



**Sierra Gold Chorus
and Great Western
Timbre Company
Sing at Nevada
County Fair**

Page 2

**PLUS:
Around Town
With Loyce
Smallwood**

Page 3

Placer Sentinel

Volume 24 • Issue 15

Serving Auburn and Placer County since 1987

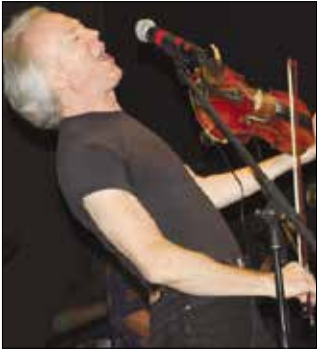
First Issue of August 2013

**Auburn Recreation
District to Host
Second Annual Gold
Pan Ukulele Festival**



Page 3

**Hot Jazz Jubilee
Coming Labor
Day Weekend**



Page 4

**West Nile Activity
Increases in
Placer County**



Page 2



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

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA

Change Service Requested

Time to Man Up



This summer is the perfect time to Man Up and find out how rewarding it is to play sports, go on a hike, eat pizza, or share your interests with a child who needs some encouragement.

Across the state of California, Big Brothers Big Sisters agencies are in critical need of men, with boys making up 70% of the waiting list for mentors, and only three out of 10 inquiries to volunteer are men. The goal of the "Man Up California" campaign is to inspire, with humor and emotion, twice as many men to volunteer as the year prior.

SACRAMENTO REGION, CA (MPG) – This year, the Big Brothers Big Sisters Association of California (BBBSAC) is launching its first-ever statewide

initiative centered on the recruitment of male volunteers to become Big Brothers. This inaugural campaign will be the first time all 17 California agencies have worked together to leverage their collective reach, with the goal of significantly reducing the number of boys who are waiting for a Big Brother in California by recruiting twice as many male volunteers as the prior year.

Across the state, Big Brothers Big Sisters (BBBS) is experiencing a critical need for men to volunteer. The waiting list is

nearly 70% boys, yet only three out of 10 inquiries to volunteer are men. Unfortunately, boys are waiting an average of 275 days before receiving a Big Brother.

"It's time for California to Man Up! It is our desire to give men a fun and easy way to help strengthen our communities by providing boys a quality mentoring experience that is proven to help children who face adversity succeed in and out of school," said Tiffany Siart, President of BBBSAC. "This summer is the perfect time to Man Up and find out how rewarding it is to

play sports, go on a hike, eat pizza, or share your interests with a child who needs some encouragement."

Boys served by BBBS are primarily children of single-parent, low-income, or active-duty military homes, or homes with an incarcerated parent. "I am a single mother. My son's father passed away last year, and he needs a male role model in his life now more than ever," explained Jackie, a parent of a child on the waiting list in San Jose.

Continued on Page 3

**Search and Rescue
Teams Start Annual
Telemarketing
Fundraising Drive**



PLACER COUNTY, CA – (MPG) The Placer County Sheriff's Office's Search and Rescue teams have started their annual telemarketing fundraising drive throughout the county, beginning in Lake Tahoe.

This year, Search and Rescue is hoping 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 Office's

Sheriff Receives Grant to Combat Underage Drinking

PLACER COUNTY, CA – (MPG) The Placer County Sheriff's Office recently received a grant from the State of California Department of Alcoholic Beverage Control for 2013-2014. Agencies who will participate along with the Sheriff's Office in the grant are Auburn, Lincoln and Rocklin police departments.

The grant, totaling about \$100,000, will be used to combat underage drinking and alcohol sales to minors county-wide. The grant will also assist the Sheriff's Office in providing awareness and training in alcohol-related crimes and their impact for school staff, parents, students and the community.

Throughout the year, the Sheriff's Office will aggressively target problematic ABC licensed establishments that sell alcoholic



Hey, Mom and Dad, underage drinking starts younger than you think.

beverages to minors and obviously intoxicated adult patrons. Minor-decoy and shoulder-tap operations will also be conducted countywide to minimize alcohol access to minors.

Deputies and police officers will also identify problematic areas and businesses where alcohol use is causing problems. They will inspect operations at

those locations and at randomly selected establishments to ensure licensees are operating within the standards required by ABC.

Two training sessions will also be held for businesses that possess alcohol licenses. These sessions will provide a review of the rules and regulations governing the service of alcohol.

Source: Placer County Sheriff's Office

CDPH Warns Against Ginger Candy From Vietnam

SACRAMENTO, CA – Dr. Ron Chapman, California Department of Public Health (CDPH) director and state health officer, today warned consumers not to eat Ginger Candy imported from Vietnam after tests conducted by CDPH found the products contain levels of lead that exceed the state's standards. Consumers in possession of this candy should discard it immediately.

Recent analysis of this candy by CDPH determined that the Ginger Candy contained as much as 0.12 parts per million (ppm) of lead. This concentration of lead could provide up to 10.21 micrograms of lead per serving. Children under six years of age should not consume more than 6.0 micrograms of lead per day from all dietary sources.

Ginger Candy is imported and distributed by Evershing International Trading, Inc., of San Jose. Evershing International initiated a voluntary recall and CDPH is currently working with the distributor to ensure that the contaminated

candies are removed from the marketplace. Ginger Candy is sold in a 12-ounce clear plastic container. A white label with red lettering is on the lid of the container, and the name "Ginger Candy" appears in the center of the label. A drawing of a coconut tree appears at the top of the label. The product is pieces of dehydrated ginger coated in sugar, yellow in color, and visible through the container.

Pregnant women and parents of children who may have eaten this candy should consult their physician or health care provider to determine if medical testing is needed. Consumers who find this candy for sale should call the CDPH Complaint Hotline at 1 800-495-3232. For more information about lead poisoning, contact your county childhood lead poisoning prevention program or public health department. Additional information is available on the CDPH Childhood Lead Poisoning Prevention page at www.cdph.ca.gov.

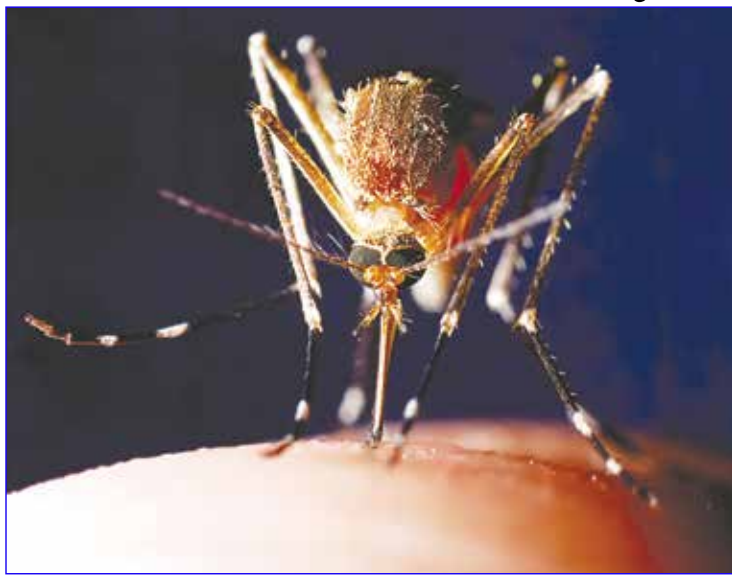
West Nile Virus Activity Increases in Placer County

PLACER COUNTY – (MPG) Five additional mosquito samples in Placer County have tested positive for West Nile virus (WNV) on July 24th, bringing the count to 27 WNV-positive mosquito samples in the county for the year.

"This increase of activity is not unexpected. With temperatures high enough for mosquitoes to thrive, but not high enough to keep people indoors, we must remind folks that West Nile virus is still a threat and that precautions need to be taken to reduce risk for exposure," stated Joel Buettner, General Manager of the Placer Mosquito and Vector Control District. Total mosquito numbers are significantly up and West Nile virus activity is widespread along the western part of the county according to Buettner.

Due to this latest development, the District is responding with aerial treatments in the agricultural areas in the western county and ground-based treatments in Sheridan, Lincoln, and Roseville in the following days.

The District hopes that its adult treatments, combined with its proactive approach to controlling immature mosquitoes can stem the spread of WNV to other areas in Placer County. The District is also recruiting the



With temperatures high enough for mosquitoes to thrive, but not high enough to keep people indoors, we must remind folks that West Nile virus is still a threat and that precautions need to be taken to reduce risk for exposure

public's help in identifying additional areas of increased virus activity by reporting dead birds, standing water, or other mosquito issues.

The Placer Mosquito and Vector Control advises the public to implement the 3 Ds of protection:

- Drain any standing water that may produce mosquitoes.
- Defend yourself and your home by using an effective insect repellent and dressing protectively when outside, and making sure screens on doors and windows are in good condition.

• Contact the District for any additional help controlling mosquitoes around your home.

For more detailed information on the planned treatments, visit www.placermosquito.org.

2013 Placer County West Nile virus activity update: 5 dead birds, 0 sentinel chickens, 27 mosquito samples, and 0 humans have tested positive for West Nile Virus to date

Submitted by Ada Barros Heiser, MPH Public Information Officer

Sierra Gold Chorus and Great Western Timbre Company Sing at Nevada County Fair



Sierra Gold Chorus All Women's Chorus is the Auburn Chapter of the Sweet Adelines International.

NEVADA COUNTY, CA – (MPG) You won't want to miss the Sierra Gold Chorus and Great Western Timbre Company Quartet as they share the stage at the Nevada County Fair.

The Sierra Gold Chorus, the Auburn Chapter of the award winning Sweet Adelines International, under the new direction of Ron Black, will perform at the Pine Tree Stage at Noon and again at 1:30, on Saturday, August 10, as part of the entertainment for the Nevada County Fair in Grass Valley. Sierra Gold Chorus is an all women's chorus singing a cappella barbershop style in four-part harmony. Several quartets and a double quartet will add to the musical enjoyment.

The award winning featured quartet, Great Western Timbre Company, includes director, Ron Black from Rocklin, Roger Smeds from Stuart, FL, Jack Liddell from St. James City, FL/Park City, UT and Dwight Holmquest from Lodi. They represent the men's Barbershop Harmony Society

Sierra Gold Chorus rehearses every Monday



Great Western Timbre Company Quartet will perform.

at 7:00 pm at the Burback Hall, 11577 E Ave., Auburn, CA. Women of all ages are invited to come and sing with the chorus. For more information call Carol, at (530) 478-0130, Barbara, at (530) 885-4202, Bev at (916) 663-2105, or www.sierragoldchorus.org

Source: Sweet Adelines International

GPS/Sonar Technology Presentation

AUBURN, CA – (MPG) The Rooster Tails Fishing Club breakfast meeting will be held on Friday, August 16 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. At 9:00 AM sharp, Ken Sauret, West Coast Pro Staffer for Lowrance Marine Electronics, will give a presentation on GPS/Sonar Technology for maximum fishing success. The breakfast meeting is open to the Public.

Ken will explain the Lowrance HDS (High Def Sonar), a state of art boat mounted fish-finder using echo sounding specifically designed to detect the presence of fish in various underwater terrain and depth. The HDS unit converts the reflected electronic pulses off fish and underwater features viewed on a full-color high definition display screen. In addition to locating and identifying fish, the fish finder can be programmed to display various special features including side-scanning structure, tides, moon phase, and other data. Ken will explain this technology for anglers to use their time on the water more wisely versus arbitrarily fishing locations randomly that may not contain fish. Whether you currently own a fish-finder,



Ken Sauret, West Coast Pro Staffer for Lowrance Marine Electronics

considering buying one, or up grading to the latest models, you don't want to miss this special presentation.

The 30 year old, 190+-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.



Placer County Sheriff Special Report

Sheriff Seeking Suspects

PLACER COUNTY, CA – (MPG) The Placer County Sheriff's Office is seeking the public's help in identifying four suspects in a Roseville residential burglary on July 16.

The suspects stole many items from the home on Whyte Avenue, including an ATM card. They attempted to use the card at a Carmichael ATM and the photos of that transaction are shown here. There is one female and three male suspects. Anyone who may know their identities is urged to call Det. Chris Glaspell at (916) 652-2445. Anyone wishing to remain anonymous and be eligible for a cash reward of up to \$1,000 for information leading to an arrest or arrests is asked to call Placer County Crime Stoppers at 1-800-923-8191.



Foster Care

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

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



Call Lenka (916) 338-7156

HOPE for TROUBLED HOMEOWNERS

WE PROVIDE SOLUTIONS

Call for a Free Consultation

(916) 331-3311

Short Sale Hotline

Sac Short Sale Pros

SHORT SALE REALTORS License #01128753

Placer Sentinel

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

Placer Sentinel is a member of Messenger Publishing Group

We are proud members of these newspaper associations.



