in dozens of cities across the U.S.

Private program services: Some hospitals, health clinics,

senior centers, adult day centers, malls or other businesses may offer transportation for program participants or customers. And some nonmedical home-care agencies that bill themselves as providing companionship and running errands or doing chores may also provide transportation.

Mass transit: Public transportation (buses, trains, subways, etc.) where available, can also be an affordable option and may offer senior reduced rates.

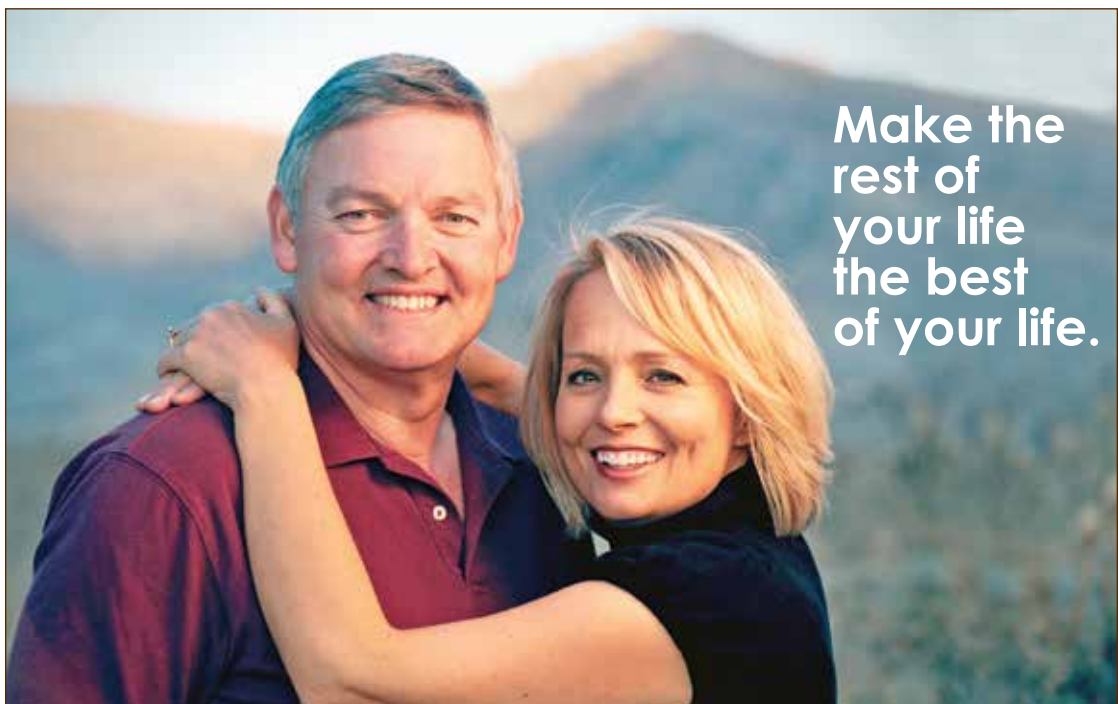
Hire someone: If your mom lives in an area where there are limited or no transportation services available, another option to consider is to pay someone in the community to drive her. Consider hiring a neighbor, retiree, high school or college student that has a flexible schedule and wouldn't mind making a few extra bucks.

Where to Look

To find out what transportation services are available in your mom's community, contact the Rides in Sight national toll-free call center at 855-607-4337 (or see ridesinsight.org), and the Eldercare Locator (800-677-1116), which will direct you to her area agency on aging for assistance.

Also contact local senior centers, places of worship and retirement communities for other possible options. And check with her state department of transportation at www.fhwa.dot.gov/webstate.htm, and the American Public Transportation Association at publictransportation.org. ★

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.



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

SPRING 2015



DONALD KENDRICK | MUSIC DIRECTOR

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



For food. For family. For you.™



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

CAL FIRE Highlights the Importance of Trees in California

2015 California Arbor Week Poster Contest Announced

SACRAMENTO REGION (MPG) - Trees are an essential part of California's climate and are vital to improving air quality and conserving water. To help educate Californians on the value that trees provide to building successful, healthy cities and neighborhoods, the California Department of Forestry and Fire Protection (CAL FIRE) and California ReLeaf are announcing the annual statewide Arbor Week poster contest for students in 3rd, 4th, and 5th grades. Students are asked to create original artwork based on the theme "We Need Trees and Trees Need Us". Submissions are due to California ReLeaf by February 13th, 2015. Winners will be featured at the State Fair and awarded cash prizes provided by the California Community Forests Foundation.

