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Placer Sentinel

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Serving Auburn and Placer County since 1987

First Issue of October 2014

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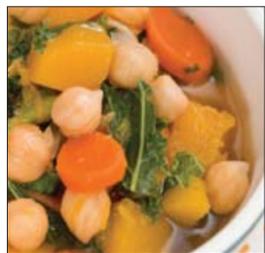
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Is Your Neighbor Hungry?



By Linda Harper

PLACER COUNTY, CA (MPG) - Placer County boasts some of the most breathtaking scenery and amicable weather in California. It's a county that's experienced robust 5.4% growth over the past few years. Ample jobs are available and its diverse population enjoys abundant housing and a median income of approximately \$78,000 per year. Placer County is also home to over 60,000 adults and children who are food insecure, meaning that they are not certain where their next meal will come from. That means one out of every seven people living in beautiful Placer County is hungry; 17,000 are children. Hunger is a hidden epidemic and closer than you think. It could be a co-worker, friend, family member, or your neighbors and their children who are challenged by hunger every day.

Placer County's face of hunger is much like that of the 49

million people in our nation who struggle with obtaining necessary nourishment to sustain life. They are working adults, families with children, single parents, senior citizens and veterans. Seniors represent 30% of our community's undernourished. Every month, many are forced to choose between buying medication and buying groceries.

There's help for hungry Placer County residents. Placer Food Bank, the primary food collection and distribution center for hunger relief efforts in Placer County, oversees the disposition of fresh and non-perishable food with a hands-on approach (7.3 million pounds in 2013 to date), they work through a network of more than 80 local charitable locations. The organization is committed to educating local communities about hunger and advocating for hunger relief. They are the only hunger relief alliance in the region certified by Feeding America, the

organization can offer financial education, parenting resources and support, literacy programs, and they're even able to distribute hot, nutritious meals through affiliate's kitchens and individual outreach services. For volunteers, the lifeblood of the Placer Food Bank, these partnerships mean they can now volunteer their time, dollars and resources in more specific ways and in targeted areas.

Partners Make a Difference

Because the hungry population in Placer County is diverse, often their need for food is accompanied by other difficulties such as unemployment, illness, working families with children who can't make ends meet, illiteracy, loss of a home, and other financial situations. The food bank can only do so much to help the large number of people in need. They look to their non-profit partners in the area to help move people past their circumstances into gratifying and productive lives. The collaboration between agencies allows more people to be served in various ways. Through these partnerships, the

organization can offer financial education, parenting resources and support, literacy programs, and they're even able to distribute hot, nutritious meals through affiliate's kitchens and individual outreach services. For volunteers, the lifeblood of the Placer Food Bank, these partnerships mean they can now volunteer their time, dollars and resources in more specific ways and in targeted areas.

Community Gardens

In an unprecedented move to further bridge the hunger gap in Placer County, the food bank initiated the Placer County Community Gardens Program last year. The program connects businesses, community organizations and individuals with local gardeners and farmers who volunteer their time to grow, harvest and distribute fresh produce to Placer County families who are affected by hunger.

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Patriot Day: A Tribute to Those Who Serve

PLACER COUNTY, CA (MPG) - Patriot Day, Rocklin's fourth annual tribute to public safety and military personnel, will be held from 10 a.m. to 5 p.m. on Saturday, October 11th in the Walmart shopping center on Sierra College Boulevard at Interstate 80.

Hosted by the Rocklin Public Safety Volunteers, the family-friendly event was first held on the 10th anniversary of the Sept. 11th attacks on the East Coast, explained President Rebecca Kanowsky. "We remember them by bringing community members together with the many public safety professionals who proudly serve Rocklin each and every day," Kanowsky said.

Proposed by Rocklin Police Chief Ron Lawrence, the event's purpose is to not only pay tribute to those who serve at the local, state, and federal levels, but also to show the public how these personnel work to save lives.

A number of agencies are participating in this year's event, Kanowsky said. Rocklin Police and Fire Department personnel will be displaying a variety of emergency vehicles, including a ladder truck, patrol cars, and motorcycles. Rocklin Police K9 teams will also be on hand.

The Placer County Sheriff's Department's helicopter, which will fly in during the event, will be open to the public. Member of Placer County's SWAT team will demonstrate how a robot can be used to detect and safely detonate a bomb.

H&G Towing, in cooperation with Pick & Pull, will provide two vehicles that will be used by the Rocklin Fire Department to demonstrate how the Jaws of Life can be used to extricate people trapped inside a vehicle.

The ceremonies will open with the presentation of colors by the Rocklin Police Department's Honor Guard. Performances by the Rocklin and Whitney High School bands will be presented throughout the day.

More than 80 vendors will be on hand to supply information about products and services and sell arts and crafts as well as a variety of food. For the younger set, there will be carnival rides available. Fast Track Hobbies will set up a slot car race track.

The inaugural event was initiated in September 2011 by Rocklin Police Chief Ron Lawrence and came together through the efforts of several volunteers, including Rocklin City Councilmember Diana Ruslin.

Six months following the event, Kanowsky spearheaded the formation of the Rocklin Public Safety Volunteers. Under her direction, the non-profit organization has been responsible for organizing the event for the past three years.

In addition to hosting Patriot Day, Kanowsky pointed out, the group has supported the Rocklin Police and Fire Departments with numerous fundraisers to purchase emergency equipment, including paying for and training a K9 for the Rocklin Police Department.

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55 Tons of Trash Removed During Great Sierra River Cleanup

AUBURN, CA (MPG) - An eager and willing 4,460 volunteers showed up to participate in the sixth annual Great Sierra River Cleanup. Preliminary results reveal that an impressive 55 tons of bottles, cans, appliances, car parts, and other debris were pulled from California's drought-stricken waterways during the event. The Great Sierra River Cleanup is sponsored by the Sierra Nevada Conservancy (SNC) in partnership with nearly 60 community organizations at over 100 sites throughout the Sierra Nevada. (A full list of sites and participating organizations can be found on the SNC Web site: www.sierranevada.ca.gov.)

Volunteers flocked to beaches and riverbanks, teaming up to collect a wide variety of garbage that would otherwise remain in the rivers, lakes, and streams. Some of the more interesting items removed during this year's cleanup include a rubber



Photo courtesy of Sierra Nevada Conservancy.

ducky dressed as a hockey player, a master cylinder for a 1933 truck, a Barbie doll arm, a Bullwinkle Moose stuffed animal, and Christmas tree lights.

"The Sierra Nevada region provides more than 60% of California's developed water supply, and is the primary source of water flowing into the Delta," said SNC Assistant Executive Officer, Joan Keegan.

"Every piece of trash our volunteers remove helps to keep California's water clean."

This year, sixteen members of the Assembly and Senate showed their support for a clean water source by signing up as co-chairs of the event. These elected officials represent communities in the Central Valley, the Delta, the coast, and the mountains, all of whom rely on the Sierra

Nevada for portions of their water supply.

The Great Sierra River Cleanup combines with the annual Coastal Cleanup Day each year to become the largest single-day volunteer event in California. This partnership serves to promote good stewardship of all of our watersheds, from the source to the sea.

The Great Sierra River Cleanup would not be possible without the hard work of thousands of volunteers, dozens of local community groups, and the following supporters: the California Coastal Commission, the California Conservation Corps, Sierra Nevada Brewing Company, Camp-California, California Ski Industry Association, YubaNet.com, SMUD, Sierra Pacific Industries, Sierra Heritage Magazine, the California Department of Fish and Wildlife, and Adventure Sports Journal. ★

Source: Sierra Nevada Conservancy

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High Street Restoration Update

AUBURN, CA (MPG) - Placer County Water Agency (PCWA) has completed replacement of two old waterlines in High Street between the Gold Country Fairgrounds entrance and Pleasant Avenue. Previous breaks on these lines caused damage to the street, curbs, gutters and sidewalks in the area. PCWA has contracted with Simpson and Simpson Construction to remove and replace the curb, gutter, driveway approaches, sidewalks, and pavement in the water damaged portion of the street. Work is scheduled to begin September 29 and completed

in early November. The working hours for the project will be from 7:00 a.m. to 5:00 p.m. Parking will be restricted during construction. Vehicular and pedestrian traffic control measures will be in effect to divert traffic away from the work area. Two-way traffic through the project site will remain open throughout the project, but delays should be expected. The curb, gutter, sidewalk and driveway approaches will be removed and replaced on the southerly side of the street first. Work will then switch to the northerly side for similar concrete work.