To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to:

Publisher@PlacerSentinel.com

Be sure to place in the subject field "Attention to Publisher".

If you do not have email access, please call us at 530-823-2463.

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

For home delivery in Auburn, subscriptions should be mailed to:

Placer Sentinel,
7405 Greenback Lane, #129,
Citrus Heights, CA 95610.

Subscription rate is \$25 per year.

Placer Sentinel is published twice monthly. Call 530-823-2463 for more information. (ISSN # 1948-1918).

Publisher

Paul V. Scholl

Contributing Writers

Mary Jane Popp, Marlys Johnsen Norris
Tim Reilly, David Dickstein, Dave Ramsey
Dr. E. Kirsten Peters, Kay Burton
Leslie Carrara, Julie Parker
Ronnie McBrayer, David Graulich
Perry Hartline, Gerry Scholl

Photography

Amanda Morello, Susan Skinner

Graphics & Layout

Banerjee Designs
Stamp Removal Graphics
Full Moon Grafix

Advertising Sales

Susan Lewis, Allyse Weaver

Distribution Assistant

Gabriel Scholl

Accounting

Nicholson & Olsen CPA

Web Master

RJ at thesitebarn.com
JWS Promotions
Mikahn Design

News Services

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

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

Publisher's Statement:

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



Publisher Paul V. Scholl

Senator Nielsen Issues Statement on U.S. Supreme Court's Rejection to Delay Release of 10,000 Prisoners

Senator Nielsen Issues Statement on U.S. Supreme Court's Rejection to Delay Release of 10,000 Prisoners

Urges Governor to Declare a Special Session to Address Public Safety

State Senator Jim Nielsen (R-Gerber), former Chair of the California Board of Prison Terms, issued the following statement August 2nd upon learning that U.S. Supreme Court refused to delay the order requiring California to reduce its prison population:

"Today's action by the U.S. Supreme Court may result in the release of 10,000 prisoners onto our streets. This is a loud wake-up for the Governor and the Legislature.

"The Governor needs to call lawmakers to action by declaring a special session to deal with public safety, where we can focus exclusively on correcting the deficiencies of prison realignment (AB 109). To protect California residents, it is critical to provide effective rehabilitation



Sen. Jim Nielsen

opportunities as well as state and local housing for prisoners.

"Local law enforcement officials and every day Californians are already dealing with the shift of tens of thousands of convicted felons from state prisons to local jurisdictions. Homicides increased by 4.7 percent in 2012, while property crimes increased by 7.6 percent according to Attorney General Kamala Harris. Vehicle theft increased by almost 15 percent when compared to

2011, the first full year of the Governor's realignment policy.

"The surge in property crimes is particularly alarming because the FBI's latest report shows a drop in property crime for the nation as a whole in 2012.

"It is unfortunate that Governor Brown and his Administration abandoned the state's already funded plan to expand our prison systems by 32,000 additional prison beds. If Governors Schwarzenegger and Brown had authorized the completion of even half of these facilities, we would not be in this situation.

"This result was totally foreseeable, and therefore, avoidable."

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email atsenator.nielsen@senate.ca.gov.

Around Town

with Loyce Smallwood



Lots of colorful doings in our Auburn digs with special kudos going to our happy service peeps including Reiki Master, she who maketh the stress dissolve away, Therese Johnson, who also runs her own consultant business for seniors in transition. And thumbs up to our knowledgeable and swift PC consultant Matt Cummins who is always prompt with response to our PC needs and offers home tutoring for websites and general navigation.

More congrats sent to LaBou owners and friendly staff for turning around the former Pappy's location in Victorian Village on Highway 49 into a colorful/vibrant/cheerful setting complete with lively wall art supplied from those happy artists from Southside Art Center, 669 Lincoln Way DT Auburn where you can see the full range of art and then walk back towards the clock tower for a visit to our Avantgarden gift shop at 890 Lincoln Way and then around the corner at 1085 High Street, delight in the nursery packed with an array of herbs, flowers and local yard art, all overseen by veteran owner Kim Wright and her happy staff who provide smiling faces and helpful gardening tips.

Across the street, 900 Lincoln Way, check with knowledgeable real estate veteran Tom Koptis at Sierra Brokers Gold Country Realty where Koptis is always ready to dispense great information about our neighborhoods and provide super tips for the buying/selling/transfer of real estate.

Looking to infuse your life with more color or seeking a great gift? Visit Marketplace of Auburn--our fav local gallery-- on Canal Street

just off Luther where the splendid array of delights include beaded gourds; needlework including quilts; hand-crafted greeting cards and alluring jewelry and, of course, those charming carved cats now adorning both Maria Scoggins garden along with that of Yours Truly.

And thanks, also, to the friendly Candi, for the whimsical, life-size cow planter now happily grazing in The Smallwood garden. Candi oversees a colorful selection of handbags including a variety of styles/sizes and designers at Too Much Stuff vintage shop across from Auburn Yoga and LaBou Bakery in the Victorian Center just around the bend from our fav thrift store, Assistance League, staffed and managed by dedicated, well trained and friendly volunteers overseeing a variety of housewares, clothing, fashion accessories and jewelry with proceeds from sales going toward the needy in the community.

Remember to donate gently used clothing/housewares to Assistance League and donate those used

books/DVDs/CDs/magazines and small housewares to Friends of Placer County Bookstore in Raley's Center at the Foresthill Exit where sweet kittens--overseen by dedicated volunteers-- await their future homes.

Around the bend, you're encouraged to check out the very colorful Dawn's Hallmark store which is packed with a wide assortment of gift items including sparkly jewelry and tools for the artist and crafter. Looking for a tasty selection of meals--including pizza/salads/sandwiches/desserts-- and friendly/prompt service in an open/ spacious setting?

Dine at Northridge restaurant on Combie Road and then visit The Red Chair Consignment store down the way on Combie, where a vast array of fashion/jewelry/accessories await your perusal. Donate/volunteer/shop/dine and comment to loycer@suddenlink.net



Loyce! delighting in the scene at Marketplace of Auburn.

Auburn Recreation District to Host Second Annual Gold Pan Ukulele Festival

AUBURN, CA - (MPG) The world-wide love affair with the ukulele comes to Auburn August 17 when the Auburn Area Recreation District hosts the second annual Gold Pan Ukulele Festival at the Canyon View Community Center, 471 Maidu Drive.

The community-based event features workshops by experienced ukulele performers and teachers, an all day open-mic with Clifford Johnson, an evening performance, sing-a-long sessions, and casual jamming.

Workshop presenters include ukulele virtuoso, teacher and historian Dan Scanlan of Nevada City who has had his own love affair with the ukulele since 1961. In 1998 he returned the ukulele to its ancestral home of Madeira Island, Portugal, where he taught the ukulele to folk musicians and then performed with them and two other American performers at the World's Fair in Lisbon. Dan currently leads the Strum Bums out of Grass Valley.

Michelle Kiba is a music therapist who uses the ukulele to entertain seniors and others and she is a professional entertainer and teacher as well. She will be offering workshops on Hawaiian and swing music. Andy Andrews is one of the co-founders of the huge Santa Cruz Ukulele Club 10 years ago. She created the "Ukes for Kids" program that donates ukuleles to youngsters and their teachers. He recently moved to Hawaii where she started Puna Ukulele & Kanikapila Association. She will present her Blues for Ukulele workshop.

Stu Herreid is the co-owner of The Strum Shop in Roseville, as well as the founder of Uke University, a 450+ member ukulele club, and River City Ukes, a 40+ member community of



The Auburn Area Recreation District is set to host the second annual Gold Pan Ukulele Festival at the Canyon View Community Center.

ukulele players who play at various functions in the local community. Stu teaches ukulele full time at The Strum Shop and travels all over doing ukulele teaching workshops. He also is a part of the dynamic ukulele duo: "The Total Package" with his very talented daughter "Dani Ukulele". Dani and Stu also run a weekly open mike at Gingers Restaurant in Roseville.

Admission to the day long

event (10am to 6pm) is \$30; \$50 for couples and includes lunch. Under 12 years are admitted free with a \$5 lunch charge. Vendor inquiries should be made to Sheryl Petersen, Auburn Recreation District, (530) 863-4615. For more information, and a registration form visit the festival website at www.auburnrec.com under events.

Source: Auburn Recreation District

Time To Man Up

Continued from Page 1

Due to complex circumstances, boys like Jackie's son are faced with a statistical spike in their likelihood to turn to drugs, alcohol, and violence in an effort to cope with increased stress in their lives. Parents recognize the proven benefits that come from having a caring role model in their lives, and many are reaching out for help. "My son could use a more positive male influence in his life," said Jennifer of her 10-year-old son. Mothers like Jennifer are seeking better outcomes for their sons and are looking to BBBS to partner with them to support their children.

The "Man Up" campaign is harnessing the power of social and broadcast media to reach men where they live most. Through integrated touch points such as an interactive landing page, a social media campaign, and a YouTube series featuring official "Man Up" spokesperson, Bruce -- a 13th century Scottish Warrior puppet -- "Man Up California" is offering a new approach to recruitment.

To qualify as volunteers, individuals must:

- Be over 18 years of age.

- Have a valid Social Security number with no criminal background.
- Be available to volunteer for at least one year.

Men and Spanish-speaking volunteers, in particular, are in high demand.

Individuals who are not able to volunteer are being asked to consider donating to help sponsor a waiting boy, who will then be carefully matched with a screened volunteer and receive ongoing support and access to events.

Big Brothers Big Sisters programs are based on a data-proven model focused on creating and sustaining strong and long mentoring matches. Long-standing research by Public Private Ventures -- a national nonprofit research and program development organization -- found that after 18 months of spending time with their "Bigs," the Little Brothers and Little Sisters -- compared to those children not in the program -- are: 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol, 52% less likely to skip school, 37% less likely to skip a class, and 33% less likely to hit someone.

Big Brothers Big Sisters Association of California consists of 17 BBBS affiliate agencies, serving 32 counties across the state of California. In 2011, BBBSAC served nearly 11,000 children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better. Most children served by Big Brothers Big Sisters are in single-parent and low-income families, or households where a parent is incarcerated or has a parent deployed. As the nation's largest donor- and volunteer-supported mentoring network, Big Brothers Big Sisters makes meaningful, monitored matches between adult volunteers ("Bigs") and children ("Littles"). Big Brothers Big Sisters provides a system of ongoing evaluation and support that has been proven by independent studies to help families by improving the odds that "Littles" will perform better in school and avoid violence and illegal activities, and also have stronger relationships with their parents and others.

Learn how you can positively impact a child's life at <http://www.ManUpCalifornia.com>.

NEW Trad Jazz Festival!

120 SETS ALL AT ONE HOTEL!
6 VENUES
14 BANDS

END OF SUMMER

2013 • RANCHO CORDOVA, CA

1st INAUGURAL JUBILEE

Labor Day Weekend - August 30th - September 2nd 2013
Marriott Hotel - Rancho Cordova, CA - Highway 50 & Sunrise Blvd.

FRIDAY Pool Side Welcome Party 5 to 7pm
SATURDAY Wine Tasting 4 to 6pm • SUNDAY Patrons Lunch 12 to 1:30pm

For Ticket Sales and Information Call 916-822-2210
Or visit Our Website www.HotJazzJubilee.com

"I look 10 years younger?! Oh, Stop!"

Let's get your skin in tip-top shape for that big event with a therapeutic facial. My especially customized facial will make your skin positively glow. Then, I'll give you the simple steps to keep it that way. **Science + Education = Results!**

Auburn Skin Care
"Skin Care that Works"
 Linda Carmichael, L.E., L.E.
 California Licensed Esthetician

\$5 off Introductory Facial and 10% off Products Expires: Sept 7, 2013

(530) 888-6942 by appointment only

www.skincareauburn.com ♥ aubelec8@gmail.com ♥ 1214 High St., Auburn

Hot Jazz Jubilee Coming

SACRAMENTO REGION, CA (MPG) – Hot Jazz Jubilee is almost here! Your Labor Day weekend will never be the same after you hear the great sounds that originated in the '30s and '40s. Louis Armstrong, Hoagie Carmichael, Pete Fountain, Duke Ellington, Benny Goodman, and many more will be re-created during this four-day music festival. In addition, there will be bands that play American roots Zydeco and Cajun, as well as the Big Band

sound you grew up with. The Marriott Hotel in Rancho Cordova will be home to 16 bands, six guest artists, and lots of great music. Bring your dancing shoes because three of the largest venues have dance floors. We've also invited West Coast Swing, Lindy Hop, Bebop, and several other club dancers to entertain you. Lots of easy, free parking at the hotel will encourage more locals to attend. Our party kicks off at 5 pm

on Friday, August 30 with a poolside welcome party. There will be hosted hors d'oeuvres for all of those in attendance, along with a paid festival badge. Two bands will entertain you as you become re-acquainted with old friends. At 7 pm, five venues will open to the sounds of local favorites Sister Swing and the Hot Flashes.

