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Placer Sentinel

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Serving Auburn and Placer County since 1987

Second Issue of March 2014

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Placer Wineries Win Big



CHEERS! Placer County Wine Trail vintners honored with 52 awards including two Best of Class, seven Gold, 20 Silver and 23 Bronze medals at Toast to Best of Class Awards at the 2014 San Francisco Chronicle Wine Competition.

AUBURN, CA (MPG) - Dr. A region with a rich heritage in wine-making, Placer County Wine Trail wineries have much to celebrate after earning several Best of Class wins at the 2014 San Francisco Chronicle Wine Competition. Boasting a climate similar to that of Mediterranean grape-growing regions, the Placer County Wine Trail is winning big for its European blends, such as Tempranillo, in addition to its classic varietals. This year, Placer County Wine Trail vintners took home two Best of Class awards, seven gold, 20 silver, and 23 bronze medals at the competition.

The 13th annual San Francisco Chronicle Wine Competition, the largest competition of American wines from around the nation, and this year received a record 5,825 entries from over 1,500 wineries. The competition judges included 60 wine experts within the media, trade, hospitality and education industries.

With 13 Placer County wineries placing overall, Viña Castellano's Tempranillo and Wise Villa Winery's Cabernet Sauvignon each took home a Best of Class medal. The Lincoln-based Wise Villa Winery also earned thirteen additional medals: three gold,

eight silver and two bronze. Viña Castellano brought home an additional silver and bronze medal for its Grenache and Abuelito, respectively.

"Viña Castellano was founded in 1999 in Placer County with the passion of our Spanish roots and due to our family's love of wine," said Teena Wilkins, co-owner and manager of Viña Castellano. "We are honored to receive such a prestigious award, as a result of that passion, and we're thrilled to win alongside our peers in Placer County."

Additional Placer County 2014 San Francisco Chronicle Wine Competition wins include:

Mt. Vernon Winery: Two gold, three silver and four bronze medals

Ciotti Cellars: One gold, one silver and two bronze medals

Fawnridge Winery: One gold, one silver and one bronze medal

Popie Wines: One silver and four bronze medals

Lone Buffalo Vineyards: One silver and two bronze medals

Secret Ravine Vineyard & Winery: One silver and one bronze medal

Pescatore Vineyard & Winery, Davis Dean Cellars and Dono dal Cielo Vineyard and Winery: One silver medal

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PCWA Meets Stewardship Commitments

By David A. Breninger

PLACER COUNTY, CA (MPG) - Managing California's complex water storage and delivery system is a never-ending balancing act between supply, demand, and environmental considerations, especially during a severe water shortage.

This system leads to complex delivery agreements that provide benefits as well as obligations to all involved. These detailed agreements generally receive little attention from the public until times like these.

The Placer County Water Agency normally gets water for its customers from reservoirs operated by PG&E in the Yuba River watershed. This year's supply from that source will be well below normal.

To augment our Yuba River supply this year, PCWA will maximize its pumping of American River water as well as utilize groundwater wells in western Placer to help meet our customers' needs. Still, these combined sources will not be enough to alleviate shortages. We will need our customers' help to conserve water so we all make it through this drought.

PCWA's ability to utilize American River water comes with stewardship commitments. One of those commitments led to the Agency's decision to sell 20,000 acre-feet of water to East Bay Municipal Utility District, consistent with Sacramento-area Water Forum Agreement signed in 2000.

Under terms of this Agreement, the Agency was allowed to build the American River Pump Station. The Pump Station regularly provides the Agency's customers with water in dry years and has proven critically important during past emergencies such as the Bear River Canal failure in 2011.

While the construction of the Agency's pump station greatly increased our capability to use American River water, it cannot completely alleviate the current shortages from the Yuba River system.

In exchange for the right to pump water out of the American River, PCWA committed in the Water Forum Agreement that under certain conditions during dry years, we would release water to the American River from our reservoirs to help sustain water flows in the lower American River. Our stewardship commitment to release additional water is contingent on the Agency finding a buyer that can use the water after it has benefited the lower American River.

With this year's drought, the lower American River - that area downstream from Folsom Lake running to the Sacramento River - is in need of that additional water.

So the Agency intends to honor its commitment under the Water Forum Agreement and provide additional flow. And, because we are part of the Water Forum Agreement, the water is able to be purchased and used by the East Bay Municipal Utility District. Depending on the volume of American River water used by the Agency's customers this year, additional transfers may be needed to complete our stewardship commitment. Even after these releases, the Agency will maintain adequate storage levels in our reservoirs.

This partnership between PCWA and the East Bay Municipal Utility District is one example of how two water agencies can work together to use available resources to maximize the beneficial use of water.

David A. Breninger is General Manager of the Placer County Water Agency. For more information, visit www.pcwa.net

Abuzz About Trivia

AUBURN, CA (MPG) - Get ready for real competition! The classic annual rivalry is on the horizon. It's AAUW's third annual Trivia Bee: "Where In the World!" The exclamation point stresses fun-for audience and teams alike. Bee there or bee trivial!

Set for 5 p.m. on Saturday, March 29, the Bee stars 20 teams of three, 19 of which aim to grab that trophy away from 2013's winners, the Rusty Wranglers: Michael Otten, Walter Wilson and Dean Prigmore. The reigning champions of last year's AAUW's Trivia Bee have started scheming and plotting so as to run away with the trophy and become immortalized once again.

Tickets are \$30 (\$35 at the door) and are available at Ropers Jewelers, Sun River Clothing in Old Town and Uptown Signs on High Street. For information, call 530-878-7938 or email rushton@suddenlink.net.

A fundraiser for scholarships for local women and girls, AAUW's 30-question, three-round Trivia Bee once again will entertain at ARD's Regional Park Gym, 3770 Richardson Drive in Auburn. Auburn Rotary is fielding a team, as well as Auburn Host Lions, the Auburn Symphony League, Sugar Plump Fairies, Eisleys Nursery and the Auburn Journal. Join the audience, cheer on your favorite team and play along at your table.

The confident Wranglers are intent on walking away with their trophy again. "Because it's ours," said Wilson.

"But we're coming back because of the food and the company," said Otten.

"And because it's a challenge," added Prigmore. "We're known around town as the



It's all Michael Otten, Walter Wilson and Dean Prigmore — the Rusty Wranglers — can do to hold on to their Trivia Bee trophy. Winners of last year's AAUW Trivia Bee, they will compete against 19 other teams this year. Photo by Susan Rushton

trivial guys. We're as trivial as you can get." "I'm fascinated by the premise of a community trivia bee," Noone said, explaining why he agreed to participate. "And I have respect for the organization. I knew I couldn't pass this up."

Unlike the previous two years, all teams remain on stage through three rounds. If a team doesn't do well the first round, they have the opportunity to make up points the next round. Points will be visible to all.

If a team wins, they get bragging rights, like the Rusty Wranglers. They also get the team's

name on a revolving trophy and a free entry into the next year's Bee. Dinner is catered by Laura Kenny of Real Food Catering. The chicken dinner is gluten free and has a vegetarian option.

The Beekeeper of Ceremonies — the guy who asks the questions — will be Dave Rosenthal, formerly of KAHN Radio. This year's Trivia Bee is at 5 p.m. on Saturday, March 29 at ARD's Regional Park Gym, 3770 Richardson Drive in Auburn. For information, call (530) 878-7938, or email rushton@suddenlink.net. ★



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Foothill Quilter's Guild Celebrating 32nd Annual Show

PLACER COUNTY, CA (MPG) - The local Foothill Quilters Guild 32nd annual quilt show is March 22nd and 23rd. At 10 am on Saturday the show will take over The Gold Country Fairgrounds in Auburn with a fun weekend of quilt exhibits, vendors, quilting and sewing demonstrations as well as opportunities to win a quilt and other fabulous prizes. The Country Store is always a highlight of the show where members of the guild put on a really big "rummage sale" of quilting related items.

The Armory will be jam-packed with over 250 quilts of all sizes. They are on the walls, hanging from the ceiling, and displayed on racks. This is the largest quilt show in the Sierra foothills. The show attracts several thousand attendees and vendors of quilting related materials and supplies from all over California.

Vicki Martin, Show Chairman, says "In addition to having an opportunity to share the quilting artistry of our members with the public, we take pride in knowing



Candy Brown, last year's featured quilter, demonstrating an applique technique for interested observers at last year's show.

the proceeds from the show are used for community service projects. We donate quilts to numerous senior organizations, the Auburn Children's Receiving

home, the Auburn Interfaith Food Closet's Christmas Basket program, the UC Davis Medical Center Neo-natal Department as well as other organizations." ★

Widowed Persons Association to hold Get Acquainted Dinner in Auburn

The Widowed Persons Association of California — Auburn Chapter (WPAC) will meet to socialize at a Get Acquainted Dinner meeting at the Sizzler Restaurant, 13570 Lincoln Way, Auburn at 4:30 p.m. Thursday April 3, 2014. Planned activities for 2014 will be presented. All widowed persons are

invited to join us. Since space is limited, if you wish to attend the dinner meeting or for more information about WPAC, please phone Denise at 530-823-5321.

