

# Placer Sentinel

Volume 24 • Issue 3

Serving Auburn and Placer County since 1987

First Issue of February 2013

24th Annual Music for Humanity, February 17th



Page 3

Fishing for Land-locked Coho Salmon



Page 3

“What the Governor Said...” by Jim Nielson



Page 4



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

PRESORTED STD. US POSTAGE PAID PERMIT 350 Carmichael, CA

Change Service Requested

## Money Can't Buy Me Love



The latest sweetheart scam swindles unsuspecting women out of thousands of dollars in the Sacramento area.

SACRAMENTO REGION – The Better Business Bureau warns online daters to be wary of potential love matches requesting money after two women report wiring thousands of dollars to an alleged Sacramento business owner they met online.

A Citrus Heights woman told Better Business Bureau that after several weeks of romantic emails, poetry exchanges and brief phone calls, the supposed owner of a computer store she met through an online dating site requested an online dating site

“He shared with me that he was working with the Department of Homeland Security and the IRS to obtain permits to receive international shipments of computers worth \$1.5 million,” said the woman. “He discovered he needed to pay \$32,000 in tariffs. He was short \$10,000.”

After the man promised to pay her back, she wired \$2,000.

She later declined to wire more money as requested. After refusing to wire more funds, the man ceased communication with her.

“I went to the business address and it does not exist. No such business,” grieved the woman. “I would love to see my money returned, but do not anticipate it. He makes elderly women victims with his sweet talk, poetry and professing love.”

Another woman’s family filed a complaint with Better Business Bureau in July 2012 alleging the same situation.

“My mother, a recent widow, is in contact with (the man),” wrote the daughter of the victim. “He has already gotten thousands of dollars from her.” The woman allegedly attempted to retrieve the wired funds, but had no luck.

“Some online suitors may be more attracted to your wallet,” said Gary Almond,

president of BBB serving northeast California. “If you choose to date online, be wary of wiring funds, meeting right away and those who try to get too close too quickly.”

BBB advises those pursuing online dating to consider the following tips:

- Never wire money to online sweethearts claiming a need for funds related to travel, medical emergencies, visas, taxes or financial losses.

- Be wary of love interests who want to leave the dating site immediately to use a personal email account.

- Think things through when scouting love matches online. Be leery of those who claim immediate love, make excuses to not talk on the phone or refuse to meet in person after a lengthy period of online communication.

- If you have been a victim of a “sweetheart” scam, report the

incident to the FBI, FTC and your state attorney general.

For more scam alerts and consumer information, follow BBB on Facebook at facebook.com/necalbbb.

As a business-supported non-profit organization, Better Business Bureau’s mission is to promote an ethical marketplace. BBB sets standards for ethical business behavior, helps consumer identify reliable businesses through BBB Business Reviews, sets standards for truthful advertising, evaluates and provides reviews of charities, educates consumers, and offers dispute resolution services. More than 87 million consumers rely on BBB for Business Reviews, consumer tips and scam alerts. To learn more, please visit www.necal.bbb.org.

## Survey Finds NRA Members United

### 91% of NRA Members Support Laws to Stop Mentally Ill from Acquiring Firearms

FAIRFAX, VA. – The National Rifle Association Institute for Legislative Action conducted a national scientific poll of its members and found near unanimity among NRA members on a wide range of issues involving mental health reform and firearm rights.

Gun control advocates including New York City Mayor Michael Bloomberg, as well as various media outlets, have released data claiming to represent the views of NRA members, despite the fact that none of those surveys had access to the NRA’s membership list. The NRA survey of 1,000 randomly-selected NRA members across the country is the only legitimate survey of NRA members in existence.

The data from this survey

indicates that NRA members are united in their desire for Washington to focus on keeping firearms from the mentally ill and to reject unconstitutional gun control measures that infringe on Second Amendment rights.

“Mayor Bloomberg’s claims that gun owners are divided are totally false. It is nothing more than an attempt by anti-gun activists to further their long-standing political agenda,” said NRA-ILA Executive Director Chris Cox. “American gun owners and Second Amendment supporters are ready for Washington to put politics aside and come together to fix our broken mental health system.”

Key Findings:

- 91% of NRA members support laws keeping firearms away

from the mentally ill.

- 92% of NRA members oppose gun confiscation via mandatory buy-back laws.

- 89% oppose banning semi-automatic firearms, often mistakenly called “assault rifles”.

- 93% oppose a law requiring gun owners to register with the federal government.

- 92% oppose a new federal law banning the sale of firearms between private citizens.

Methodology – The national survey was conducted by OnMessage Inc. Telephone interviews were conducted January 13-14, 2013. This survey consists of 1,000 NRA members and was stratified by state to reflect voter distribution in the 2012 presidential election.

The margin of error for this survey is +/- 3.09%.

Full results available here.

Established in 1871, the National Rifle Association is America’s oldest civil rights and sportsmen’s group. Four million members strong, NRA continues to uphold the Second Amendment and advocates enforcement of existing laws against violent offenders to reduce crime. The Association remains the nation’s leader in firearm education and training for law-abiding gun owners, law enforcement and the armed services. Be sure to follow the NRA on Facebook at www.facebook.com/NationalRifleAssociation and on Twitter @NRA.

Source: NRA

## Dolphin Tale Creator Coming to Placer County

By Paula Mosqueda

PLACER COUNTY, CA – (MPG) Kevin Carroll is co-developer of the prosthetic tail for Winter, the amputee dolphin at a Florida aquarium, whose story was featured in the film, Dolphin Tale, starring Morgan Freeman. Kevin has practiced advanced prosthetics in several countries and is a sought-after speaker at health care conferences. He is Vice President of Prosthetics for Hanger and has experience and expertise in providing prosthetic care for challenging cases. He is an American Board Certified Prosthetist and was named a Fellow of the American Academy of Orthotics and Prosthetics.