Also being introduced to the California circuit is Meschiya Lake and the Little Big Horns, direct from New Orleans. Meschiya was named Female Singer of the Year in the Traditional Jazz category for the third year in a row. Her sound is true New Orleans from the '30s.

Big Mama Sue with Eddie Erickson and High Sierra round out the start. Music until midnight will be in abundance, with the night closing out with Bob Draga and Friends in the Formaggio Bar.

The music picks up again on Saturday and Sunday at 9:30 am and closes at midnight. Be sure to catch the Doris Day tribute



Bob Draga and Sister Swing are sure to be crowd pleasers. Photo courtesy of Hot jazz Jubilee



Tom Rigney will also perform at the Jubilee. HJJ Photo

set for Saturday morning at 11 am. Rumor has it that Doris will be calling in by telephone to welcome the festival goers in attendance.

Several other special attractions will also be provided. Check out HotJazzJubilee.com for details, or call 916-822-2210.

Four-day badges are available at \$95. Rooms are available at the Marriott Hotel, but are going fast. The Hyatt House across the street has rooms starting at \$79 each, and so does the Holiday Inn next door.

Make plans now. Don't miss out on this Inaugural Festival! REAL JAZZ ... REAL FUN.



New-High Sierra will draw a crowd. HJJ Photo

Sutter Roseville Receives Trauma Verification

PLACER COUNTY, CA – (MPG) – The Trauma Center at Sutter Roseville Medical Center has been verified as a Level II Trauma Center by the Verification Review Committee, an ad hoc committee of the Committee on Trauma (COT) of the American College of Surgeons. This achievement recognizes the trauma center's dedication to providing optimal care for injured patients.



The Trauma Center at Sutter Roseville Medical Center has been verified as a Level II Trauma Center by the Verification Review Committee.

Trauma is a serious injury usually caused by an accident or a violent act that could be life threatening. Traumatic injuries are frequently severe and require immediate, specialized treatment by a team of highly trained medical professionals who can quickly evaluate and care for serious injuries.

Key elements of the services provided by a Level II Trauma Center include 24-hour immediate coverage by highly trained trauma surgeons, as well as 24-hour coverage by physicians specializing in orthopedic surgery, neurosurgery, anesthesiology, emergency medicine, radiology and critical care. In addition, the Level II Trauma Center is committed to trauma

prevention, continuing education of the trauma team members and to continued improvement in trauma care through a comprehensive quality assessment program.

For verification, a team of experts perform an on-site review of the hospital to ensure the Sutter Roseville Trauma Center meets essential criteria that ensure trauma care capability and institutional performance, as outlined by the

American College of Surgeons' Committee on Trauma in its current Resources for Optimal care of the Injured Patient manual. The Trauma Center receives verification only if all of the criteria have been met.

Established by the American College of Surgeons in 1987, the COT's Verification/Consultation Program for Hospitals promotes the development of trauma centers in which participants provide not only the hospital resources necessary for trauma care, but also the entire spectrum of care to address the needs of all injured patients. This spectrum encompasses the injured patient's pre-hospital phase through his or her rehabilitation process.

The Trauma Center at Sutter Roseville Medical center is designated by Sierra Sacramento Valley Emergency Medical Services Agency, serves a population of more than 800,000 people and provides trauma care to residents of Placer, Sutter, Nevada, Yolo and Yuba counties as well as portions of Sacramento and Ed Dorado counties.

Source: Sutter Roseville Medical Center

Kids Rock in August Colfax Art Walk!

COLFAX, CA – (MPG) Kids are bound to have loads of fun at the August Colfax Art Walk on Friday, Aug. 9, from 3 to 8 pm. An array of activities, planned just for kids, along with prominent artists and their work, are located in businesses throughout downtown. The Colfax Art Walk is a free, family-friendly event.



In coordination with the Colfax Public Library, the Art Walk is hosting a Children's Art Show, grouped by age for the competition. On the stage at the Art Park, favorite children's books are read from 3 to 8 pm while, a few feet away, a Children's Community Canvas is set up. Kids of all ages can paint or draw on the 6-foot long sheets of paper, replaced as needed so all may add their artwork to the canvas. The Colfax Garden Club helps kids make "grass buddies" and provides face painting.

Numerous artists display their work along Main and Depot Streets, while nationally-acclaimed Scratch artist, Ann Ranlett, displays her award-winning art at Doggie Depot. Charlie Iveson's paintings return to the Greek Bistro for a second showing.

Fire & Steel producer and artist, Jim Bowers, joins Colfax favorite, Foxey McCleary, at Café Luna. Denis Longnecker, who participated in last year's Art Walk season, exhibits a new line of expressionist paintings at The Hair Depot, and Barbara Hoffmann moves into the Creative Co-op. Lastly, the superb animal and western illustrations of Nikki Ann Wade are on display at Ammo Camo & Bait, and Sandra Delong's Plein Air paintings return to the Cider House.

As part of this special children-focused Art Walk, Foxey McCleary and Jim Bowers conduct tours of their murals around downtown Colfax, every hour, beginning at 4 pm.

The winning images for each age group of the Children's Art Show and the Children's Community Canvases will be

displayed in Pop-Up Galleries during the September Art Walk, and the Community Canvases permanently displayed at Sierra Vista Art Center.

For a complete list of venues and featured artists, view the online map at PlacerArts.org/programs/colfaxartwalk. Free maps are available at any of the participating businesses in Colfax, marked prominently by red "Colfax Art Walk" signs.

PlacerArts, now celebrating its Jubilee year, is the Arts Council of Placer County, a non-profit, public benefit agency and the designated State Local partner of the California Arts Council for the County of Placer. The Colfax Art Walk is coordinated, in conjunction with PlacerArts and the Sierra Vista Art Center, by the all-volunteer Colfax Art Walk Committee.

Do you own or run a small business, non-profit or Church?



The World has gone mobile. Your customers and prospects are within 9 feet of their mobile devices at all times. Meet them where they are. Let the leader in small to Mid-Size Business Mobile App development build your App without breaking the bank.

Business Growth Experts LLC will not only build a top quality technical product but possesses the business expertise to deliver a positive experience to your customers and prospects.

For more info call us or scan the code to download our app. (530) 204-3668 info@BgExpertsLLC.com www.BusinessGrowthExpertsLLC.com



perfect wedding guide

Your #1 LOCAL Source For All Things Wedding!

Enter online to win big prizes.

sacramento.pwg.com



DELIVERY ROUTES AVAILABLE
CALL (530) 823-2463

Rep. LaMalfa and House Republicans Act to Protect Taxpayer Rights, End Government Agency Perks

WASHINGTON, DC – Rep. Doug LaMalfa (R-CA) commented on August 2nd on the successful passage in the House of Representatives of several measures designed to rein in government as part of House Republicans' Stop Government Abuse week.

"Like all Americans, I am sick and tired of the countless examples of government abusing its power. The measures passed this week in the House of Representatives will hold the IRS accountable for its outrageous actions, require congressional approval of federal regulations that would have a significant impact on our economy, and prevent the IRS from implementing the Obama health care takeover." LaMalfa said. "It's no surprise that so many have lost faith in government when federal regulations cost the average family nearly \$15,000 and the IRS spent \$3,500 per night on presidential hotel suites for several employees." LaMalfa added. "The passage of these bills is an important victory for accountability and transparency in government, but most of all, for the people we are here to serve."

Bills passed in the House of Representatives as part of Stop Government Abuse week, all of which Rep. LaMalfa supported:

- Regulations From the Executive in Need of Scrutiny Act of 2013, H.R. 367. Rep. LaMalfa co-sponsored this bill to require congressional approval of new regulations and restrict the power of bureaucracies.



Rep. Doug LaMalfa

- Keep the IRS Off Your Health Care Act of 2013, H.R. 2009. This measure prevents the IRS from imposing new taxes to fund the President's health care takeover.
- STOP IRS Act, H.R. 2565. Cutting through the red tape protecting government workers who abuse their positions, this bill allows the termination of IRS employees who use their official powers for political purposes.
- Government Employee Accountability Act, H.R. 2579. Allows agencies to place employees on unpaid leave when they are under investigation for certain serious offenses.
- Government Spending Accountability Act, H.R. 2711. This bill increases transparency with respect to taxpayer-funded conferences, places limits on federal conferences, and requires agency head approval for the most expensive conferences.
- Government Customer Service

Improvement Act of 2013, H.R. 1660. Requires agencies to adopt customer service standards and to hold their organization and federal workers accountable.

- Stop Playing on Citizen's Cash Act, H.R. 2769. This bill puts a halt to lavish IRS conferences until new rules limiting these trips are in place.

- Taxpayer Bill of Rights Act of 2013, H.R. 2768. This bill gives the Commissioner of the IRS the responsibility of ensuring that Internal Revenue Service employees are familiar with and act in accord with taxpayer rights, including a right to privacy and confidentiality.

- Citizen Empowerment Act, H.R. 2711. Leveling the playing field between citizens and government, this bill ensures that individuals have the right to record their meetings and telephone exchanges with federal officials and requires that individuals be notified of this right.

- Common Sense in Compensation Act, H.R. 1541. This bill puts common-sense limits on the size of bonuses government employees can receive and restricts the number of bonuses that may be given to senior officials.

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.

From the office of Doug LaMalfa

District Attorney's Office Will Not File Charges in Death of Rocklin Man

PLACER COUNTY, CA – (MPG) The Placer County District Attorneys Office announced July 29th that no charges will be filed against Zachary Kachmar, 20, of Rocklin in connection with the death of 51-year-old Robert Earl Vickney, Jr. of Rocklin on July 13, 2013, during a party at the Vickney's Rocklin home. The decision was made after a full review of the extensive investigation conducted by Detectives from the Rocklin Police Department which included interviews with witnesses and an interview with Kachmar.

The facts of the case clearly suggest the Vickney was the aggressor in the case and had been angry and hostile toward Kachmar prior to the incident because Kachmar had accidentally broke a shot glass. According to witnesses, Vickney was heavily intoxicated at the time of the incident. The evidence showed that Vickney, who was 6 feet tall and 230 pounds, attacked Kachmar, who is 5 foot 9 inches

and 132 pounds, while Kachmar was sitting down. Vickney was strangling Kachmar to the point Kachmar felt he was losing consciousness. At some point during this exchange the knife went into the chest of the victim. All witnesses at the party, including the victim's son, confirm this sequence of events.

All witnesses confirm that Kachmar did not arm himself with the knife but had it in his hand when he was attacked by Vickney. He was in possession of the knife for the purpose of "shotgunning" beer. This is a process for rapidly consuming a fluid by poking a hole in a can and opening the top. The fluid escapes from the can at a high rate of speed into the mouth. Again, all witnesses confirm the above facts.

The law requires proof beyond a reasonable doubt that Kachmar acted with malice and intent to kill. The prosecution must also prove that Kachmar did not act in self defense. Given the facts outlined above, there is insufficient

evidence to show that Kachmar intentionally stabbed Vickney. Even if the evidence had shown the stabbing was done intentionally, Kachmar would have a valid claim of self defense given the conduct of Vickney. Accordingly, no charges will be filed against Kachmar in this case.

The death of Robert Vickney was truly an unnecessary and avoidable tragedy. His death was a result of the irresponsible consumption of alcohol combined with a volatile temper and the complete absence of a sober or mature influence to control an escalating situation. We are fortunate, however, that officers from Rocklin Police Department quickly responded to the scene to prevent further escalation of this unfortunate situation and, through their investigation, provide us with an accurate account of the facts of the case that led our office to this difficult but appropriate decision.

Source: PLACER COUNTY DISTRICT ATTORNEY

Curlers From Across the United States and Canada Gather for The Crush Bonspiel!

PLACER COUNTY, CA – (MPG) Curlers from across the United States and Canada will be gathering at SkateTown in Roseville for the 2013 Crush Bonspiel! Curling -- an increasingly popular ice sport with roots in Scotland and Canada -- has finally made a sanctuary for itself in California -- right here in Placer

Valley! Curling is a social Scottish and Canadian sport that incorporates drinking wine with pushing large flat stones across an ice rink toward a mark. Several traditions are incorporated into this distinctive sporting event; for instance: a piper pipes the ice for luck and the winning team buys the losing team a drink afterward.