CAL FIRE and California ReLeaf are partnering to encourage cities, nature groups, schools, and youth organizations to celebrate California Arbor Week by planting trees in their communities. California ReLeaf is an alliance of community-based groups, individuals,

businesses, and government agencies working to protect the environment by planting and caring for trees and the state's urban and community forests.

"Trees are vital, functional parts of our communities, our homes and yards, and our lives," said CAL FIRE Deputy Director Duane Shintaku. "This is especially true during times of challenging drought conditions. Focused education for California's youth is one of the most effective ways we can increase awareness of the important roles trees play in California and the many benefits they provide to the communities in which we live."

The goals of Arbor Week include educating Californians about trees, encouraging tree planting, teaching elementary school children the environmental, social, and economic benefits of trees, and protecting the state's valuable natural resources.

"One of the numerous benefits of trees is that they make California's cities and towns healthier places to live," said Cindy Blain, Executive Director

of California ReLeaf. "Children who have access to nature and green spaces to play and learn are more active, have lower incidences of obesity, concentrate better in school, and demonstrate healthier social behaviors. Planting and caring for trees means investing in a better future for our children and California."

Contest rules, as well as educational materials related to the value of trees, community benefits of trees, jobs in the urban and community forestry field, and tree identification, can be downloaded at www.arborweek.org/contests. The contest is sponsored by California ReLeaf, CAL FIRE, and the California Community Forests Foundation.

California Arbor Week runs March 7th -14th every year to mark famed horticulturist Luther Burbank's birthday and to raise awareness of the benefits of trees in our communities. In 2011, legislation was passed to define California Arbor Week in statute. Visit www.arborweek.org for more information.

Source: CAL FIRE

Music for Humanity Jams on Feb. 15



Members of the Raspberry Jam Band include: John Massy, guitar; Julia Riley, flute; Tom Brier, piano; Cheryl Woldseth, violin; Kitty Wilson, washboard; and Doug Davies, string bass. Photo courtesy Pioneer United Methodist Church.

AUBURN, CA (MPG) - Pioneer United Methodist Church will present the 26th annual Music for Humanity program at 3 p.m., Sunday, Feb. 15 at 1338 Lincoln Way, Auburn.

Musicians will perform a variety of music, including selections from classical, ragtime, jazz and contemporary genres. All performers are donating their services to benefit the Auburn Interfaith Food Closet and The

Gathering Inn.

Among the musicians playing will be the fabulous ragtime pianist Tom Brier. Also, returning from Germany, harpist and singer Nancy Thym will offer folksongs from her repertoire.

The Colla Voce Chamber Singers, directed by Janine Dexter will be celebrating their 10th year of performances at Music for Humanity. The Heavy Metal Tuba Quartet will add their unique

sound to the concert. The Pioneer Chancel Choir will sing a spiritual and a sing-along hymn. The popular Raspberry Jam Band and Dr. Bach and the Jazz Practitioners are returning to play their favorite crowd pleasing tunes, always ending with Dr. Bach's "When those Saints go Marchin' In."

The audience is invited to a reception following the concert. For information, call (530) 885-9009.

	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 **Meadow Vista**
www.AATPA.com/oceania **530-878-2992**

CST 2061961-40

10th Annual
A Taste of

Chocolate

In Old Town Auburn
Sunday, Feb. 8, 2015
Noon to 3 p.m.

A Fund raiser for:
AAUW & OTBA

\$20 Includes tastes of chocolate in Merchant Stores & Restaurants. Some locations will be offering a taste of Dessert wines for, an additional charge, at designated locations.

Chocolate demonstrations by:
Blabbermouth Chocolate
Hugs & Smoochies free from
The Sugar Plump Fairies

RAFFLE PRIZES are donated by the community.

Ticket purchase available at Sun River Clothing Co. or reservations on line at: www.oldtownauburnca.com (click on Tickets and follow instructions)

Tickets and "passports" can be purchased & picked up at the Auburn Courthouse & Gold Rush Realty the day of the event.

For information:
530-888-1585
or e-mail: sunriver@inreach.com
www.oldtownauburnca.com

The American Association of University Women
The AAUW Educational Foundation provides funds to advance education, research and self-development for women and to foster equity and positive social change.

Co-sponsored
By the Old Town Business Association & The American Association of University Women

Entertainment

All Stores Open

Designed by:
Fred Abbott
Abbott Media Works

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

Sacramento Hospice.com

Hospice Resources
Patient Needs
Caregiver Needs

DELIVERY ROUTES AVAILABLE CALL (530) 823-2463