On Tuesday, February 26th, Kevin will hold a special prosthetic education clinic that is a complimentary opportunity for all amputees who may have questions or concerns regarding fit, function, or design of their prostheses. It is an opportunity to see if you are as mobile, comfortable, and independent as you can be.

Carlos Lopez, President of the Gold Country Amputee Support Group, based in the foothills, states, “This is a very welcome opportunity to meet with the best of the best in the Orthotics and Prosthetics field. It is a chance for anyone who wears prosthesis or is facing amputation to gain better insight and knowledge of products that are in the development stages.

During this clinic, held in Roseville, Calif., amputees will receive a thorough evaluation by highly skilled prosthetists, and have the opportunity to view some of the latest prosthetic technologies available, ask questions, and learn why many amputees are walking better, with increased comfort.

The goal is to empower amputees with new information about prosthetic options and confidence concerning personal mobility. To schedule an appointment for the Prosthetic Education Clinic, please call Linda or Susanna at 916-784-6900.

If you have questions about the activities of the Gold Country Amputee Support Group, call Carlos at 916-783-9099.

## Dementia Workshops Hosted by Seniors First

AUBURN, CA – (MPG) Seniors First, with funding from the Placer Community Foundation, is proud to host the 5th & 6th in a series of educational workshops.

Please join us on Wednesday February 20th for “Stages of Dementia” and Thursday February 21st for “Communication for Success” – both workshops will be held from 5:30-7:30 in the Assembly Hall at the Auburn Senior Center, 11576 “D” Street in Auburn.

These workshops will provide information along with discussion for caregivers, family members and friends who are caring for or know someone living with memory loss. We are happy to have Dementia Specialist, Kristina Blocker as our speaker.

For information and/or to R.S.V.P., please call Kathy at Seniors First: 530-889-9500 extension 219 or e-mail: Kathy @seniorsfirst.org. These are Free Workshops and open to the public.



# Sons In Retirement Branch 37 24th Annual Music for Humanity, February 17th



Left to right: Kermit Jorgensen, Henry Tukloff, Dick McClellan, Roland Gaubert, Pete Politi, Warren Manley, Rich Cortez, Tom Bowen, Jim Bean, Jack Poulsen, Al Mattson. Not shown - Les Brenno.

### From Roland Gaubert

AUBURN, CA – (MPG) At their December Holiday Luncheon meeting (Ladies invited), Sons In Retirement Placer Gold Branch 37 held their installation of officers for 2013 at the Auburn Elks Lodge. The oath of office was administered by outgoing 2012 Big Sir Henry Tukloff, who will continue in 2013 as a Director, as is the custom. The officers installed are: Big Sir Roland Gaubert, Little Sir Warren Manley, Secretary Dick McClellan, Assistant Secretary Tom Bowen, Treasurer Al Mattson, Assistant Treasurer Jack Poulsen, and Directors Rich Cortez, Pete Politi, Les Brenno, Jim Bean, Henry “Tuk” Tukloff, and Kermit Jorgensen.

After a lunch of roast beef and salmon, the 108 members and ladies present were entertained by the Forest Lake Christian School Chamber Choir, their 4th consecutive holiday performance for Branch 37.

Harold “Buck” Gein, well known former principal and administrator in the Placer High School District, was awarded a Certificate of Appreciation by Big Sir Henry Tukloff. Buck has been an active member of Branch 37 for 30 years, longer than anyone else. He is also our oldest member, having just celebrated his 95th birthday. Congratulations, Buck.

Also recently awarded certificates were Don Walker who was SIR Profiler for 8 years and a Director for 3, and Jim Maneggie who has been Program Chairman for several years.

Sons In Retirement (SIR, Inc.) is a Nonprofit Public Benefit Organization for Retired Men Devoted to Promoting the Independence and Dignity of Retirement. There are approximately 18,000 members in 135 branches throughout Northern and Central California. Branch 37 meets once a month for a social hour, lunch, and a short program. We always have interesting speakers. There are no dues or fees, only the cost of lunch and voluntary donations. Prospective members/visitors are always welcome. For more information call 916-663-4620 or 530-885-5913 or google “sir branch 37”.

Roland Gaubert, Big Sir, Branch 37

### From Sue Dings, Choir Director, Pioneer United Methodist Church

AUBURN, CA – (MPG) Pioneer United Methodist Church is inviting the public to celebrate President’s Day weekend by attending the 24th annual Music for Humanity program on Sunday, February 17th at 3:00 p.m. The church is located at 1338 Lincoln Way, Auburn.

Seven groups of talented musicians will perform a wide variety of musical selections including classical, ragtime and jazz. All performers are donating their services to benefit Foothills Habitat for Humanity and Auburn’s Interfaith Food Closet. Empty bread baskets will be passed at half time to collect funds for the Auburn Interfaith Food Closet and Foothills Habitat for Humanity of Placer County.

By popular demand, former Music for Humanity stars



are returning to share their talents. Performers include the well-known Colla Voce choral ensemble, the fabulous pianist, Tom Brier, who also performs with The Raspberry Jam Band and Dr. Bach and the Jazz Practitioners. The Toot Sweet Brass Co will present their eclectic selection of music for brass quintet. The talented Begin Family is offering vocal and string favorites,

with Annie Begin featured in the fabulous fiddle rendition of Orange Blossom Special. The Pioneer Chancel choir will invite the audience to participate in a sing-along anthem. After playing some of their all-time favorites, Dr. Bach and the Jazz Practitioners will close the program with a rousing When the Saints Go Marching In [orOut]. For information, call (530) 885-4196 or (530) 885-9009.