WPAC also offers grief support at no cost to all widowed persons. All grief support is strictly confidential.

For information call

Sandy at 530-885-8298.

The purpose of WPAC is to provide a support group for widowed men and women of all ages and promote a wide range of social activities through which widowed persons have the opportunity to make new friends and find redirection in their lives." ★

Maki Heating and Air, Inc. Celebrate 30 Years in Business

By Linda Harper

AUBURN, CA (MPG) - March 1984 marked Pee Wee Reese's induction to the Baseball Hall of Fame in Cooperstown. A portion of Central Park in New York was named Strawberry Fields to honor John Lennon, and in Auburn, CA, Randy Maki was climbing into his new Ford work truck, for the first time as his own boss. He and his wife Cheryl formed Maki Heating and Air, Inc. Thirty years later, they are as committed to providing quality Heating and Air products, knowledge and superior customer service to their customers, as they were when they began their business three decades ago.

Maki Heating and Air, Inc. was originally housed in the Lardner Mill building in downtown Auburn. It wasn't long before they outgrew that space, and constructed their own building on Gum Lane to accommodate their growing business, which expanded into serving a seven county region that includes the Sacramento and Sierra Foothills area. While the Maki's customer base was increasing, so was their community involvement.

Cheryl and Randy Maki love Auburn and the people who make it a vibrant, friendly place to live and work. The Maki's dedication in contributing to the advancement and quality of the town, its residents and leaders is unsurpassed. They believe it's essential to give back to the community, both locally and regionally. Cheryl served two terms on the Auburn City Council and was Mayor twice. She was also the recipient of the Vernon Gould McCann award for community service



Randy and Cheryl Maki with April Hidalgo.

in 2010. Cheryl is a life member of Soroptimist International of Auburn. Randy is an active member of Auburn Host Lions, as well as several community service organizations. Maki Heating and Air, Inc. has been a member of the Auburn Chamber of Commerce for thirty years. They were named the Chamber's Business of the Year in 2003, and have been voted "the Best of the Best" by Auburn Journal readers for the past 14 years.

The newest member of the Maki Heating and Air, Inc. family is April Hidalgo. Randy and Cheryl brought April on as a business partner in 2013. She has been with the company for ten years as General Manager. April is also very civic minded and is involved in community service. She currently serves on the Board of Directors as the Vice President for the Soroptimist International of Auburn.

Maki Heating and Air, Inc. offer service and installation of all types heating and air

conditioning equipment. They have a state of the art service department with mobile dispatch for quick service response. Other services Maki affords their customers are energy audits, duct cleaning and carbon monoxide detection. Their business includes residential service, retrofit, and changeout, and spans to include commercial and Industrial customers. Whether it's Randy, or one of Maki's trained technicians doing the work, it's performed with precision and commitment, to meet their customer's needs.

Randy and Cheryl Maki, along with their employees are esteemed members of the Auburn Community. Their core values and dedication to quality in their business practices and civic activities contribute to Maki Heating and Air's longevity. ★

For more information, call Maki Heating and Air, Inc. at (530) 885-3449 or log on to www.makiair.com.

PCF Meets Rigorous Standards for Quality and Accountability

Placer Community Foundation is pleased to announce that it has been reconfirmed as complying with National Standards for U.S. Community Foundations, the nation's highest philanthropic standards for operational quality, integrity and accountability. The notice comes from the Council on Foundations, a national professional association based in Washington, D.C.

The Standards program requires community foundations to document their policies for donor services, investments, grantmaking and administration. These standards guide sound policies and practices and help community foundations focus on achieving their missions. As a symbol of excellence and rigor, the National Standards Seal helps donors and their professional advisers recognize and choose community foundations as a sound place to give and make a difference.

"Meeting the National Standards benchmarks is a rigorous, comprehensive process," said Hugh Ralston, Chair of the Community Foundations National Standards Board. "This accreditation is a significant accomplishment that says Placer Community Foundation has demonstrated a commitment to quality, integrity and

accountability."

Placer Community Foundation offers a range of charitable funds, allowing donors to advance a cause such as education or the environment, support an individual organization, provide flexible support for community needs or recommend individual grants. In addition to affirming the organization's philanthropic services, the confirmation validates Placer Community Foundation's grantmaking practices for the nonprofit community.

"The National Standards confirmation is critically important to our donors," said Veronica Blake, CEO of Placer Community Foundation. "When individuals establish a charitable fund or set up an annuity, they put their trust in us. They count on us to manage the investment wisely and honor their charitable wishes."

The Council on Foundations is a Washington, D.C.-based nonprofit membership association of more than 1,700 independent, operating, community, public and company-sponsored foundations and corporate giving programs in the United States and abroad. The Council provides the opportunity, leadership and tools needed by philanthropic organizations to expand,

enhance and sustain their ability to advance the common good. For more information on the Council, visit its website at www.cof.org.

Placer Community Foundation grows local giving to strengthen our community by connecting donors who care with causes that matter. Known for sound financial management and knowledge of the nonprofit sector, the Foundation continuously monitors the community to better understand the nature of local needs, so that they can invest in areas such as arts and culture, education, health and human services, and the environment. The Foundation provides regular trainings and technical assistance for the many local nonprofits that are experiencing growing public demand for programs and services. Attended by up to 50 different nonprofits, our annual Nonprofit Leadership Summit equips the board members of these organizations with the tools needed to grow and thrive. The Foundation and its donors have invested over \$4.7 million in Placer County, and currently has assets of \$11 million. To learn more about supporting our local nonprofit organizations, visit placercf.org or call 530-885-4920. ★



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



Publisher Paul V. Scholl

Flying Dr.'s to Speak at Meadow Vista Friendly Neighbors

On Wednesday, March 26, 2014 the Gold Country Chapter of the Flying Dr.'s will "land" at the Meadow Vista Friendly Neighbors Club's monthly luncheon. "Arrival" time is 11:30am for a social gathering and luncheon will be served at 12:00 at the Meadow Vista Grange Hall, 1115 Grange Rd., Meadow Vista. Piloted by Tom Palmer, the founder of the Auburn Chapter of the Gold Country Flying Dr.'s in 1990, is a retired military pilot. Mr. Palmer will speak on the

works of the Flying Dr.'s and their frequent trips to Mexico to assist the needs of many in the rural areas.

There is no charge for the luncheon. Guests and new members are invited to attend. The Meadow Vista Friendly Neighbors Club was



founded in 1944 by a few local friends with the goal of assisting their community neighbors in time of need. For reservation and information contact Patti Driggs at 530/889-2563. The mailing address is P.O. Box 764, Meadow Vista, California 95722. Meadow Vista Friendly Neighbors is a non-profit organization. ★

Scholarship Fund at Placer Community Foundation Supports Former Newcastle Students

NEWCASTLE, CA (MPG)- The Richard and Doris Sayles Family Scholarship Fund at Placer Community Foundation (PCF) was established to provide financial assistance to former Newcastle Elementary School students who are pursuing further education in a vocational, college, or university setting. Each year, the fund will award one to two students a scholarship of \$1,000 (minimum) to high school graduates seeking to attend a vocational school, community college, or a four-year college or university. For complete application guidelines and an application form, visit placercf.org/grantmaking/apply-for-a-grant. Applications are due by April 25th.

Richard Sayles and Doris McCann Sayles worked in public education and strongly believed access to higher education in all settings and levels provided a path to achieve any student's goals. With teaching in

their genes, Richard and Doris moved to the Newcastle area in 1958 to raise their family and to help students prepare for life. Doris taught Parent Participation Preschool in Auburn, and later worked as a substitute teaching at Newcastle Elementary School. Richard began working at Newcastle Elementary School in 1958 as a combination Teacher and Superintendent/Principal. In 1962, he switched to Superintendent/Principal only, and held that position until 1978, when he switched to teaching.

Donations made to the Richard and Doris Sayles Family Scholarship Fund at Placer Community Foundation are welcomed from any person or business wishing to assist in this educational endeavor.

