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— RONALD REAGAN



Placer Sentinel

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Serving Auburn and Placer County since 1987

February 13, 2015

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Blowing the Horn On Those GMOs

Locally grown, organic food is safer and abundant



Many of the products sold by farmers' market vendors are organically grown.

**By Joan Elliott
Special to Placer Sentinel**

PLACER COUNTY, CA (MPG) - With all the hubbub about the food chain, organic vs. non-organic, high fructose corn syrup, hydrogenated oils, GMO in our food supply and much more, many people just don't know what it is all about. So what is a GMO? And how does it affect you and the foods you choose?

Genetically Modified Organism is a living "thing" (plant, animal or

otherwise) that has had its genetic structure altered. The alteration can be one or many things, such as increased yield (more or bigger product), reduced size (miniature), bug resistant, disease resistant, pesticide and/or herbicide resistant, and many other options. The question is, by altering the organism genetically, is it still the same?

World Health Organization definition: **“Genetically modified organisms (GMOs) can be defined**

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Joe Souza (left) of the Crackerjack Jazz Band plays his trumpet and entertains visitors to the Auburn Farmers' Market two Saturdays every month. Photo by Jodi Cottrell

Board Approves Permit for Proposed Temporary Homeless Shelter

Will Review Agreement Outlining Conditions at Future Meeting

AUBURN, CA (MPG) - The Placer County Board of Supervisors voted Tuesday, Feb. 4, to allow a temporary change of use for county-owned property in North Auburn that could allow the facility to be used as an emergency homeless shelter. A nonprofit group known as Right Hand Auburn Inc. has proposed opening a temporary shelter at the Placer County Government Center, a county complex commonly known as the DeWitt Center.

At Tuesday's meeting, board members voted unanimously to approve a temporary conditional use permit that is needed because the proposed site's zoning currently does not permit a homeless shelter there. The temporary permit would remain in effect up to a year, but would allow Right Hand Auburn to operate a shelter on a three-month trial basis.

Board members emphasized that the

“Board members emphasized that the permit will be held by the county Facility Services Department, rather than the nonprofit so the county has more flexibility to pull the permit if the shelter opens and has negative impacts that cannot be resolved.”

permit will be held by the county Facility Services Department, rather than the nonprofit so the county has more flexibility to pull the permit if the shelter opens and has negative impacts that cannot be resolved.

Board members also agreed to establish a community oversight committee if the shelter is allowed to open on a trial basis. The committee would monitor operations

and community impacts and would be given authority to bring concerns to the Board of Supervisors.

“I think this is a solution that all board members felt they could support,” said Supervisor Jennifer Montgomery. “The addition of a community oversight board gives added security to the neighbors and Placer County employees.”

In a second unanimous vote, the board decided to review at a future meeting a proposed site-access agreement that would allow Right Hand Auburn to temporarily use the proposed shelter site. Board members want to take a close look at a final draft site-access agreement because it will lay out operating requirements and other conditions the shelter will need to meet.

County staff and Right Hand Auburn continue to work on a final list of conditions. At Tuesday's meeting, board

members were presented with the option of delegating to Facility Services authority to exercise the site-access agreement. Instead, the board decided it wants to review and make the final decision on whether to approve the agreement.

Board members emphasized their goal is to have an agreement that balances the needs of the homeless with the concerns of community members and employees at the DeWitt Center who are worried about potential impacts.

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.

Source: Placer County

Moratorium Lifted on New Grocery Stores for Women, Infants, and Children Program

SACRAMENTO REGION, CA (MPG) - Dr. Ron Chapman, California Department of Public Health (CDPH) director and state health officer, announced that the moratorium for stores to apply for authorization in the California Women, Infants, and Children (WIC) program was lifted effective February 1st.

“In September 2014, USDA partially lifted the moratorium to include new full-line grocery stores.”

“This positive step will improve availability and access for the approximately 1.4 million women, infants, and children who participate in the California WIC program,” said Dr. Chapman.

To address rising food costs in the California WIC program, the United States Department of Agriculture (USDA) in 2012 continued a moratorium on the addition of new vendors into the program so that CDPH and USDA could develop and implement strategies to contain costs and ensure program integrity. USDA notified CDPH by letter that the moratorium can now be fully lifted.

In June 2014, USDA partially lifted the moratorium to include additional locations for stores that already had a master contract with the WIC program. Since that time, 217 stores have been added to the program. In September 2014, USDA partially lifted the moratorium to include new full-line grocery stores. Since that time, 24 stores have been added to the program. It is anticipated that 200 stores will

Continued on page 3

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Taxpayers Will Use New Information Statement to Claim Premium Tax Credit

SACRAMENTO REGION, CA (MPG) - The Affordable Care Act is bringing several changes to the tax filing season this year, including a new form some taxpayers will receive. If a taxpayer or anyone in their household is enrolled in a health plan through the Health Insurance Marketplace in 2014, they'll get Form 1095-A, Health Insurance Marketplace Statement.

Taxpayers will receive Form 1095-A from the Marketplace where they purchased their coverage, not the IRS. This form should arrive in the mail from their Marketplace by early February. They should wait to receive their Form 1095-A before filing their taxes.

"Taxpayers who get their health insurance through the Marketplace should be aware that they'll need Form 1095-A in order to file their 2014 federal tax return," said IRS spokesman David Tucker II.

Form 1095-A will specify the dates of coverage, total amount of the monthly premiums for their insurance plan, information they may use to determine the amount of their premium tax credit, and any amounts of advance payments of the premium tax credit.

Taxpayers will use the

information to calculate the amount of their premium tax credit and reconcile advance payments of the premium tax credit made on their behalf to their insurance provider with the premium tax credit they are claiming on their tax return. To do this, taxpayers will use Form 8962, Premium Tax Credit (PTC), which they file with their tax return.

If a taxpayer does not receive their Form 1095-A by early February, they should contact the state or federal Marketplace from which they received coverage. If they believe any information on their Form 1095-A is incorrect, they should contact the state or federal Marketplace from which they received coverage. The Marketplace may need to send them a corrected Form 1095-A.

Taxpayers may receive more than one Form 1095-A if different members of their household had different health plans, if they updated their coverage information during the year, or if they switched plans during the year.

For more information about the Affordable Care Act and your 2014 income tax return, visit www.IRS.gov/aca.

Source: Internal Revenue Service ★

'Secret' Treasures at The Old Warehouse Antiques

And ... That's Where The Train Guy Went!



Darlene Eddy and Michael Chaddick opened The Old Warehouse Antiques on Atwood Rd. in Auburn on July 1, 2014. The store is brimming with treasures spanning decades. Photo by Jodi Cottrell

By Carol Guild
Staff Writer

AUBURN, CA (MPG) - Opening the doors into The Old Warehouse Antiques is like opening lots of presents from the past.

Stocked with 125 categories of antiques, vintage goods and collectables, the 2,800-sq.-ft. space on Atwood Rd. in Auburn, is fresh, polished and bright. That's the way owners Darlene

Eddy and Michael Chaddick work to keep it.

It's always been the couple's dream to have an antique mall. And after falling in love with Auburn and putting down roots, they did just that.

There are so many treasures at The Old Warehouse Antiques, you almost feel like you're privy to an amazing secret.

The wide aisles - easily accessible to wheelchairs and strollers - guide you to everything from furniture and rich red 50s kitchen accessories, along past an Erie Digger penny arcade game (c. 1924), to Darlene's garden art area - home to vintage gardening and potting supplies. The store even boasts antique auto parts from the 1920s through the 1950s.

Along your journey, many books await, and a glass case gleams, encasing books by authors such as John Steinbeck and Ernest Hemingway - including some first-edition copies.

Another "secret" at The Old

Warehouse Antiques is finding the smiling face of Johnny Rosser who has set up his own "Johnny's Spot" in the back, left corner of the store. Rosser owned Brakeman's Train Shop in Auburn for many years. So, it's not unusual for someone

to enter The Old Warehouse Antiques, see Rosser, and say "There you are!"

Rosser still has his trains, of course, doing sales, repairs and consignments. Along with model trains and railroad supplies, "Johnny's Spot" is a treasure trove of toys, such as die cast cars, trucks and tanks, with a good selection of Matchbox, Johnny Lightning and Hot Wheels, among other things.

"He's also the floor manager and fix it guy," said Eddy.

"Johnny is our right-hand man," said Chaddick. "Everybody knows him and loves him. And if they're looking for him, they can find him here at 'Johnny's Spot' in The Old Warehouse Antiques."

Rosser enjoys his spot in the store. "I love it here," he said. "This is the best I've felt in years. It's like being home."

The Old Warehouse Antiques is at 11860 Atwood Rd., Auburn. Call them at (530) 888-7000 or go to TheOldWarehouseAntiques.com.