"Bonspiel is a curling term for tournaments with wine," says Wine Country Curling Club's tournament director Bob Kuhl. The event is free with a drink purchase! Don't miss this unique sporting experience on August 29th through September 1st.

Source: Placer Valley Tourism

Nielsen, Logue and Local Officials Find Common Ground to Fight Marijuana Growers who Pollute Butte's Waterways

PLACER COUNTY, CA – (MPG) State Senator Jim Nielsen (R-Gerber), Assemblyman Dan Logue (R-Loma Rica), Butte County Supervisors Bill Connelly and Doug Teeter, and Sheriff Jerry Smith met with representatives from the state water board to discuss the enforcement of environmental laws at marijuana grow sites in order to help protect water quality.

"With the ultimate goal of having clean ground and surface water, everyone in today's meeting walked away with a greater understanding of each other's needs," said Senator Nielsen. "It is critical that we all work together to help ensure the safety of water officials as they access and inspect marijuana growing operations for possible illegal use of fertilizers, pesticides and other harmful chemicals."

Marijuana growers have not only become a public safety problem for Butte County; the operations are also causing damage to the region's environment and waterways. This problem extends far beyond Butte County. Nielsen and Logue want to

find statewide solutions.

In a letter to Karl Longley, Chair of the Central Valley Regional Water Quality Control Board, the Butte County Board of Supervisors asked the water board to enforce the Clean Water Act at marijuana growing sites. State government officials were initially fearful of the potential danger of the growers; they did not know if they were dealing with a violent criminal or someone connected with organized crime.

Today's meeting between state and county officials was a positive step. All parties involved agreed that collaboration was needed to prevent and regulate environmental damages caused near streams and lakes throughout the county.

Sheriff officials will also closely coordinate any enforcement actions with state water staff to help ensure their safety.

Another meeting is scheduled for Wednesday in Sacramento to further discuss the logistical details to protect water quality.

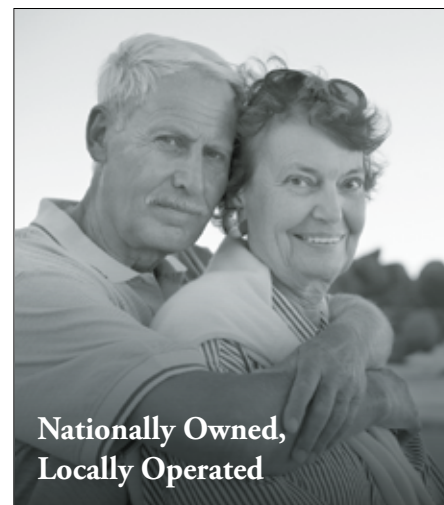
Assemblyman Logue stated, "Many of the marijuana grows are directly affecting the small streams

and rivers that feed Lake Oroville and the California Water Project. This is not a partisan issue; this is a safety issue both for our environment and water quality as well as the safety of state agents who are charged with enforcing our environmental laws. It is essential that we work together and find solutions to address this critical issue and ensure that state agencies are applying the law equally and fairly."

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at senator.nielsen@senate.ca.gov.

Assemblyman Logue represents the 3rd Assembly District in the California Legislature, which includes the communities of Butte, Colusa, Glenn, Sutter, Tehama, and Yuba.

From the office of SENATOR JIM NIELSEN



EMERITUS SENIOR LIVING

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

Our Family is Committed to Yours.®

Call for a tour and free lunch!

(530) 888-8847

11550 Education St., Auburn • www.Emeritus.com

Lic. #317001692

EMERITUS
at Emerald Hills



800-732-2377

*Storybook Weddings
Corporate, Personal
& Wellness Retreats*

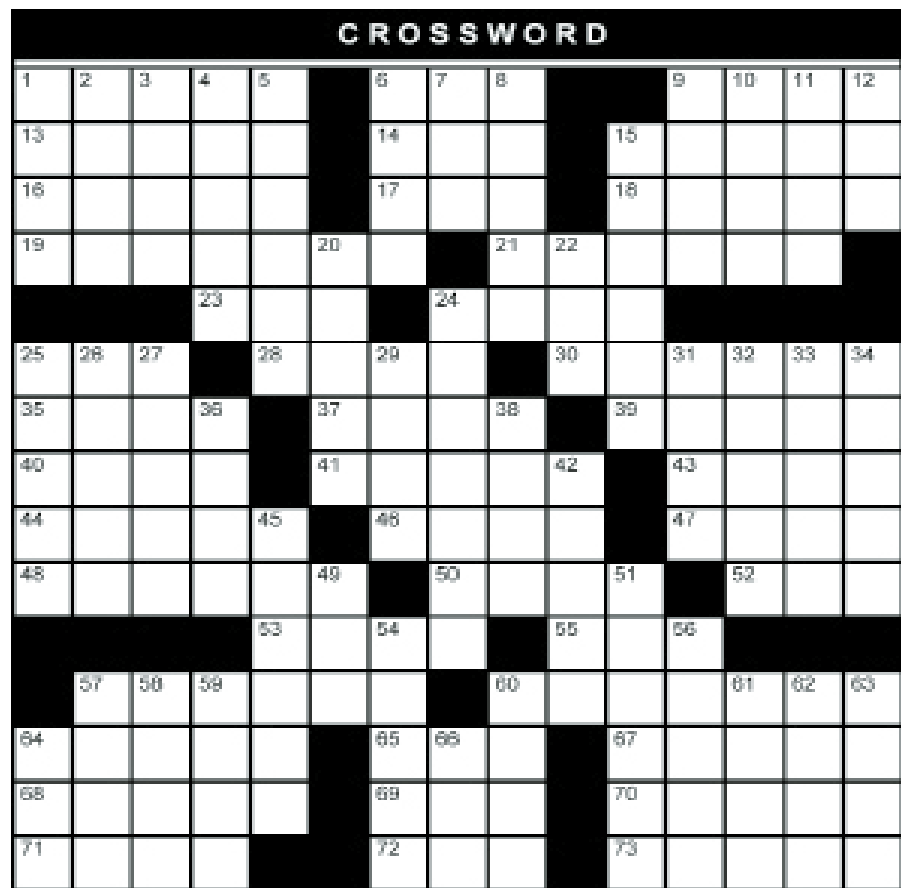
10400 Coast Rt. 1,
Jenner, CA 95450

innkeeper@jennerinn.com www.jennerinn.com

Visit YourNews.com



STATEPOINT CROSSWORD • THE SIXTIES



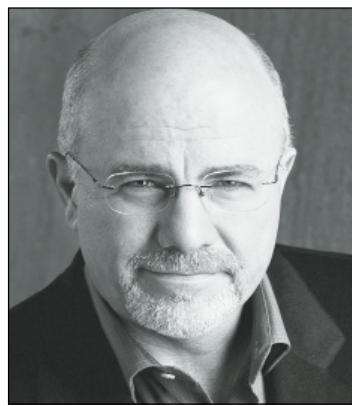
dish
Make the Switch to Dish Today and Save Up To 50%
 Call Now and Ask How!
1-800-318-5121
 Call 7 days a week 8am - 11pm EST Promo Code: MB0113 *Offers subject to change based on premium channel availability

FREE
 PREMIUM MOVIE CHANNELS*
 For 3 months.
HBO **SHOWTIME** **STARZ**
 for 12 months

CLUES

- | | | | |
|---|--|--|---|
| <p>ACROSS</p> <ol style="list-style-type: none"> Coffee + chocolate Drunkard's sound? What little piggy did Makes eyes at Under the weather "The Graduate" or "Easy Rider" Un-written exams Downhill equipment Chilled *1960s Activists and agitators State of good health and fitness Miner's bounty *Popular hairstyle To eat a little at a time, as in hot soup Layer Devoid of reverence Bookkeeping entry *"The ___ of the Game" TV series Denotes an accomplishment | <p>40. Novice</p> <ol style="list-style-type: none"> Ivan and Nicholas, e.g. Atmosphere Relating to the Ilium On the cutting edge "Ngo Dinh ___" "The Party's Over" singer Excellent Get the picture "I read the ___ today on boy" African grazer *"Power plant" *Liverpool group, following "the" Luau greeting *"Posion ___" covered by the Stones and the Hollies Beauty pageant wear Short African Butterfly catcher Cupcake topper Epic poem "Fancy that!" "Who ___?" | <p>DOWN</p> <ol style="list-style-type: none"> "Eagle's landing spot" Fairytale beast Bird's foot "Oscar winner" "___, Dolly!" Declare with confidence Middle Ages subj. Kind of person North face, e.g. Refuses to Bad to the bone Cote d'Azur locale Casual attire *Detroit's soul recorder Deceive by a mock action on a guitar Large fleets *Greensboro Woolworth's event Of service Jeopardy Comfort "Take a ___ off," sang The Band in '68 Lady's pocketbook | <p>33. Loose rocks at base of mountain</p> <ol style="list-style-type: none"> State of dishonor Extinct flightless birds Therefore "The Playboy of the Western World" author "I Love You More Today" singer Twitty Adams ___ Beckham Related on mother's side Twist before hanging on clothesline Ancient city in Africa Let heads or tails decide *Woodstock's had a dove on a guitar Electrical resistance units Eight bits Animal den European sea eagle Droops *"You damn dirty ___," shouted Heston V |
|---|--|--|---|

For Solution See Page 7



Dave Ramsey is America's 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 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

That's why you have health insurance

Dear Dave,
 Do you think having cancer insurance is a good idea?
 Brittany

Dear Brittany,
 No, I don't believe buying cancer insurance is a good idea. However, I do believe everyone needs health insurance. If you have a good health policy in place, it's going to cover you in the event you're diagnosed with cancer.

Lots of insurance companies offer these policies because cancer is such a scary thing. It's a hot-button topic, and many people have lost friends and relatives to cancer. I don't believe in cancer policies though. You need a good emergency fund of three to six months of expenses, long-term disability coverage and a solid health insurance plan.

My favorite health plan, and what I use personally, is the Health Savings Account (HSA). With an HSA you have money sitting there to cover some of the ancillary things. Most cancer policies won't cover alternative treatments and things like that, and lots of them are income policies, meaning they replace a portion of your income, but that's what disability insurance is for.

- Dave

Dave Says

Impulsive May Equal Homeless

Dear Dave,
 I moved to New Orleans four years ago for a job. I was let go and found a government job pretty quickly, but I'm ready for a change of pace. I'm thinking about using my two weeks of vacation to move and find something different in Austin, Texas. I have a little cash saved, but how much savings should I have in place for something like this?

Montgomery

Dear Montgomery,
 What you're describing may have sounded fun and cool to me when I was 20. But I made lots of really dumb mistakes back then, and it's definitely not the way I would handle things now.

Austin is a fantastic city. It's booming, the people are great and it's only about a day's drive from New Orleans. But going over there cold turkey with nothing but a little money in your pocket isn't a good idea. In other words, I'm not going to give you permission to be impulsive and unwise.

If I were you, I'd take those two weeks of vacation, go to Austin, and see if I could line up a job. In addition to that, use every waking moment you're not at work to scour job listings in and around Austin. Even if it's

an interim kind of thing or two part-time jobs, at least then you wouldn't have to burn through all of your cash. Montgomery, this is the very same advice I'd give my own son if he called me in this situation.

I love that you're taking charge of your life and looking to make things happen. Just make sure you use a little wisdom and some planning in the process. Never jump off the dock before the ship has arrived!

- Dave

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

CALL 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER



SUDOKU

you could save 28%
 Call 1-866-929-9071 to see how much you could save on car insurance.

esurance
 on Allstate company

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

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

Come back every week for Sudoku!



For Solution See Page 7.