## Fishing for Coho Salmon



Jack Naves

AUBURN, CA – (MPG) The Rooster Tails Fishing Club breakfast meeting will be held on Friday, February 15 at the Auburn Elks Lodge, 195 Pine St., Auburn, CA 95603. The doors at the lodge open at 7:00 AM with a fantastic \$12 buffet breakfast served from 8:00 to 9:00. A presentation begins at 9:00 sharp with a presentation

by Jack Naves on how to fish for land-locked Lake Oroville Coho Salmon. The Rooster Tails monthly, third-Friday, breakfast meetings are “Open to the Public.”

Jack, a family man born and raised in Sacramento, is not a fishing guide per se, but a fisherman’s-fisherman who has dedicated hundreds of hours perfecting special fishing techniques. His presentation on trolling for land-locked Lake Oroville Coho Salmon will cover what specific lures trolled at certain speeds you should use to be effective. Jack will further talk about how to find where the fish are holding and how to rig rods and downriggers to reach them. He will also divulge locations on Lake Oroville for your best chance of finding Coho and some of his personal secrets of

success to catch them.

The 30 year old, 155+-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.rooster-tailsfishingclub.org](http://www.rooster-tailsfishingclub.org). For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim, Club Chairman, at 530-887-0479 or [pres@rooster-tailsfishingclub.org](mailto:pres@rooster-tailsfishingclub.org).

*Jenner Inn & Event Center*  
 Romantic Waterside Lodging on Sonoma’s Wine Country Coast  
 Breathtaking Panoramic Views  
 800-732-2377  
 10400 Coast St., 1, Jenner, CA 95450  
[innkeeper@jennerinn.com](mailto:innkeeper@jennerinn.com) [www.jennerinn.com](http://www.jennerinn.com)

Join us on Facebook for Special Discounts!  
[www.RopersJewelers.com](http://www.RopersJewelers.com)  
  
 DOWNTOWN AUBURN 818 LINCOLN WAY 530-885-4852  
 Roper’s Jewelers  
 Your Hometown Jeweler Since 1956  
 NORTH AUBURN 2288 GRASS VALLEY HWY 530-885-8020

## Fellowships Available to College Graduates

SACRAMENTO REGION – (MPG) The State Capitol is looking for dynamic college graduates who are interested in public service experience. Applications are now available in Senator Jim Nielsen’s offices in Oroville and Rocklin.

These positions pay a monthly stipend of \$1,972 plus health, vision, and dental benefits. In addition, each individual earns six units of graduate credit from California State University, Sacramento.

“Our state faces tremendous challenges ahead,” said Sen. Jim Nielsen who represents the Fourth Senate District. “This fellowship allows individuals to gain hands-on experience in public policy at the highest levels.”

The Capital Fellows Programs assign qualified individuals to the offices of Senators, Assembly members, judges and senior state officials. These fellowships are jointly operated by each participating branch of government and the Center for California Studies at Sacramento State University.

Anyone who will be at least 20 years of age and a graduate of a four-year college or university by September is eligible to apply. There is no preferred major. Individuals with advanced degrees and those in mid-career are also encouraged to apply.

Brochures are available in Nielsen’s Capitol office, his Rocklin office at 5800 Stanford Ranch Road, Suite 720 and his Oroville Office at 1550 Myers

Street, Suite C or by calling (916) 435-0744. Applications and brochures are also online at [http://www.csus.edu/calst/capital\\_fellows\\_programs\\_overview.html](http://www.csus.edu/calst/capital_fellows_programs_overview.html).

All applications must be received by 5:00 a.m. on Monday, February 11, 2013.

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, Yolo and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at [senator.nielsen@sen.ca.gov](mailto:senator.nielsen@sen.ca.gov).

## Giant Pumpkin Forum

### From Auburn Recreation District

AUBURN, CA – (MPG) Come and meet local giant pumpkin growers and find out what it takes to grow a giant pumpkin. Learn some secrets from these experts and get seeds to start you on the path to giants!

Award winner Randy Warren will lead the group. Find out about the lineage of different pumpkins and how to cross pollenate. It’s time to be thinking about getting your seeds in the ground so you are ready for the Community Festival in October. Seeds will be swapped.

Special seeds, donated by the

growers will be raffled off. Meeting takes place Saturday February 23 at the Canyon View Community Center Foothills room, 471 Maidu Drive, Auburn. The forum takes place from 10am –noon and is free to the public; please register [www.auburnrec.com](http://www.auburnrec.com) so the organizers know how many participants to expect.

**Placer Sentinel**  
 “Written by the people and for the people”  
 Serving Auburn and Placer County since 1987  
 Placer Sentinel is a member of Messenger Publishing Group **MPG**  
 We are proud members of these newspaper associations:

**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, Stump Removal Graphics, Full Moon Graffix  
**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 Precis 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**



# Tenth Annual Run Rocklin Will Once Again Benefit Matt Redding Foundation



Run Rocklin has become a significant community event that last year attracted teams of runners from throughout the Sacramento region and had 2,546 total participants.

PLACER COUNTY, CA – (MPG) The 10th annual “Run Rocklin” will be held Sunday, April 7 at Johnson-Springview Park in Rocklin.

Since 2004, Run Rocklin has provided a top-notch running event for Rocklin and the surrounding communities. The event has benefited the Matt Redding Foundation and Rocklin’s local schools since 2007.

Run Rocklin includes: Kids Fun Run: 7:45 a.m. 12K Run: 8 a.m. 5K Run/Walk: 8:20 a.m.

Kids 1-mile Run: 9:30 a.m.

Adults can pre-register for \$34 prior to race day and the cost increases to \$39 on the day of the run. Ages 18-under can pre-register for \$20; cost is \$25 on race day. Both the Kids Fun Run and the Kids 1-mile Run are free.