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



Johnny Rosser, former owner of Brakeman's Train Shop in downtown Auburn, occupies "Johnny's Spot" at The Old Warehouse Antiques, with model trains, railroad supplies, and toys including die cast cars. Photo by Jodi Cottrell

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Blowing the Horn On GMOs

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as organisms (plants, animals or microorganisms) in which the genetic material (DNA) has been altered in a way that does not occur naturally by mating and/or natural recombination.”

Corn is one of the most prolific GMO in the market place, with 88 percent of all corn products being GMO. What producers of corn seeds have done is splice in a gene matrix that allegedly helps the corn grow bigger ears, more ears per stalk, and not react to herbicides that are sprayed to reduce weeds. It is the organisms that are modified to resist weed killers and produce their own pesticides that seem to pose the greatest risk.

Currently commercialized GM crops in the United States include soy (94 percent), cotton (90 percent), canola (90 percent), sugar beets (95 percent), corn (88 percent), Hawaiian papaya (more than 50 percent), zucchini and yellow squash (over 24,000 acres) according to the non-GMO Project.

Originally the corporate industries that developed these seeds stated their purpose was to grow more food to help with world hunger, and to do that weeds needed to be conquered.

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Unfortunately, this did not occur. Studies have shown that GMO crops actually produce less yield than organic farms. What GMO crops do is expose the general populous to larger doses of herbicides through increased use and pesticides through the bacillus thuringiensis, (Bt) toxin that the GMO plant produces.

According to the non-GMO project: “Over 80 percent of all GMOs grown worldwide are engineered for herbicide tolerance. As a result, use of toxic herbicides such as Roundup has increased 15 times since GMOs were introduced. GMO crops are also responsible for the emergence of “super weeds” and

“super bugs,” which can only be killed with more toxic poisons such as 2,4-D (a major ingredient in Agent Orange). GMOs are a direct extension of chemical agriculture, and are developed and sold by the world’s biggest chemical companies. The long-term impacts of GMOs are unknown, and once released into the environment these novel organisms cannot be recalled.”

Another group identifies that the reduction in the honey bee populous could be directly related to GMO’s as the pollen these plants produce have a natural pesticide which kills the hives when the pollen is introduced through the pollination process.

Since GMO’s were introduced into the main food chain there have been allegations made by many groups that the substantial increase in birth defect, autism, auto-immune disorders and more diseases may be linked directly to GMO’s.

The next article will touch on what has happened to our health and wellness since the introduction of GMO’s in the early 1990s and what science is showing us.

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

Einar Maisch Selected PCWA General Manager

AUBURN, CA (MPG) - Longtime Placer County Water Agency (PCWA) executive and respected leader in the regional water industry, Einar Maisch, was named PCWA’s new general manager on Monday, February 9th.

Maisch, who has worked with the water agency since 1985 and served as director of strategic affairs since 2000, succeeds retiring PCWA General Manager David A. Breninger who will step down from a 23-year career with the agency on March 6th.

PCWA Board Chairman Primo Santini said he and his fellow directors unanimously agreed that Maisch was the best-qualified candidate for the position. “We are confident that Einar’s experience, leadership, engineering background, and thoughtful recommendations will add immeasurably to PCWA’s ongoing efforts to protect our water rights, grow our electrical generation capabilities, improve our water delivery systems, and remain a good steward of our watersheds on behalf of our ratepayers,” he said.

Breninger said he and Maisch have worked side by side through the years. “Einar brings vast knowledge and proven leadership to the agency,” said Breninger. “Our Board of Directors considered several capable candidates but none matched the skills and knowledge that Einar brings to the table. I’m very happy to be leaving the agency in his good hands.”

Maisch pledged to continue the



Einar Maisch, newly named General Manager of the Placer County Water Agency. Photo courtesy of the Placer County Water Agency

He ascended through the ranks at the water agency serving as senior civil engineer, engineering administrator, and director of planning and marketing before being named as Director of Strategic Affairs.

He has been a leader in the successful federal relicensing project of the PCWA Middle Fork American River Project and in negotiations that led to new water supply and power sale contracts with the Pacific Gas and Electric Company.

He has been a leading voice for Placer County in regional water planning efforts including the Sacramento Water Forum Agreement and formation of the Regional Water Authority. Maisch has frequently represented the agency in legislative matters at the state and national levels.

He holds many professional honors including 2013 Regional Water Authority Water Statesperson of the Year, 2009 American Society of Civil Engineers Project of the Year in California Award for the American River Pump Station, and the 2000 Clair A. Hill Award from the Association of California Water Agencies for participation in the Water Forum.

Maisch resides in Roseville with his wife, Susan, who is a city councilwoman and former mayor of Roseville. The couple has three children.

Source: Placer County Water Agency ★

Moratorium Lifted on New Grocery Stores for Women, Infants, and Children Program

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be added statewide after the moratorium is fully lifted. California currently has approximately 4,300 authorized stores that participate in the WIC program.

“USDA and CDPH continue to work together to ensure the strategies now in place are effective in containing food costs

and comply with federal regulations and mandates,” said Dr. Chapman.

California WIC provides access to healthy supplemental foods, nutrition education, breastfeeding support, and referrals to healthcare and community services for the infants, children, and pregnant or post-partum women it serves. WIC spends

approximately \$83 million each month on food.

At the federal level, WIC is administered by the USDA; California’s WIC Program is administered at the state level by CDPH.

For more information, visit www.cdph.ca.gov.

Source: California Department of Public Health ★

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PCF Welcomes New Board Member as Two Founding Members Join the Emeritus Board

AUBURN, CA (MPG) - Placer Community Foundation (PCF) welcomes long-time board members, Justice Keith Sparks and Kelly Richardson to its Emeritus Board. Justice Keith Sparks grew up in Auburn, attended Placer High School, University of California, Berkeley, and Boalt Hall School of Law. He practiced law in Roseville, and



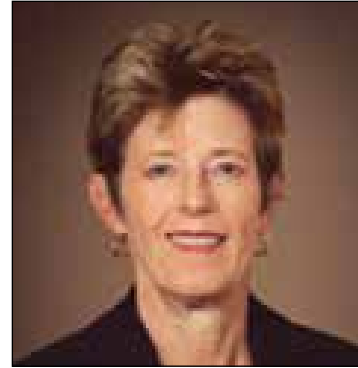
Keith Sparks

years; previously as Second Vice Chairman and continuously on the Grants Committee where she will continue as a volunteer. It was Sparks and Richardson, among other forward-thinking board members, who had the vision to create Placer Community Foundation in 2005. Since then they have seen the Foundation grow to more than \$12 million in assets, and have taken part in growing the number of charitable funds from one to 78. "We are grateful to Keith and Kelly for their many years of service and we proudly welcome them to the Emeritus Board," said Community Foundation CEO Veronica Blake. The Community Foundation is pleased to welcome Sheila Cardno to its Board of Directors. After almost 20 years of experience in finance and marketing with Intel, Cardno established a financial planning practice built on her interpersonal and analytical skills. Cardno has been an investment advisory representative with LPL since 1998 and founded Spectrum Wealth Management in 2010. With her background in the high-tech industry, she has extensive experience in stock option strategies and the tax consequences as well as retirement and income planning. Prior to her high-tech career, Cardno was a high school teacher and vice-principal in Victoria, British Columbia.

Cardno is also involved in leadership roles in numerous

community and professional organizations: The Financial Planning Organization of Northern California; the Women's Fund of El Dorado; she is a founding member PCF's Professional Giving Circle; and she is a Board member of the Placer SPCA. She holds a B. Ed. from the University of British Columbia, a M.Ed. from the University of Oregon and an MBA from the University of California, Berkeley.

"Sheila understands our commitment to grow philanthropy



Sheila Cardno

in Placer County," noted Blake. "Our board welcomes her experience and proven appreciation for our community."

About 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, PCF 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. PCF 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. ★

Board Honors Young Celebrity Cook, Taxpayer League Co-Founder

PLACER COUNTY, CA (MPG) - An 11-year-old celebrity cook who led a successful drive that raised more than \$25,000 to improve the kitchen at his Auburn school was recently honored by the Placer County Board of Supervisors.

Mason Partak, a fifth-grader at Alta Vista Community Charter School, received a commemorative coin created for a county citizen-recognition program established by the board.

The board presented a second commemorative coin posthumously to Wally Reemelin, a man of many talents best known as co-founder and the long-time president of the League of Placer County Taxpayers. He passed away on Dec. 29, 2014 at age 96. Long-time friends Jerry Woods and Dan Sokol were on hand to accept Reemelin's coin.

Both honorees were selected to be honored with commemorative coins by fifth district Supervisor Jennifer Montgomery.



Eleven-year-old Mason Partak was honored by the Placer County Board of Supervisors for leading a successful drive that raised more than \$25,000 to improve the kitchen at his Auburn school. Shown here with Supervisor Jennifer Montgomery, Partak holds the commemorative coin he received. Photo courtesy Placer County

"Mason is someone who saw a need at his school and in his community and worked really diligently to fill that need," she told the audience. "To me, this is a future hero, a future leader in our community because he is already demonstrating these abilities right now."