Business & Service Directory

PAINTING SERVICE

J & M PAINT SERVICE

A Professional Painting Service of Fair Oaks
 Since 1982 • State Lic. 827730 • Bonded • Insured

Interior • Exterior • From Residential to Small Commercial

We Provide: ✓ Highest Quality Workmanship ✓ Written Warranty on all Workmanship ✓ Great Testimonials ✓ Quality Materials

916-967-0763 Mayolo • Field Manager
 Jake • Office Administration

We cover all areas including Orangevale, Fair Oaks, Carmichael, Citrus Heights, Rancho Cordova, Roseville and all of Sacramento

VACUUM SERVICE AND REPAIR

VACUUM SERVICE CENTER

Repair • Parts • Belts • Bags

Your One-Stop Vacuum Repair Shop

BEL AIR SHOPPING CENTER
 4005 MANZANITA AVENUE #26
 MONDAY-SATURDAY, 10AM - 6PM • 916-978-0206
 (Inside Heirloom Flooring Gallery)

LANDSCAPE SERVICES

SLS Superior Landscape Services
 Landscaping and Maintenance

• Sprinkler Repair/Install • Pruning
 • Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999
 Dave Cochran Owner • dave_sls@surewest.net

CONCRETE

S & D CONCRETE S & D CONCRETE, INC.
 Specializing in Homeowner Concrete Projects

STEVE DeVRIEND
 President

916-988-9659
916-425-6984

s.devriend@comcast.net

CEMETERY SERVICES

Respectful, Affordable Burial

Endowment Care Facility
 Beautiful Park like setting
 Monuments allowed • Cremation Niches
 Commingle Scattering Garden
 Quality & Affordable Service

Fair Oaks Cemetery District
 7780 Olive St., Fair Oaks, 95628
916-966-1613

PET SITTING SERVICE

Professional, Loving
PET CARE

Established Reputation
 Kennel Free Environment
 Lots of TLC

Call Madeline
(916) 723-1608

PAINTING SERVICES

Anni The Painter
 One Room at a Time
 Olas!

• Professional
 • Fun Moods • Kids' Rooms
 • Cabinets • Bathrooms
 • Kitchens • Etc.

New Molding Install • Small Jobs OK!
 Lic # 733988 • Free Bids
916-532-6194

FUNERAL SERVICES

Lind Brothers FD 1141
 A Family Owned Funeral Home and Crematory Since 1964

4221 Manzanita Ave.
 Carmichael
 916-482-8080

DRUG AND ALCOHOL REHABILITATION

CLEAN & SOBER LIVING
 CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
 18 YEARS IN BUSINESS!

TEXT: (916) 965-3386 SUPER LIVING (916) 961-2891

FUNERAL SERVICES

RUSS MONROE'S
 FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
 FAIR OAKS, CA 95628 Tel (916) 9611265
 Fax (916) 9612430

PRINTER AND COPIER SERVICE

Specialties Plus

• Machine Repair • Toner • Drums
 • Toner Cartridge Refills • Ink • Cartridges
 • Free Cleaning • Free Estimates

• Service Contracts
 • Lease to Rent
 • High Volume Copying

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail: speeplus@comcast.net
(916) 723-8430

LEGAL SERVICES

BONES LAW FIRM Gordon G. Bones
 411 Cappaday Dr., Suite 201, Sacramento, CA 95811

The Law Firm provides the following legal services:

- Wills • Business and Corporate Matters
- Trust and Trust Administration
- Estate Planning • Probate and Estate Settlement
- Family Law

916.965.6647
916.965.4218
gbones@boneslawfirm.com

ELECTRICAL SERVICE & CONTRACTING

XELECTRIX
 Electrical Service & Contracting

Residential Commercial Industrial
 Lic # 857851

- Fans • Lighting • Panel Upgrades • Custom Controls • Remodels
- Pools • Spas • Code Corrections • Machinery Connections
- Expert Troubleshooting • Appliance Connections • Safety Inspections

916-967-1922 • www.xelectrix.com

FIDUCIARY SERVICES

PROFESSIONAL FIDUCIARY SERVICES
 Peace of Mind and Heart

Janet Kay Welborn JDCLP/CFP®
 5150 Fair Oaks Boulevard Ste. 115 • Carmichael, CA 95608
 License #940

Cell 916-717-4437 • Fax 866-221-9350
jwelborn@professionalfiduciaryservices.net
www.professionalfiduciaryservices.net

ALTERATIONS
Seamstresses Available

Call for a list of seamstresses available for alterations in your area.

Adoption

Adoption services available.

Announcements

Various announcements.

Antiques/Collections
Wanted

Antiques and collections wanted.

Automobiles

Automobiles for sale.

Auto Donations

Auto donation services.

Autos Wanted

Autos wanted for purchase.

Business Opportunity

Business opportunity available.

Business Services

Business services provided.

Business Services

Business services provided.

Business Services

Business services provided.

Business Services

Business services provided.

Business Services

Business services provided.

Business Services

Business services provided.

Business Services

Business services provided.

Business Services

Business services provided.

Business Services

Business services provided.

Business Services

Business services provided.

Business Services

Business services provided.

Cable/Internet Services

Cable and internet services.

Career Training/Education

Career training and education.

Computer Services

Computer services provided.

Credit/Debt Services

Credit and debt services.

Divorce

Divorce services available.

Financial Aid

Financial aid services.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Financial Services

Financial services provided.

Heating & Air

Heating and air conditioning services.

Help Animals

Help animals in need.

Help Wanted

Help wanted for various positions.

Help Wanted

Help wanted for various positions.

Help Wanted

Help wanted for various positions.

Help Wanted

Help wanted for various positions.

Home Childcare

Home childcare services.

Insurance/Automotive

Insurance and automotive services.

Medical Supplies/Equipment

Medical supplies and equipment.

Miscellaneous

Miscellaneous services.

Miscellaneous

Miscellaneous services.

Miscellaneous

Miscellaneous services.

Miscellaneous

Miscellaneous services.

Miscellaneous

Miscellaneous services.

Miscellaneous

Miscellaneous services.

Miscellaneous

Miscellaneous services.

Miscellaneous

Miscellaneous services.

Miscellaneous

Miscellaneous services.

Miscellaneous

Miscellaneous services.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Music Lessons

Music lessons available.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Want to Buy

Want to buy various items.

Messenger Publishing Group has openings for people who know how to work.

MPG is seeking qualified individuals for various positions. We offer competitive salaries and benefits. For more information, please contact our recruitment department.



To apply for any of these positions, e-mail Paul V. Smith, Publisher, at paulsmith@mpg.com. Mailing: 7100 Greenwood Lane #102, Citrus Heights, CA 95621. 916-773-1111

HELP WANTED

Messenger Publishing Group
INDEPENDENT SALES AGENT

MPG is seeking an Independent Sales Agent to generate advertising sales for our local newspapers. This is an entry-level position and you can work at home part-time. The role is part of a growing newspaper group that has been very well received by advertisers and the business community. Compensation is commission only, but the commission is very generous.

To apply, call 773-1111 and send an e-mail to publisher@mpg.com

Visit YourNews.com

Your News
YOUR WORLD, YOUR VOICE

Classified Advertising

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

MPG

773-1111

Go Painlessly with THERA-GESIC.

Reduce chronic pain with THERA-GESIC. It's a non-opioid pain reliever that works fast and lasts long.

- Non-opioid
- Lasts long
- No addiction

2008 National
MPG is seeking qualified individuals for various positions. We offer competitive salaries and benefits. For more information, please contact our recruitment department.

Home Loans
Need Your Car? We have a solution for you. Contact us today.

Real Estate
Hope for Troubled Homeowners. We can help you with your mortgage.

Medical Supplies/Equipment
We provide quality medical supplies and equipment at a discount.

Travel/Vacations
We offer special travel packages and vacation deals.

Volunteers Needed
We are looking for volunteers for our community projects.

MPG
Classified Advertising

GOT LOCAL NEWS?
Call 773-1111

MPG
Classified Advertising

MPG
Classified Advertising

MPG
Classified Advertising

MPG
Classified Advertising

Messenger Publishing Group

Donate A Boat or Car Today!
Boat Angel

1-800-Free-Vacation!
1-800-CAR-ANGEL
www.boatangel.com

Urgent News for People on DIALYSIS

Discover a product that can help you live longer. It's called **DIALYSIS**. It's a revolutionary new product that can help you live longer. It's called **DIALYSIS**. It's a revolutionary new product that can help you live longer. It's called **DIALYSIS**.

Call 1-800-773-1111 for more information.

Crossword Puzzle on Page 8

M	O	C	H	A		H	I	C		W	E	N	T			
O	G	L	E	S		I	L	L		M	O	V	I	E		
O	R	A	L	S		S	K	I		O	N	I	C	E		
N	E	W	L	E	F	T			F	E	T	T	L	E		
			O	R	E		A	F	R	O						
S	U	P		T	I	E	R		A	W	L	E	S	S		
I	T	E	M		N	A	M	E		N	O	T	C	H		
T	I	R	O		T	S	A	R	S		A	U	R	A		
I	L	I	A	C		E	D	G	Y		D	I	E	M		
N	E	L	S	O	N		A	O	N	E		S	E	E		
						N	E	W	S		G	N	U			
			F	L	O	W	E	R		B	E	A	T	L	E	S
A	L	O	H	A		I	V	Y		T	I	A	R	A		
P	I	G	M	Y		N	E	T		I	C	I	N	G		
E	P	O	S			G	E	E		C	A	R	E	S		



By Ronnie McBrayer

No More Show-and-Tell

against. As the old movie poster said, "Tell 'em Gantry...save 'em from sin. Just don't tell 'em about your own whisky and women."

Granted, the evangelist type is an easy mark. Public religious figures are easily labeled as "hypocrites and charlatans." Gantry wasn't the first and he certainly won't be the last. But his real wickedness was not his sins. We are all made of clay. It was his two-faced dishonesty.

He did what he did, not out of love for God, but out of love for the applause of the crowds. He did what he did out of pride, ambition, and self-glory. He was not performing for his Maker; he was performing for the audience. That is hypocrisy.

The word "hypocrite," in its original context, is not a negative description. It is a great old word right from the Greek and Roman theaters of ancient times that means "play-actor." A hypocrite was a person who played multiple roles on the stage. In one scene he or she played one character. Later, the actor would don a mask or a costume and play another character – maybe three or four different personalities on stage in a single night.

But over time a hypocrite came to mean a person who changed his or her mask depending on the circumstances. As Jesus used the word, a hypocrite was one who played to the crowd. He or she was someone who performed for the audience – like Elmer Gantry – and at points, like every one of us.

In the Sermon on the Mount, Jesus said that hypocrites

"receive all the reward they will ever get." If you play for the crowd, he inferred, if your ambition is to draw attention to yourself, then when you get it, you earned your pay. There is no further reward, benefit, or other prize. God has nothing for you but an empty hand.

Alternatively, Jesus offers a healthier way. "When you give," he says, "don't let your left hand know what your right hand is doing. When you pray, go to a closet and shut the door. When you sacrifice for a cause, don't broadcast it." In other words, keep your religious activities on the quiet side; as much as possible, keep it between you and God. Otherwise, you risk corrupting what would be a good deed.

No matter what it is: Missionary work, teaching, preaching, giving, praying, singing, organizing, helping – if it is done to impress or draw the attention of others, no matter how noble the act, it is wrong – for if it is not driven by love for God and neighbor, it becomes driven by pride and ego.

My friend Landon Saunders said it superlatively many years ago. Commenting on the religious tendencies for show-and-tell he suggested that we "Wear our religion like we wear our underwear; make it rarely visible." That's good advice, indeed.

Ronnie McBrayer is a syndicated columnist, pastor, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.me.

Apple Fritter: The Fruit of My Choice

By Rev. James L. Snyder, D. Litt

Our country, so it seems, runs on choice. The more choices we have, the better we like it.

Most people in America pride themselves on the ability to make their own choices.

"Freedom of Choice" is the cry you hear all around our country these days. Yet most people do not have the freedom of choice they think they have. Somebody is influencing the choices they make without them realizing they are being influenced.

That is called marketing.

The Gracious Mistress of the Parsonage and I were watching television the other night, trying to watch a favorite TV program. Finally, from an end of the room that was not my end, came an exasperated sigh. I tried to ignore it, but you know how that works.

The exasperation seemed to accelerate and I knew that if I did not acknowledge it in some way, well, I think you know what would happen.

It was in the middle of some commercials, so I turned to her and said, "What's got you in such pain tonight?" At her age, I did not know if there was some medical something or other going on.

"These commercials," she moaned so painfully. "I can't stand all these commercials!"

I must say I was a little bummed out about all the commercials myself. I think every one-hour program is devoted to 30 minutes of commercials. Most of those commercials are for things I have no interest in. Or they are played at very inappropriate times.

It never fails that if we're having our supper while watching television, there are 79 commercials for diarrhea. Is this really a major problem in our country today?

Getting back to my wife and the commercials, I responded as cheerfully as I could: "Well, my dear, somebody has to pay for our television viewing privilege."

I felt a cold, yet burning, stare in my direction.

"Can't they run those lousy commercials when I'm not watching TV?"

Someone once said that silence is golden, and right then I cultivated a golden moment.

Commercials are a way in which manufacturing companies influence our choices. Every product has 100 different companies marketing the same product. I haven't done much research, but from the little I have done, I've discovered that the same company makes the same product but sells it under a different name.