Placer Community Foundation grows local giving to strengthen our community by connecting donors who care with causes that matter. Known for sound

financial management and knowledge of the nonprofit sector, the Foundation continuously monitors the community to better understand the nature of local needs, so that they can invest in areas such as arts and culture, education, health and human services, and the environment. The Foundation provides regular trainings and technical assistance for the many local nonprofits that are experiencing growing public demand for programs and services. Attended by up to 50 different nonprofits, our annual Nonprofit Leadership Summit equips the board members of these organizations with the tools needed to grow and thrive. The Foundation and its donors have invested over \$4.7 million in Placer County, and currently has assets of \$11 million. To learn more about supporting our local nonprofit organizations, visit placercf.org or call (530) 885-4920.

River City Bank Welcomes Eric Johnson as Senior Vice President, Chief Information Officer

SACRAMENTO REGION, CA (MPG) - In its efforts to deliver the best possible banking experience for its valued clientele, River City Bank is proud to announce the hiring of Eric Johnson as senior vice president (SVP), chief information officer. Johnson brings a unique combination of information technology (IT) acumen and leadership experience to his new role.

Johnson boasts a successful and extensive career in the IT industry, beginning with his work in computer technical support and software development at Apple. For more than six years, he was a partner at Vital Networks, where the company provided outsourced IT services to small and mid-sized businesses.

"Eric is ideally qualified to aid in our mission of delivering premier business banking services to the Sacramento region," notes River City Bank President and CEO Steve Fleming. "As chief information officer, Eric will develop and implement strategic plans for banking technology, both employee and client-facing, while overseeing the daily information services function for River City Bank. In addition, we are excited to have a Davis resident and UC Davis alumnus in this integral position, as he already possesses the local roots



Eric Johnson, Senior Vice President, Chief Information Officer

that are so important to our business culture."

Johnson's additional duties at River City Bank include the management of technology maintenance and acquisition, including software, hardware, application development, systems programming, systems support, data processing operations, telecommunications, ATMs, Internet banking, cash management, voice response and related systems. With information security threats at a record high, a primary focus for Johnson is to oversee River City Bank's information security program.

"I'm thrilled to be joining the most distinguished bank in the region," states Johnson. "River City Bank prides itself on providing its clients unmatched business banking, and IT is a

central part of that experience."

Johnson attended the University of California, Davis earning both a Bachelor of Science in Computer Science and a Master of Science in Agricultural and Resource Economics. Married and residing in Davis, Johnson enjoys playing golf and staying plugged-in to all things tech-related.

About River City Bank:

River City Bank is the Sacramento region's premier business bank with assets of more than \$1.2 billion. River City Bank offers a comprehensive suite of banking services, including loans, deposits and cash management tools to the business, consumer and commercial real estate sectors. With tailored, executive-level service and a Five-Star "Superior" financial rating from the nation's leading independent bank-rating firm, BauerFinancial, River City Bank redefines the banking experience and every touch point that surrounds it. River City Bank is the largest, independent, locally-owned bank in the Sacramento region, maintaining 12 branches in El Dorado, Placer, Sacramento and Yolo counties. For additional information, please visit www.rivercitybank.com or call (916) 567-2600. Member FDIC. Equal Housing Lender.

Placer Wineries Win Big

Continued from page 1

Le Casque: Three bronze medals

Bear River Winery: Two bronze medals

Bonitata Boutique Wines: One bronze medal

County Wine Trail spanning from Lincoln to Loomis to Newcastle and Auburn.

About Placer County Vintners Association:

The Placer County Wine Trail is organized by the Placer County Vintners Association, a nonprofit association created to provide a forum for wineries to collaborate on events and programs. Together the Association also develops marketing programs to raise awareness of the Placer County wine region. The group believes that sharing best practices with all county wineries inspires the vintners to provide a high quality experience for winery visitors. For more information and maps, visit www.placerwine.com or call (916) 663-4486.

Supported by Placer County, PlacerGROWN is the information source dedicated to educating residents about the freshest agricultural products the region has to offer. Through its website, social media channels, and other outreach programs, PlacerGROWN connects community members with the farmers' markets, farms, orchards, ranches, wineries, nurseries, and specialty food stores in one of the most diverse growing areas in Northern California. To discover the bounty of agricultural products produced by farmers who call Placer County home, or for more information about PlacerGROWN, visit www.placergrown.org. ★

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"We're proud that Placer County wineries are being recognized yet again with Best of Class awards in this year's competition," said Placer County Agricultural Commissioner Josh Huntsinger. "We see these awards as a true testament to the high level of quality our Placer County vintners are dedicated to developing in each of their wines."

The Placer County Wine Trail is home to 20 wineries and counting, all of which are easily accessible from I-80 and Highway 49 along the Placer

The Roseville Rock Rollers Gem and Mineral Society 501(C)

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Two Striper Fishermen for the Price of One



Captain Brandon Cooke – Owner of Just Rite Sportfishing

The Rooster Tails Fishing Club breakfast meeting will be held on Friday, March 21 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 \$12 wide-selection buffet breakfast served at 8:00 AM. The presentation begins at 9:00 AM sharp featuring freelance striper fisherman, Ernie Marlan and Owner of Just Rite Sportfishing, Captain Brandon Cooke. The breakfast meeting is open to the Public.

Ernie's reputation is known throughout the Delta region for supplying area tackle stores with current fishing reports. He

is on the top of his game due to his many contacts with several charter boat captains and Delta pro fishing guides. Ernie is a frequent winning participant in fishing tournaments and is currently a columnist for Fish Sniffer Magazine. Be sure to look for his striper instructional video to be released in 2014.

Captain Brandon Cooke will demonstrate various striper gear-rigging and strategy for effective early season striper trolling. This will be particularly important for Rooster Tails competing in the club member's-only Striper Tournament on March 26th launching from Brannan Island. Captain Cooke will explain the

hungry feeding habits of stripers preparing for their spring spawn.

This will be the first time the Rooster Tails Fishing Club will provide two-perspectives for targeting trophy striped bass! Experienced as well as novice anglers will hear about dealing with Delta water clarity, locations to fish after rainy days, and finding feeding stripers! The breakfast program will also include a raffle for a custom Lamiglass striper rod, a Diawa LC reel, a Folbe Advantage Rod Holder, plus cash and other prizes.

The 30 year old, 150+-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.roostertails-fishingclub.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. ★

Rep LaMalfa Announces Upcoming Congressional Art Competition



Representative LaMalfa with the 2013 contest winner, Logan Theobald.

WASHINGTON DC, CA (MPG) - Representative LaMalfa announced the start of the 2014 Congressional Art Competition today. Each spring, the Congressional Institute sponsors a nationwide high school visual art competition that honors the talents and abilities of the nation's young people. All artwork must be submitted by Friday April 25th to any of LaMalfa's district offices, which are listed below.

"I am pleased to announce the start of the 2014 Congressional

Art Competition," said LaMalfa. "Since the competition began in 1982, more than 650,000 high school students have participated. This year I am encouraging all North State high school students to exercise their creativity and participate for the chance to have their artwork exhibited at the United States Capitol in Washington, D.C."

Please drop off or mail all artwork to:

Should you have additional questions, or wish to obtain

a participation packet, please contact Lisa Buescher in the Oroville Office at 530-534-7100 or Kendra Arnold in the Washington, D.C. office at 202-225-3076. ★

Congressman Doug LaMalfa is a lifelong farmer representing California's First Congressional District including Butte, Glenn, Lassen, Modoc, Nevada, Placer, Plumas, Shasta, Sierra, Siskiyou and Tehama Counties.

Oroville District Office
1453 Downer Street
Suite A
Oroville, CA 95965
530-534-7100

Redding District Office
2885 Churn Creek Road
Suite C
Redding, CA 96002
530-223-5898

Auburn District Office
13626 New Airport Road
Suite 106
Auburn, CA 95602
530-878-5035

Call for Vendors for Envisions Shopping and Business Expo

The Auburn Recreation District is calling for vendors for our May Envisions Shopping and Business Expo to be held Saturday May 31 at the Regional Park Gym.

Vendors with products or services supporting the local

community are welcome to register. This is a primary opportunity to showcase your business to a large audience.

Additionally, vendors will have the benefit of gaining valuable marketing tips from proven professionals in the morning

before the Expo begins.

Booth space runs between \$100 and \$150 and is available on a first come first serve basis.

For additional information visit www.auburnrec.com or call 530.863.4615. ★



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Fourth Annual Nonprofit Leadership Summit Will Focus On Storytelling

Placer Community Foundation's (PCF) Fourth Annual Nonprofit Leadership Summit will take place on March 20th. Over 250 board members and executives from 48 nonprofit organizations will learn about the power and importance of storytelling.