Of Reemelin, Supervisor Montgomery said, "He was really passionate about protecting the county, protecting your taxpayer dollars, my taxpayer dollars. On a personal note, he was funny, he was charming, he told great stories and I will miss him very much."

The board created the commemorative coin program in 2002 to recognize acts of heroism, longstanding community service and exceptional acts that dramatically improved or impacted people's lives.

The commemorative coins feature the county seal on one side. On the other side are the word "hero" and the image of an eagle with a star and sunrises in the background. The second side of the coin was designed by J. Randal Smith, an Auburn native



The board presented a commemorative coin posthumously to Wally Reemelin, co-founder and long-time president of the League of Placer County Taxpayers. Reemelin's long-time friends Jerry Woods and Dan Sokol accepted the coin on his behalf. Photo courtesy Placer County

who is a nationally known artist.

to have a cooking show on the Food Network.

Mason Partak

Mason is an accomplished cook who makes celebrity appearances at special events, teaches children to cook and competes against adults at cooking demonstrations and recipe contests.

Perhaps most impressive is his successful effort to raise funds to improve the kitchen at his school. In December, Mason and his supporters passed their \$25,000 target.

When Mason started his crusade, the school's kitchen did not have a stove or oven and the dishwasher did not work. He decided the school needed a fully functional kitchen that could serve hot, nutritious meals and be used as a classroom where students could learn to cook.

The school, students, parents and community members joined the cause, which will allow the school to install a Food Science Lab where students will learn to cook with a culinary curriculum created by the school district and local chefs. At the end of each school year, the school will hold a special luncheon with food prepared by the students.

Mason began baking with his mom when he was two-years-old and has been wowing judges and audiences at cooking demonstrations and recipe contests since 2010. He often is the youngest contestant in recipe contests, and finds himself competing against adults who have at least 20 years more experience baking and cooking.

He often places in the top three.

Recently, his chili recipe took the top prize at his school's first annual chili cook-off in a competition that featured 16 entries.

Mason also teaches other children to cook. He uses YouTube videos to show kids how easy it is and has tutorials that teach specific techniques. His favorite is "What the heck is this thing for?" a series that introduces kids to kitchen tools and demonstrates how to use them.

He appears at events such as the California State Fair, Mountain Mandarin Festival and Auburn Home Shows. One of his goals is to be the first kid

Wally Reemelin

A Meadow Vista resident, Reemelin was best known locally as a crusader for fiscal responsibility and transparency in government. He was a co-founder of the League of Placer County Taxpayers, its president and a frequent spokesman for the group on controversial issues.

Supervisor Montgomery emphasized that Reemelin never shied away from taking stands and facing criticism on controversial issues and was an outspoken advocate for the free-enterprise system.

Reemelin gave generously to community organizations and he and his wife created the Wallace and Marion Reemelin Chair in Free-Market Economics Trust at Hillside College. Their goal: assisting young people in broadening their knowledge of our country's economics and educating future leaders.

Reemelin was a renowned architect, designer, civil engineer, inventor, pilot and entrepreneur who was a pioneer in A-frame building construction.

Born in Cincinnati in 1918, he moved to San Diego at age nine with his mother and brother. Reemelin discovered a love for design and construction early in life, and by age 13 had designed a home for his parents. He earned his high school diploma in San Diego and a degree in architecture at University of California, Berkeley.

At age 30, he met his future bride, best friend, traveling companion and soul mate, Marion. They soon did everything together - including exploring incredible destinations around the world. They were together until she passed away about 20 years ago.

Their travels brought the couple to Meadow Vista and Lake Combie, where they planned to build their dream home. Reemelin designed and built a one-of-a-kind home perched over the lake with pole structure engineering for earthquake safety and several forms of energy efficiency. ★



Kelly Richardson

in 1981 was appointed by the Governor to serve as an Associate Justice to the Court of Appeal for the Third District of California. Starting on the Auburn Community Foundation Board, he served for 10 years as Placer Community Foundation's First Vice Chairman as well as on the Governance and Finance Committees. Keith will remain on the Finance Committee as a volunteer. Kelly Richardson is also a native of Auburn. She attended Willamette University in Oregon, earned a bachelor's degree from the University of California, Los Angeles, and is a graduate of the Real Estate Institute. Continuing her family's long tradition of civic-minded action, she served as president of the 20th District Agricultural Association Board and received the 2011 Maurine Dobbas Award for her contribution to the community. She served on the Auburn Community Foundation Board of Directors and on the Placer Community Foundation Board for 10



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Spiffy Quartet Will Sing to Your Valentine

Surprise that someone special in your life with a unique, special, romantic, memorable gift, a singing Valentine.

Each year a local barbershop singing group, the Folsom Harmony Express, has a spiffy-dressed quartet go to your local location and sing two songs in four-part harmony, and present a silk rose for only \$50.

To schedule a singing Valentine call (916) 941-5380.

If you are a man who loves to sing and would like to sing with a fun group for this and many other events, call Doug at (916) 729-5966. ★



Pictured are Roger, Kent, Stan, and Ken just after singing their hearts out to an amazed recipient last year.

Friendly Neighbor Club Presents Placer ARC Speaker

PLACER COUNTY, CA (MPG) - Meadow Vista's Friendly Neighbor Club presents guest speaker Wendy Parks, manager of Encore Thrift Store (Placer ARC). Social Time begins at 11:30 a.m., lunch is at noon, and the speaker/meeting begins at 1 p.m.

Parks will explain how the non-profit organization

serves individuals with intellectual and developmental disabilities through Placer Adult Achievement Center (Placer ARC). Please RSVP to Judy Mecum by Saturday, Feb. 21, at (530)

788-4651, or email jude37@sbcglobal.net. Guests are always welcome.

Encore Thrift Store is at 16880 Placer Hills Road, Meadow Vista, and online at PlacerarcEncore.org

Placer ARC is at 522 Vernon Street, Roseville, and online at PlacerARC.org. ★

Free E-waste Fundraiser for Placer High's Grad Night Alive

AUBURN, CA (MPG) - A free electronic waste drive-through drop-off fundraiser is being held from 9 a.m. to 1 p.m., Saturday, Feb. 28 at Placer High School's lower student parking lot, 275 Orange Street, Auburn.

The funds from the event go to Placer High School's Grad Night Alive, which promotes a safe and sober alternative to graduates by providing a fun-filled, all-night event with great prizes, food and entertainment.

Participants can stay in their car. Pop the trunk or open the door and the items will be unloaded for you.

Accepted items are: monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, CD players, speakers, keyboards, mice, PDAs, digital cameras, zip drives, telephones, cell phones, printers, copiers, laser and multifunction scanners and fax machines, small household appliances such as toasters, mixers, blenders and vacuum cleaners with the dust bag removed.

Items that cannot be accepted: Large household appliances (i.e. refrigerators, washers, dryers, etc.) furniture, hazardous household waste including batteries,

paint, pesticides, used oil, cleaning supplies, fluorescent light bulbs, water heaters, tires, etc.

For more information: For more information call Sarah at (530) 305-8298 or email phsgragnight@gmail.com.

This e-waste event is sponsored by CEAR, INC., California Electronic Asset Recovery is a California state approved electronic waste collector and recycler. For optimal security, CEAR INC shreds all computer hard drives. The secure facility is monitored by surveillance cameras. ★

Sweets and Treats Wine Tasting Valentine's Weekend

PLACER COUNTY, CA (MPG) - This year each of the Placer County Vintners Association's (PCVA) 18 wineries will offer something sweet or a treat to pair along with award-winning artisan wines.

For \$10 collected at the first winery visited you can get your hand stamped and then hit the wine trail. You will get complimentary wine tasting and tasty treats at each stop on the trail as

well as a chance to experience collaborative open-house style wine tours hosted by the PCVA.

Participating wineries include:

- Bear River**
- Bonitata**
- Cante Ao Vinho**
- Casque**
- Ciotti**
- Davis Dean**
- Dono dal Cielo**
- Fawnridge**
- Lone Buffalo**

- Mt. Vernon**
- PaZa**
- Pescatore**
- Popie**
- River Rock Ranch**
- Rock Hill**
- Secret Ravine**
- Viña Castellano**
- Wise Villa**

For more information call Placer Vintners at (916) 773-5400 or email placervintners@gmail.com. ★

MPG Brings New Senior Publication to the Sacramento Region

SPECIAL MPG RELEASE (2/9/2015) - Messenger Publishing Group (MPG) has announced that it is launching a new premiere senior publication that will serve the greater Sacramento region.

With the recent demise of senior publications Senior Spectrum and Senior Magazine, the senior market is being underserved. MPG, with its wide resources of editorial material and broad distribution network, can immediately provide advertisers with a quality publication that will serve their needs. MPG now distributes throughout Sacramento, Placer, and Yolo

counties. Joyful Living is produced and designed as a lifestyle magazine that will offer news for senior readers along with interesting stories, special features, local profiles, upcoming events, and reports on current issues facing older Americans. It will also carry updates on financial and tax issues and health care changes.