After the concrete work is complete, the asphalt street will be removed and replaced a half street width at a time. Businesses will remain open during their normal business hours. Vehicular access to driveways will be restricted at times during the concrete driveway approach portions of the project. Your patience during this operation is greatly appreciated. If there are questions, they can be directed to Ken Powers, PCWA project manager, (530) 823-4886. ★
Source: PCWA

Sheriff's Office Annual Fundraiser

Search and Rescue is Calling You



PLACER COUNTY, CA (MPG) - The Placer County Sheriff Office's Search and Rescue teams have started their annual telemarketing fundraising drive throughout the county. This year, Search and Rescue is again raising money to purchase mobile communications equipment for the Lake Tahoe area. Search and Rescue volunteers donate thousands of hours each year to locate lost hikers, skiers and anyone else who may need assistance in Placer

County's thousands of acres of wilderness. Telephone solicitors will be calling Placer County residents to ask for donations. Anyone wishing to make a donation will be sent a pre-addressed envelope. Callers will NOT ask for credit card information. Donations should only be sent to the following addresses: P.O. Box 4150, Auburn, CA, 95604 or P.O. Box 1710, Tahoe City, CA 96145. During recent fundraising efforts, another company calling

themselves "Search and Rescue Charities" led some donors to believe that they were donating to Placer County. This is not the case and anyone interested in donating to the local search and rescue efforts needs to make sure they are giving to "Placer County Search and Rescue." For further information, contact Search and Rescue Community Services Officer Katrina Kane at (530) 889-7846. ★
Source: Placer County Sheriff's Office

Triple Award Winning Sierra Gold Chorus Holds Open House



Members of the Award Winning Sierra Gold Chorus are having an OPEN HOUSE to invite women to join them as they prepare for their annual Christmas Show. Come and visit on Monday, September 22nd at 6:30 p.m., 11577 E Avenue, Burbuck Hall, De Witt Center in Auburn.

PLACER COUNTY, CA (MPG) - Members of the Award Winning Sierra Gold Chorus are having an OPEN HOUSE to invite women to join them as they prepare for their annual Christmas Show. Come and visit on Monday, September 22nd at 6:30 p.m., 11577 E Avenue, Burbuck Hall, De Witt Center in Auburn. Ladies of all ages are invited to attend Monday evening rehearsals and to have an opportunity to perform in the Christmas Show. For more information, please call (888) 625-3430, Kay (530) 268-2456, Gayle (530) 268-08963, or visit the website at www.sierragoldchorus.org.

the Auburn Chapter of Sweet Adelines International, has a membership of over 50 women from Nevada City to Sacramento, including Placerville and also as far away as Reno, Nevada! The members share a love for music and singing a cappella in four-part harmony in barbershop style. As a member, you too can experience the exhilaration of performing and singing with the chorus. Any woman of average singing ability, with or without vocal training, will find a part that fits her voice range with the help of the chorus musical leaders and the director. Ron Black became the director of Sierra Gold Chorus in June

2013, and under his direction, the chorus was a triple winner at the 2014 Regional Competition in Reno last April. Not only did they score the Most Improved Chorus, they also received the Third Place medal in their division, plus a trophy for the chorus with the largest increase in membership for the current year. Sweet Adelines International, a highly respected worldwide organization of women singers, is committed to advancing the musical art form of Barbershop harmony through education and performance. Come and join the fun! ★
Source: Judi Naill, Sweet Adelines

Annual Auburn Community Festival

Enter the Scarecrow Contest

AUBURN, CA (MPG) - The first entrants in this year's annual Auburn Community Festival Scarecrow Contest are beginning to emerge at local schools and homes as contestants ready for the big event on October 18th. "Entries are starting to roll in with less than a month till the Community Festival," Sheryl Petersen, Recreation Services Manager with the Auburn Recreation District said. "We expect great things this year." All the excitement is part of the year's Auburn Community Festival, a community event sponsored by more than 15 area organizations and leaders including Auburn Recreation District. Peterson expects as many as 30 scarecrow entries this year, however, that is her best guess as registration for the contest runs until October 12th. With four categories to choose from, entrants can have their scarecrow entry in the running to earn up to \$1,000. "Open" and "People's Choice" are where the big money is. Open is for individual or group creations with prize money up to \$1,000 and the People's Choice is \$500 for most popular. Natalie Otis with Auburn Gymnastics Center is one of

the new competitors entering this year in the People's Choice category. "We are doing a cool scarecrow that only a gymnastics facility would think to put together," Otis said. "Were still not exactly sure how were going to pull it off but it will be fun trying to figure it out." The kids can get in on the money as well. There are two chances for youth in the community under 14-years-old. They can enter their scarecrow in "Youth" or "Youth Group." Both the individual and group grand prize is \$100. There are multiple placements in the Youth, Youth Group, and Open and one prize for People's Choice. "Time to get creative Auburn," Petersen said. "Through the years people have made scarecrows out of virtually anything." Public voting gets underway at 9:30 a.m. the day of the event on Oct. 18th, but that hasn't stopped some early birds from getting their entry into the public view. At Skyridge Elementary School the Discovery Club is in full swing making their debut. Tricia Ruff is overseeing the efforts as three Scarecrows are coming out of the Elementary School.

The entry fee is \$10 and the only guidelines are that scarecrows must be handmade and family-friendly. Even if you don't build a scarecrow, everyone is encouraged to ready for the activities planned for October 18th. There will be a giant pumpkin contest and a costume contest for Most Frightening, Best Disney Themed, and Best Homemade, Most Original and Best Pet as well as the scarecrow contest as part of the day's line-up of events. "Our goals are to get the community involved in an enjoyable creative activity," Petersen said. "The Auburn Community Festival celebrates the season and creates opportunities for interaction between schools, artists, merchants and residents but most of all it's about having fun." The Festival is from 10 a.m. to 4 p.m. and is located in Auburn Recreation Park, 123 Recreation Dr. Auburn. For more information, Google Auburn Community Festival or go to <https://sites.google.com/site/auburncommunityfestival> ★
Source: Auburn Recreation District

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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



Assemblywoman Beth Gaines

Gaines Bill to Protect Animal Control Officers Signed Into Law

allow them to work in a more efficient manner," said Gaines.

AB 1511 arose out of the tragic events that happened to Sacramento Animal Control Officer Roy Curtis Marcum, back in 2012. Officer Marcum was called out to a supposedly vacant property to retrieve some animals that had been abandoned by the previous owner. As Officer Marcum approached the house, he was tragically shot and killed by the previous owner, who was still residing in the property. The previous owner was captured and subsequently imprisoned by law enforcement.

AB 1511 will now allow animal control officers, who do not carry firearms, to request criminal history information upon showing a compelling need to the Department of Justice and to local law enforcement. This tool will help prioritize law

enforcement resources to be made available for animal control officers to help keep them safe when they are called out to properties.

"AB 1511 will hopefully help prevent future tragedies like the one that took the life of my son," said Charlotte Marcum-Rush, mother of Officer Marcum. Ms. Marcum-Rush also helped craft this legislation.

"I believe wholeheartedly that this legislation will make the job safer for animal control officers all around California. They help protect the public from wild, sometimes dangerous, animals and now I hope that we can help protect them," said Gaines. ★

Assemblywoman Beth Gaines represents the 6th Assembly District, which includes portions of Placer, El Dorado, and Sacramento counties.

Harvey Roper Leaves Auburn a Legacy of Community Service

By Linda Harper

PLACER COUNTY, CA (MPG) - In November 2013, I wrote an article for the Placer Sentinel highlighting Roper's Jewelry Store and their 52 years in business. One thing that was evident in the business was Harvey Roper's love for Auburn and its residents. His passion for community service seemed contagious as everyone involved in the store was also engaged in serving the city's population to positively enhance their lives.

Harvey Roper passed away on Friday, September 12th while on a bow-hunting trip to Idaho, leaving the community of Auburn shocked and saddened.

Harvey was "all about Auburn." His devotion to the community was never-ending. From a very young age, Harvey was indoctrinated into community service by his parents, Ralph and Helen Roper. In an interview with the Auburn Journal several years ago, Roper recalled a parade float being built at his family's home on Electric Street when he was three years old. He was born in Auburn and attended local schools, graduating from Placer High School in 1974. Harvey received a business degree from Sacramento State University and also attended Bulova Watchmaker's School before entering his families business, Roper's Jewelry Store.

He was integral in growing the store and bringing it to the forefront of the Auburn business community.

Harvey Roper's dedication to serving the Auburn community made him a friend to all. Even if he didn't know everyone personally, he worked tirelessly to provide a better life for all Auburn residents through his service with countless committees and time spent in local government.

It's with a poignant remembrance we say good-bye to Harvey Roper. Although, he will be missed, the legacy of his service to the Auburn community will go on for years to come. ★

Patriot Day Tribute Those Who Serve

Continued from Page 1

The 71-year-old Rocklin resident became a volunteer for the police department one year before she retired.

"I love the diversity with the department," she said. "All the years I worked I did some kind of volunteer work. I like the

variety (at the police and fire departments). There's an ongoing list of opportunities (to volunteer)."

She encourages others to consider becoming a volunteer for the Rocklin Police and Fire Departments. Volunteers are asked to attend the 12-week

Volunteer Academy before taking on any volunteer tasks, Kanowsky added.

For more information about the Rocklin Public Safety Volunteers, visit www.rpsvinc.org. ★

Submitted by Gloria Beverage

Light Up a Life

A special evening of remembrance, music and reflection for those who have experienced a loss.



**Tuesday, Dec. 2nd, 2014
7:00 - 8:30 p.m.**

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Sutter Auburn Faith Hospice

Holiday trees will be decorated with ornaments honoring your loved ones. Clear globe ornaments to personalize are available at host locations. Ornaments will also be available at the event.

For more information about this event, contact Sutter Auburn Hospice at (530) 886-6650.



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Sierra Business Council Announces Launch of Development Center

PLACER COUNTY, CA (MPG) - Opportunity, innovation, prosperity and sustainability; these core elements of Sierra Business Council's mission provide the foundation for a new Northeastern Sierra Small Business Development Center (SBDC) host site. Sierra Business Council recently received a Notification of Award to serve as the region's SBDC and is excited to begin operations October 1, 2014 and celebrate the launch during SBC's twentieth anniversary conference, "Peak Innovation: The Next 20 Years," happening Oct. 8-10 at Granlibakken in Tahoe City.