Run Rocklin has become a significant community event that last year attracted teams of runners from throughout the Sacramento region and had 2,546 total participants.

The race helps raise money for local schools and for the locally-run, nonprofit Matt Redding Scholarship Foundation. Run Rocklin raised \$16,000 last year and has now given a five-year total of \$64,000 in memory of Matt Redding, the fallen Rocklin Police Officer.

Space is limited to the 3,000-runner plateau, which is the maximum amount of participants. The race starts and ends at Johnson Springview Park, 5480 5th St.

“We had another tremendous turnout last year, so I’m urging runners to reserve a spot, and register early to ensure that

they will be part of Run Rocklin this year,” Race Director Larry Osborne said. “Run Rocklin is a fun, competitive community event that runners of all abilities are able to participate in and enjoy. We also encourage people to walk and be a part of our festive atmosphere.”

Run Rocklin is still actively seeking sponsors. There are multiple sponsorship levels, and event supporters will benefit from their name on the Run Rocklin T-shirt and also through various event advertising, including social media and mobile phone technology.

The event will once again feature music by JD Productions Quality DJ Entertainment, complimentary food from Randy Peters Catering, and other goodies from local vendors. Awards will be given to the top three finishers in each age group for the 5K and 12K events.

Awards and prize money will also be given to the top three male and female overall finishers in the 5K and 12K events. All registered/paid participants will receive a colorful, commemorative 10th annual Run Rocklin T-shirt and a finisher’s ribbon. Bragging rights will be awarded to all of the Team participants and prize money will be awarded to the top three largest school teams.

A popular Rocklin Police Officer, Matt Redding tragically died while on duty October 2005 when he was struck and killed by a vehicle that was driven by an intoxicated driver.

“Matt loved this community and would be so honored that

people are running year after year in a race that supports a scholarship foundation in his name,” said John Redding, Matt’s father. “Our family is extremely pleased that so many people continue to support Run Rocklin. It’s a tremendous community event and we’re happy the Redding family can be associated with it.”

Osborne has a son who is a Rocklin Police Officer and has a personal connection with the Redding family, even though he didn’t know Matt personally.

“The people of Rocklin and other nearby communities have embraced our event for several years and have really made Run Rocklin something special,” said Osborne, a police officer for the City of Berkeley in the early 1970s. “We’ve been fortunate to have tremendous community involvement that has enabled us to grow the event and be able to make a generous contribution each year in Matt Redding’s memory. Everyone connected with Run Rocklin is thrilled to have created something that has become a lasting tradition.”

Teams of six or more people are welcome and all team participants will receive a special team T-shirt. Teams must register by March 15 to be eligible for the special team T-shirt.

To register, visit [www.RunRocklin.com](http://www.RunRocklin.com). For more information about the race or to become a sponsor or volunteer, e-mail Larry Osborne at [elphant@eaward.com](mailto:elphant@eaward.com) or call 916 415-9991.

Source: Halldin Public Relations



## Around Town with Loyce Smallwood




Sarah alongside PC Guru Matt Cummins

Double congrats to artist Juan Pena who celebrates the opening of his new studio alongside Goldrush Tea Emporium owner Betty Thompson who are brightening up the scene in the Gold Country Mall DT Auburn, 884 Lincoln Way. Pena and Thompson invite the public to come and celebrate in the mall Friday, February 15 from 4pm to 9pm. Pick up a raffle ticket at Juan’s studio, Suite 827 on February 15 and have an opportunity to win a matted print from Pena’s alluring art collection. Around the corner at the colorful Avantgarden shop, staffer Caroline Navarro tells me friendly/community-minded owner Kim Wright awaits yet more inventory for this charming nursery/gift shop. Wander down Lincoln and across from the State Theater and grab a friendly connection with Hilda’s Bakery owner Eric Nordby who serves up that mellow coffee which pairs satisfyingly with apple fritters, sandwiches and a variety of other pastry treats in a relaxing setting. Special congrats to PC guru Matt Cummins whose dependable manner and skillful know-how is helping grow his computer business and who celebrates his recent engagement to Sarah. And thanks thrown out to Happy Tails Grooming and Self Wash pet groomer Owner Sarah who beautified The Smallwood Schnoodle Hanz in a friendly, skillful and prompt manner.

Sarah definitely has the touch and can be found out on Wolf Road just off Highway 49, G.V., across from Combie. Continued success to Auburn Sutter Hospice thrift for extending hours to 7pm Friday nights and successfully drawing the public to the new location, 1350 GV Hwy across from the Assistance League thrift on Highway 49 in the Fiddler Green Plaza. Business and career women will find a budget-friendly selection of business clothing and accessories at Piece by Peace thrift adjacent to Auburn Sutter Hospice Thrift, 1310 GV Hwy. Pick up a calendar for sales. Fish and Chips cravers will find satisfaction at Strings Italian Cafe, 2501 Bell Road where service is always exemplary and when DT Auburn, you’ll be impressed with the overly generous and satisfying serving of same at Pelican’s Roost, 904

Lincoln Way. Stalwart volunteers can reward themselves with lighter fare at Tango’s on the Central Square where the yogurt selection is always varied and lunches including smoothies for those on the go are ready to pick up at Gai’s Basket--an organic grocery featuring local produce--across the street at 937 Lincoln Way just down from Winston Smith Books. Box up those gently read books, CDs and DVDs and donate to Friends of Placer County book store in the Raley’s Center at the Foresthill exit where proceeds go towards care/maintenance of homeless felines awaiting adoption on the premises. Continue to be part of the good vibrations by donating/volunteering and always shopping at the ever-growing local selection of non-profits staffed with dedicated and caring volunteers who continue to make Auburn shine, indeed.