The magazine will have an online presence as well at www.JoyfulLivingNow.net. Advertising is available in both the print edition and online.

MPG is the publisher of eight

local newspapers. They include Carmichael Times, Rancho Cordova Grapevine Independent, Citrus Heights Messenger, American River Messenger, Placer Sentinel, North County Messenger, West Sacramento Sun, and Gold River Messenger.

To advertise in the magazine, interested businesses can contact the publisher at Publisher@MPG8.com or call Paul at (916) 773-1111. To be a contributor to the magazine, writers can contact the editorial department at (916) 483-0946. ★



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We consider it our job to educate our customers about what certain parts of their cars are and how it can be fixed. For example, a lot of customers have no idea if they have a cabin air filter in their car. We at Midas can show you the filter from your car to make sure you have seen the condition of it. Often it is fine, but there are instances where the customer is not aware it is dirty. One way to ensure you and your car breathes the clean air is to check & change the filters periodically.

We don't discuss the cost of any repair or item unless the customer asks for them. There is no obligation to buy if you don't want to.

However, we do discuss the items with our customers regardless of them buying or getting work done. Safety items such as tires, brakes, fluid levels, belts, hoses, battery, and several other items are part of courtesy items we inspect. We also do free Check Engine Codes and written estimates of work. We stand behind our work with industry leading warranties such as lifetime warranty and free replacements of brake pads/shoes, shocks, and mufflers. We at Midas Auburn have employees that have been certified with a lot of mechanical experience.

We at Midas Auburn have a different approach and philosophy; our Service Advisors are exactly what the name suggests: "Service Advisor".

Auburn has a great customer base and we are also aware it is a tight-knit family. We like to build a good reputation with our customers by doing exceptional customer service. We provide our customers with a comfortable and friendly environment.

Midas has been known as the Mufflers and Exhaust specialists, but we also offer you our extensive knowledge and service for all your automotive needs. We are starting out with a new ownership and a new attitude.

We at Midas Auburn have a different approach and philosophy; our Service Advisors are exactly what the name suggests, "Service Advisor". To us customer satisfaction and building trust is the most important goal.

For most of us, the largest investment after the house is a vehicle.

Regular Maintenance and Service of your vehicle ensure that you will be able to tackle your daily tasks on time and as fast as you thought you could.

How many times have we thought about our car before making an appointment with the doctor or kid's school or any other important event? Hardly ever do we think: "What if my car doesn't start? And do I have extra time or resources to get from point A to B?" We need to be aware how much we rely on a dependable ride.

Oil Change is the first thing that we think of in maintenance and this is correct, but what about other fluids and a health check of your car?

Just like when we visit a doctor, he starts with blood pressure, health questionnaire, weight and health history, we at Midas do the same for your vehicle. Midas will ensure that your Oil Change is done properly but also make you aware of any other service and maintenance items that need your attention. Our customers appreciate that we share the report with them about the car.

We at Midas Auburn believe in educating our customers about the car and provide any helpful tips so they are safe on the roads.

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We will be glad to help you with all your automotive repair and service needs.

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Travel Ideas

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Great American Road Trip!

(NAPSA) - The American highway system is now over a century old: In 1913, the Lincoln Highway became the first hard-topped, graded road across the continent.

Ways To Go

Ever since, that road and its sister highways—from the one that's perhaps the most famous, Route 66, traversing the American west; to the "Blues Highway" that connects New Orleans and Minnesota; and from U.S. 1 that goes from Maine to Key West; to the Scenic Route 100 Byway along the edge of Vermont's Green Mountains—have been calling to travelers.

You Can Take It With You

If the lure of the road has you agreeing with Jack Kerouac in "On the Road" that "We gotta go and never stop going till we get there," you may be glad to know that getting all your gear to go with you may be easier than you think. As people are trending to drive smaller cars these days, they are having a harder time figuring out how to bring all their gear with them on their road trip. We are big fans of using a roof box for getting our skis to the mountains in the winter and are even bigger fans of using them for road trips in the summer. Modern roof boxes are aerodynamic, install/remove in a matter of minutes and look great on cars. The experts on safe, secure and stylish transportation at Thule have come up with a wide range of cargo boxes that can make your American road trip great. These boxes come in a wide range of sizes, finishes and colors that complement the looks of just about any car on the road.



Getting away from it all on a dream road trip doesn't have to mean you can't still bring a lot of it along.

Learn More

For further facts and information on roof boxes and how to install them, go to www.thule.com.



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Senator Nielsen Pushes for Construction of Sites Reservoir

AUBURN, CA (MPG) - At a gathering of leaders in the State's water policies, Senate Jim Nielsen (R-Gerber) pushed for unity to secure funding from Proposition 1 to build Sites Reservoir.

"Sites Reservoir is best positioned to help increase our water supply, improve flood protection, improve water quality, and enhance water resources for the foreseeable future," said Senator Nielsen.

Citing the public benefits for all Californians, Nielsen touted the hard work that resulted in the passage of the water bond last November and asked stakeholders to work together to increase California's water supply.

"While the construction of



Jim Nielsen

Sites and Temperance Flats Reservoirs won't bring relief to the current drought, we must build for the future generations of Californians."

The meeting in Auburn was hosted by Mountain Counties Water Resources Association, a

group of private and public leaders from 15 mountain counties whose mission is to "unite agencies, groups, and individuals whose interests include protecting and enhancing Mountain County water resources."

John Kingsbury, executive director of the association, echoed Senator Nielsen's sentiments. "In addressing the state's water needs, we must emphasize the importance of our natural infrastructure and having a healthy and resilient watershed in addition to building new above-ground storage. We thank Senator Nielsen for his leadership to gather and galvanize all stakeholders."

Source: The Office of Senator Jim Nielsen ★

CHP: Suspected Shots Fired Determined to be Backfires

AUBURN, CA (MPG) - On Friday, January 16, a 26-year veteran California Highway Patrol (CHP) Officer was on a traffic stop with a big rig, on the right hand shoulder of westbound I-80 at Nevada Street in the city of Auburn. While the officer was out of the vehicle, he heard what he believed to be the sound of multiple gunshots.

The officer determined that the source of the sound was a passing box truck. The Officer broadcast a description of the truck on CHP radio, and approximately 10

minutes later, another CHP officer located the vehicle on I-80 westbound near Sierra College Boulevard in Rocklin. An enforcement stop was made on the box truck and two male subjects were briefly detained for questioning.

Jacob Moultrie, age 23, and Johnathan M. Walker, age 22, both of Grass Valley, were completely cooperative at the scene and were voluntarily interviewed at the Auburn CHP office. Both Walker and Moultrie were released later in the day without

any charges filed. The box truck was also released later in the day.

The investigation (still in the later stages of review) revealed that the sounds first believed to be gunshots were a series of engine backfires by the box truck which Moultrie and Walker occupied just as it was passing the CHP Officer on the freeway.

CHP's Valley Division Investigative Services Unit will be completing their report in the very near future. ★

Free Embryology Outreach Program for Teachers

PLACER COUNTY, CA (MPG) - University of California Cooperative Extension (UCCE) of Placer County has conducted the Embryology Outreach Program for twenty-plus years. This program has been utilized by teachers throughout the county, reaching 4,000 youth in the past year.

Learn to teach the development of life science skills through embryology at this free workshop from 4:30 p.m. to 6 p.m. or 6:30 p.m. to 8 p.m. on Tuesday, Feb. 24, at the Placer County UCCE Office at 11477

E Ave., (Building 306, DeWitt Center) in Auburn.

Observe the development of life in just three short weeks with your students. 4-H embryology is fun, rewarding, and easy to do. The UCCE Office of Placer County has equipment to loan and research-based materials, and can supply you with all necessary components for this experience.

The embryology project provides numerous opportunities for young children to learn - through observation and hands-on activities - the value of life as well

as information about chickens, ducks, eggs, and embryonic development. The lesson can be adapted for use in school classrooms, home schools, after school programs, and 4-H or other organization project meetings.

Registration for the workshop can be found at www.ucanr.edu/survey/survey.cfm?surveynumber=14480. The deadline to register is Feb. 16. If you do not have internet access, call the Placer County UCCE Office at (530) 889-7385.

Source: Placer County 4-H ★

Local Writer Shares '100 Shades of Marketing'

AUBURN, CA (MPG) - Gold Country Writers will present Cindy Sample and her "100 Shades of Marketing" from 10 a.m. to noon, Wednesday, Feb. 18, at The Arts Building, 808 Lincoln Way, Auburn.

Sample is a local award-winning

and national and bestselling author.

She will talk about face-to-face marketing, speaking opportunities, entering contests, online networking, Facebook and Twitter tips and many other techniques for writers to get their work noticed.