As an SBDC host site, Sierra Business Council will offer free one-on-one business advisory services such as strategic planning, marketing, operations, cash flow planning and feasibility analysis. In addition, free workshops and classes will be offered in a variety of topics including Lean Start Up, business model generation, energy efficiency and social media strategies. SBC will also provide counseling and access to capital advisory services for start-up, small business expansion and entrepreneurial ventures. SBC is actively developing a regional network that

will facilitate access to capital and business loans for small to medium sized businesses.

The host site will be based in the Peak Innovation Center, a new co-working and business incubator located at Sierra Business Council in the Truckee Town Hall on Truckee Airport Rd. in Truckee. Services will also be offered at satellite locations in a seven county region including Modoc, Lassen, Plumas, Sierra, Placer, El Dorado, and Nevada counties.

"Sierra Business Council is thrilled to be able to provide these services in a rural and traditionally underserved area of the state," said Kristin York, director of business innovation. "We are particularly happy with the opportunity to focus on the needs of rural businesses which are often quite different and focus on different sectors of the economy than urban areas do."

This is a significant milestone for both SBC's efforts to establish the Peak Innovation Center and fulfillment of the Town of Truckee's economic development goal of encouraging a knowledge-based "New Economy Business." The Peak Innovation Center was seed-funded by the Town's Economic Program

Incentive Initiative designed to provide project assistance that helps increase the region's job and tax base, promote business re-location or expansion, create partnership opportunities with other local government agencies and generally improve the local economy.

The California Small Business Development Centers Network is part of a national accredited delivery system that assists more than 1.3 million business owners annually. The SBDC was established by the U.S. Small Business Administration in 1979 and operates 1,100 SBDC service centers throughout the U.S.

As part of the launch of the SBDC host site, Sierra Business Council will be expanding its network of business consultants and lenders to ensure the technical assistance and capital needs of the business community are met. Questions regarding the program can be directed to Kristin York at kyork@sierrabusiness.org or plan to attend the Peak Innovation Conference October 8-10, 2014 as conference attendees explore new ways for cultivating innovation and leveraging investment in the Sierra. ★

Source: Sierra Business Council



By Gerry Mifsud

NEVER GIVE UP

Holocaust Survivor Stories

Eva Lustigova, a fine filmmaker, spoke with uplifting admiration of her father. She informed people that most survivors couldn't bring themselves to speak of the horrors of concentration camps. She also told me that my "Never Give Up" motto is linked to "Never Forget."

Pepe would say his father was asked about forgiveness. Arnost's reply was "In 10,000 years, ask me and I'll still say, 'Never Forget.'" Pepe added light humor while talking to the crowd, but afterwards, he asked me, "Did my humor conflict with the emotions of the Holocaust?"

I assured him that he eased the stunned crowd.

Irene Weiss, a survivor of Auschwitz, spoke to the crowd with her head held up high. Irene and her sister, both teenagers, were the only two survivors of their village of 35 families who were all exterminated. When she first entered the concentration camps, she asked a prisoner, "Where are your family members?" The woman responded by pointing to the smoke coming from the crematorium and said, "There's my family."

"How does one survive?" Irene bravely asks the crowd. "Death was all around, darkness and hopelessness was everywhere, and yet when I opened my eyes for another day to live that was my only hope."

Several community leaders attended the events and were obviously moved. Dr. Kirby, the organizer, worked extremely hard to ensure the integrity of all the events. His passion for the subject was evidenced by his emotional reactions to the stories being told of the Holocaust.

It was no wonder that Auburn Chief of Police John Ruffcorn and I found ourselves talking of our families, as we had just witnessed families dying in the Holocaust.

Matt Spokely, running for Auburn City Council, was there as well as Vice Mayor Keith Nesbitt, both speaking with great sensitivity and appreciation of Mr. Lustig's courage, survival, and accomplishments. Col. Bud Anderson and renowned artist Douglas Van Howd, icons to our country, paid their respects with their presence and sentiments.

Later, as I drove home from the last event in Rocklin, emotionally drained and yet hopeful and inspired, I remembered the last line in the movie about Arnost when he was talking talking of life: "I'm sure everything will be alright."

I wondered though, ask yourselves, are not genocides still taking place since WWII? Darfur, Africa, and the Middle East, as of late?

Let's not forget what the new settlers did to the Native Americans or the Africans who were enslaved. "Learn from history," Arnost said.

Upon arriving home, I was greeted by my concerned son, Joe, who knew what I had witnessed.

I held onto him speechlessly as he asked, "Are you alright, Dad?" I said, "I hope you never see a holocaust in your life." Like Arnost, with hope, my compassionate son said, "Everything will be alright, Dad," over and over as I lifted my head up like Arnost and Irene with hope. I thought, "Let's Never Forget, and Never Give Up". ★

Gerry Mifsud, TV Host.

Is Your Neighbor Hungry?

Continued from Page 1

In one year's time, the program volunteers harvested over 59,000 pounds of fresh fruits and vegetables! The program has quickly become vital to the area. In addition to the fresh, healthy foods the program provides, it also gives people an opportunity to be part of a working solution to a social and economic imbalance. It brings awareness of the hunger situation to more people in the region. When people come together to help others, it builds community spirit and provides a sense of satisfaction knowing that each individual is part of a bigger effort that's helping to solve a serious problem, insuring no one goes hungry in Placer County.

BackPack Program

Many of the estimated 17,000 hungry children in Placer County are school aged and rely on meals provided at school by national school meal programs as their primary source of daily food. All public schools provide a nutritious breakfast and lunch to students

identified as food insecure.

While most kids look forward to the end of the school week, there are a large number who greet each weekend with anxiety, not knowing if there will be food at home for them. When Monday arrives, many of these students enter a new school week suffering from stomach aches and dizziness. They have trouble concentrating, or even worse, they are just absent from school.

Placer Food Bank created the Backpack program to provide children identified as being in severe need with healthy, easy-to-prepare food for times when school is not in session. They assemble and give 615 packages of food every week to students in the Auburn and Roseville school districts. On Friday afternoons, before going home, they tuck the life sustaining food into their backpacks to take home.

Addressing and helping to stop child hunger in the region is a top priority at Placer Food Bank. In a county that's experiencing healthy economic growth, and where residents earn a higher than median income, No child

should go hungry.

Placer Food Bank is an innovative leader in local hunger relief. They are comprised of a talented staff and countless energetic, caring volunteers. Although, they receive funding from several government and local business sources, donations of money, time and goods play a significant role in feeding the hungry in Placer County.

To learn more about the Placer County Food Bank and how you can help feed the hungry in the region, go to www.placerfoodbank.org or call (916) 783-0481. To view the food bank in action, visit them M-F, 9 a.m.-5 p.m. at 8284 Industrial Blvd., Roseville, CA 95678.

If you or someone you know is in need of food, visit one of the many partner Food Banks in Placer County. To find one closest to you call Placer County Food Bank or go to www.feedamerica.org. ★

Sources: www.placerfoodbank.org, www.placercommunitygardens.org, US Census Bureau, www.feedamerica.org



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ROCK DOC

By Dr. E. Kirsten Peters

Plants are Not as Dumb as They Look

by the insects chewing on the leaves.

Next Appel and Cocroft and their team took two new sets of plants and separated them. To one set, they played back recordings of the sounds and vibrations the insects had made as they fed on the Arabidopsis leaves. To the second set of plants, they played back a silent tape—in other words, this second set of plants was the “control” in their experiment.

Then the team let caterpillars feed on both sets of plants. Results showed that the Arabidopsis that had been exposed to the sounds of the insects feeding on leaves had more mustard oils in their leaves than did the control group. Mustard oils are chemicals many insects don’t like and will avoid.

“What is remarkable is that the plants exposed to different vibrations, including those made by a gentle wind or different insect sounds...did not increase their chemical defenses,” Cocroft said in a press release. “This indicates that the plants are able to distinguish feeding vibrations from other common sources of environmental vibration.”

Plants really are not dim bulbs.

“Plants have many ways to detect insect attack,” Cocroft said in the press release. “But [insect] feeding vibrations are likely the fastest way for

distant parts of the plant to perceive the attack and begin to increase their defenses.”

Next steps for the researchers include learning more about exactly how vibrations are sensed by the plants and what parts of the complex sounds may be the most important. The results of this type of work are not just academic. A long way down the road, such research may be able to improve crop plants, giving them a natural way to boost their own defenses against insect pests.

“Caterpillars react to this chemical defense by crawling away, so using vibrations to enhance plant defenses could be useful to agriculture,” Appel said. “This research opens the window of plant behavior a little wider, showing that plants have many of the same responses to outside influences that animals do, even though the responses look different.”

I’ve got a new respect for plants — and the researchers who are learning surprising things about them. ★

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.

THE HERITAGE TRAIL Placer County Museums Tours

AUBURN, CA (MPG8) - Docent led tours are available in our museums daily. For those that want to dig a little deeper into our history, we offer many site specific tours and programs.