PCF hired Andy Goodman, nationally recognized author, speaker and consultant in the field of public interest communications to be the featured speaker for the Summit. Mr. Goodman is author of Why Bad Ads Happen to Good Causes and Why Bad Presentations Happen to Good Causes. He has been invited to speak at Harvard's Kennedy School of Government, the Woodrow Wilson School of Public Affairs at Princeton, as well as at major foundation and nonprofit conferences. He serves on the advisory board of VolunteerMatch, Great Nonprofits, and is a senior advisor to Encore.org. At the Summit, he will present on the importance of good storytelling as a form of communication and how to tell effective stories.

"Placer Community Foundation is looking forward to having Mr. Goodman present at our Summit," stated PCF Board Chairman Pam Constantino. "Storytelling is a key component of nonprofit communication, and with such a rich nonprofit sector in this community, we know there are many stories of success to be shared."

Community Foundation CEO



Andy Goodman,

Veronica Blake added, "We continue to develop the Summit according to the needs of the growing Placer County nonprofit community. When our nonprofits have the tools they need to share the good work they do, they become stronger and more self-sufficient."

The Community Foundation is offering this all-day summit free of charge to nonprofits operating along the western slope of Placer County through gifts made to the Foundation's Community Leadership Fund and through the generosity of the following local sponsors:

JMC Homes, Pacific Gas & Electric, First Five of Placer County, C.F.Y. Development, Inc., The Charles and Gail Muskavitch Endowment, Kaiser Permanente, Robert Kemp Community Fund, Teichert Foundation, US Bank, Westpark Communities, Armrod Charitable Foundation, AT&T,

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About Placer Community Foundation

Placer Community Foundation grows local giving to strengthen our community by connecting donors who care with causes that matter. Known for sound financial management and knowledge of the nonprofit sector, the Community Foundation continuously monitors the community to better understand the nature of local needs, so that they can invest in areas such as arts and culture, education, health and human services, and the environment. The Community Foundation provides regular trainings and technical assistance for the many local nonprofits that are experiencing growing public demand for programs and services.

Placer Community Foundation and its donors have invested over \$4.7 million in Placer County, and currently has assets of \$10.5 million. To learn more about supporting our local nonprofit organizations, visit placercf.org or call 530-885-4920. ★

Sierra Foothills Rugby Club Announces High School Varsity Team

PLACER COUNTY, CA (MPG) - Sierra Foothills Rugby Club recently announced their Varsity Team will play in the National High School Boys Rugby Championship in Indiana in May 2014. This is a proud achievement for the 12 year old organization that has seen tremendous growth since its first team of 15 high school players took to the pitch in 2002.

Sierra Foothills Rugby Club is led by a dedicated Board of Directors which oversees compliance with all government regulations, as well as USA Rugby and Northern California Youth Rugby Association requirements. Players are well trained by a coaching staff that has been involved in the sport for decades.

Collegiate Coach, Jay Hanson, a former USA Eagles player, will be inducted into the U.S. Rugby Hall of Fame in June 2014. Hanson toured with the Eagles in the 1970's including playing in England, France, Australia and Japan, earning seven caps during his career. Hanson continued playing with the Pacific Coast Grizzlies through 1985 and began coaching while still a player.

Tim Russo, Head Varsity Boys Coach for three years at Sierra Foothills, has extensive coaching experience. He was Head Coach of the West Collegiate All Stars from 2007 to 2010, which produced three National Championship appearances. Russo also served as Head Coach for the University of Nebraska in 2006 and 2007. Russo played ten years in the USA Rugby Superleague and during this time, wore the cap for the Kansas City Blues from 2004 to 2006, and the Denver Barbarians from 2008 to 2010. ★

Said Russo, "Sierra Foothills Rugby Club offers a high caliber program for its players that I am proud to be a part of. The support for these kids extends far beyond their immediate families and encompasses the entire community at large." Media coverage has been equally enthusiastic with Rugby Magazine recently noting of Russo's Varsity Team that "there seems to have been a shakeup in Northern California." The magazine currently ranks the team as fourth in the country in their division.

Rugby is a physically and mentally challenging game, but prides itself on being the sport of gentlemen. It is the second most watched sport globally and enjoys a vast fan base providing diverse marketing opportunities to reach a global audience. As a 501(c)3 corporation, the club aims to attract the attention of major sponsors. This includes CalForce Security who has donated \$20,000 over the past two years. Opportunities are now available to assist with the Varsity Team as they prepare for the National High School Boys Rugby Championship.

The inclusion of Rugby Sevens in the 2016 Summer Olympics has opened the door for athletes to compete on both a national and international level, and Sierra Foothills Rugby Club intends to be at the forefront of training players for this level of play. Their past success speaks for itself. The 2009 Under 12 team won the Cal Maritime Tournament. The 2012 Varsity Boys won the NCIT Silver Trophy and the JV Boys won the 2012 California State Cup.

The 2013 Men's DIII Team finished the season at the top of their bracket and competed in the Sweet 16 Tournament in Texas. The Varsity Girls, JV Boys and Varsity Boys teams all consistently qualify for regional finals. Individual players have been selected to All-Stars who compete nationally and internationally. Former players have gone on to play for well-regarded rugby universities like Arizona State, UNR, Cal Poly, San Diego State and San Francisco State. Some are now playing on the new Collegiate Team.

Vice President Paul Kessler noted, "Sierra Foothills Rugby Club continues to extend its reach into the surrounding communities. Our field location in Lincoln this year allowed us to maintain a high quality program for our staff and players, and we look forward to representing the South Placer area in the future. The club's philosophy is that "Everyone can play" and we are proud to offer scholarships to families in need." Through fundraising the club is able to keep registration fees reasonable allowing players from all socio-economic backgrounds to compete.

Based in South Placer County, California, Sierra Foothills Rugby Club welcomes players from Lincoln, Roseville, Rocklin, Loomis, Penryn, Auburn and even the Sacramento region. Sierra Foothills Rugby Club is one the area's leading rugby organizations serving youth from Under 10, Under 12, Middle School, Junior Varsity, Boys Varsity and Girls Varsity, as well as a Collegiate Team and a Men's Division. ★

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For more steak recipes, visit www.OmahaSteaks.com.

Ten Tips for Perfect Grilling

- Clean and preheat your grill on high.
- Lightly oil everything before you put it on the grill. This helps the searing process and prevents sticking.
- Season your food before grilling.
- Sear the outside of steaks when grilling. This really helps with the flavor and juiciness.
- Use tongs or a spatula to turn your meat on the grill. Using a fork can damage the meat.
- Cover your grill as much as possible during the grilling process. This helps to lock in the grilled flavor and will help prevent flare-ups.
- Keep a spray bottle with water handy to douse any unexpected flare-ups.
- Use the 60/40 grilling method. Grill for 60 percent of the time on the first side, then grill 40 percent of the time after you turn over the food. This will give you an evenly cooked product.
- Place your cooked product on a clean plate. Never place cooked product on the plate you used to transport the raw product to the grill without thoroughly washing it first.
- Allow your foods to “rest” for 5 minutes between cooking and eating. This will help them retain moisture when you cut into them.

Ancho Chile Rubbed Grilled T-Bones

Prep time: 5 minutes
Cook time: 10 minutes
Total time: 15 minutes
Serves: 4

- 4 Omaha Steaks T-bone steaks
- 2 tablespoons olive oil
- 4 tablespoons Ancho Chile Rub (see recipe below)
- 12 grilled tri-color sweet baby peppers

Preheat grill to medium. Thaw and blot dry steaks. Brush steaks with olive oil. Generously cover both sides of steaks with Ancho Chile Rub by dipping them in rub. Continue until steaks are completely covered. Place steaks on heated grill and grill to desired doneness. (For a medium-rare steak, grill approximately 8 minutes on first side and 6 to 7 minutes on second side.) Remove steaks from grill and garnish with grilled tri-colored sweet baby peppers.

Ancho Chile Rub

Makes: 4 tablespoons

- 1 tablespoon smoked paprika
- 2 teaspoons sea salt
- 2 tablespoons ancho chile powder
- 1 teaspoon brown sugar

Combine all ingredients and mix well.

Grilled T-Bones with Tabasco and Roquefort Cheese Butter

Prep time: 15 minutes, plus 4 hours refrigerator time
Cook time: 15 minutes
Total time: 4 hours and 30 minutes
Serves: 4

- 4 Omaha Steaks T-bones
- Omaha Steaks All Natural Steak Seasoning, or salt and pepper, to taste
- 4 slices (1 1/2-inch coins) Tabasco and Roquefort Cheese Butter (see recipe below)
- 2 tablespoons minced chives

Thaw steaks overnight in refrigerator or quick thaw by placing sealed steaks in sink with water for approximately one hour. Preheat grill to medium. Season both sides of steaks with seasoning, or salt and pepper. Grill steaks to desired doneness. (For medium-rare steak, grill approximately 8 minutes on first side and 6 to 7 minutes on second side.) Just before removing steaks from grill, place butter slice on each steak. The idea is to have butter half melted on top as you are serving steaks. Garnish each steak with sprinkle of minced chives.