Sample is the author of "Dying for a Dance," "Dying for a Date," "Dying for a Daiquiri," and her newest book with a setting in the California Gold Country "Dying for a Dude."

For more information contact info@goldcountrywriters.com. ★

Employers Courting Job Candidates

SACRAMENTO REGION, CA (MPG) - With Valentine's Day approaching, love is in the air, and sweet success may be in store for jobseekers at Sacramento's HIREvent on Tuesday, February 24th from noon to 4:00 p.m. at the Lions Gate Hotel, 3410 Westover Street in McClellan Park.

This free job fair will feature a variety of employers actively hiring for entry-level to management

positions in a wide range of fields. Jobseekers will enjoy a rare opportunity to rendezvous with recruiters and make valuable contacts with public- and private-sector organizations. Employment experts will also be on hand providing free personal resume consultations.

Jobseekers shouldn't miss this timely, cost-effective way to meet with many employers in a single

afternoon, all looking to hire. Prospective applicants should dress for success, bring plenty of resumes, and arrive early enough to meet with every recruiter, because all the employers will be eager to fill immediate openings.

For more information visit JobJournal.com and click on "job fairs" or call 888-THE JOBS.

Source: Job Journal ★

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By Janet Tharpe

Family Pleasing Dinner Idea, Pork Chops with Apples

"Family and friends love these!"



With just the perfect balance of flavors, Norma DeRemer's Pork Chops with Apples recipe is a wonderful pick for pleasing the family. Add some mashed potatoes, along with your favorite vegetable, and you have an easy dinner everyone will be talking about for days.

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

www.justapinch.com/chops

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

-Janet

Pork Chops with Apples

What You Need

- 6 pork chops
- 2 tbsp extra virgin olive oil
- Garlic salt and black pepper, to taste
- 1 tbsp ground cardamon
- 6 tart apples, sliced
- 1 tbsp butter
- 2 tsp cinnamon
- 1/4 c brown sugar
- 1/2 c port wine

Directions

- Peel, core and slice apples. Add to a saucepan with butter over medium heat.

- Add brown sugar, cinnamon and cook until tender.
- Remove from heat and set aside.
- Heat olive oil in frying pan.
- Spread both sides of the pork chop with garlic salt, pepper and cardamon and add pork chops to hot pan.
- Cook until brown on one side. Turn to cook and brown the other side.
- Remove pan from stove and add apples

- on top of each pork chop.
- Pour wine into bottom of pan and light with a match watching not to burn yourself.
- Return pan to cooktop when fire is out. Lower heat and cover with a lid.
- Heat for 30 minutes or until wine looks like thick syrup.
- Remove pork chops from pan and place onto a serving platter. Top with the apples and wine syrup.

Submitted by: Norma DeRemer, York, PA (Pop. 43,718)

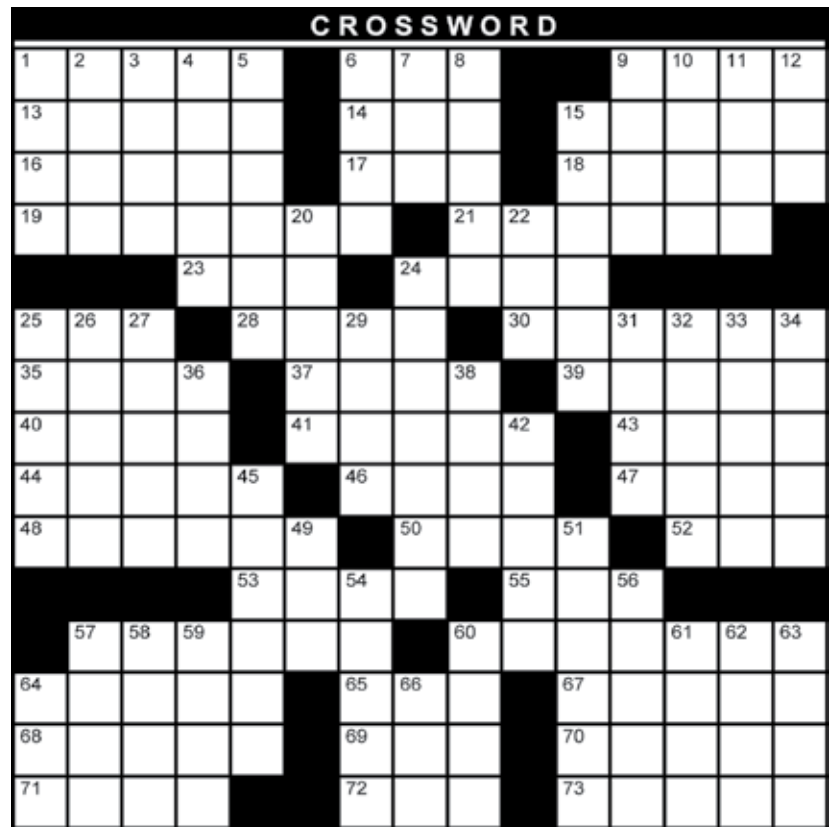
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CLUES

- CROSSWORD**
- ACROSS
- Cookie amount
 - "You betcha!"
 - Bartenders typically split these
 - Ancient Greeks' assembly area
 - Snake-like reef dweller
 - Gent or guy
 - Salad dressing vessel
 - African grazer
 - Truman's "State of the _____" was first one on TV
 - "Return to Normalcy" President
 - "Uniform _____ Holiday Act
 - A Beatle bride
 - Cowboy's prod
 - Egg cells
 - Wisecrack
 - Old fashioned expression of disapproval
 - Bruce Wayne in "The Dark Knight"
 - Chinese dynasty from 960 to 1279
 - High-strung
 - Jessica _____ of "Dark Angel"
 - Kind of test
 - Stake driver
 - "The nation did this in Nov. '63 with Jackie
 - Saintly glow
 - Stack
 - Bracelet for the arm
 - "Scene one, _____ one"
 - Feather glue?
 - Cleanse
 - Bird-to-be
 - "He Kept Us Out of War" was his slogan
 - "He hailed from Hope
 - BBQ spot
 - Building addition
 - Dry white Italian wine from Verona
 - Tim or Woody
 - "George H. W. Bush led it in the '70s
 - "The Lego Movie" hero
 - Join together by heating
 - Barbie's beau
 - Nostradamus and Tiresias, e.g.
- DOWN
- "Cello Suite No. 1" composer
 - Site of Taj Mahal
 - _____ of duty
 - Belief
 - Defesting
 - Safecracker
 - Even, to a poet
 - Like Raphael's cherubs
 - Be inclined
 - Hipbones
 - Clever tactic
 - _____ Gabriel
 - Non-competitive race
 - White _____
 - Not safe in baseball
 - Having physical sensation
 - "Change We Can Believe In" President
 - Courage in the face of danger
 - Vinyl collectible
 - "No Child Left Behind" President
 - Impermanent employee
 - Characteristic
 - Throat dangler
 - "Tippecanoe and _____ Too"
 - Anglo-Saxon nobility title
 - Apple variety
 - Bumpkin
 - "President Ford's VP
 - Chinese "way"
 - Knights' breastplates
 - T-shirt style
 - Fairytale garden dweller
 - Whip lash mark
 - It shall, for short
 - Behaved like Pinocchio
 - Like a broken horse
 - Family or kin
 - Last word in radio transmission
 - They now play in Brooklynn
 - "Hand" with claws
 - "George Washington couldn't tell one?"



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

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

For Solutions See Page 7

Come back every week for Crossword and Sudoku!



By Gerry Mifsud

2014 was a fantastic year for this senior activist. I became a journalist in this highly regarded newspaper that is written "by the people and for the people." I started 2014 with three specific goals in mind for positive change in Auburn.

My first goal was to clean up a well-known transient trail with multiple toxic encampments. The old transient trail runs from behind the Wells Fargo bank on Elm Street for a quarter mile with I-80 on one side and my senior apartment complex on the other side. I called the two major property owners, telling them of the encampments I saw. Caltrans and Placer County owned the properties. Caltrans took about a month to clear out the encampments.

My second objective, which was to get fencing put around an old abandoned cemetery, was next. This objective was completed after five months and \$15,000 of county money.

Finally, my third objective was to get Mikkelsen Drive (my street) in Auburn

NEVER GIVE UP

Get 'er Done

its first much-desired crosswalk for seniors. I petitioned on this issue out front of Sav/Mart. After two traffic committee meetings, \$15,000 of city money, and five months, a crosswalk is on Mikkelsen that will help to secure safe passage for many seniors.

So how did the door open for me into the world of journalism? I was on the front page of the Auburn Journal petitioning for a Mikkelsen Crosswalk. It was my letter to the editor that challenged the Auburn Journal. My letters were too long, but they included news the Auburn Journal was not reporting. Auburn Journal lost interest in me, but I was undaunted. I contacted the Placer Sentinel, and the publisher called me back and offered to give me a regular column in the paper.