**Donald Kendrick**  
Music Director

*17th Concert Season 2012-2013*

**Stained Glass Concert II**

**SOUND AND SPIRIT**

*Spirituals, chant and folksongs from the global village*

**Organ accompaniment**

**Works by:**  
Lauridsen, Whitacre, Tavener, Palestrina, Telemann, Gabrieli, Clausen, Hogan, Shaw


**Ryan Enright, Organ**

**Sunday, March 10 at 3:00 pm**

**Cathedral of the Blessed Sacrament**  
1017 11<sup>th</sup> Street, Sacramento

Reserved Seating: \$35 | General Seating: \$25 | Students \$12.50

**Tickets: 916 536-9065 | SacramentoChoral.com**



**Volunteers are Greatly Needed to Support our Outreach Program for Veterans.**

This is our 5th year of our outreach program helping veterans and their families, in the Sacramento and the surrounding communities. We feed over 100 Veterans and their families through this program. In addition we provide advocate representation that gives the veteran access to legal services, helping in acquiring V.A. benefits, Medical access with transportation, and our Naturopath life Coaching program that combats Bio chemical addiction empowering the veteran to have a healthy body, and mind. We help the homeless, elderly, disabled, PTSD, veterans.

We provide in the field services for the homeless veterans and their families. We provide an alternative approach to PTSD with our unique Coaching program that gives the veteran behavioral tools to change their negative thinking caused by bio chemical addition and not be dependent on drugs or alcohol.

Forgotten Warrior is a 501 (c) 3 nonprofit organization committed to helping all veterans in need. Now that we are growing so fast we are in need of your help to help, in office functions, such as promotional and public relation work, advocate to work with the homeless and disabled veterans. We need people that can do community fund raising events, and we really need of a Grant writer.

Call Wind at 916-969-4387 or office manager Monica at 916-728-8162 or email us at [windwalker1313@gmail.com](mailto:windwalker1313@gmail.com).

[Forgottenwarrior.org](http://Forgottenwarrior.org)



## The State of the State: What the Governor Said (And What He Didn't Say)

Commentary By  
Senator Jim Nielsen



Senator Jim Nielsen

Governor Brown's State of the State address this week was upbeat and optimistic, couched in assurances of fiscal restraint and acknowledgement that government was not the answer to all our problems. But there were some holes in the rhetoric, and only time will tell whether the governor holds to his commitments, whether he can stand up against the Democratic "super majorities" and powerful special interests intent on spending ever more and whether he is also willing to make corrections to major policy decisions that have yielded - or are likely to yield - less than ideal outcomes.

The best example is his so-called 'public safety realignment.' Accounting for the shift in state spending to counties and cities and actual proposed state corrections spending the savings are illusory at best.

At the local level, "realignment" has been disastrous for many cities, counties and the victims of this state-conceived crime wave. Inundated with misnamed "low-level" offenders, law enforcement authorities have been overwhelmed, forced to release prisoners early as a result of jail overcrowding and both local and state authorities have been hamstrung and prevented from holding criminals accountable for continued victimization.

FBI statistics released this week show a 7.6% increase in homicides and double-digit increases in burglary and auto thefts for the first half of 2012 as compared to the first six months of 2011.

The Criminal Justice Legal Foundation identified realignment as the likely culprit, since offenders are learning that, even if they're arrested, local jails don't have the capacity to hold them for long and state and local authorities can offer limited to no penalties.

The governor promised to "guard jealously" the new tax money from

Prop. 30 while paying down our wall of debt. But, just last year he added billions to that wall of debt by signing legislation to build a high-speed rail system that fails to accomplish what the voters were promised. He also wants to add to our wall of debt by committing billions more to another version of the Peripheral Canal. He also failed to mention that he is already reneging on a commitment he made last year to repay special fund revenues "borrowed" in recent years to cover General Fund obligations. His just-released budget proposal curtails repayments by more than \$1 billion.

The wall of debt remains largely intact and by keeping borrowed funds to balance his budget, the governor's budget isn't really balanced at all. Yet again, our out of control budget is not fixed. It's only tenuously funded.

The governor made it a point to acknowledge several major corporations and job-creators that call California home. What he failed to mention is California's bottom-of-the-barrel business climate that has resulted in many other major corporations leaving the state or expanding in more business-friendly locales - and taking their jobs with them. He did not mention our highest-in-the-nation sales tax and income tax or our fifth-highest in the nation corporate

tax rate, our high energy costs or the need for tort reform to protect business owners from sue-happy litigants.

And although he lauded the pending implementation of the federal Affordable Care known as Obamacare - he forgot to mention the unemployment and under-employment of millions of Californians as business owners make cutbacks in preparation for the heavy costs Obamacare is expected to impose on all of us.

The governor enthusiastically talked about the need to streamline our education system, to return to a foundation that emphasizes local control; one that frees the hands of our school boards, administrators and teachers, and also makes higher education more accessible and affordable. This would be reform. I was pleased to hear him say that tuition increases are not the answer. But he left unsaid whether he is willing to eliminate layers of costly and dysfunctional government bureaucracy to achieve that end. He even promised to rein in regulation and the California Environmental Quality Act.

The governor said a lot of positive things about our state's recovery and offered hope for a glorious future in his address, and I will gladly add my voice of support to those elements that are worth pursuing. I trust that as the session proceeds, the governor will also be willing to work to address some of the aforementioned issues that remained unspoken in his address. I look forward to working with him and my colleagues and I credit him with a good rhetorical start. Now results must match the rhetoric.

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@sen.ca.gov.

## Master Gardeners Present Daylong Gardening Seminar

PLACER COUNTY, CA - (MPG) The Placer County Master Gardeners present their Sixth Annual Gardeners Gathering on Saturday March 2, 2013 from 8:30 a.m. to 3:30 p.m. at the historic Blue Goose Fruit Shed, 3550 Taylor Road, Loomis (program begins at 9 a.m.).