Tabasco and Roquefort Cheese Butter

- 4 ounces unsalted butter, softened
- 4 ounces Roquefort blue cheese, crumbled
- 3 tablespoons Tabasco sauce
- 1/4 cup fresh chives, minced
- 2 tablespoons fresh garlic, minced
- 1 roasted red pepper, peeled, seeded and diced
- 1 teaspoon kosher salt

Whip butter slightly in mixer. Add remaining ingredients and mix well. Transfer mixture to sheet of parchment paper. Roll into tube (approximately 1 1/2-inch diameter) and twist paper at the ends. Refrigerate for 4 to 6 hours. When ready to serve, slice into coins as needed. Unused butter can be stored in the refrigerator for up to one week.

Roasted Pepper Pesto Rubbed Grilled T-Bones

Prep time: 30 minutes
Cook time: 15 minutes
Total time: 45 minutes
Serves: 4

- 4 Omaha Steaks T-bone steaks
- 2 tablespoons olive oil
- 1/4 cup Omaha Steaks Private Reserve Seasoning, or salt and pepper
- 1 recipe Roasted Pepper Pesto (see recipe below)
- 4 fresh basil sprigs

Preheat grill to medium. Brush steaks with olive oil and season with seasoning, or salt and pepper. Brush both sides of steaks with Roasted Pepper Pesto. Place steaks on grill and cook to desired doneness. (For a medium-rare steak about 8 minutes on first side and 6 to 7 minutes on second side.) When steaks are finished, brush both sides one final time with pesto. Serve steaks with dollop of unused pesto in center of each and garnish with fresh basil sprig.

Roasted Pepper Pesto

Makes: approximately 2 cups

- 1 cup roasted red peppers, peeled, seeded and chopped
- 1/4 cup garlic cloves, peeled
- 1/2 cup pine nuts, toasted
- 2 tablespoons fresh basil, chopped
- 1 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1 cup Parmesan cheese, grated
- 1 tablespoon lemon juice
- 1/2 cup olive oil

Combine all ingredients except olive oil in food processor or blender, and puree until smooth. Next, add oil slowly in food processor until completely combined.

Thick Steak, Bone-in Steak and Chop Cooking Chart

Cooking times are in minutes and based on fully-thawed steaks.

Gas grill: Preheat grill to high, reduce to medium heat prior to cooking.

Charcoal grill: Sear over red hot coals, finish over indirect heat.



THICKNESS		1"	1 1/4"	1 1/2"	1 3/4"	2"	2 1/4"	2 1/2"
Rare 120° to 130°F	First Side	6	6	7	9	11	13	14
	After Turning	3-4	4-5	5-6	6-7	7-8	8-9	10-12
Medium Rare 130° to 140°F	First Side	6	7	8	11	13	14	16
	After Turning	4-5	5-6	6-7	8-9	9-10	10-12	12-14
Medium 140° to 150°F	First Side	7	8	9	12	14	16	17
	After Turning	5-6	6-7	7-8	9-10	11-12	12-14	14-16
Well Done 160° to 170°F	First Side	9	10	12	14	18	19	20
	After Turning	7-8	8-9	9-11	12-14	14-16	16-18	21-23

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By Ronnie McBrayer

The End of the World as We Know It

his studies, was sent as the first Christian missionary to Ireland. At his ordination he took the Latin name, Patricius; in Gaelic it was Padraig. In modern English we know him as Saint Patrick.

With Nicholas and Valentine, St. Patrick rounds out the trio of best known Christian saints outside of the Apostles. They are celebrated and venerated by the world – but none more so than St. Patrick. He has found his way into our hearts, and while drinking Guinness or Jameson is part of his appeal, that is hardly the beginning. Patrick, more than most, meets people where they are – and that is his lasting contribution.

When Patrick arrived in Ireland as a Christian missionary he had a decision to make about how to do his work. This was the early 400s. The Roman Emperor Constantine had "converted" to Christianity 100 years earlier, and the cross was now used, not as the suffering symbol of a Galilean carpenter, but as a crusading tool of conquest.

It was the custom of Christian missionaries – then and for the next 1500 years – not to introduce others to Jesus, but to make them citizens of the Empire. A culture was "Christianized" not when it conformed to the words and ways of Jesus, but when it submitted to the rule of the Roman Caesar or the conquering king. The local culture was eradicated, replaced by that of the conquerors, and Christianity was used as an instrument in that process.

But rather than imposing an imperial faith on the Irish people, Patrick met them where they were and let faith erupt naturally. He did not overpower, he obliged. He did not impose, he invited.

He did not attack, he adapted. He came in humility and simplicity, attempting to foster faith, not force it. We still have much to learn from old Patrick, for his way of sharing faith could heal today's world. Vulnerability. Service. Humility. Meeting people where they are. Treating neighbors with dignity and respect. Honoring the lives and stories of those we encounter – plain civility – may be the only way to keep a society from devouring itself.

When we live with a no-compromise, never give-an-inch, militant attitude, and meet every person outside our circle with distrust, it creates a divisive, violent, negative, attack-based culture with an atmosphere of hateful rhetoric and suspicion. It destroys a community.

So we who are living today have a choice put before us: We will take the path of suspicion, violence, stubbornness, divisiveness, and imposition and we will witness the end of the world as we know it. Or we will we imitate Patrick by taking the way of peace, love for our neighbors, welcome and inclusion. Living this way will end of the world as we know it as well – but it might be the kind of end that gives rebirth to the world. ★

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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.

To Be PC or Not to be PC, That is the Confusion

Dr. James L. Snyder

I have long ago given up trying to keep up with the Joneses, and not just because they have moved away. I have a hard enough time trying to keep up with myself, let alone trying to figure out what somebody else is doing so I can top them at it.

One aspect of trying to keep up with the Joneses is being on top of what is referred to as being Politically Correct. As far as I know, I do not have a political bone in my body. I do have a bone to pick with some politicians, but that is another story.

Everybody is so afraid they are going to break some PC rule and offend somebody. Most people today are so easily offended that it is virtually impossible not to offend somebody. I do not want to intentionally offend anybody and I try my best not to. However, for the life of me, I am not able to keep up with all of this political correctness that seems to be domineering in our country today. Because, as soon as you figure it out somebody changes the rules and another word or phrase has been deemed not politically correct.

What was politically correct yesterday may be politically incorrect today. If you get your days mixed up and confused, you are not going to know what is politically correct. I think a book should be published every year listing all of the things that are politically correct and politically incorrect. Nobody is allowed to change any, at least for a year. Then, when they come to change it there has to be a national election to vote the political correctness in.

Some people believe it to be un-American to use phrases that are politically incorrect. I for one, have a hard time keeping a list of all of these politically correct and incorrect words and phrases.

I had some business with an

attorney and once we finished our business, we had a few moments and were chatting together. I could tell from his chatting that he was rather politically correct in everything he does. I guess that is what comes to being an attorney. Somebody once said that sticks and stones may break your bones, but words can never hurt you. Whoever said that was so wrong we need to take that phrase and make it politically incorrect.

"This is America," he pontificated with me, "and we have freedom of speech. Everybody is free to have their opinion and to express it. That is what America's all about." He went on and on about this matter of freedom of speech.

Then, I am not quite sure how it happened, but we got on some rather indelicate subject that was positively politically incorrect.

With the majority of people, freedom of speech does not really mean that the other person is free to speak. It simply means I have the freedom to speak.

"So," I said rather delicately trying to feel my way through this subject, "you believe everybody has the freedom to express their opinion?"

"Yes, sir," he said very emphatically. Then he went off on another pontificating spree asserting the rights of all Americans to express their opinion.

I knew which side of the issue, he was on and so I broached it this way. "You then believe," I said weighing each and every word and syllable, "that you have the right to say a certain thing is right." I mentioned what the thing was but I do not need to include it here.

"Not only do I believe it," he said on another pontificating spree, "but I practice it every day of my life. Nobody has the right to tell me what I can and cannot believe!"

"Let me get this right, you

have the freedom to say that this," and I mentioned what it was, "is perfectly right."

He nodded and smiled very broadly and then I continued my thought. "Do I have any rights in this area?" He nodded and indicated I could continue speaking. "You have the right to believe that this certain thing is right, but do I have the right to believe that it is wrong?"

Well, you might have hit him with a double-barreled shotgun. He never thought of it that way. All he thought of was what his opinion was and that he had the complete freedom to express that opinion. Anybody who had a different opinion did not have the same right as he did to express it. "I never thought of it that way," he stammered as he stared at me. "I'm going to have to give that some more thought."