The other door that opened was big. Auburn Community TV (ACTV) took interest in me and invited me on to one of their shows to be interviewed. Afterwards, program manager Paula Johnson offered me my own show. So, I titled it "Never Give Up," and made it about news and issues in Auburn.

I dove into both new careers as a journalist and TV show host and producer. On the TV show, I interviewed "Time Traveler" John Downs, Gathering Inn's Suzi Defosset, and WWII hero Colonel Bud Anderson.

I introduced a segment called "Father Jim Speaks," a motivational & spiritual speaker. As a retired Italian cooking chef (I'm Maltese), I did a cooking show with a touch of comedy. I also interviewed and followed a group of people protesting out front of the old courthouse and helped the leader of the group, Murlene Spinks, develop an organization for Murlene's cause called O.A.S.I.S., short for Organization Against the Social Injustice System.

Finally, the shocking death of Deputy Mike Davis Jr. on the streets of Auburn shook me up. I wrote an article entitled "A Voice on the Police Scanner," and did a segment on my TV show called "Remembrance," which focused on remembering six community leaders. I ended the show with Deputy Mike Davis Sr. and his son, Deputy Mike Davis Jr., who died in the line of duty on the same day 26 years apart.

To be a community servant and part of a city I love, happiness, hope, and heartache come with the territory. I'm a 70-year-old senior hoping to be an example to other seniors to make a difference and find a purpose. Whether to volunteer or bend an ear, let people know you're still here. Look for more to come in 2015 from this young senior who will never give up. ★



WHO'S YOUR VALENTINE?

It's that time again, the time when Hallmark, Flower Marts, and See's Candies see the dollar signs go flying to the very top of their list. Why? Because it's Valentine's Day just around the corner. So, are you into all this fuss? Do you have enough money saved after a hard holiday stretch to come up with big bucks for all that Valentine's Day is supposed to stand for? If not, why not take a step back and think outside the box. Don't get me wrong, it's fun to receive some sweets etc, but don't you think we take it a little too far? Maybe, you can be a little creative this year and surprise her AND him with something more personal. Like WHAT you say? Welllllll, how about...

1) How about a handmade card. No, I don't mean something so

POPPOFF!

with Mary Jane Popp

elaborate that Hallmark wants it for their next holiday. Make it from something soft and sweet and remember, the sentiments inside mean more than the fancy outside. Tell her how you really feel and it doesn't have to be mushy. It can be straight forward, and who says you can't borrow from the great poets in a situation like this. And ladies, this does not leave you out of the loop. How about a really thoughtful card for him too?

2) The flower part of the day can be planted flowers. The cut flowers only last a few days, but the planted ones can last for months, even years. For him, it can be something he would like to plant outside later on.

Or, she might be the gardener. Either way, every time you see the plant, you remember the special day.

3) Why not make a promise? For him, perhaps clean and cook for a certain period of time to give her a break. For her, why not get the car gassed up or take it in for an oil change, and if you are really energetic, how about mowing the lawn? Not bad for the waistline either.

4) Guys, give her a break with her own day to soak in the tub and adorn it with candles and flowers and some goodies like bubble bath and fragrance soaps. And be sure to put a 'do not disturb sign' on the door so the kids get the message too. Gals, give him his man cave for a day with all his favorite goodies and all the games he can stomach with no recriminations for the calories or the silence.

5) Then there's the big dinner in a crowded restaurant that can be so loud you can't even have a loving conversation. How about a picnic instead? Either one or both of you can plan a fun picnic just for the two of you where you can melt into each other's eyes, and sip a bit of bubbly to celebrate your love instead of the day.

These are just a few ideas, but really where will you put another stuffed animal holding a big heart? Instead, share your heart with each other, so that the feelings will last forever. Love comes from the inside out, not the outside in. HAPPY LOVE DAY !!! ★

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

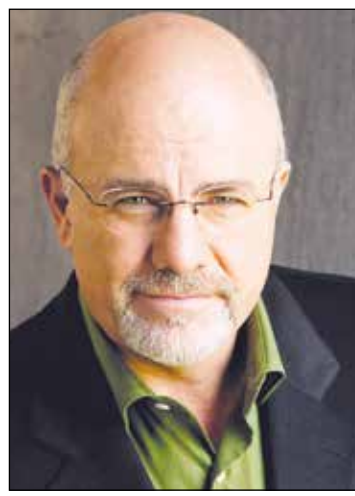
Listen to Placer High School and Del Oro High School football games, Friday nights on KAHl.

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

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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

Where's the Safety Factor?

Dear Dave, I'm retired, and currently I have about five percent of my retirement savings in gold and silver I've been acquiring over the last few years. I've seen gold prices decline significantly, and I'm wondering if I should hang on to it as a safety factor in the event the economy goes bad in a hurry. I want to make sure I'll still have a safety factor, and something of value, if that happens. - Trudy

Dear Steve, What's the safety factor here? And if everything goes downhill, why does it have value? Gold has this weird allure and mythology around it that says, "I've still got something that people will take when the economy crashes." But the truth is there hasn't been an instance when people used gold as a medium of exchange in a crashed or failed economy since the Roman Empire.

People still use gold because they believe in it. We also believe in green paper with presidents' faces on it. So, gold really has no more intrinsic value than that green paper.

The only reason we place value on it is because we, the society, place value on it. A failed society might not place value on it anymore.

In a completely failed economy, the first step is usually a takeover by a Fascist government. After that, you get a new color of money - of paper - with a new leader's face on it. Then, the old stuff isn't worth anything. It's very seldom you ever see gold come to the rescue.

I don't believe in investing in gold for that reason. Plus, the track record on gold, as far as a rate of return, is horrible over the long haul. There was a time a few years ago when everyone went crazy on it, but other than that? Ugh! - Dave

On the Road Again?

Dear Dave, We've got our emergency fund in place, and we're debt-free except for our home. We'd like to have a child soon, but my job requires frequent travel. I don't want to be away most of the time when there's a baby in the house, so I'm thinking about opening my own business. That way, I can set my own hours. What do you think of this idea? - Ray

Dear Ray, Ask yourself this question: If time and money weren't considerations, which one would you rather do? You'd be on straight commission as an entrepreneur, so there would be no regular checks to count

on as income. You'd have to wake up every single morning, go out and kill something and drag it home. If you don't, your family won't eat.

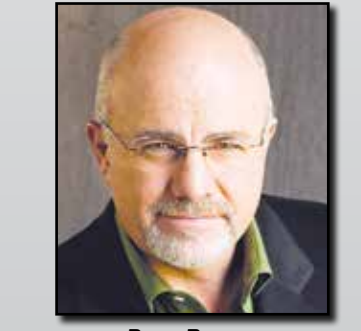
An entrepreneur is the only person I know who can go from sheer terror to sheer exhilaration and back every single day. You've got to have a strong mind and heart to make things happen, and it will be a rough ride if you don't have both. Plus, it won't last long if you don't absolutely love what you're doing.

Everybody wants to be successful in their job and make lots of money, but personal happiness is just as important. If you wake up jazzed about what you're going to do every day, chances are you'll be successful and happy. But if you wake up dreading the day and your job, then I can almost guarantee you won't be successful financially or happy. Do lots of research and planning before you make any big changes, Ray. There are great small business ideas still waiting to be had, but to make something good happen you've got to find the one that's right for you! - Dave

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



Michael Savage



Dave Ramsey



Mary Jane Popp

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 Route is Delivered twice each month
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Call 916-773-1111

December 2014 Unemployment Rate is Placer County's Lowest Since 2007

PLACER COUNTY, CA (MPG) - Placer County's unemployment rate dropped to 5.2 percent during December, reaching its lowest point since 2007.

The California Employment Department reported that Placer County had 9,400 unemployed workers out of a total civilian workforce of 178,700 people last month. Its seasonally unadjusted 5.2 percent jobless rate was down from the 5.9 percent posted for November and from the 6.5 percent recorded for December a year earlier.

Last month's 5.2 percent matches the mark Placer County recorded in December 2007 and is slightly higher than the 4.9 percent recorded in November 2007.

In December, Placer County's jobless rate was the twelfth lowest among California's 58 counties. It was below the 6.7 percent rate for the state as a whole and the 6.2 percent for the four-county Sacramento region.

"This is welcome news for Placer County," said Chairman Kirk Uhler of the Placer County Board of Supervisors. "We weathered the recession better than most counties and our economy began regaining momentum sooner. The economic rebound means more job seekers are finding work and county government is able to make more progress on long-term goals as our budget picture slowly improves."

He noted that Placer County's job-growth rate has received nationwide attention over the last few years. Its 5.0 rate for the 12-month period ending Sept.

30, 2013 earned it a tie for sixth among the nation's 334 largest counties in a report from the U.S. Bureau of Labor Statistics. Placer County has the highest growth rate among 26 counties in California with populations large enough to be included in the report.