This educational event features five knowledgeable speakers who will share their ideas for home gardening as well as Master Gardener question-and-answer booths and informational booths from other agencies related to gardeners' interests. The event includes lunch and light refreshments.

The cost for the daylong event is \$30, and registration begins February 1st. Purchase tickets by credit card online at <http://pcmg.ucanr.org> or in person at the UCCE office in Auburn, located

at 11477 E Avenue (Dewitt Center), by cash or check. Advance registration is required. The topics and speakers are:

**From Garden to Kitchen**  
Joanne Neft, author of *The Art of Real Food and Placer County Real Food*  
Bringing our garden harvest into our kitchens

**Creating the "4th Dimension" for Garden Diversity**  
Ellen Zagory, Director of Public Horticulture, UC Davis Arboretum  
*Selecting plants that add another dimension to our garden's diversity*

**Beyond Tomatoes and Zucchini**  
Janet Miller, Contra Costa Master Gardener, Director of Propagation and Demonstration Garden,

Biointensive Garden Trainer  
*Unusual annual and perennial vegetables to grow in your garden*

**Adding Water to Enhance Your Garden**  
Sue Golden, Landscape Designer, Owner of Golden Pond Water Plants Nursery, Loomis  
*Many ideas on adding a water feature to your space without renting a backhoe*

**Creating a Healthy Garden**  
Carolyn Singer, Author of *The Seasoned Gardener and Deer in My Garden*  
*How to create a healthy garden habitat for ourselves*  
For more information, call the Placer County Master Gardener's Hotline at 530-889-7388.

Source: Placer County Master Gardeners

**SELECTQUOTE SENIOR**  
INSURANCE SERVICES

WHETHER YOU'RE LOOKING FOR A  
MEDICARE SUPPLEMENT,  
MEDICARE ADVANTAGE,  
OR PRESCRIPTION  
DRUG PLAN

☎ 888-927-0342

WE MAKE MEDICARE SIMPLE.

**When I'm at home ALONE**

I'm safe.  
I am protected by Alert1  
24 hours a day.

One touch of a button sends the help I need in event of a fall, medical emergency, fire or home intrusion.

For a FREE brochure call:  
**1-888-928-0974**

**BURIED in CREDIT CARD DEBT?**

Over \$10,000 in credit card bills?  
Can't make the minimum payments?

- ✓ WE CAN GET YOU OUT OF DEBT QUICKLY
- ✓ WE CAN SAVE YOU THOUSANDS OF DOLLARS
- ✓ WE CAN HELP YOU AVOID BANKRUPTCY

Not a high-priced consolidation loan or one of those consumer credit counseling programs

**CREDIT CARD RELIEF**  
for your FREE consultation CALL  
**888-505-1183**

We're here to help you Monday - Friday from 9am-9pm EST  
Not available in all states



## Emeritus at Emerald Hills Hosts Valentine's Day Senior Gala

AUBURN, CA – (MPG) Look out, Fred Astaire! Emerald Hills, an Emeritus Senior Living community is going to have you dancing away! On Thursday, February 14th from 3:30 – 5:00 they are hosting a Valentine's Day Senior Gala! There will be dancing, games, prizes and lots of chocolate! The cheerleaders from Placer High will also join the fun and volunteer

as dance partners! There will be a 1940-50's theme. Costumes are optional, but rewarded! The admission is free, but you will need to call 530.888.8847 for tickets.

A special dinner will be offered afterwards. Dinner is \$12 per adult. A portion of the proceeds will be donated to the Alzheimer's Association.

Emeritus at Emerald Hills is

located at 11550 Education Street in Auburn, down the street from Sutter Auburn Faith Hospital. Ample parking is available.

Emerald Hills is an Emeritus Senior Living Community, a national provider of assisted living and Alzheimer's and related dementia care services to seniors. For more information see [www.emeritus.com](http://www.emeritus.com).

## Cinema at the State Theatre Presents 1943 Academy Award winning "Casablanca"

AUBURN CA - The Auburn Placer Performing Arts Center announces its Cinema at the State Film Series selection for Thursday, February 21, 2013 at the State Theatre – the 1943 Academy Award Winning favorite "Casablanca".

An undisputed masterpiece and perhaps Hollywood's quintessential statement on love and romance; Casablanca has only improved with age, boasting career-defining performances from Humphrey Bogart and Ingrid Bergman.

Winning three academy awards for Best Picture, Best Director (Michael Curtiz) and Best Actor (Humphrey Bogart), Casablanca is one of the most beloved American films. This

**TWO SHOWINGS!**  
**Thursday, February 21**  
**Matinee 2:00 pm**  
**Evening 7:00 pm**

captivating wartime adventure of romance and intrigue defies standard categorization.

It is the story of Rick Blaine (Humphrey Bogart), a world-weary ex-freedom fighter who runs a nightclub in Casablanca during the early part of WWII. One day, to Rick's great surprise, he is approached by the famed rebel Victor Laszlo (Paul Henreid) and his wife, Ilsa (Ingrid Bergman), Rick's true love who deserted him when the Nazis invaded Paris.

The characters, dialogue, and music of Casablanca have become iconic, and the film has grown in popularity to the point that it now consistently ranks near the top of lists of the greatest films of all time.

Tickets are \$8.00 at the door, with a limited number of seats available for advance purchase online at [www.livefromauburn.com](http://www.livefromauburn.com). Or, call the Box Office at 530-885-0156. The box office opens 90 minutes before show time for each performance.