Somebody who believes something is right has the complete freedom to say so. On the other side of the track, the person who believes it is wrong has just as much right to think and say that it is wrong.

It is hard to keep up with a world that is constantly changing, especially in this area. That is why I love the Bible so much. That is why I am a follower of Jesus Christ because neither one ever changes. I take great refuge in what the Bible says. "Jesus Christ the same yesterday, and to day, and for ever;" (Hebrews 13:8).

Today I rest in the unchanging grace and character of the God who loves me and provided for my salvation. And, tomorrow will be the same. ★

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.

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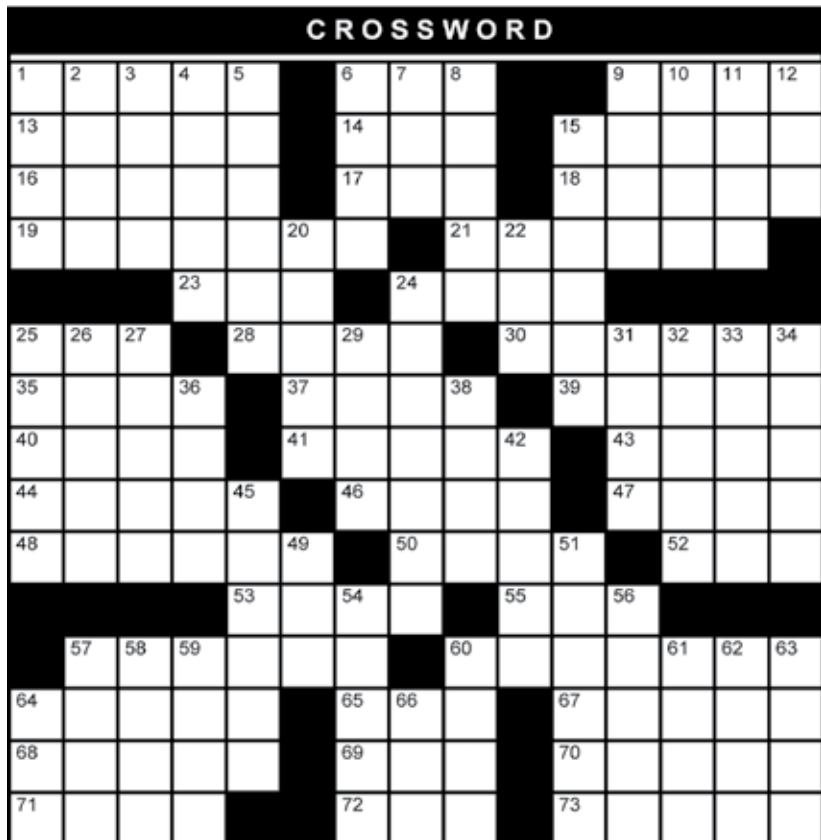
CLUES

ACROSS

- "Haste makes waste," e.g.
- Helicopter landing
- Deadly slitherers
- Bad car
- Pub offering
- Do this or forever hold your peace
- Say pretty please
- Junior's junior
- Down and out
- *Sweet number in March
- *Point and shooting players
- Coltrane's woodwind
- Not in favor of
- Final, abbr.
- Essen basin
- Firstborn
- Story part
- Plenty
- 6 in 1/6
- Fill to satisfaction
- Pisa attraction
- Not far
- Correct
- Japanese stringed instrument
- Any of several languages of Celts
- It's to be brushed off
- Invitation letters
- England's favorite drink in French
- Exclamation of disgust
- Diamond stat
- Gluteus, pl.
- *Grid
- Grassy plain
- *What teams do
- Brownish gray
- Fluorescent red dye
- Down with the flu
- Blew it
- Wild goat
- Red Cross bed
- Midway attractions

DOWN

- "The Sound of Music" backdrop
- Kosher establishment
- Unacceptable to some merchants
- *As opposed to heroes
- Ingratiate
- Sacrificed for gain?
- Formerly Cassius Clay
- Condescend
- Copycat
- *One of basketball sixteen
- Stationer's stock
- *NCAA's Big ___ Conference
- Escargot
- Feel like a champ
- Shoshonean
- MOMA display
- *A #16 over a #1, e.g.
- Andean pack animal
- Luggage handler, e.g.



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- *Kind of shot down low
- Eat
- Make an effort
- Money under mattress
- *Value outside the arc
- Backpacker's shelter
- Best of 5 of these in men's tennis
- Red _____
- *Opening round locale in OH
- To feel regret
- Chatterbox
- Kind of duty
- Ticks and mites and such
- Lump
- Function as a laser
- Computer operating system, not Windows
- Aaron Rodgers' mimed accessory
- Kurdistan native
- D'Artagnan's weapon of choice
- Kennedy and Turner
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For Solutions See Page 7

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SENIORS FIRST: Drop My Medicare Advantage Plan for Health Insurance?

Should I drop my Medicare Advantage plan and buy a health insurance plan in the Marketplace?

No. If you have Medicare, you should not buy health insurance plans through the Health Insurance Marketplace. This is true, whether you get your Medicare benefits through Original Medicare, the traditional Medicare program directly administered by the federal government, or through a Medicare Advantage plan, which is Medicare coverage offered through a private insurance company.

Health insurance Marketplaces, also known as Health Insurance Exchanges, were created under the Affordable Care Act (Sometimes called "Obamacare") as a way for people who are uninsured or underinsured to compare and purchase health insurance plans. Keep in mind that Marketplaces may have different names, depending on which state you live in. For example, the California Marketplace is called Covered California, while the New York Marketplace is called the New York State of Health.

Again, the important thing to know is that people who have Medicare should generally not drop their Medicare coverage and sign up for a Marketplace plan. If you have Medicare, your Medicare benefits will

not change as a result of the Marketplaces. In addition, insurance agents and brokers are not allowed to sell you Marketplace health insurance plans if they know you have Medicare.

Another thing to keep in mind is that the Marketplace is not a way for you to get Medicare coverage. You cannot buy Medicare coverage, such as Original Medicare or Medicare Advantage plans, in the Marketplace. Medigap plans, also known as supplemental insurance plans that help pay Original Medicare costs, will not be sold through the Marketplace. Similarly, Medicare prescription drug plans, also known as Medicare Part D plans, will not be sold through the Marketplace.

Lastly, keep in mind that there are some consequences that may occur if you drop your Medicare coverage and somehow mistakenly sign up for a health insurance plan in the Marketplace. If you drop your Medicare coverage, you will most likely have to pay a premium penalty if you enroll in Medicare again in the future. In addition, you will likely have to wait until a specific enrollment period to sign up for Medicare and may therefore experience gaps in health coverage.

Remember, it's best to speak to a Social Security Administration agent anytime you decide to drop your Medicare coverage. You can

contact Social Security by calling 800-772-1213 or by going to your local Social Security office. Be sure to record the time and date of your conversation, the name of the Social Security agent you speak to and the outcome of your conversation.

For information about your Medicare benefits, contact 800-MEDICARE or go online and visit www.medicare.gov.

The Medicare Rights Center recently released its first-ever report outlining the top concerns facing people with Medicare. The report, Medicare Trends and Recommendations: An Analysis of 2012 Call Data from the Medicare Rights Center's National Helpline, features an analysis of the thousands of compelling stories heard on the Medicare Rights Center's National Helpline in 2012.

Medicare Rights Center
520 Eighth Avenue, North Wing, 3rd Floor
New York, NY 10018

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Younger Than Springtime

The search for the fountain of youth has gone on forever. Do we give up? An emphatic NO! We hold on to the possibility that it does exist somewhere somehow. Since I wasn't going to travel the world like Ponce De Leon, I went in search of the nation's most prominent Fashion, Health, and Beauty expert featured in print and TV. She even has her own Radio Show and does the "Beauty Minutes" on XM Satellite Radio. She is Juanita Dillard who recently provided services to the White House. If they listen to her, I sure will too. I wasted no time on my POPPOFF Radio Show. I asked her to get right to it and she certainly did with these ten simple tips to reach for the fountain of youth. Soooooo ladies listen up:

1) Facial primers: They do what the name implies. They prime the skin to make it smooth, almost wrinkle free and

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with Mary Jane Popp

the newest way to achieve skin perfection.

2) AQUAPHOR: This healing ointment does everything from taming eyebrows to de-chapping lips. But the best anti-aging secret is to use a dab at night on the smile lines to smooth them away when you wake up.

3) FACIAL OILS: These oils have come a long way from supercharging brightness and moisture to your face to hydrating the skin for a more supple, younger looking appearance.