There are two categories of products. There is the name brand, which costs a fortune. Then there's the generic brand, which is only a fraction of what the name brand costs. It's the same product, made by the same company, but advertised by different venues.

This is where choice comes in.

Some people choose the high-priced product because they think it's better. Some of us choose the low-priced product because we know better.

One night as we were watching television, it seemed that most of the commercials had to do with dieting of some kind. There were high-calorie diets, low-carb diets, and diets that really did not make sense to me.

Watching all of those dieting commercials, I did not see one I would die for.

Every one of those commercials assumes everybody watching wants to lose 297 pounds. Personally, I have lost the same 5 pounds for over 30 years. I lose 5 pounds and then – by golly – three weeks later, I find those 5 pounds again, or at least they recognize me.

Anybody can lose weight; it is all a matter of choice. Personally, I do not plan to lose any sleep because I can't lose weight. I think it's going to be rather funny if, when we go to heaven, everybody is fat. Wouldn't that be something?

We plummet ourselves almost to death trying to lose weight, and get to heaven and everybody is fat.

It all boils down to choice. It all boils down to the fact that most people think they're making their own choices.

Those of us who are on the "husband" side of the marital equation know we do not make our own choices. Our choices are made for us by our "better half." Why do you think we get married?

My wife is a great one for fruit and vegetables. Every day of our life, there are fruit and vegetables. To mix things up a little bit sometimes, it will be vegetables and fruit.

She prepares the fruit and then invites me to make a choice. I'm sure she did not see all of this in any television commercial; at least I hope she hasn't. She is proud of the display of fruit choices she has for me.

She is also concerned about my diet – much more than I am. I don't think my diet is so important that both of us should be concerned about it. If she chooses to be concerned about my diet, that's her choice.

I choose to be a little more cavalier when it comes to dieting.

Actually, and don't tell her I said this, but my fruit of choice is the humble apple fritter. It has everything my heart desires and a few things my body desires, too.

I like what David said: "Delight thyself also in the LORD; and he shall give thee the desires of thine heart." (Psalms 37:4 KJV)

It is all a matter of choice – that is, making the right choice.

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.



By Karen Anderson

Cleansing Breeze

back to His arms willingly, which are open wide to gather me up once again. I can do this often and He won't grow tired of it. It would be better, if I just kept my hand in His.

A life of negativity and overwhelm can turn a wonderful relationship into something that is uncomfortable and unwelcome. The awful relationship, reminds me of how icky I felt on those really hot triple-digit days. I didn't like it, and I wanted it over as soon as possible. I was watching every day for those cooler temperatures to finally arrive. I so looked forward to those wonderful breezes in the mornings and evenings.

In all your busyness of the day, remember you are in a spiritual battle, all day long, and your feathers are going to be ruffled and bent at the end of the day. Do like the eagle does each day, before he is lifted off his high perch by the wind currents. He puts every one of his feathers through a preening gland in his peak, to steam clean and refresh each

feather. If you are not spending time with God every day, then you are not prepared for what is ahead and you will be beat down by the storms and heat of the day.

Immerse yourself in God's Word, and walk together with Him in the Garden of Your Life. Your garden is around you in everything you see, feel, do, and hear. Put your hand back into His, knowing He will always walk with you. Just trust Him. Go and make a commitment to preen your feathers every morning, and expect His blessings as you walk with Him.

Karen Anderson is an accomplished speaker, author, and chaplain. Her latest books, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series" can be found on Amazon.com. Leave a message for Karen at www.doablesteps.com or contact or connect with her on Facebook at www.facebook.com/DoAbleSteps.

Disciples



By Marlys Norris, Christian Author

and He has promised to never leave or forsake you. You learn about His love, grace and mercy and experience many answers to prayer as you talk to God about every incident in your life. He answers your prayers. You learn the Words of the Bible and they become "living words" in your heart and life as you become His Disciple.

Did you even imagine that your name would be included among the following? One by one Jesus chose His disciples, just as He has chosen you. First came John and James his brother, Sturdy sons of Zebedee. Andrew was next and Simon Peter, Fishermen of Galilee. Philip and his friend Nathaniel, sometimes called Bartholomew, Matthew who collected taxes and who wrote a gospel too! Next Thomas, he was the disciple who doubted until he put his finger into the holes in his

wrists after Jesus was resurrected and met them in the upper room.. Simon and another James and then the Judas who was faithful, Thaddeus was his other name. Last the Judas who betrayed Him and took 30 pieces of silver. These were the Master's chosen few, but we are His disciples when we do His will.

So may every action and deed of our lives bring honor and glory to an omnipresent loving God. And may the testimonies of our life reach into the hearts of those who are searching for meaning and purpose in their life. If I can help you, please contact me.

Marlys Johnsen Norris Award Winning Christian Author "Recipes for a Happier Marriage"

Marlysjn@gmail.com



HELP WANTED

Messenger Publishing Group

INDEPENDENT SALES AGENT

MPG is seeking an Independent Sales Agent to generate advertising sales for our local newspapers. This is an extra income opportunity that you can work at from your home. Become part of a growing newspaper group that has been very well received by our readers and the business community. Compensation is commission only, but the commission is a very generous rate.

To apply, call (530) 823-2463 and send an email to publisher@mpg8.com



Weddings of Joy

Creating special moments and sacred events

916. 773.7337

GO2DLYT@aol.com

Call to Discuss Your Wedding Plans

Go to www.LovingOutLoud.com/weddings




Reverend Paul Scholl
Interfaith Minister, B.M.S.C.

RUHKALA MONUMENT CO.

• Serving All Cemeteries Since 1889

• Reasonable Prices • Custom Designs

4501 Yankee Hill Ct., Rocklin

916-624-1176



Got Church News?
CALL (530) 823-2463

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



By David Dickstein

Vegas is a Safe Bet for Vacationing Families



In the rear of the Mirage is Siegfried & Roy's Secret Garden and Dolphin Habitat. General admission includes seeing the dolphins and entrance into the "Secret Garden," a provocative name for what is actually a small botanical garden with a modest zoo. Admission is \$19.95, \$14.95 for children 4-12.

SACRAMENTO REGION, CA (MPG) – Look beyond the sin of Sin City – the smut, the smoke, the drunks and, oh yeah, the gambling – and Las Vegas is actually a decent vacation destination for families.

Elaborate shows, circus acts, roller-coasters, aquariums and even dolphin encounters are all found on the famous Las Vegas Strip. True, a family can get all that at certain amusement parks, but what you won't get from, say, Sea World, is the larger-than-life razzle-dazzle that only Vegas offers. This is the town built by Elvis, Liberace, Frank, Wayne, Siegfried and Roy, after all, not that your kids ever heard of them.

Before making plans to pack up the clan and head to Southern Nevada, it should be noted that as sure as Bugsy Siegel didn't offer babysitting service when he opened the Flamingo in 1946, not every Las Vegas property lays out the welcome mat for families. Legendary real estate developer Steve Wynn has fathered two daughters, but at his posh flagship resort, Wynn, strollers are strictly verboten. Caesars Entertainment, owner of several mega-properties, "does not participate in marketing or presenting ourselves to people under 21," a spokeswoman said.

True that. At the company's Rio property, the wholesome Masquerade Show in the Sky that debuted in 1997 has since been sexed-up to attract a stronger adult demographic. Years before the Rio show went from G to PG-13, Treasure Island, also a Caesars property, replaced its family-friendly

and where, at least for now, the "welcome" sign hangs for children.

Boasting the world's largest permanent big top and neon clown sign, Circus Circus literally bends over backwards for children. Acrobats and contortionists are just two types of circus acts that take center stage on the midway. On the pink and white property is Adventuredome, a 5-acre indoor theme park that draws around 3 million visitors annually, many enjoying the 25 rides and attractions with an all-day wristband for \$27.95, \$16.95 for children under 48 inches.

From front to back, Mirage has plenty for families to see and do. At the entrance an artificial volcano erupts several times nightly. Just inside the

name for what is actually a small botanical garden with a modest zoo. Admission is \$19.95, \$14.95 for children 4-12.

More saltwater – 1.6 million gallons more – is found inside Mandalay Bay at Shark Reef Aquarium, home to more than 2,000 animals representing 100 species, including 15 types of sharks. Admission is \$18 for adults, \$12 for children 5-12.

The steel roller-coaster at New York-New York is arguably the best in town. Experiencing its 204-foot lift, 144-foot drop and vertical and dive loops costs \$14 with same-day re-rides \$7 and an all-day "Scream Pass" for \$25.

Non-acrophobic thrill seekers will go gaga over three rides at the top of Stratosphere's 1,149-foot tower. Just to get up there costs \$18, and with individual rides priced at \$15 each, buying a package is a smart bet.

Like a trip to the Big Apple, no visit to Sin City is complete without taking in a full-production show. Offerings favor adults, no surprise, but to think there aren't plenty of choices for families is as foolish as trusting that what happens in Vegas really stays in Vegas. That said, for budget-conscious families show tickets have sadly gotten out of hand throughout the city. Tix4tonight.com and its 10 locations in town take some of the sting out of the process, but we're still talking several Benjamins to get the roost into a featured show. Proof in point, Terry Fator, who was a nobody until winning "America's Got Talent," commands \$350 for four of the worst seats at his namesake theater at Mirage. It's a ventriloquist act, for gosh sakes.

Leave it to Las Vegas to figure out how to make serious money from those too young to gamble it away.



Circus Circus literally bends over backwards for children. Acrobats and contortionists are just two types of circus acts that take center stage on the midway. On the pink and white property is Adventuredome, a 5-acre indoor theme park that draws around 3 million visitors annually, many enjoying the 25 rides and attractions with an all-day wristband for \$27.95, \$16.95 for children under 48 inches.

"Battle at Buccaneer Bay" spectacle with "Sirens of TI." The pirates didn't change much, but their enemy sure did. Cheerio British Navy, hiya hotties. This seductive scuffle happens four times nightly under the stars.

But enough about the past. This is Las Vegas we're talking about, and it implodes its history. So let's focus on today

hotel, behind the front desk to be exact, is a 20,000-gallon saltwater aquarium that holds angelfish, tangs, puffer fish and other exotic aquatic life. In the rear is Siegfried & Roy's Secret Garden and Dolphin Habitat. General admission includes seeing the dolphins (swimming and feeding only, no real shows here) and entrance into the "Secret Garden," a provocative



POPPOFF!

with Mary Jane Popp

SUMMER SUN & FUN

Summer is a busy time for all of us ... especially moms who seem to be on the go all day and night. So how about some health tips for staying happy and healthy this summer and heading into back to school?

I turned to award-winning pharmacist **Sherry Torkos** for those tips on my POPPOFF Radio Show. Sherry is co-author of *Saving Women's Hearts* and combines both conventional and complementary medicine to achieve better health naturally.

Here are seven tips that just might do the trick for you this summer!

1) Get another hour sleep. Lack of sleep has been shown to raise blood pressure, trigger inflammation, and promote clotting and atherosclerosis. All of these factors raise the risk of heart disease. Aim for 7-8 hours of sleep each night. Make sleep a priority for better health.

2) Stress less. Stress is a powerful risk factor for heart disease. Stress impacts several risk factors for heart disease: it raises blood pressure and cholesterol, triggers inflammation and promotes

blood clots. To better manage stress, try deep breathing meditation, yoga, and regular exercise.

3) Eat more colorful fruits and vegetables. Brightly colored fruits and vegetables contain plant pigments, which are rich in antioxidants. These antioxidants offer a number of health benefits. They can help fight free radical damage, support the health of your blood vessels, and reduce inflammation. Aim for 7-10 servings per day, and go for variety.

4) Add plant sterol-fortified foods to your diet. Plant sterols are naturally occurring plant compounds in nuts, whole grains, and vegetables that compete with cholesterol for absorption in the body. Research has found that consuming 0.8 grams of plant sterols daily can lower LDL by as much as 15%. It is almost impossible to get this amount from regular foods. You will now see foods fortified with plant sterols in your grocery store such and orange juice, milk, even tortilla chips and cookies, so you don't have to deprive yourself of your favorite foods.

5) Avoid energy drinks. These products are loaded with caffeine and sugar, both of which – in excess – can be hard on the heart and can cause racing heart and increased blood pressure. These products can also heighten stress and anxiety, causing sleep issues. Safer ways to boost energy and combat fatigue include eating

small frequent meals with slow-release carbs, drinking green tea, and having drinks/foods fortified with Ribose – a naturally-occurring carb that helps provide sustained energy, without any adverse effects on the heart.