For a full schedule of upcoming films at the State, go to: [www.LiveFromAuburn](http://www.LiveFromAuburn)

"Play it once, Sam. For old times' sake" ~ Ilsa Lund (Ingrid Bergman)

## Bad Hatter Bandit Sought for Three Sacramento Area Bank Robberies

### FBI Special Report

Sacramento Region, CA – (MPG) The Sacramento Violent Crimes Task Force (SVCTF) is seeking help from the public to identify a man suspected of robbing three Sacramento area banks during the past two months.

The dates of the robberies and locations that have been struck by the "Bad Hatter Bandit" are as follows:

- November 29, 2012: Chase Bank at 3501 Del Paso Boulevard, Sacramento
- January 10, 2013: Chase Bank at 1800 Douglas Boulevard, Roseville
- January 29, 2013: Chase Bank at 3501 Del Paso Boulevard, Sacramento

The Bad Hatter Bandit is a black male standing 5'7" to 5'9" with a small build. While his

attire has changed frequently, the suspect arrived at each location with a leather folio and wearing one of a variety of black hats. A note or verbal demand for cash was issued in each of the robberies and the suspect indicated that he was armed.

A second, black male standing 5'9" to 5'11" who has an average build accompanied the primary suspect into the bank during the robbery in Sacramento on January 29, 2013. This second suspect approached the teller, and told her that he had a weapon. According to witnesses, additional accomplices have been seen in the Bad Hatter Bandit's getaway vehicles.

To date, all vehicles used for the commission of the robberies have been stolen and a different vehicle was used for each robbery. While no weapon was seen

in any of the three robberies, the suspects are considered armed and dangerous due to the verbal threats. The cases are being investigated by the SVCTF, FBI, Roseville Police Department and Sacramento Police Department.

Additional details and photos are available on the FBI's new Wanted Bank Robbers website: <https://bankrobbers.fbi.gov>. Anyone with information regarding this robbery is asked to contact the FBI in Sacramento at (916) 481-9110, Crime Alert at (916) 443-HELP, Roseville Crime Stoppers at (916) 783-7867, Roseville Police Department or Sacramento Police Department.

Callers who provide information to Crime Alert and Roseville Crime Stoppers can remain anonymous and may be eligible for a reward.

## Sheriff's Office to Release Video of Theft

### Special Placer County Sheriff Release

PLACER COUNTY, CA – (MPG) The Placer County Sheriff's Office is releasing video of two men carrying a safe out of a Loomis liquor store early Saturday morning, with the hope that citizens may recognize them and report them.

At 4:20 Saturday morning, two men forced entry into Stone Tree Liquor & Food on Taylor Road in Loomis. They removed the business' safe and then fled in a light-colored import, possibly

a tan or gold mid-90s to 2000 Honda Civic or similar.

One suspect is 5 feet, 10 inches to 6 feet tall, weighing about 250 pounds and wearing a sweatshirt with "SKIN" written on the front in white lettering. Another suspect has the word "CHAMPION" in red lettering on the back of his hooded sweatshirt.

Another suspect is about 5 feet, 8 inches tall and weighs about 165 pounds. He wore a black hoodie and jeans. A witness saw a fourth suspect fleeing with the group.

Anyone with information on the suspects or the burglary is asked to contact Detective Ryan West at 916-652-2423. Anyone wishing to remain anonymous and be eligible for a cash reward is asked to call Placer County Crime Stoppers at 1-800-923-8191. Or go to Placer County Crime Stoppers website at [www.placercrimestoppers.com](http://www.placercrimestoppers.com) and report anonymous tips online. All tips are confidential and information leading to an arrest or arrests can earn a reward of up to \$1,000.

## Senator Gaines Proposes Legislative Relief from Fire Tax

SACRAMENTO, CA – (MPG) In his continued efforts to fight against the illegal fire tax, Senator Ted Gaines (R-Rocklin) has introduced three pieces of legislation this session that will provide relief for rural Californians forced to pay the fee.

"This \$150 fire tax is illegal and unfair – plain and simple," said Senator Gaines. "My goal with these bills is to offer some hope and support to Californians who are still facing a 10-percent unemployment rate and struggling just to make ends meet."

**Senate Bill 17** would reverse the Governor's and legislative Democrats' decision to raise \$84 million in taxes by charging rural property owners a "fee" for fire prevention services as part of the 2011-12 budget. These communities are located in "State Responsibility Areas" (SRA) designated by the California Department of Forestry and

Fire Protection (Cal Fire), even though their property taxes already contribute to the service contracts that counties have with Cal Fire.

**Senate Bill 125** would exempt a property owner of a structure that is located both within an SRA and within the boundaries of a local fire protection district from having to pay the \$150 tax. Many rural property owners already pay local fire agencies for protection so this legislation would eliminate the double-taxation scenario for those residents.

**Senate Bill 147** would exempt any property owner located within an SRA who has an income of less than 200 percent of federal poverty level (as determined by the U.S. Department of Health and Human Services Poverty Guidelines) from paying the \$150 fire tax. Many Californians fall within this low income category.

This fire tax has been imposed

on the owners of more than 800,000 properties in the state. According to census and Cal Fire data, Senator Gaines' largely rural district includes nearly 25 percent or approximately 200,000 of the properties whose owners are subject to the fee.

"My legislation comes at a time when Cal Fire has been accused of stashing away millions in a secret fund," said Senator Gaines. "I hope my legislative colleagues realize that charging rural Californians a \$150 illegal fire fee specifically to support Cal Fire operations, at the same time they are hiding millions provides enough justification to support these bills."