4) WHITENING TEETH: Not only will you look younger, but you present a better first impression.

5) HAIR COLOR: Did you know that grey hair always makes you look old? A good coloring can take ten years off!

6) BRIGHTENERS: Skin brighteners will take the dull out of your skin and present a more youthful healthy glow.

7) CLARISONIC: Using the Clarisonic battery-powered facial cleansing system has proven to change and transform your skin. It reduces the appearance of fine lines and will make your skin appear healthier.

8) A GOOD BRA: Need I say more. Wearing the right bra can make the girls look perky, and yes, make you look five pounds thinner.

9) EYE CREAM: They can temporarily get rid of fine lines, wrinkles, and the dreaded darkness around the eye area.

10) FOUNDATION: Choosing the right foundation can make the difference between looking healthy and young to old and pasty. Skip the heavy pancake formulas unless you plan on being buried.

Juanita told me, if your aim is to be lively and robust in your 80's and 90's, you'll need to learn to use some anti-aging secrets that focus not only on the skin, but the mind, body, and spirit. She added that we are an integrated model. There are many aspects of a healthy life that rely on each other. "The Beauty Files with Juanita" address many aspects of what life is all about. So, if you want the juice on the latest Hollywood trends from diets to the latest fashions for men and women, check out www.imakeup.com for the latest on all that makes us "Younger than Springtime." ★

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

Weekdays
6 - 9am: The KAHI Morning News with Barry Stigers and the KAHI News Team
9am - Noon: The Dave Ramsey Show
Noon - 1pm: The KAHI Noon News with Mary Jane Popp and the KAHI News Team
1 - 4pm: The Savage Nation
4 - 6pm: The KAHI Afternoon News with Scott Costa and the KAHI News Team
6 - 7pm: TMZ Live
7 - 10pm: Sports Byline USA with Ron Barr
10pm - 12am: Poppoff with Mary Jane Popp

Saturdays
6 - 7am: A Time for Seniors
7 - 8am: The Swap Shop
8 - 9am: The KAHI Corral
9 - 10am: The Garden Goddesses
10am - 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 - 5pm: Sinatra & Friends Music
5pm - 6pm: Talk about Guns
7 - 8pm: A Way With Words
8 - 9pm: Hearts of Space

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Michael Savage, Dave Ramsey, Mary Jane Popp

Where Congress Falls Short... and Where It Doesn't



By Lee H. Hamilton

At a public gathering the other day, someone asked me how I'd sum up my views on Congress. It was a good question, because it forced me to step back from worrying about the current politics of Capitol Hill and take a longer view.

Congress, I said, does some things fairly well. Its members for the most part want to serve their constituents and the country. They may be ambitious — it's hard to be a successful politician if you're not — but they're not motivated primarily by personal interest. Most are people of integrity who have chosen to try to advance the national interest and are willing to work within our agitated political environment.

They also strive to reflect their constituents' views. They're not always successful at this — I think members of Congress tend to under-appreciate voters' pragmatism and over-estimate their ideological purity. Still, they're politicians: their success rests on being accessible to their constituents, understanding what they want, and aligning themselves with that interest.

For all the attractive individual qualities that members of Congress display, however, their institutional performance falls short. Talented though they are,

the institution they serve does not work very well. They argue endlessly, pander to contributors and powerful interests, posture both in the media and in countless public meetings, and in the end produce very little. They discuss and debate a lot of problems, but don't create effective results.

This may be because many members of our national legislature have a constricted view of what it means to be a legislator. They're satisfied with making a political statement by giving a speech, casting a vote, or getting a bill through the chamber they serve in, rather than writing legislation that will make it through both houses of Congress, get signed by the President, and become a law. Their aim seems to be partisan and ideological, rather than a constructive effort to solve the nation's problems.

Similarly, they undermine their ability to oversee the executive branch by conducting hearings for political gain rather than to scrutinize government activities or develop effective policy directives. Many of our representatives have become so reliant on their staff for knowledge about public policy and the details of federal agencies that in off-the-cuff debate they can be untethered and misinformed. Small wonder that Congress has had trouble being productive. The days appear to be over when members of Congress strove to be masters of their subject matter and legislators in fact as well as in name.

Forced to spend so much time raising money and listening to well-heeled people and groups, they also seem to have trouble seeing current affairs from the perspective of ordinary people. They fall captive to the politics of any given issue, rather than thinking about the much harder question of how you govern a

country with all its residents in mind. They don't see the necessity, in a divided Congress and a divided country, of negotiation and compromise.

Congressional tradition has created a legislative process that should encourage fact-finding, searching for remedies, and finding common ground. It should not work solely by majority rule; decisions spring from consultation with many voices, balancing minority and majority views, and fair-minded process. This is not what today's members of Congress do, however. Instead, they short-circuit the committee process; fail to do their homework; dwell on talking points put together by staff and others; give too much power to their leaders; pay too little attention to deliberation; allow insufficient opportunity to debate and vote on major policy amendments; and in general make a mess of the budget — the basic operating instructions for the government.

Process may not be everything, but good process enhances the chance of getting things right — and with each passing year, Congress forgets more and more about what good process looks like.

Plenty of forces are responsible for this state of affairs, from the outsized role of money in the political process to today's hyper-partisanship to TV-driven sound-bite debates. But in the end, it's still a source of great frustration to the American people, me included, that well-meaning, talented individuals cannot make the institution work better. ★

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

Seniors First to hold March for Meals Campaign



By Jamee Horning
Assistant Executive Director

AUBURN, CA (MPG) - Seniors First announced today that it will be participating in a Nationwide March for Meals Campaign. Seniors First's March for Meals event will include a weeklong celebration called Community Champions Week. Elected officials throughout Placer County have partnered with Seniors First with the goal of raising public awareness about senior hunger. Throughout the week of Monday, March 17, 2014 through Friday, March 21, 2014 participating Community Champions will serve lunch at the one of the eight Senior Cafés in the area.

"In this tough economy, the food and human contact we provide to seniors in this community is needed more than ever," said Candace Roeder, Executive Director of Seniors First. "We need the community to come out and support our March for Meals events. Our clients are counting on us. We can't let them down."

March for Meals is a national campaign held during the month of March, initiated and sponsored by the Meals On Wheels Association of America to raise awareness of senior hunger and

to encourage action on the part of local communities. Hundreds of Senior Nutrition Programs across the United States, like Seniors First, promote March for Meals through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives.

For more information on March for Meals, visit www.marchformeals.com. ★

Seniors First is a non-profit agency in Placer County committed to providing programs and services that keep Placer County seniors safe, in their homes and independent for as long as possible. All programs and services are provided free of charge and are donation-based.

The Senior Nutrition Program at Seniors First provides hot, nutritious lunches for seniors age 60+. Lunches are served Monday-Friday at eight different cafe sites throughout Placer County. This is a vital program for many seniors in our community who might otherwise go without the necessary nutrition and social contact to remain healthy and independent. Senior Cafés are a great place to meet new people or join old friends for lunch. Café lunches provide 1/3 the recommended dietary allowance for healthy adults 60+. Senior Cafés are located in Colfax, Auburn, Rocklin,

Roseville and Lincoln. If you, or someone you know is interested in eating at one of our Senior Cafés call Chelcie Bullen—Café Coordinator, (530) 889-9500 x208. For more information about Seniors First please visit our website at www.seniorsfirst.org.

Seniors First's other programs include: Transportation for seniors to medical appointments or to run daily errands, Information and Assistance, Home Modifications and Safety Repairs, Friendly Visitors and Housing Placement Assistance. For more information on any of these programs, or if you are interested in volunteering, call Seniors First at (530) 889-9500.

The Meals On Wheels Association of America is the only national organization and network dedicated solely to ending senior hunger in America. The Association is the oldest and largest organization composed of and representing local, community-based Senior Nutrition Programs in all 50 states as well as the U.S. territories. More than 5,000 local Meals on Wheels Programs leverage a dedicated army of two million volunteers who day-in and day-out create an efficient and caring way to keep America's seniors stay independent, healthy and able to live in their own homes. For more information or to locate a local Meals On Wheels program, visitmowaa.org.

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KAHI Morning News Host Barry Stigers to Retire

AUBURN, CA (MPG) - Barry Stigers, Morning News Host on KAH1, will retire from his daily duties on March 28th after being on the air for the last 8 years. Barry will continue to contribute stories and interviews for KAH1. Station General Manager Jerry Henry said: "Barry has been with us a lot of years and we are happy for him to be able to do some other things in his life, and some other things for KAH1, while getting to sleep in in the mornings." Henry is being tight-lipped about an on-air replacement for Stigers saying "We have hired somebody who will take over morning drive starting March 31st, but I'm leaving that announcement to Barry."