6) Be cautious about OTC and allergy products. Some products that are over the counter and available without a prescription can worsen heart conditions. For example, decongestants commonly used for managing cold and allergy symptoms can cause racing heart, increased blood pressure, and insomnia. A safer way to relieve congestion naturally is to use a neti pot or nasal wash with essential oils such as eucalyptus to dissolve mucus and clear your nasal passages.

7) Laugh more Laughing relaxes and expands blood vessels, which protects the heart. On the contrary, negative emotions such as anger, hostility, and pessimism are associated with increased heart disease risk.

That should get you started. If you want more information, you can check out her book *Saving Women's Hearts* for more details on how to stay healthy and happy and keep that ticker going strong! She's got a ton of articles on her website that just might give you the extra health info you need at www.sherrytorkos.com.

You are just a heartbeat away from happy AND healthy with POPPOFF!!!

THE VOICE OF THE FOOTHILLS

AM 950 KAHI

Community Involved

Live at AM 950 – Live at www.KAHL.com

Weekdays	
6 - 9am:	The KAHl Morning News with Barry Stigers and the KAHl News Team
9am - Noon:	The Andrea Tantaros Show
Noon - 1pm:	The KAHl Noon News with Mary Jane Popp and the KAHl News Team
1 - 4pm:	The Dave Ramsey Show
4 - 6pm:	The KAHl Afternoon News with Dave Rosenthal and the KAHl 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 KAHl 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 - 12pm:	The Get Excited Radio Show
12 - 7pm:	Sinatra & Friends Music
7 - 8pm:	A Way With Words
8 - 9pm:	Hearts of Space

KAHI is committed to foothills news with News Director, Mary West

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

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

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

Start a Jewelry Career this fall!
Get your job in the spring.

Jewelry Repair/and Design
Hands-on practical training for jewelry repair and design. Every thing a jeweler needs to know to get an apprenticeship job as a journeyman jeweler!
A jeweler cannot be replaced by automation.

Jewelry Gallery
open for your browsing, student work, student prices, look now, layaway and enjoy new and innovating designs

Gemology
Education and knowledge of the gem trade, identifying, grading, pricing and selling.

California Institute of Jewelry Training

5805 Windmill Way, Carmichael, California

www.jewelrytraining.com
info@jewelrytraining.com

916.487.1122

• VA Approved • Post 9/11 Veterans
• Student Loans Available • Short or Full Courses

Andrea Tantaros

Dave Ramsey

Mary Jane Popp

CALL (530) 823-2463 TO ADVERTISE

www.placersentinel.com

The Heritage Trail: 19 Free Sites to Showcase Placer County's History

PLACER COUNTY, CA (MPG) – Nineteen local museums, all located between Roseville and North Lake Tahoe, will open their doors admission-free during the 6th annual Heritage Trail planned for August 10 – 11, 2013, an event which showcases Placer County's captivating history in fun and fascinating exhibits and activities.

Six of these museums are located in South Placer County. Another six are located in Auburn within one mile, so close together that visitors can park once and walk to all six. The other seven are in Placer County mountain communities. Free trail guides including maps are available now at all museums.

Admission is free to all visitors, and all museums are open from 10 AM to 4 PM both days.

Placer County, California, which crosses the majestic Sierra Nevada, was home first to a thriving Native American culture, then the California Gold Rush beginning in 1848, the construction of the Transcontinental Railroad, and later a booming agricultural industry, from which high quality fruit was shipped to the East Coast. These local museums showcase Placer County's role in these dramatic events, and help visitors understand how Placer County people helped shape California today.

Bus tours, which visit several museums each day and are popular with many trail travelers, are available on both Saturday and Sunday. The bus leaves from and returns to Auburn each day; tickets are \$10 per day. Reservations are required; call 1-530-889-6500 as soon as possible, as buses may fill early.

Free printed Heritage Trail Guides, complete with maps to all 19 sites, are available at every Heritage Trail museum. A copy will also be available for download at <http://theheritagetrail.blogspot.com>. For more information, visitors may also call 1-530-889-6500.

Each of the 19 museums offers different opportunities and activities. Some visitors may primarily wish to explore the historic artifacts, while families with children may prefer living history activities.

Some museums feature "what happened here" through displays and local artifacts. For example, information in the Rocklin History Museum and a walk through the Griffith Quarry Museum in Penryn help show how granite was extracted from the earth and used to build now-historic structures. At 10:30 a.m. on Sunday, Aug. 11, there will be a demonstration at the Rocklin History Museum as Roy Ruhkala, whose family has been in the granite business for more than 100 years, demonstrates how to split large granite blocks with simple hand tools.

The Roseville Telephone Museum showcases one of the

most extensive collections of antique telephones and memorabilia in the nation. Visitors will get a hands-on opportunity to see how old equipment placed calls and how modern technology functions.

The Donner Summit Historical Society Museum is leading a free history hike for visitors both Saturday and Sunday mornings. The second annual Margie Powell hike to Summit Valley will leave at 9:30 each day from the Van Norden Dam opposite the Soda Springs Ski Area. The two-mile hike will include information about the dam, the historic Lincoln Highway, the Dutch Flat Wagon Road, Native American activities, wagon train passes, the sheep industry and the railroad, during the two-plus hour tour before lunch. The museum features the unique history of Donner Summit.

At the Gatekeeper's Museum in Tahoe City visitors can come face-to-face with a real black bear, preserved and presented as part of an exhibit "Ursus Among Us: The American Black Bear in the Tahoe Basin." The display examines the at-times complex relationship between people and bears living in the wild. The museum is a reconstruction of the original cabin used by the gatekeeper who controlled the flow of water out of Lake Tahoe into the Truckee River. It showcases Tahoe history. The Marion Steinbach Indian Basket museum on site includes more than 800 vintage and contemporary Native American baskets, jewelry, pottery and dolls. The Watson Cabin is nearby, the oldest building built on-site in Tahoe City, in 1909, and is set up as a typical Tahoe pioneer family dwelling of that era.

Visitors to the Placer County Museum located in the beautiful Historic Courthouse in Auburn may see where Alma Bell was incarcerated in the dingy outdoor women's jail quarters outside under the historic Placer County courthouse stairs. The museum includes an overview of the early Nisenan inhabitants, the renowned Pate Collection of Native American artifacts and the original Thomas Kinkade painting "Auburn Centennial."

A variety of living history activities are available for children at the Bernhard Museum in Auburn, while adults may taste wine at the historic winery which is also located onsite. Visitors to the Gold Country Museum nearby can try their hands at gold panning or try on historic attire for a photo.

The Lincoln Area Archives Museum displays native American artifacts, historic Gladding McBean & Co. displays and three beautifully restored buggies.

The Roseville Historical Society Carnegie Museum features a working model railroad layout exhibit incorporating the rail history of Roseville, plus old toys,

irons, tools, business cameras, and a horse-drawn carriage. Recently, the museum received a 1910 map of the City of Roseville and historic records from the Fiddymont family.

Visitors to the Maidu Museum in Roseville can explore an ancient Indian village site where Valley Nisenan Maidu Indians lived for thousands of years. There will be hands-on children's activities.

Also in Auburn are the Joss House Chinese Museum and the Benton Welty School Room in Auburn's City Hall Building, which opened as Auburn Grammar School in 1915. At the Gold Country Medical Museum in Auburn, visitors can choose to be "zapped" to experience some historic phony cure devices.

Other mountain museums also host an array of fascinating exhibits about the Gold Rush, mining, the Transcontinental Railroad, the Maidu, pioneer families, fruit ranching and much more.

The Forest Hill Divide Museum (in Foresthill) will feature a working blacksmith and the first motorized fire engine on the Divide. The Colfax Area Heritage Museum features the history of the railroad, gold mining, fruit ranching and the struggles of pioneer families, plus an extensive array of historic pharmacy supplies. The Golden Drift Museum in the charming town of Dutch Flat is considered the best preserved Gold Rush town in Placer County, and displays of old photos, Native American projectile points, mining and railroad displays and Chinese artifacts.

Visitors to the Western SkiSport Museum at Boreal Mountain Resort can see the wooden skis dating from 1853 when gold miners on 14-foot "longboards" raced at 80 miles per hour down perilous slopes for sport, alongside photos and memorabilia from the 1960 Winter Games in Squaw Valley. The museum

also houses the mailbag and skis of "Snowshoe" Thompson, who provided the only mail delivery service through the Sierras in the winter beginning in the 1850's.

Sponsors of the Heritage Trail are the County of Placer, SureWest, KAH, WAVE Broadband, and the Native Sons of the Golden West (Auburn Parlor #59 and Lincoln #63 Silver Star Parlor), who also make their historic wagons available for photos at the Bernhard Museum.

Here is a list of all the museums participating in the Heritage Trail. Free trail guides include maps and directions to all sites and are now available at all museums.

Valley Museums – Located in South Placer Lincoln Area Archives Museum Maidu Museum & Historic Site (Roseville) Roseville Historical Society Carnegie Museum Rocklin History Museum



A Film Review by Tim Riley

WOLVERINE (Rated PG-13)

Hugh Jackman returns as the mutant hero, the titular character in "The Wolverine." The movie raises two questions: Why is he in Japan? Why does he still sport mutton chops?

When he's not baring his adamantium claws, Jackman's Wolverine is known as Logan. In what is the sixth film (counting spinoffs) of the franchise, Logan is first spotted looking like a homeless mountain man in the Alaskan wild, or maybe it's the Yukon. Whatever, it's some place cold and uninviting.

Living like a recluse in a cave, Logan communes with nature, even managing a peaceful coexistence with a grizzly bear companion. His solitary existence is disturbed by the appearance of reckless hunters bent on snagging a large, shaggy-haired ursine trophy.

Confronting the repugnant hunters at the town saloon, Logan reverts to his old superpowers to ward off his foes, drawing attention from the enigmatic Yukio (Rila Fukushima), who entices him to Japan. So we have the answer to the first question.

Memories of World War II are fresh in Logan's mind, as he remembers, while interned in a POW camp, saving the life of a young Japanese soldier during the atomic bombing of Nagasaki, and thereby revealing his miraculous self-healing powers.

Riley Reviews

"WOLVERINE" CLAWS ITS WAY TO TOP OF SUPERHERO ACTION HEAP

Shifting to the present day, Logan has not aged, but the soldier he rescued, Yashida (Haruhiko Yamanouchi), is an elderly, extremely wealthy industrialist, now confined to his deathbed, wistfully hoping for immortality.

Logan's Wolverine, who does not age, possibly holds the key to a life without end, hence the interest by Yashida and assorted shadowy, mysterious figures, obviously connected to the Yakuza, to Logan's secret.

Lured by the curious Yukio to Tokyo, Logan ends up getting a scrubbing and makeover from geisha girls, but he keeps the mutton-chopped sideburns. The answer to the second question remains elusive and unknowable.

Dutifully paying his respects to the dying Yashida, Logan discovers that the industrialist's granddaughter Mariko (Tao Akamoto) stands to inherit his fortune, and as a result, her life is in serious danger.

For one thing, Mariko's father is a ruthless tycoon who is apparently involved with sinister forces that seek to take control, by force if necessary, of the Yashida financial empire.

A spectacular fight sequence with ninja warriors at Yashida's funeral service causes Logan and Mariko to go on the run, even hiding out for a time at a seedy hotel that caters to customers renting rooms by the hour.

Meanwhile, Logan is undergoing an existential crisis, evidenced by the frequent dream sequences in which his former lover, Jean Grey (Famke Janssen), a fellow mutant that he had to kill, reminds him of misfortune and tragedy.

More than troubling dreams are at work. Logan is also consumed with thoughts that his immortality is a curse and a burden that hinders his ability to live a normal life, a thought more pressing now that his romantic feelings for Mariko have taken hold.

Due to other strange things going on, Wolverine finds his physical strength ebbing away, his superpowers gradually dwindling and his immediate ability to heal from all wounds no longer a given.

But before falling into a state of impaired faculties, Wolverine manages a spectacular fight to the death on top of a speeding bullet train with a Yakuza assassin.

With the train hurtling along the tracks and through tunnels at a speed of 300 miles per hour, the rooftop battle is skillfully staged and stunning for its heart-pounding suspense. This could be the film's best action moment.

Not so fine is the climactic battle scene inside Yashida's mountainous lair, where Wolverine must fight a giant robot. We've seen enough of this in films like "Pacific Rim," and, well, others I have already forgotten.

"The Wolverine" is filled with plenty of faceless villains, mostly ninja types who are fairly well disguised in their black robes and masks.

The most interesting bad guy is actually a femme fatale (Svetlana Khodchenkova), the blonde nurse who tends to Yashida but has a secret agenda. Though she is attractive, one would be advised not to kiss her.