BERNHARD MUSEUM
291 Auburn-Folsom Road, Auburn, CA
Open Tuesday through Sunday 11 am – 4 pm - Closed Holidays
Free Admission

Built in 1851 as the Traveler’s Rest Hotel, the Bernhard House has been welcoming visitors for over 150 years. Filled with artifacts and furnishings from a bygone era, the Bernhard House transports visitors to a simpler time. The Bernhard Museum also serves as home to the third grade Living History Program. To Schedule a group tour, call 530-889-6500

LIVING HISTORY
This program transports third grade students back to the 1890’s for a day. Over the course of the day, students learn to:

- Bake biscuits in a wood stove
- Wash clothes using a washboard, dasher, and a ringer
- Make crafts such as leavings dolls and button spinners
- Make a replica fruit crate
- Clean leather
- Sew a marble bag

The whole experience lasts about four hours. Students leave with a much better understanding of what life was like over 100 years ago. The Living History Program is designed to meet specific third grade curriculum standards.

FOREST HILL DIVIDE MUSEUM
24601 Harrison Street, Foresthill, CA
Open May through October Saturday and Sunday Noon – 4 pm - Closed Holidays
Free Admission

The Forest Hill Divide Museum focuses on the history of the Foresthill area, including topics such as mining, geology, Native Americans, timber,

and home life. The complex includes a working blacksmith shop, the original Foresthill Jail, and a 1931 USA Fire Truck.

GOLD COUNTRY MUSEUM
Gold Country Fairgrounds - 1273 High Street, Auburn, CA
Open Tuesday through Sunday 11 am – 4 pm - Closed Holidays
Free Admission

The Gold Country Museum interprets the rich history of the gold rush in Placer County. Using displays and a hands-on gold panning stream, museum docents will help you explore the most common methods of finding gold, from simple panning to hard rock and hydraulic mining.

Due to inadequate air conditioning, this museum closes during high temperature days. Call 530-889-6500 for information. To schedule a group tour, call 530-889-6500

GOLD RUSH PROGRAM

This tour for fourth graders takes place at the Gold Country Museum. It’s a two-hour interactive program targeting fourth grade state curriculum standards, concerning the Gold Rush, using museum exhibits and primary resource material from the Placer County Archives. This tour is available in winter and early spring. For more information or to reserve a date for the Gold Rush Program for your class or school, call 530-889-6506. The cost is \$5 per student.

GOLDEN DRIFT MUSEUM
32820 Main Street, Dutch Flat, CA
Open Memorial Day through Labor Day
Wednesday, Saturday & Sunday Noon – 4 pm - Closed Holidays
Free Admission

Located on Main Street Dutch Flat, this house-turned-museum is filled to the brim with the town’s history which encompasses the glory days of hydraulic mining, lumber

production, the laying of the transcontinental railroad, and other threads in the tapestry of the region’s history. To schedule a group tour, call 530-389-2617

GRIFFITH QUARRY MUSEUM
Corner of Taylor & Rock Springs Roads, Penryn, CA
Open Saturday and Sunday Noon – 4:00 pm

The Griffith Quarry Museum is housed in the original Penryn Granite Works office, built by Welsh immigrant Griffith Griffith in 1864. It contains some of the original office furniture, information on the Griffith family, the history of the Penryn-Loomis Basin area, and the granite industry. To schedule a group tour, call 530-889-6500

PLACER COUNTY MUSEUM AUBURN CALIFORNIA’S HISTORIC COURTHOUSE
101 Maple St. Auburn, CA
Open Daily 10 am – 4 pm - Closed Holidays
Free Admission

This museum presents an overview of Placer County history from the early Nisenan inhabitants through the latter half of the 20th century. It also includes the Placer County Gold collection, the renowned Pate Collection of American Indian artifacts and the original Thomas Kinkade painting “Auburn Centennial.” The Museum occupies the first floor of Auburn’s historic Courthouse. To schedule a group tour, call 530-889-6500

OLD TOWN WALKING TOUR

Join us every Saturday morning at 10:00 a.m. sharp – rain or shine – for a free guided tour of Old Town Auburn. The tour begins at the Courthouse, 101 Maple Street, and lasts about one hour.

Information provided by Reene Abbott

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County Launches Emergency Notification System

SACRAMENTO COUNTY, CA (MPG) - Sacramento, Placer and Yolo County have partnered with the California Office of Emergency Services in utilizing a state-of-the-art emergency alert system known as Citizen Alert. The system provides information to residents about emergency events quickly and through a variety of communication methods. Residents will only receive alerts that are critical and time-sensitive, including: flooding, levee failures, severe weather, disaster events, unexpected road closures, missing persons, and evacuations of buildings or neighborhoods in specific geographic locations.

The alert system currently includes all listed and unlisted landline telephone numbers in Yolo, Placer, and Sacramento counties that are serviced by AT&T and Verizon.

To ensure emergency notices are received quickly both at work and home, residents are encouraged to log onto the Sacramento Alert Self-Registration Portal and provide phone numbers for both home and work, including land and cell phone numbers, email addresses, TTY device information and instant messaging information preference. All information in the Self Registration Portal will

be kept strictly confidential. Residents from all cities within the County and the unincorporated areas are urged to sign up at www.Sacramento-Alert.org.

The system, which uses Everbridge Alert and Notifications System, was made possible for all three counties by a grant from CAL Office of Emergency Services and supported by CA Department of Water Resources, Flood Operations Center through the Sacramento County Office of Emergency Services. ★

Source: Sergeant Lisa Bowman, Sheriff's Spokesperson



Dare to Live Without Limits

Acting in Haste



by Bryan Golden

In hindsight, it's easy to tell when you acted in haste. Looking back, you can clearly see you acted too soon. For one reason or another, you have regrets. How many times have you told yourself, "Darn, I shouldn't have acted so fast?"

Learn from your past experiences. You have at least a few instances where the consequences of acting in haste are burned into your mind. Acting in haste happens occasionally for everyone. For some, it becomes a habit. With awareness, preparation, and planning, acting in haste is preventable.

Acting in haste ranges from saying something you regret to making a decision that has adverse long term consequences. Examine those times you acted in haste. What were the underlying causes? Was it anger, impatience, ignorance, impulsiveness, pressure from others, fear of criticism, or some other cause?

Regretting something you said happens when you speak before thinking, react out of anger, or jump to conclusions. Whenever you are angry or upset, allow some time to pass before addressing pertinent issues. Taking even a few minutes to calm down works wonders. It provides a chance to think and put things into perspective.

Whatever you say can not be recalled. Other people will always remember when you say something you wish they would forget. Waiting and thinking before speaking works every time it's tried. Next time you

feel compelled to blurt something out, stop, wait, and think before speaking.

Being angry or upset clouds your judgment. Decisions made in this state are error prone. When you are in this frame of mind, you feel an overwhelming desire to act immediately. Resist the urge. With consistent practice, you can condition yourself to refrain from making decisions when you feel this way.

Your mind erroneously perceives these emotions as requiring emergency action. Perhaps this is rooted in our evolutionary fight or flight mechanism which kept us safe in the face of immediate danger. It takes determination to override you innate drive for immediate action.

Acting in haste also occurs when you feel rushed to make a decision. This emanates from a perceived deadline, either internally or externally imposed. Although there are situations where time is of the essence, they are usually the exception.

There is a tendency to wait until just before a deadline to act. Procrastination puts you up against a deadline where there was originally plenty of time. Make decisions while there is still time to fully assess your best course of action.

Acting without thinking is acting in haste. Take time to analyze various options. If you need additional information, make sure you turn to a knowledgeable and reliable source. You want more than just an opinion, you want feedback

from someone who has pertinent expertise.

Many well meaning people are filled with misinformation. What worked for someone else may not be appropriate for you. Each person has their own unique circumstances. Take time to evaluate all information as it relates to your situation.

Any action you take should make sense for you. Acting because of peer pressure is not necessarily in your best interest. Acting to avoid criticism isn't a good idea either. It's your life and you are the only one who has to live with the consequences of your action.

Listen to your intuition. If a particular course of action doesn't feel right you must understand why. If hesitation is based on fear, is the fear warranted? Perhaps taking a particular course of action will produce a result you don't really want. Any action you take should be compatible with your morals and goals.

Acting in haste creates more problems than it solves. Before taking action, be aware, think, analyze, and assess your various alternatives. ★

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columbian.com or write him c/o this paper. © 2009 Bryan Golden.

Sutter Imaging Offers Free Mammograms to Uninsured Women in Region

SACRAMENTO REGION, CA (MPG) - In honor of National Breast Cancer Awareness Month, 10 Sutter Imaging locations in the greater Sacramento region are offering free mammograms to uninsured women during October.

Each of the 10 Sutter Imaging sites that are participating have set aside one Saturday this month to perform the free digital screening mammograms for uninsured women who otherwise may not have access to these potentially life-saving screenings.

"Early detection can lead to a longer, healthier life," said Barbara White, M.D., Sutter Imaging radiologist who specializes in women's imaging. "Unfortunately, some women view mammograms as 'optional,'

especially those without insurance. We want to help create better access for them and put them on a path toward wellness."

When the free mammogram program discovers abnormal results, it connects the women with community agencies that provide follow-up care.

Here are the dates and locations of the free mammogram sessions. An appointment is required, and space is limited. To sign up, contact the Sutter Imaging location you want to attend directly at the number provided.