County Economic Development Director David C. Snyder reported that nursing, health services, computer systems, software support and retail make up the lion's share of newly filled jobs in Placer County. The professional and business service sectors also are doing well.

Snyder noted that retail, office and industrial vacancy rates are declining in Placer County and new construction of homes, apartments, stores and industrial facilities are under way.

"Business prospects for 2015 are upbeat," he said. "Consumer and small-business confidence have improved across the board."

A recent example of the county's emphasis on long-term budget goals was the board's Jan. 6 decision to approve a plan to fully fund Placer County's unfunded liabilities for retiree benefits other than pensions — a category that includes medical, dental and vision benefits. Collectively, they are known as other post-employment benefits, or OPEB for short.

OPEB obligations, which include both the prospective and future costs associated with applicable benefits, have historically been funded by governments on an annual

pay-as-you-go basis. Local governments are now required to recognize the value of outstanding liabilities in their annual financial statements demonstrating future fiscal obligations.

"The path we are on now will ensure OPEB benefits are fully funded within 15 years," said Andy Heath, deputy county executive officer of Finance, Administration and Budget. "Placer County already has reduced its unfunded OPEB liability by almost 40 percent since 2009. Achieving full funding will allow the County to stop playing catch-up while freeing up operating funds for other priorities; and, more importantly, it will guarantee our employees that the County will be able to honor our long-term commitments to them. There are a lot of counties that can't say that right now."

The California Employment Development Department reported that the Sacramento region's civilian workforce grew by 18,000 jobs, or 2.0 percent, during the 12-month period that ended in December 2014. The region is comprised of Sacramento, Placer, El Dorado and Yolo counties.

The professional and business services sector led the way, continuing its robust growth by adding 5,900 jobs. Educational and health services grew by 4,400 jobs and the government sector increased by 2,600.

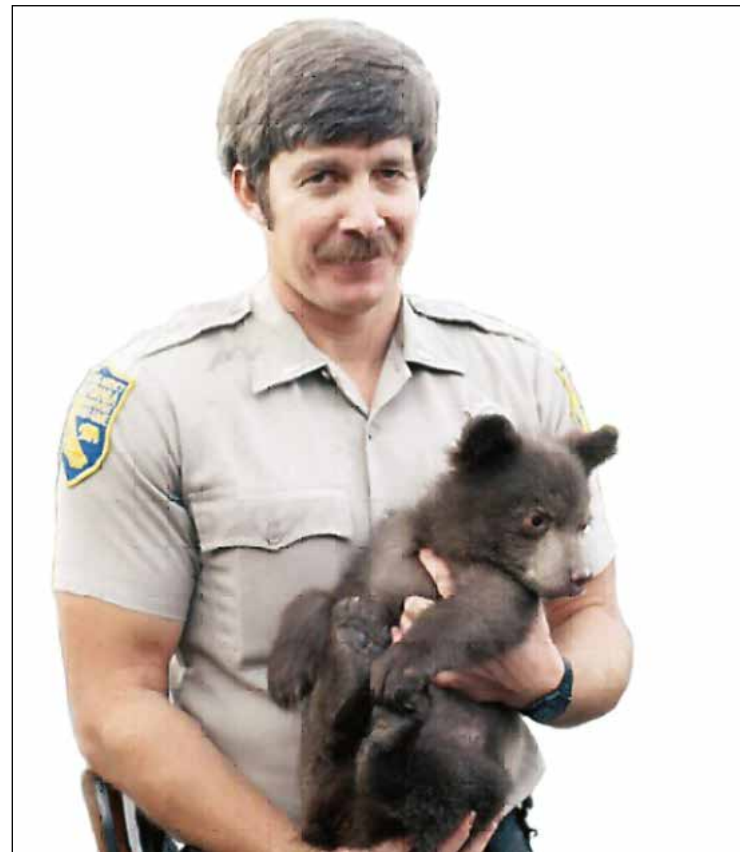
Two industries experienced declines: leisure and hospitality lost 2,600 jobs and the information sector dipped by 500.

Source: Placer County ★

True Life Adventures of a California Fish & Wildlife Game Warden

AUBURN, CA (MPG) - The Rooster Tails Fishing Club breakfast meeting will be held on Friday, Feb. 20, at the Auburn Elks Lodge, 195 Pine St. at Lincoln Way in Auburn. The doors to the Lodge open at 7 a.m. with a fantastic \$13 wide-selection buffet breakfast served at 8 a.m. The presentation begins at 9 a.m. sharp featuring award-winning author and California Fish and Wildlife Game Warden Steven T. Callan. The breakfast meeting is open to the public.

Steven T. Callan will chronicle some highlights of his fascinating 30-year career in wildlife protection. During his career as a wildlife protection officer, he conducted some of the most fascinating, complex, and highly successful wildlife investigations in California history. He also collected a wealth of action-packed, suspenseful, and often humorous true stories. His book, "Badges, Bears, and Eagles," provides a vivid first-person account of his adventures. Steve and his colleagues outsmarted poachers, thwarted fish thieves, and foiled outlaws. Callan was even stalked by African lions and mauled by a 500-pound Bengal tiger. One of the most important cases of his career began with a slain bald eagle dropped on the doorstep of the Fish and Game office, along with a note threatening the life of a fellow warden. A decade later, Callan and his working partner, Dave Szody, conducted a three-year undercover investigation which exposed a



Steven T. Callan will chronicle some highlights of his fascinating 30-year career in wildlife protection. Photo courtesy Rooster Tails

statewide criminal conspiracy to kill California black bears for their valuable gallbladders.

The 30-year-old, 180-plus-member Rooster Tails Fishing Club of Northern California, Inc. is a non-profit organization that meets the third Friday of each month to educate, entertain, and enhance a fishing experience. Unlike many bass and fly fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing

Club provides a balanced mix of fishing techniques presented by fishing experts targeting a variety of fish species on multiple types of waters. Further information can be found at www.roostertailsfishingclub.org. For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim, club chairman, at (530) 887-0479 or info@roostertailsfishingclub.org. ★

Spring Aquatics at the Auburn Recreation District

Register Now!

AUBURN, CA (MPG) - Spring aquatics programs are underway at the Auburn Recreation District starting with adult Master's Swimming. Come for conditioning and to improve your stroke technique. Adults swim 5:45-7am Monday, Wednesday, and Friday; locker rooms and showers are available for your convenience.

Lifeguarding classes begin in March. Get signed up early as space is limited. Students must be at least 15 years old and a swimming pre-test will be administered. Upon successful completion of this course students will have the CPR/First Aid certification for the professional rescuer needed to apply to be a lifeguard.

Mermaids Synchronized Swimming and Robalos Competitive Swimming teams are taking registration for pre-season clinics and conditioning programs. Mermaids and Robalos are open to boys and



Mermaids Synchronized Swimming and Robalos Competitive Swimming teams are taking registration for pre-season clinics and conditioning programs.

girls ages 5 to 18. Team participation is designed to be both accessible and affordable.

For additional information visit auburnrec.com or call 530-863-4615. ★

Default Prevention Act

"The full faith and credit of the United States should not hang in the balance every time there's a fiscal debate in Washington" -- Congressman McClintock, House floor, February 3, 2015

Congressman McClintock discussed the legislation in House floor remarks on February 3, 2015:

Mr. Speaker: Amidst all the controversies gripping Congress, certainly we should all be able to agree that the full faith and credit of the United States should not hang in the balance every time there's a fiscal debate in Washington.

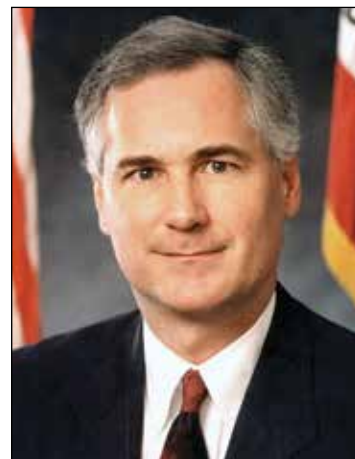
This nation now staggers under \$18 trillion of debt—nearly \$7 1/2 trillion run up by this administration alone. The interest on that debt is one of the fastest growing components of the federal budget.

If there is ever any doubt over the security and reliability of the debt owed by this government, rates would quickly rise and our precarious budget situation could rapidly spin out of control.

Ernest Hemingway put it this way. He asked, "How do you go bankrupt? Two ways. First gradually. Then suddenly." So it is with nations.

The debt limit is how we regulate the nation's debt. It is the national equivalent of a credit card limit. That limit must be periodically adjusted. It is appropriate for Congress to take responsibility when it is raised. When it does, it is also appropriate for Congress to review and revise the policies that are driving the debt.

The fundamental problem, under both Democratic and Republican Congresses, is that this process is fraught with controversy. The bigger the debt, the bigger the controversy. And the bigger the controversy, the more credit markets are likely to be spooked into demanding higher interest payments to meet their greater risk. Given the size of our debt, that could produce an



Tom McClintock

interest tidal wave that could sink our budget and our nation along with it.