Though it may not be saying much, "The Wolverine," even when it falters at the end, is one of the better superhero movies of the summer. That's mostly a credit to Hugh Jackman's nuanced performance.

A word to the wise: Be sure to stay for the credits. The future of the franchise hangs in the balance with a breathless teaser.

Your Only Computer Guy

30 Minutes Free
Diagnostics



In Business Since 1998

- Computer Cleaning
- Virus Removal
- Spyware/Malware Removal
- Software installation and repair
- Wi-Fi setup and troubleshooting
- Outlook and email setup
- Printer setup and troubleshooting
- New computer setup
- Browser troubleshooting and support
- Home networking and file sharing

Leo Corser

BA, CNA, CNE, MCSE
Senior IT Engineer &
Technician

Call:
(516) 221-0630

leo@youronlycomputerguy.com

THE LATEST IN
ADULT STEM
CELL SERUM
and natural
cellular repair

www.SkinPrestige.com

(530) 368-9556

All Natural
Paraben Free
Fragrance Free
No Animal Testing
Made in USA
now available Worldwide

CALL (530) 823-2463 TO ADVERTISE
www.PlacerSentinel.com



Medicaid Proven A Failure

Commentary by
Sally C. Pipes

State legislators across the country are wrestling with whether to expand Medicaid, with the bulk of the funding to come from the federal government, thanks to Obamacare.

Thus far, a substantial number of states have rebuffed the feds' offer -- or are leaning that way. They're right to do so. The states and the federal government have spent trillions on the program -- but new data show that Medicaid beneficiaries' health is not getting any better.

Those new data come from Oregon. In 2008, the state inadvertently became a laboratory for testing the efficacy of its Medicaid program. Oregon had funds to add 10,000 patients to the program, but 90,000 met eligibility guidelines. State officials came up with a novel solution -- a lottery that would randomly

select qualified applicants.

The lottery afforded researchers a once-in-a-lifetime opportunity to conduct a large-scale study comparing adults newly enrolled in Medicaid with a control group who remained uninsured. Their work, based on two years' worth of data, was recently published in the *New England Journal of Medicine*.

The data after year one seemed promising. The lottery winners used more health services and got more preventive care, including cholesterol screenings, flu shots, and mammograms.

But the Oregon study looked at more than just health usage after year two. It also examined health outcomes. The researchers measured enrollees' blood pressure, cholesterol, and blood sugar levels. These metrics are risk factors for stroke, heart disease, and diabetes -- all of which can be managed or prevented

with early intervention.

The results? Although Medicaid patients used 35 percent more health services, the coverage appeared to have no effect on blood pressure, high cholesterol or elevated blood sugar. In the researchers' words, "Medicaid coverage generated no significant improvements in measured physical health outcomes in the first two years."

With "no significant improvements" in health outcomes, it's hard to see how being on Medicaid is any better than being uninsured.

The behavior of many Oregonians who actually qualified for Medicaid suggests as much. Some 40 percent of those who won the Medicaid lottery -- and thus could have received free coverage -- didn't bother to enroll.

Previous studies have found that Medicaid patients actually

fare worse than those with private insurance -- or even those without insurance.

A 2010 study of 900,000 surgical cases, for instance, found that Medicaid patients had the longest hospital stays, the highest total hospital costs, and the highest risk of death. And according to a report published in the *Journal of Cancer*, Medicaid patients with the publication's namesake disease are two to three times more likely to die than other patients.

A 2011 study found that Medicaid patients were 8.1 percent less likely to be alive ten years after a lung transplant, compared to those with private insurance and those without insurance.

Obamacare was premised on the idea that extending access to preventive care would save money and lives. The Oregon study is the latest to throw cold water on those claims.

Yet come 2014, Obamacare will consign another 12 million Americans to the Medicaid rolls. They may not be able to get care, as the program's low reimbursement rates discourage doctors from seeing its beneficiaries. According to one recent study, just 43 percent of healthcare providers accept Medicaid.

The dramatic expansion of Medicaid will pose a staggering cost to taxpayers, who will have to shoulder an additional \$640 billion in spending over the next decade. States already spend more on Medicaid than on education, and the program's costs are rapidly squeezing out other public priorities.

Of course, all that spending may ease the financial burden that Medicaid patients face. New enrollees in Oregon saw their out-of-pocket costs decrease by \$215 a year. But to realize those "savings," they consumed

\$1,172 more in care per person per year than the average uninsured individual.

Spending a thousand dollars to save a couple hundred makes no sense -- especially when all that money doesn't buy any improvements in patient health.

Our leaders must chart a course for health reform that's based on hard evidence -- not wishful thinking. The data from Oregon prove that Medicaid's expensive status quo doesn't deliver for those it covers. Obamacare's expansion of the program would only double-down on this failed approach.

Sally C. Pipes is President, CEO, and Taube Fellow in Health Care Studies at the Pacific Research Institute. Her next book -- The Cure for Obamacare (Encounter) -- was released this summer.

On School Accountability, Reauthorize Don't Neutralize

Commentary by
Kerri Briggs

Twelve years ago, in an act of bipartisanship that now seems impossible to imagine, the Senate and House passed historic legislation reforming American education. The No Child Left Behind (NCLB) bill was championed by President George W. Bush and supported by a nine-to-one ratio, including votes from Democrats Nancy Pelosi, Harry Reid, and the late Ted Kennedy, as well as Republicans Mitch McConnell and John Boehner. NCLB was the latest iteration of a national commitment to provide a better education for our nation's children.

NCLB was transformative for schools and life-changing for students, particularly poor and minority students, whose achievement increased. It set national goals for America's schools. It required states to test students' knowledge of reading and math annually, and expected that all students would be at

grade level in these subjects by 2014. And, when schools didn't make enough progress towards meeting that ambitious goal, there were funding changes and opportunities for students to get immediate help.

NCLB marked the beginning of a new era of accountability in American education. It was an ambitious attempt to jumpstart student achievement within a global economy, and much needed given decades of stagnant achievement.

NCLB is also not perfect - no legislation ever is. There is clear interest in updating the law. Three different proposals for new legislation are under discussion in the House and Senate. And, 39 states and DC have designed new systems by receiving waivers from the Education Department. These actions could be promising developments. Instead, the actions are jeopardizing and potentially neutralizing the foundational principles of accountability.

These waiver-based systems

exempt public schools from accountability standards that took decades to establish. Never before has such an important piece of legislation, with such broad and deep bipartisan backing, been so swiftly dismantled. If this trend isn't redirected, our public education system could suffer an unnecessary setback in the effort to improve student performance.

It's no secret that America's students lag far behind those of many other developed nations. The George W. Bush Institute recently released a "Global Report Card" providing a district-by-district account of how American students stack up against their counterparts abroad. The results show just how far we need to go.

Just take Portland, Oregon, a state that received a waiver. Portland has an international mathematics score of 47 percent. That means that more than half the students in the international group perform better than the average Portland student.

If you limit that comparison to Portland's closest international competitor, the Canadians do even better.

These poor results were corroborated in two reports released in December by the National Center for Education Statistics. According to those studies, U.S. students ranked well below countries like Singapore in science. Countries such as Russia and Hong Kong, meanwhile, bested us in eighth-grade reading.

Oddly, as our international performance stagnates with some schools failing to live up to the goals set by NCLB, the response by the federal government and some states has been to lower expectations and lessen accountability.

Each state receiving a waiver or hoping for a more relaxed accountability system in a waiver or new law still has students - more than a few - who cannot read as well as their peers and struggle to master math.

The negative impact wrought by waivers can't be overstated.

A dangerous precedent is being set: if you can't live up to agreed-upon standards, you get a pass. And, while most congressional watchers do not expect the current proposals to make it to the President's desk, some proposals focus on the wrong issues - control instead of achievement, minutia instead of high expectations. How can meaningful education reform ever take hold if teachers and administrators don't believe meaningful federal policies will actually be enforced?

In this current environment, there are foreboding signs. Eleven states are not meeting the most basic graduation rate reporting requirements, according to a new report from the Alliance for Excellent Education.

We have examples of states dramatically relaxing educational standards in response to the waiver opportunity. In Wisconsin, for instance, a mere 50 percent of students will be required to read at grade level by 2017.

Lawmakers should act and move to improve NCLB. Recognizing its flaws and acting to rectify them is a far more responsible course of action than nullifying the policy's most crucial components and putting our children at greater risk.

Preserving a strong system of comprehensive accountability in American schools is a national imperative.

The global economy grows fiercer by the day. Our students need to be equipped with the high quality education they'll need to land the jobs of the future. Lowering expectations, waiving expectations, and fighting for control takes this country back to the days before accountability. Allowing schools and educators to continue to fail to meet even basic achievement expectations is not what has made this country great and is not the pathway to a better future.

Our students deserve better. *Kerri Briggs is Director of Education Reform at the George W. Bush Institute.*

Placer Land Trust Protects American River Land Popular Rafting and Kayaking Destination Protected Forever



Kayakers enjoy a wild and scenic float through canyon land recently protected by Placer Land Trust. Photo courtesy Ian Buckley

WEIMAR, CA - (MPG) Placer Land Trust has teamed with the Emigrant Trails Greenway Trust to acquire another 160 acres of land on the North Fork American River at Gillis Hill, guaranteeing a five-mile stretch of the river stays forever wild and scenic.

"This is the only private parcel on the river for miles in either direction," said Placer Land Trust's Executive Director Jeff Darlington. "Protecting this property from development ensures that a five-mile stretch - from above the Colfax Iowa Hill Bridge downstream past Indian Creek and Shirtail Creek all the way to Yankee Jim's Bridge - will remain wild and scenic, forever."

The "Mergen North Fork Preserve" borders existing public land within the Auburn State Recreation Area along stretch of the North Fork American River containing the Staircase Rapids, well known by rafters, kayakers, and other river enthusiasts.

"At night, from the Iowa Hill Rd at Windy Point, you can look down canyon and not see a single light. The Mergen property is right in the middle of this view and I'm very happy to hear that it has been preserved." Ron Gould, North Fork Trails Association

Emigrant Trails Greenway Trust (ETGT), a private philanthropic foundation, partnered with Placer Land Trust to

protect this property from residential development within the canyon.

"Protecting this critical portion of the watershed strengthens national wild and scenic values upstream, and water quality downstream," said Patty Schifferle, ETGT Trustee. "This purchase connects substantial investments along the North Fork American River where habitat corridors and scenic corridors are critical to our community."

ETGT funding was augmented by funds from Placer Land Trust's wetlands mitigation account (funded by Placer County Water Agency) as well as support from over 700 land trust members. Placer Land

Trust purchased the property from Paul & Joy Mergen for \$175,000.

The North Fork American River has long been an area of special interest and continues to be a priority for Placer Land Trust, due in large part to its popularity as a recreation destination.

"Placer Land Trust, by making this purchase, has ensured that this land and river frontage will be protected for future generations," said Deric Rothe, owner of Sierra Whitewater Inc, a rafting company based in Auburn. "The North Fork of the American River is critical to the whitewater rafting industry and is a valuable asset to the community as a whole."

Additionally, the American River provides substantial domestic water for Placer County and the surrounding region, and Placer Land Trust has an interest in keeping that water clean and free from runoff, erosion, and sedimentation. The Trust does that by working with willing landowners like the Mergen family to prevent development and other harmful land uses in the canyons from polluting local waterways.

Placer Land Trust is a 501(c)(3) nonprofit public benefit organization incorporated in 1991 that works with willing landowners and conservation partners to permanently protect natural and agricultural lands in Placer County for future generations. To date the Trust has protected 7,626 acres in 32 locations across the Placer County region. For details, see www.placerlandtrust.org or call (530) 887-9222.



A Lifetime of Well-Being



New dimensions in mammography may help women live longer, healthier lives.

(NAPS)—One of the best things you can do for yourself, advises the Centers for Disease Control and Prevention, is make an appointment with a doctor to discuss what screenings and exams you need and when you need them.

For example, many doctors recommend that cervical cancer screening begin at age 21.

And, if you're at or near menopause, about 50 years of age, you should ask about a bone density test. Strong, healthy bones help support an active lifestyle.

You should have annual mammograms starting at 40, or sooner if your doctor recommends it. Standard digital mammography is a good way to test for breast cancer, but you may benefit from the latest technology—3D mammography.

mammography helps the doctor see through layers of breast tissue much more clearly, for a more accurate exam and fewer false alarms.

At any age, you should tell your doctor about:

- Lumps or changes in your skin
- Pain, dizziness, fatigue, problems with urine or stool or menstrual cycle
- Depression, anxiety, trauma, or sleeping problems.