Oct. 11: Sutter Auburn Faith Hospital, 11815 Education St., Auburn, (530) 886-6562.

Oct. 11: Sutter Imaging Roseville II, 2 Medical

Plaza, Suite 105, Roseville, (916) 865-1432.

Oct. 18: Sutter Imaging Carmichael, 6620 Coyle Ave., Suite 110, Carmichael, (916) 536-2809.

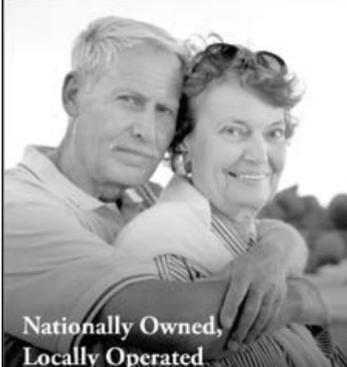
Oct. 18: Sutter Imaging Folsom II, 1661 Creekside Drive, Folsom, (916) 984-2442.

Oct. 25: Sutter Imaging Capitol Pavilion, 2725 Capitol Ave., Suite 104, Sacramento, (916) 262-9534.

Oct. 25: Sutter Imaging Davis, 2020 Sutter Place, Suite 102, Davis, (530) 747-5030.

For more information about Sutter Imaging centers, call 1-877-515-0053 or visit www.checksutterfirst.org/imaging. ★

Source: Sutter Health



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Volunteers Needed

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Dancing, Not Marching

he discovered that his congregation was failing to connect with the Bible, he did something radical. He rewrote it. Technically, he paraphrased the original language, crafting a translation for the contemporary context called "The Message."

Beginning with the book of Galatians, and taking more than a decade to work his way through both Testaments, Peterson "hoped to bring the Scriptures to life for those who hadn't read the Bible because it seemed too... irrelevant and those who had read the Bible so much that it had become 'old hat.'"

For me, someone who actually learned to read with the Bible as my English textbook, the Good Book can be overfamiliar. As such, Peterson's adaptation forces me to read the text with a new openness, a new curiosity. "The Message" is not without its critics and detractors—there are a slew of them who think the translator has gone too far. But I find Peterson's words to be absolutely shattering—and invaluable to my devotional life.

Consider the well-worn words of Jesus from Matthew 11: "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls."

The traditional rendering is beautiful, comforting, and poetic. Eugene, however, is not as concerned with artistry as he is with relevance; with showing the two ways to practice faith. He restates the verses: "Are you tired? Worn out? Burned out on religion? Come to me. You'll

recover your life...Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace."

The "unforced rhythms of grace." I don't think there is a more incomparable phrase, and nothing any higher to which anyone could aspire: To express the life of faith with freedom, harmony, and loving-kindness. What relief and liberation—and I'm speaking not simply of Peterson's translation—but the Christ-infused spirit behind the words.

For the way of Jesus is indeed effusive and free-flowing. Nothing about it is coercive, heavy, or manipulative. Jesus does not require the imposition of shame, false guilt, "sacred" extortion, or browbeating to keep people on the path. Maybe that is why "rhythm" is such an appropriate word; because following Jesus is much more like dancing than it is marching.

Do you want to live the free and gracious life? Then partner with Jesus. Move with him. Mimic him. Stay in step with him. When the music of grace plays, follow his lead, and you'll find yourself enjoying faith—actually living it—rather than enduring it. Following Jesus leads, invariably, to recovery, not religion; to empowerment, not exhaustion; it leads to the laying down of our burdens. It leads to grace. ★

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

There is a story about two monks walking along the road when they come to a shallow, muddy river. A beautiful woman in a long white dress is standing there. She can't figure out how to continue her journey without ruining her outfit.

So one of the monks picks her up in his arms—something he was absolutely forbidden to do, for touching a woman was against his vows—and he carries her across to the other side. Then, all parties continued on their journey.

After a few hours, the second monk was unable to remain silent about this breach of conduct. He blurts out, "How could you pick up that woman when you knew it was against the rules?" The first monk replied, "Are you still carrying her around? I put her down hours ago."

This is an instructive tale about two different approaches to spirituality. One can view faith as a tightly controlled, carefully managed list of "dos and don'ts," or one can move with the spirit, so to speak. While the latter is not without its pitfalls, the former is certainly rife with peril. Managing our spiritual lists becomes a heavy, taxing burden.

This point is eloquently driven home by pastor, author, and scholar Eugene Peterson. When

People, After All, are Just People

Dr. James L. Snyder

I believe many people put too high importance on certain people as if they were special. Everybody wants to be considered special, but then if everybody is special then nobody is special.

Whatever anybody else thinks, I am growing weary of celebrities. We have a terrible, incurable disease in our country called celebrititis. In my research, I have not found any cure for this. And believe me, I have searched.

Celebrities come in all sizes and shapes; sports, music, movies, TV, news reporters and even religious leaders have gotten into this game. In our culture today, nothing really happens unless some celebrity does it or says it.

Frankly, I am tired of all of that nonsense. I do not know one celebrity I would take anything from that resembled the truth. A celebrity cannot think on his or her own, but must always rely upon a script. We all know what happens when they go off script.

There is this phenomenon out in Hollywood called the red carpet. I am not sure exactly what the red carpet is except that it is a carpet in the color red, thus The Red Carpet. And yet, if one of these celebrities walks on this so-called red carpet, everybody wants to take a picture of them.

I cannot think of a celebrity anywhere, living or dead, that I would like a photo. Have you ever seen one of these celebrities without their makeup? You would not recognize him or her.

If I want a photograph these days, I want it to be of my family. In my book, my family is all the celebrity I need. If I want to sit down and go through some pictures, I want it to be of my family, people that I know and love. I do not want it to be some made-up picture that has been photoshopped by some expert. Anybody who has a photograph taken of them and

then has somebody touch it up and make it look better is a hypocrite. That is not the way they really look.

Is there a celebrity anywhere that wants anybody to see them as they really look?

Celebrities are just people and we need to start treating them like the people they are.

A person is not important because they make a certain amount of money. A person is not important because everybody recognizes them.

Newscasters today have become celebrities in their own right or left depending on their political position. Somehow, they have tricked us into thinking because they are celebrities and they look like \$1 million, that what they have to say is something I want to hear.

When I was young, I watched the Three Stooges. They could make stupid things funny. Now when they were making these stupid movies they were doing so on purpose. I laughed at them because what they did had an agenda to make me laugh. Nobody ever took what they did seriously.

Now we have the Three-Stooges-syndrome in our newsrooms today. I often wonder if they know how ridiculous they look and sound when they are touting their opinion about something going on in the world? Actually, when you think of it, they would make the Three Stooges envious.

I think if our country is ever going to be saved, we are going to have to somehow get rid of all of the celebrities. I know it is going to be hard, I know we will have severe withdrawals, but it will serve us well in the end.

I am tired of celebrities and I want to see something real for a change.

Of course, we have on television now what is called reality shows. In reality, these reality shows have not an ounce of reality to them. The thing that is so

significant to me is, many people think it is reality.

The only reality about these reality shows is the money these people are making pretending to be real. The money is real, but the moneymakers are about as false as my grandmother's teeth.

I have come to the place where I do not believe anything I see on television. If it is on television, it has been tweaked so that somebody can make MONEY. After all, the only purpose of television is to make some people rich, filthy rich. And the richer they are the filthier they are.

My premise is still the same; people are just people. When will everybody come to that conclusion? I think the sooner we come to that the more we will realize that nobody is better than anybody else. I do not have to take a second seat to some person starring in the movies. How can you say somebody is important when they have to memorize a script somebody else wrote and then they have to shoot it 17 times to get it right? That is a celebrity?

Where are the good honest hard-working people that made this country what it used to be?

The Gracious Mistress of the Parsonage reminded me of something Jesus said. "And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" (Matthew 25:40).

It is comforting to know that people, after all, are just people and I count myself to be one of those "just people." ★

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

Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

Family Pleasing Dinner Idea, Pork Chops with Apples

"Family and friends love these!"



Norma DeRemer
York, PA
(Pop. 43,718)



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:

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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 tsp 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

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- ACROSS
- Sir Toby of "Twelfth Night"
 - Mosquito enemy
 - Wide river valley
 - Part of soft palate
 - Grassland
 - Hamelin's child abductor
 - Awful smell
 - Banned insecticide
 - City in Belgium
 - **One, two, _____ coming for you...
 - **The People Under the _____, 1991
 - Seek damages
 - It's more commonly called a pika
 - Onomatopoeia for collision
 - Young salmon
 - Maneuver for attaining particular goal
 - Show horse type
 - Fireplace smudge
 - Famous march composer
 - Yugoslavian leader during World War II
 - Chef's headgear
 - It will
 - To impede
 - Lowest brass
 - Not made up
 - "_____ Margery Daw"
 - *Like a lot of horror movie scenes
 - First responders
 - Metal enemy
 - Face twitch, e.g.
 - *1976 prom night thriller
 - *Movie about a cursed videotape
 - Antique shop item
 - Federal procurement org.
 - Was dishonest with
 - DVD player button
 - *Don't take one if you star in a Krueger flick
 - Fourth letter in Greek alphabet
 - Fancy-schmancy
 - Be in the red
 - Winter driving hazard
- DOWN
- In the _____, like a skinny-dipper
 - **What _____ Happened to Baby Jane?"
 - Stringed instrument with pear-shaped body
 - Oafs
 - Desperate or badly-off
 - Another name for an Oldsmobile
 - Nourished
 - String bean's opposite
 - IV+IV
 - Imitator
 - 1983 ZZ Top hit
 - "... _____ he drove out of sight"
 - Mexican beaches
 - Brewer's staple
 - Big bang maker
 - Lawn pastime
 - *Norman _____
 - Get off the chair
 - Opposite of glossy
 - Place of origin
 - Coconut fiber
 - One who is tutored
 - Muhammad's religion
 - **When a Stranger _____
 - Fans reactions
 - London subway
 - **Hellraiser III: Hell on _____
 - **"Scary Movie 2" bird
 - Writing under influence, in text
 - Bears or cedex
 - Dal _____, in music
 - Angler's basket
 - *Rabid St. Bernard
 - Aphrodite's lover
 - "Lifestyles of the _____ and Famous"
 - Measuring roll
 - Doing nothing
 - Post-it _____
 - Buzzing pest
 - Large edible mushroom
 - *Movie with same name as certain tool

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	9						1	
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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!