Stigers started his radio career in 1957, the same year KAH1 went on the air. His first job was a morning NEWS reporter for his home town station in Kane, PA, WADP. Barry moved his career to New York State working for a group of stations as the Morning Host at WMNS, Olean, NY; WRNY, Rome, NY; and

stations in Ticonderoga, NY; and Glens Falls, NY. Stigers moved to Pittsfield, MA as a program Manager and started one of the earliest call-in "Talk" shows in 1960. Stigers also worked in the Pittsburgh and Philadelphia, PA Markets.

Barry left the daily "on air" part of radio and joined the Cable Television Industry in 1964. He pioneered what in those days was called "Local Origination" or local TV broadcasting on the local Cable TV system. He pioneered and built many local cable stations like the local WAVE Cable channels 18, 19 and 20. His career took him to VP of Operations for Warner Cable in NYC.

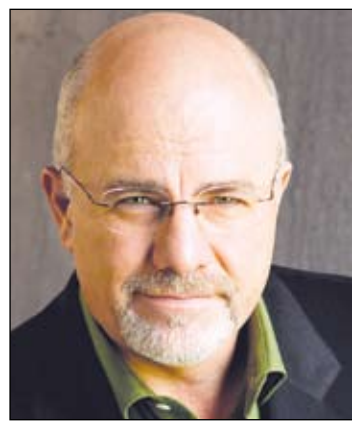
Stigers came to California in 1985 as an executive for CableData, a major service computer company serving the Cable and Telephone industries. He also served as a Senior Manager at MCI, the Long Distance Phone Company.

Barry returned to radio as the KAH1 afternoon News Man in

2000 and then Host of the KAH1 Morning NEWS in 2003. He also has done several NEWS program on the local Cable Channel 20 over the past few months.

Barry says: "Working in radio and Television has been the most fun I have ever had in a job. I now look to some retirement things like travel, more golf and boating which have been life-long passions. I will miss the daily interchange I have with the KAH1 Foothills listeners, many who have become friends, but will be on the air with features and interviews, so not too far from the mic. I thank all the loyal audience and hope to stay connected."

Barry lives in the Rock Creek Senior Park on Grass Valley Highway in North Auburn. His blog can be read on facebook and also KAH1.com. Barry also will begin a program called "FOCUS" which will feature local items of interest and people and will be seen on WAVE Cable channel 20, and on KAH1 starting in April. ★



Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Dave Says

Here's an even bigger example. Let's say they owned a home, and they're behind on the mortgage or upside down on the house—meaning that they owed more on it than it's worth. You can just hand it back to the mortgage company. You're not legally or morally obligated to accept the house and the situation surrounding it because it was left to you in a will. Just because it's family doesn't make it jump over onto your plate!

Let me say it again, Matthew. You don't inherit debt. Don't let creditors, or anyone else, tell you differently.

—Dave

Saying no to extended warranties

Dear Dave,

I recently traded in my old truck for a much newer one. I purchased an extended warranty at the time, and now I feel like I was pressured into buying it and that it was a mistake. What do you think?

Laura

Dear Laura,

Cancel it, if you still can. The reason you felt pressured is because you probably were pressured by a pushy salesman. Seventy-five percent of what you paid for that plan went straight into the dealership's or salesman's pocket as commission. There's even a chance they made more off the extended warranty than the sale of the truck!

Investing in land

Dear Dave,

What do you think about land as an investment?

Tara

Dear Tara,

I'm okay with the idea of raw land as an investment. Someone has to buy the dirt that holds the earth together, right?

The only problem with this kind of investment is that it doesn't really create cash flow, unless it's farmland. In the real estate world, we call raw land an alligator because it eats. You have to pay taxes on it every year, plus you have upkeep and maintenance of some form or fashion, and it doesn't create an income. The only time it creates income is on the back end, when you sell the land.

It's not a terrible investment, Tara. But it's not a great one, either. I buy pieces of raw land here and there, every once in a while. But mainly I stick with income-producing investment properties.

—Dave

Extended warranties are only about 12 percent actual, statistical risk. The other 12 to 13 percent goes to miscellaneous overhead and profit. On top of that, the company that wrote the warranty probably didn't make as much on it as the dealership did. It's weird, but that's how a lot of those models work.

I don't buy extended warranties, Tara. In my mind, they're just crap. Besides, if you buy something and can't afford to fix it if something goes wrong, then you couldn't really afford the purchase in the first place!

—Dave

**For more financial help, please visit daveramsey.com. ★*

Roller Derby: Help Stop the Drought – Join the Flood

PLACER COUNTY, CA (MPG) - Flood Water Roller Derby invites all people interested in skating to join the rising tide.

Roller derby is more than a sport – it's a lifestyle. In addition to skaters, the Flood welcomes volunteers as referees, non-skating officials, photographers, videographers, merchandise sellers, graphic designers – or even just to cheer on the team.

Derby athletes commit to two or three practices a week, where they are trained by Shadow Soldier (Rena Garcia) of Roseville, arguably the most experienced and accomplished derby skater in the Sacramento area. The coaching team works with skaters of all levels, with one-on-one training guaranteed for even the most novice skater.

FWRD is committed to empowering women through athleticism, teamwork, competition and volunteerism. The

women who practice together become a family, and together they build a life full of adventure and accomplishment.

The league is built from the ground up, with all skaters participating in running it, from serving on the board of directors to screen-printing jerseys. Since its inception in 2012, FWRD has secured an indoor practice space, is in the final stages of becoming a 501(c)3 nonprofit and is working diligently toward becoming a Women's Flat Track Derby Association league. This past season, FWRD traveled throughout the state to compete, and participated in numerous community events, including Hot Chili Cool Cars, Nascar races at the All American Speedway, Run Rocklin and the Berry Fest in Roseville.

No matter your skill level, if you are interested in seeing what this life-changing sport is

all about, come meet the Flood March 31 at a recruitment event at the Placer County Fairgrounds. Team members will offer skating tips and a free lesson from Shadow Soldier, with loaner gear available (please bring a mouthguard). Team members can answer all your questions about derby, and they'll even bring food!

The Flood is offering reduced dues for new skaters' first three months, after which you can simply walk away...as if you can just walk away from roller derby.

What: Flood Water Roller Derby recruitment event
When: 6:30-8 p.m. Monday, March 31
Where: Jones Hall, Placer County Fairgrounds, 800 All America City Blvd., Roseville
Info: www.floodwaterrollerderby.com ★

You don't inherit debt

Dear Dave,

My in-laws have lots of debt. In fact, they're always joking that the debt they'll leave us is more than the inheritance. How will this affect my wife and family if they die with all their debt still in place?

Matthew

Dear Matthew,

You do not inherit debt. Either your in-laws are misinformed, or it's just a bad joke on their part. Now, if you were foolish enough to co-sign on a loan with them, then you'd be liable for the remainder of that loan. But if they ran up \$100,000 in credit card debt on their own before they died, then the credit card companies just don't get paid. It wouldn't cost you a dime, except that you might get no inheritance from them, because what they left behind would be sold to pay off as many creditors as possible.

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Hometown Heroes



Air Force Airman 1st Class James T. Carson graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

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

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Carson is the son of Hiep and James Carson of Antelope. He is a 2007 graduate of Oakmont High School, Roseville.



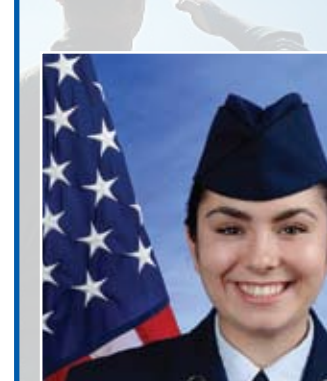
Army Pvt. Shalondra J. Cooper has graduated from Basic Combat Training at Fort Leonard Wood, Waynesville, Mo.

During the nine weeks of training, the soldier received instruction in drill and ceremony, weapons, rifle marksmanship qualification, bayonet combat, chemical warfare, field training and tactical exercises, marches, military courtesy, military justice, physical fitness, first aid, and Army history, traditions, and core values.

Cooper is the daughter of Christina Cooper-Lewis of Rancho Cordova, Calif., and Willie Cooper of Daytona Beach, Fla. She is a 2003 graduate of Roseville High School, Calif.

(Photo not available) Source: Defense Media Activity

Hometown Hero



Air Force Airman Morgan E. Kilgore graduated from basic military training at Joint Base San Antonio-Lackland, San Antonio, Texas.

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

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Kilgore is the daughter of Kimberly and Bart Kilgore of Roseville. She is a 2013 graduate of Oakmont High School, Roseville.

Source: Defense Media Activity

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