I am today introducing the Default Prevention Act, with 43 co-sponsors, to guarantee that the sovereign debt of the United States Government will be paid in full and on time, under any circumstances—even total political gridlock.

It simply provides that if the debt limit is reached, the Treasury Secretary may continue to borrow above that limit for the sole purpose of paying principle and interest that is due. It is an absolute guarantee that the debt of the United States will be honored.

Most states have various laws to guarantee payment of their debts. Three years ago, in testimony to the Senate, Ben Bernanke praised these state provisions for maintaining confidence in their bonds.

This act passed the House in the 113th Congress, but was never taken up by the Senate.

Now we are approaching the expiration of the government's current borrowing authority. We will soon have serious discussions over the level of our debt and additional measures to bring that debt under control. We all hope these discussions will go smoothly, but we all know that sometimes they do not.

The Default Prevention Act says loudly and clearly to the world that no matter how much we may differ and quarrel, the

sovereign debt of this nation is guaranteed and their loans to this government are ABSOLUTELY SAFE.

Last session, the Democrats opposed this measure, charging that it is an excuse for not paying our other bills.

Do they actually suggest that all these other states—that have guaranteed their sovereign debts for generations—have ever used these guarantees as an excuse not to pay their other bills?

On the contrary, by providing clear and unambiguous mandates to protect their credit first, they actually support and maintain their ability to pay for all of their other obligations.

The most outrageous claim the Democrats made was that this measure "Paid China First."

What nonsense! More than half our debt is held by Americans, often in American pension funds. This act actually protects Americans far more than the Chinese or other foreign investors.

But whether our loans come from China or Timbuktu—from Grandma's Pension Fund or Johnny's Savings Bond—without the nation's credit we cannot meet any of our other obligations.

Principled disputes over HOW the debt limit is addressed are going to happen from time to time. Just a few years ago, then-Senator Barack Obama vigorously opposed an increase in the debt limit sought by the Bush administration.

When these controversies erupt—as they inevitably do in a free society—it is imperative that credit markets are supremely confident that their loans to the United States are secure.

Providing such a guarantee could prevent a future debt crisis and give Congress the calm it needs to negotiate the changes that must be made to bring our debt under control before authorizing still more debt.

I urge its speedy consideration. ★

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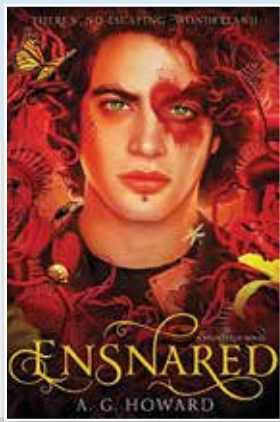
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For the Love of Books



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



ENSNARED

by A.G. Howard

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

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

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

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

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

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

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

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

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

Showcase Real Estate Group Presents "The Real Estate Insider"

with Realtor, Developer and Radio Host



Ellen Herrle

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The largest amount of money you will ever spend is likely a home or property. Complex rules, varied loans and stress about making a mistake can make your dream home purchase a living nightmare if something goes wrong in the process. Let us help you now!

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I am very excited to offer

this question and answer column in your community. First, a little about myself to introduce this new resource for homebuyers and sellers reading this paper. My second job ever was in real estate, and to this day, I truly enjoy working with buyers and sellers. With over 30+ years in this business I have worked in almost all facets of the industry. From working with first time homebuyers, to move ups whether residential, commercial or investment real estate, I've done that and developed home properties directly as well.

My family was originally from Croatia, I am fluent in the language and keep close to my culture, but always appreciate the American dream that brought my family to become citizens of the United States.

Please take advantage of our

expertise in making the right decisions for your home purchase or sale. It's easy, just email your question to us and we share the answer so everyone can learn from it. Email: ellenherrle@hotmail.com.

For those who get in touch each month you'll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a dinner for two at one of our great Sacramento or Placer restaurants!

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

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- Listens and understands your particular needs
- Communicates on a regular basis
- Knows local markets • Handles details
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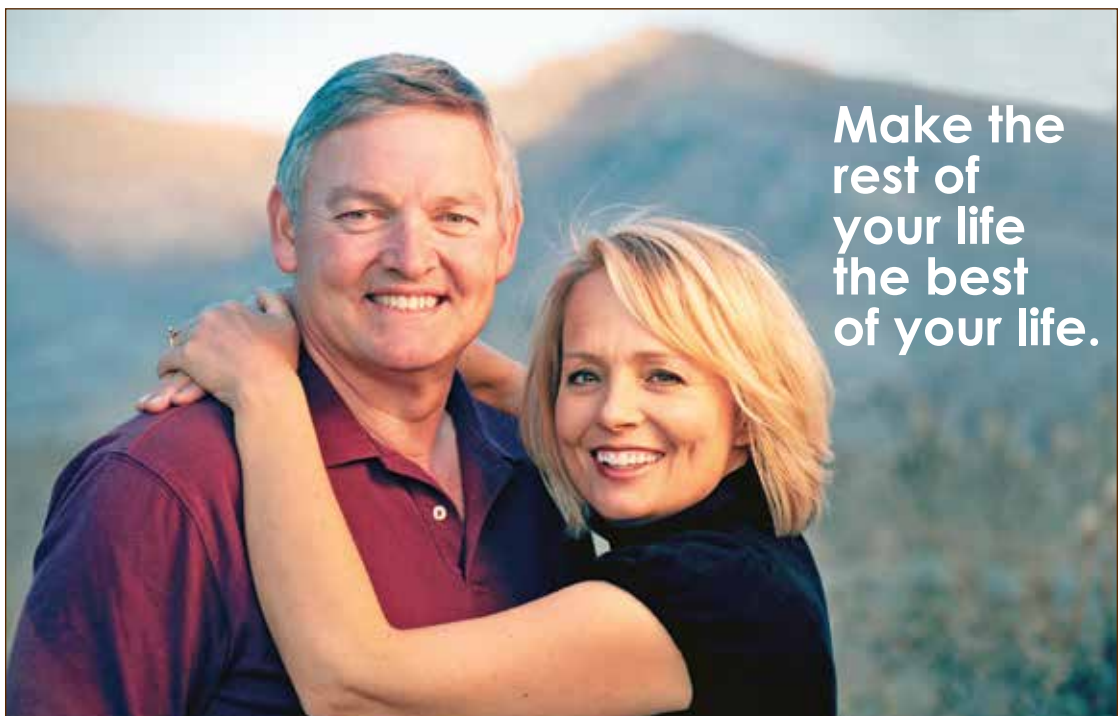
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With instant messaging, status updates, member feeds, video dating, dating diaries and more, there are plenty of ways to get to know some of our two million members!

Here's how it all works...

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- Send and receive private messages
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A Healing Force

Meet Monsters of Massage's Jared Peters

By Carol Guild
Staff Writer

NEWCASTLE, CA (MPG) - Jared Peters is a hometown boy. After attending Skyridge Elementary School, E.V. Cain Middle School and Del Oro High School, Peters, like many young people, took time to ponder his future.

During that time he started helping out at Monsters of Massage in Newcastle. "I've known (owner) Ve Loyce Shackleton for about 17 years," said Peters. "My parents were two of his first clients."

Peters started out doing scheduling and clerical work. "About six months after helping around the office, massage therapy piqued my interest, so in January 2014, I began studying at the Healing Arts Institute."

Peters has earned his certification as a massage practitioner. "After 20 years in the business, I've worked with a lot of people," said Shackleton. "Occasionally someone crosses our path that not only has the desire, but the ability and the gift of healing. Jared is that person."

"Massage therapy gives me fulfillment by helping others," said Peters.

"This is therapeutic massage, a healing process," said Shackleton. "And Jared is excellent at helping people with their ailments."

Shackleton fondly refers to Peters as "Our young Jedi."



Jared Peters is a certified massage practitioner at Monsters of Massage in Newcastle. Photo by Jodi Cottrell

Comparing him to Luke Skywalker in Star Wars. "A force was strong with Luke," said Shackleton. "And there is a force that is strong with Jared."

While earning his certificate, Peters helped "The Monsters" with volunteer massage work at many running events, such as The Western States 100 Mile Endurance Run, American River 50, Way 2 Cool, Tahoe Rim Trail, Gold Rush, Rio Del Lago 100, The California International Marathon and many more.

Peters and twin brother

Nathan also design the Monsters of Massage website. "We have a background in graphic art and graphic design," said Peters. A gift of knowledge they learned from their dad.

Monsters of Massage is at 455 Main Street, Suite 1, Newcastle. For more information or to schedule an appointment, call (916) 663-0109 or (530) 274-2296, or go to MonstersOfMassage.com.

To contact Editor Carol Guild, email placeditor@mpg8.com. ★

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