POPPOFF!

with Mary Jane Popp

BOO !!!

Halloween is just around the corner! Got scary superstitions? I asked some of my colleagues if they suffer from the same fate.

Had a chance to talk with **Rob Stewart** of KVIE's "Rob on the Road" fame when he and I did the KVIE Auction a couple of weeks back. He is mortified of snakes. But, he said, "I'm way too scared to tell you what I'm really scared of...but I'll do it anyway. I'm horrified of ghosts. Sometimes you can tell when there is positive energy or a negative energy (some say that's a ghost) in a place you walk into. The negative energies scare me to pieces. So scary ghosts and scary snakes send me—SCARED!" Remind me to 'not go' on the road with you Rob. Maybe you are a ghost magnet.

Then I checked in with our morning guy at KAH1 AM-950 from 6-9 AM...**Casey FreeLove**. I didn't think anything would scare him. He's too macho sports guy and all that! You

know what creeps him out about Halloween? Adults who don't have children and they insist on dressing up for Halloween. He added, "Last time I dressed up (I was forced to) I felt odd until I got to the party I attended, and then felt very weird when I exited the party. Here's why.

This party was at the Venetian Casino in Las Vegas in 2008, and I ended up spending the night at the hotel. Then I had to walk through the entire casino in my football player costume the next morning. Embarrassing? Yes! "Hey Casey, next time, pack a bag! Oh, He's superstitious too. "Black cats crossing my path and walking under ladders.

I also have a 'lucky' bottle opener. Why is it lucky? "It was my mom's bottle opener when she attended college at Chico State back when they still had the Pioneer Days celebration, and I think that's pretty darn cool, and lucky!"

That's great, but how do you make it to the station every day with all those superstitions? Never mind. You have the lucky bottle opener, right?

I have known **Michael Marks**, "Your Produce Man" from the KOVR News and "Good Day Sacramento," for a long time. He visits with me every week on the KAH1 Noon News.

So what creeps him out farmers with pitch forks?

Nope! This is what he told me. "What creeps me out are over-cooked Brussel Sprouts and Asparagus. Slimy. Stinky. Sickening. No wonder so many kids have learned to hate Brussel Sprouts and Asparagus. Please don't creep me out. Don't overcook your veggies! I know, Michael, raw is relevant!

Finally, I checked in with our newest addition to the AM-950 KAH1 family **Bob Stephenson**. He is our Afternoon News Guy from 4-6 PM. This one got serious! He is claustrophobic. "When I was a child, I got caught underwater in the ocean for several seconds and became very disoriented and VERY scared. Since then, tight spaces or anything than makes it impossible for me to move or stretch out makes me feel very uncomfortable." Bob, I guess that turtle neck sweater I was going to get you for Christmas is out of the question. Just kidding, of course.

Now for my bugga-boos. Ooops. Ran out of space. Here's a hint though. My ancestors come from **Transylvania!**

HAPPY BLOOD CURDLING HALLOWEEN!!! ★

Adult Protective Services

By Cheryl Wiker and Karen Bone

Most senior citizens and dependent adults with disabilities live independently without assistance, however, some face abuse or neglect by others and need trained professionals to advocate on their behalf. Others may simply be struggling with daily care activities and benefit from In-Home Support Services to maintain their health and independence. Adult Protective Services helps by assessing each individual's unique needs, evaluating client risk and capacity to agree to services; arranging for a large variety of services and linking with community resources to maintain his/her safety, health, and independence. The program is designed to enable an elderly individual or other vulnerable adult to continue living independently at home and to protect him from abuse.

Mission: To assist elderly and dependent adults to maintain their health and safety in the community in the least restrictive environment.

The APS Program: The Adult Protective Services program (APS), is part of the Placer County Health and Human Services, Adult System of Care Division. APS is mandated by law to investigate reports of abuse, make contact with the alleged victim, offer services, and intervene when appropriate and necessary.

Who Do We Serve: Clients that are age 65 and older (Elder) and Clients between the ages of 18 to 64, whose physical or mental limitations restrict their ability to carry out normal activities or to protect their rights: including persons with physical or developmental

disabilities or whose physical or mental abilities have been diminished by age (Dependent Adult).

Types of Abuse:

Physical: Physical abuse or bodily harm can range from bruises and scratches to death. It is also from the misuse of prescribed medications or the misuse of restraints. Victims may not be locked in rooms, tied down, overmedicated or under medicated. Only a physician can write a prescript for restraints, and all medications should be taken as prescribed by a physician.

Neglect: Failure of a caregiver to provide basic needs such as food, water, personal care, shelter, medical care, and prescribed medications.

Abduction: Forcible holds or detention (or any other means of instilling fear) of an elder or dependent adult whereby he/she is moved to another location against his/her will.

Abandonment: Desertion by a person who has assumed responsibility for providing care for an elder or dependent adult.

Sexual: Sexual abuse encompasses unwanted sexual advances; including assaultive behavior, coercion, or intimidation.

Financial: Financial abuse is using the elder's money or assets contrary to the elder's wishes, needs, or best interest—or for the abuser's personal gain. This could include theft or misuse of money and credit cards, or forcing an elder/dependent adult to sign documents.

Isolation: False imprisonment. Preventing an elder or dependent adult from receiving mail, phone calls, or having contact with family, friends, or concerned persons.

Self-Neglect: Failure of an elder

or dependent adult to provide for his/her own basic needs, such as food, water, shelter, personal care, medical care, finances, and personal safety.

Reporting the Abuse

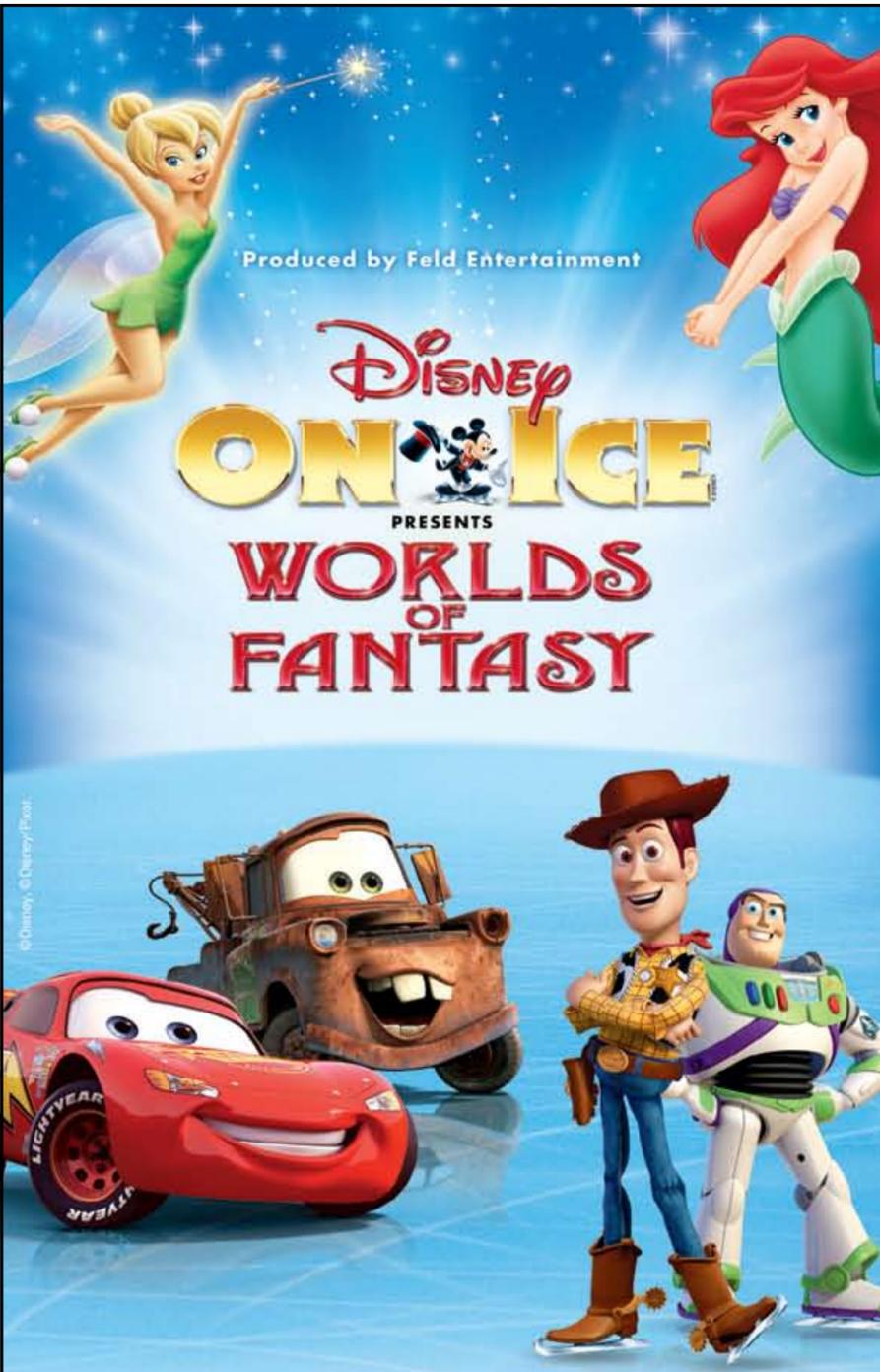
Who Makes a Report? A family member, neighbor, friend, or anyone concerned about the health and safety of an elder or dependent adult. Mandated Reporters such as: health practitioners, paid or unpaid caregivers, clergy, law enforcement, financial institutions, or APS. Mandated reporters must also submit a written report within two (2) days. The report form can be obtained by calling (916) 787-8860 or toll free (888) 886-5401.

What to Report: Observation or suspicion of physical/sexual abuse, neglect, financial abuse, abduction, abandonment, isolation, and self-neglect. The elder adult or dependent adult could also report abuse by stating that he/she has experienced abuse.

How to Report: Call the Placer County Adult Intake line 24hours / 7 days a week: (916) 787-8860 or toll free at 1-888-886-5401. To report abuse in all Long-Term care Facilities, call the Ombudsmen Services of Northern California at (530) 823-8422.

What if you just have a "feeling" about a situation but can't verify the details? APS workers are professional social workers trained to handle just such a situation. Based on your report, the agency will assess the situation and determine how best to respond. ★

The views expressed here are those of Ms. Cheryl Wiker and Ms. Karen Bone, and do not necessarily represent those of the Commission or individual members.



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1 - 4pm:	The Savage Nation
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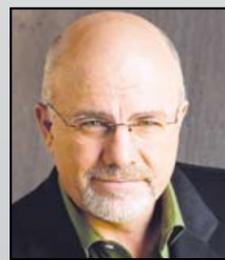
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Michael Savage



Dave Ramsey



Mary Jane Popp



Hearty Chickpea Vegetable Soup

Hearty Chickpea Vegetable Soup

Servings: 6

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 large garlic clove, minced
- 2 teaspoons ground cumin
- 2 (14.75-ounce) cans low sodium vegetable or chicken broth
- 1 cup water
- 4 cups cubed butternut squash, about 1 medium squash
- 1/4 teaspoon salt
- 1 (15.5-ounce) can Goya garbanzo beans, drained and rinsed
- 1 (14.5-ounce) can Del Monte sliced carrots, drained
- 3 cups escarole or kale, coarsely chopped

In 4-quart saucepan over medium-high heat, in hot oil, cook onion and garlic until just softened, stirring frequently. Stir in cumin; cook 1 minute.

Add canned broth, water, butternut squash and salt. Over high heat, heat to boiling. Reduce heat to low; cover and simmer 20 minutes until squash is tender.

Add garbanzo beans, carrots and escarole. Continue to simmer about 5 minutes until vegetables are tender.

Neopolitan Tuna Fettuccine

Servings: 2

- 8 ounces fettuccine pasta
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 (14.5-ounce) can Red Gold diced tomatoes
- 2 teaspoons capers
- 1 (5-ounce) can tuna, packed in oil, drained
- 1 (2.2-ounce) can sliced ripe olives, drained
- Salt and ground black pepper to taste

Cook fettuccine as label directs. Reserve 1 cup cooking liquid; drain.

Meanwhile, in 10-inch skillet over medium heat, in hot oil, cook onion and garlic, about 5 minutes until just softened. Add diced tomatoes and capers; simmer 5 minutes. Add tuna, olives, salt and pepper to taste.

Toss fettuccine with tuna mixture to mix well. Serve immediately. If necessary, add reserved cooking liquid.

A WELL-STOCKED PANTRY

The key to mealtime success

FAMILY FEATURES

When it comes to mealtime, a well-stocked pantry can be the difference between culinary success and a dinner dud. Too often we contemplate what to make for dinner, only to realize that we don't have the right ingredients on hand or the food in the fridge has spoiled. But with a pantry full of canned foods, a delicious and easy, homemade meal is just minutes away.

It's no secret that canned foods are convenient, but did you know that cans are also one of the best ways to get food from the farm to your family's table? Canned fruits and vegetables are picked and packed when they're at their peak of ripeness and nutrition, sealing in their freshness and flavor, so you can feel confident about serving them anytime.

Less waste, more meals

And if you find that you're often throwing away fresh food, you're not alone. According to a recent study, most Americans throw away spoiled fresh fruits and vegetables two times a week on average, wasting a staggering 15 to 20 percent of fresh produce each year. By keeping your pantry stocked with essential canned ingredients, you know the food you purchase won't go to waste, saving you money and helping reduce your impact on the environment.

With your favorite canned food staples, you'll be on your way to creating delicious and nutritious meals like Hearty Chickpea Vegetable Soup, Neopolitan Tuna Fettuccine and Falafel Burgers. Thanks to your well-stocked pantry — or "Cantry" — mealtime success is achievable anytime.

For more recipes, nutritional information and to learn how you can get cooking with canned foods, visit www.CansGetYouCooking.com.



Neopolitan Tuna Fettuccine

Falafel Burgers

Servings: 4

- 2 tablespoons olive oil, divided
- 1 small red onion, finely chopped
- 1 large garlic clove, minced
- 1 (16-ounce) can Bush's garbanzo beans, drained and rinsed
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 cup dry bread crumbs
- 1 (7.75-ounce) can Allens spinach, well drained
- 4 hamburger buns
- Sliced tomato
- Sliced red onion
- Tzatziki sauce

In 12-inch skillet over medium heat, in 1 tablespoon hot olive oil, cook red onion and garlic about 5 minutes until tender-crisp. Remove vegetables to bowl of food processor.

To food processor, add one-fourth of garbanzo beans, lemon juice and salt; pulse with spinach mixture until smooth paste. Add remaining garbanzo beans, bread crumbs and spinach; pulse until coarsely chopped.

Shape mixture into four 4-inch patties. If desired, refrigerate until ready to cook. In 12-inch skillet over medium heat, in remaining tablespoon hot olive oil, cook falafel patties until golden and crisp, turning once.

Serve on buns and top with tomato, onion and Tzatziki sauce, as desired.



Orange Pork Stir Fry

Orange Pork Stir Fry

Servings: 4

- 1 pound pork tenderloin
- 1 tablespoon cornstarch
- 1/4 teaspoon salt and ground black pepper
- 1 tablespoon peanut oil
- 1 tablespoon minced fresh ginger
- 3 cups baby spinach leaves
- 1 (15-ounce) can Del Monte mandarin oranges in light syrup, drained
- 1 (15-ounce) can KAME stir-fry vegetables, drained
- 3 tablespoons sweet Asian chili sauce
- 2 tablespoons low sodium soy sauce
- 2 teaspoons sesame oil
- 2 scallions, thinly sliced

Cut pork tenderloin into 1/2-inch-thick rounds, then into 1/2-inch-wide strips. Place pork tenderloin strips in medium bowl; add cornstarch, salt and pepper; toss to mix well.

In 12-inch skillet over medium-high heat, heat peanut oil; add ginger. Cook 30 seconds; add pork strips. Stir-fry until pork is lightly browned, about 5 minutes. Add spinach; cook 2 minutes, stirring constantly until just wilted. Add mandarin oranges, stir-fry vegetables, chili sauce, soy sauce; cook over medium heat until mixture is coated and thickens slightly.

Stir in sesame oil and sprinkle with scallions. Serve with rice.

Morning Glory Carrot Muffins

Servings: 12

Muffins:

- 1 1/2 cups all-purpose flour
- 1 1/2 cups granulated sugar
- 1 1/2 teaspoons ground cinnamon
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 1 (14.5-ounce) can Le Sueur carrots, drained
- 1 (8-ounce) can Del Monte crushed pineapple in 100 percent juice, drained
- 3/4 cup vegetable oil
- 2 large eggs, lightly beaten
- 2 teaspoons vanilla extract
- 1 cup shredded sweetened dried coconut
- 3/4 cup pecans, chopped

Frosting:

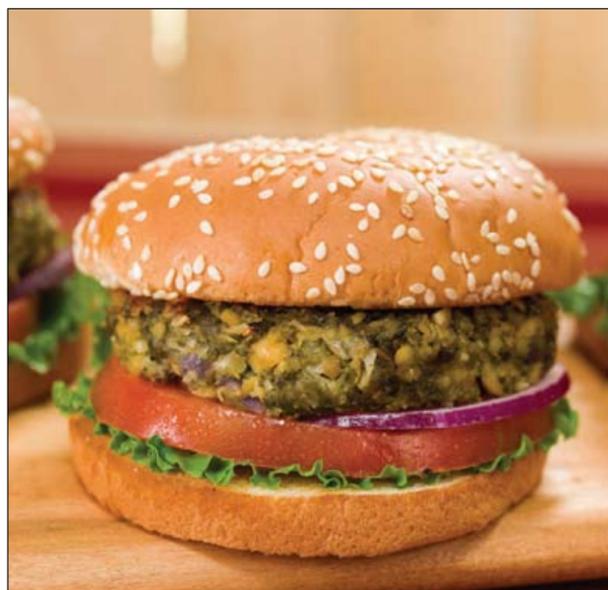
- 1 (4-ounce) package reduced fat cream cheese, softened
- 3 tablespoons butter, softened
- 1 1/2 cups confectioners' sugar

To prepare muffins, preheat oven to 350°F. Grease 12-cup muffin tin. In large bowl, combine flour, sugar, cinnamon, baking soda and salt. In large bowl, mash carrots until smooth; add crushed pineapple, oil, eggs and vanilla until well blended. Add to dry ingredients until just mixed; fold in coconut and pecans.

Spoon mixture into prepared muffin tins, almost to top. Bake 30 minutes or until tester inserted in center comes out clean. Cool for 10 minutes. Remove muffins from pans. Cool completely.

To prepare frosting, in mixing bowl, combine cream cheese and butter until well blended. Add confectioners' sugar; beat until smooth.

Top carrot muffins with frosting.



Falafel Burgers



Morning Glory Carrot Muffins

HUD Awards \$14.1 Million to Families in California

WASHINGTON D.C. (MPG) - The U.S. Department of Housing and Urban Development (HUD) has awarded more than \$14.1 million in grants to four local and state government agencies and research institutions to protect children and families in California from the hazards of lead-based paint and from other home health and safety hazards. The grant funding announced today will reduce the number of lead-poisoned children and protect families by targeting health hazards in low-income homes with significant lead and/or other home health and safety hazards. In addition, some of these grants will support research on increasing the effectiveness of hazard reduction methods. These programs have a demonstrated history of success, filling critical needs in communities where no other resources exist to address substandard housing that threatens the health of the most vulnerable residents, and filling research gaps essential for being able to reduce hazard reduction costs.

As HUD approaches its 50th anniversary next year, HUD Secretary Julián Castro is focused on advancing policies that create opportunities for all Americans, including helping children and families secure quality housing by protecting them from the hazards of lead-based paint and other home health and safety hazards.

"No person should ever be in

harm's way when cooking dinner in their kitchen or playing with children in the living room," said Castro. "These grant awards will help communities eliminate home-related hazards and give families new opportunities to thrive. Housing is a critical source of stability, and HUD is committed to helping ensure that all Americans have a healthy safe place to live."

"Home is where a family should feel safe and the HUD Healthy Homes and Lead Control programs will be used by local groups to help reduce lead paint hazards, among other housing-related health issues," said HUD Regional Administrator Ophelia Basgal. "I applaud the HUD grant recipients for their leadership in working to keep California families safe: the State of California Community Services Development, Alameda County, the City of Los Angeles, and the San Diego Environmental Services Department."

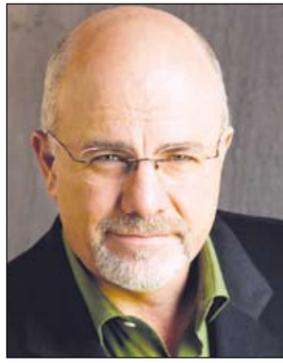
HUD's Office of Healthy Homes and Lead Control promotes local efforts to eliminate dangerous lead paint and other housing-related health hazards from lower income homes; stimulate private sector investment in lead hazard control; support cutting-edge research on methods for assessing and controlling housing-related health and safety hazards; and educate the public about the dangers of hazards in the home.

The funding announced today directs critical funds to cities, counties and states to eliminate dangerous lead paint and other housing-related health hazards in thousands of privately-owned, low-income housing units.

Today's funding also directs funds to public and private universities and research organizations to improve methods to detect lead paint in the home, assess the effectiveness of lead laws, improve home fall protection for the elderly, improve sustainable pest management strategies, evaluate the health effects of smoke-free policies, and assess home air cleaning in reducing childhood asthma.

HUD's mission is to create strong, sustainable, inclusive communities and quality affordable homes for all. HUD is working to strengthen the housing market to bolster the economy and protect consumers; meet the need for quality affordable rental homes; utilize housing as a platform for improving quality of life; build inclusive and sustainable communities free from discrimination; and transform the way HUD does business. More information about HUD and its programs is available at www.hud.gov and espanol.hud.gov. You can also follow HUD on Twitter, Facebook, Instagram, or sign up for news alerts on HUD's Email List. ★

Source: HUD



Dave Says

engaging in other acts of giving, which are called offerings. This is the normal process that Scripture outlines. But remember, God is crazy about you and loves you very much. When you give, it's the act of being unselfish and putting others first.

- Dave

Two Free Spirits

Dear Dave,

What's your advice to a couple when they're both Free Spirits with money?

- Steve

Dear Steve,

Being a Free Spirit just means you don't major in details. You're not the number cruncher, and you don't wear a pocket protector. But being a Free Spirit doesn't mean you can't be a grown up. Maturity isn't what I'm talking about here, and neither is initiative. I'm just talking about your personality style, and how you address life in general.

In my house, I'm the Nerd and my wife is the Free Spirit. I'm a naturally detail-oriented person who likes a solid, well-reasoned plan. My wife enjoys a plan, and she doesn't mind sticking to one, but that's not her default button. It doesn't mean you're not a grown up just because your default button doesn't go straight to spreadsheets. And just because

you're like that doesn't mean you can't lay out a game plan and say, "Hey, we make too much money to waste it all. We have too much coming in every month to be deep in debt and broke!"

Being a Free Spirit just means you have to concentrate a little harder on the details, because those kinds of things just aren't your nature. I mean, you have to pay attention to enough of the basic details if you want to win with money, but that's true with almost any endeavor.

Want to know something else I've noticed about Free Spirits? In most cases, they're extremely generous people. When they care about something or someone, they really care. And the fact that you're thinking about these things leads me to believe you're going to be all right. Just be intentional, Steve. Do it with a goal and a plan in mind, and do it on purpose!

- Dave

*Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books. 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. ★

Tithing and Giving While Getting Out of Debt

Dear Dave,

Do you recommend that people continue tithing and giving while getting out of debt?

- Sarah

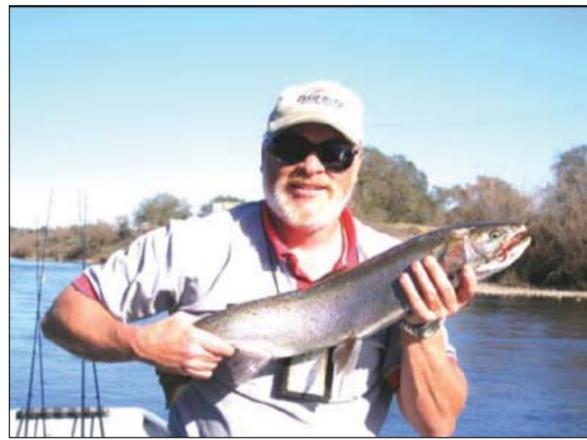
Dear Sarah,

If you're tithing, that would refer to you being a Christian or of the Jewish faith. To the best of my knowledge, those are the only two religions where tithing is taught as a part of the faith. The word literally means "a tenth," as in a tenth of your income.

If you are an evangelical Christian, what does Scripture say? It says to take the tithe off the top before you do anything else. You keep doing it always, not from a legalistic perspective, but because it's part of God's instructions on the best way to live. It gives you a baseline for giving and generosity.

Then, get yourself and your household cleaned up and in good financial shape before

Oh MY!!! What a Catch!



Jerry Bass with his steelhead.

AUBURN, CA (MPG) - The Rooster Tails Fishing Club breakfast meeting will be held on Friday, October 17 at the Auburn Elks Lodge, 195 Pine St. at Lincoln Way, Auburn, CA 95603. The doors to the Lodge open at 7:00 AM with a fantastic \$13 wide-selection buffet breakfast served at 8:00 AM. The presentation begins at 9:00 AM sharp featuring Pro River Guide Jerry Lampkin fishing for the Oncorhynchus Mykiss, a winter-run-steelie, from his 16-foot Fish-Rite drift boat. Jerry instructs you how to fight this 'silver bullet fish' that is

stripping-off line and has ignited like a stick of dynamite, 'jumpin' every ten-seconds, with head shakes, and crashing the water!

The breakfast meeting is open to the Public.

Jerry created T.N.G. Motorsports Fishing Guide Service in 2005 as a unique company that provides a variety of fishing experiences for his clients. With his 25 years of fishing experience and unique steelhead knowledge, Jerry works hard to provide his clients with the best fishing experience which has made him the guide of choice for fishing major central valley

rivers for steelhead trout. In addition to fishing from Jerry's drift boat, he also offers his clients fishing trips on a brand-new 2014 state-of-the-art 23' Rogue Jet boat fishing for salmon on the Klamath and Central Valley Rivers. Also, during inclement weather months, by appointment, Jerry offers marine boat mechanical and electrical repair services from his well-equipped home-shop.

The 30 year old, 180+-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. ★

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