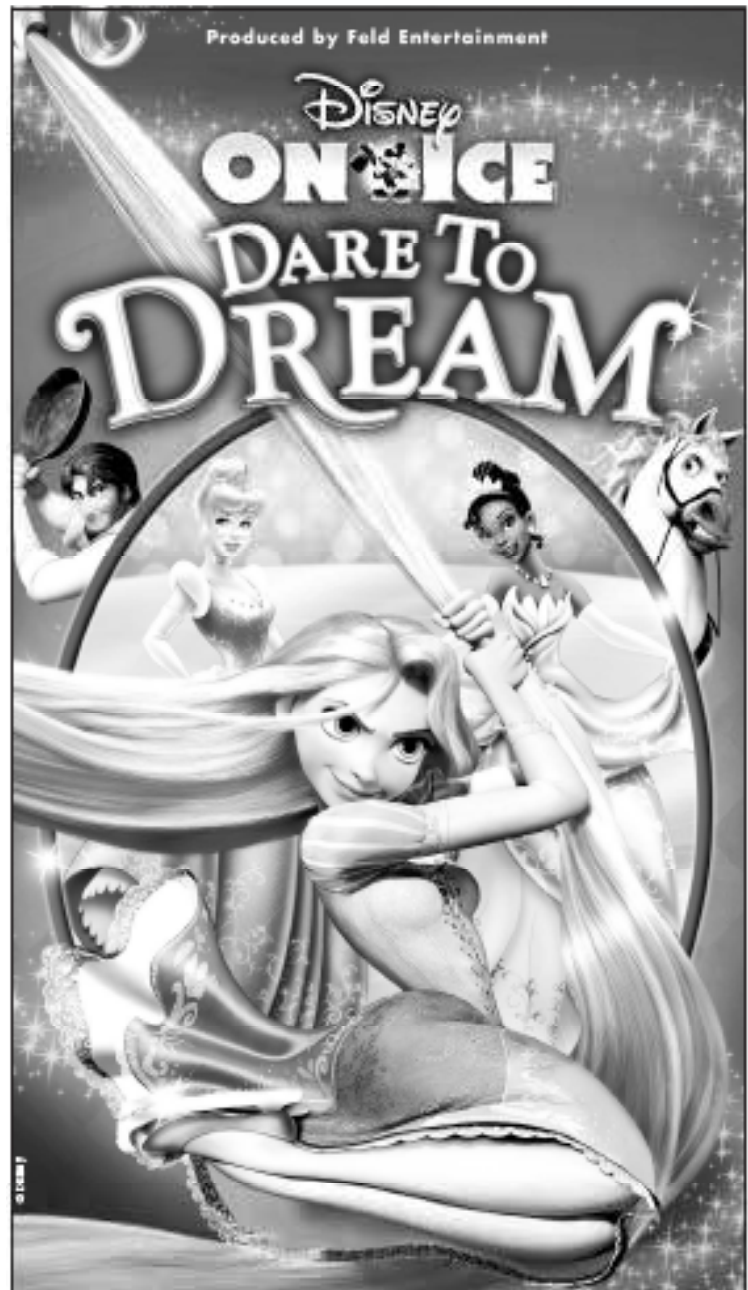
*Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.*

## LaMalfa Comments on President's Failure to Release a Budget

WASHINGTON, DC – Rep. Doug LaMalfa (R-CA) February 4th commented on the failure of the Obama administration to publicly release a budget plan by the date required by federal law. The administration has missed the budget release deadline 80% of its time in office.

"House Republicans put our money where our mouth is by passing the No Budget, No Pay Act and having our pay withheld if we fail to pass a budget on time. The President, however, has missed the legally-required date to release his budget for the fourth time in five years," said LaMalfa. "The American people deserve to know how their taxes are spent, and failing to release a budget is just one more way to obscure out of control spending."

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



Opening Night Tickets Just \$11!

FEB. 7 – 10



Thu, FEB. 7 @ 7:00 PM	Fri, FEB. 8	Sat, FEB. 9	Sun, FEB. 10
OPENING NIGHT TICKETS \$11!	7:00 PM	11:00 AM 3:00 PM 7:00 PM	1:00 PM 5:00 PM

FEB. 13 – 18 **SLEEP TRAIN ARENA**

Wed, FEB. 13 @ 7:00 PM	Thu, FEB. 14	Fri, FEB. 15	Sat, FEB. 16	Sun, FEB. 17	Mon, FEB. 18
OPENING NIGHT TICKETS \$11!	7:00 PM	7:30 PM	11:00 AM 3:30 PM 7:30 PM	11:00 AM 3:00 PM 7:00 PM	12 NOON 4:00 PM

Buy tickets at Ticketmaster.com, SleepTrain.com, Retail Locations, Arena Box Office or call 1-800-748-2888

Regular Ticket Prices \$17 - \$28 + \$2.00 UP + \$2.00 Post Fee  
Additional fees may apply



[www.sleeptrain.com](http://www.sleeptrain.com)



Home Delivery Routes Available. Placer Sentinel 530-823-2463



Visit YourNews.com







By Ronnie McBrayer

In these days when it seems everything has become angry polarization, it's not uncommon to hear someone in the heat of an argument invoke the familiar words of Jesus: "Judge not, so that you are not judged." These words are probably misapplied as much as anything Jesus ever said.

Jesus' prohibition against judging has less to do with our academic arguments than it does with how we treat people. The better translation of his words is, "Do not condemn others." This changes the whole equation, as Jesus doesn't ban "judgment" in the sense of discernment, making honorable choices, or being an informed person. Rather, Jesus is precluding the use of condemnation against others.

Yet, if you turn to the media, read much of what is printed by Christian publishers, listen to what is repeated in church pulpits, or spend time perusing the Christian blogosphere, it seems the only voice we Christians have is that of a crotchety old man, angry that the neighborhood kids won't stay off our lawn.

Yes, some of what we say is healthy, principled dissent; but too much of it is an exhaustive collection of condemnation and angry finger-pointing, incensed as we

## Keeping the Faith

are, at what everyone else is doing wrong. But by Jesus' own word, the church is not permitted to become this type of condemnation-meting society. We are not called to operate a business of inflicting punishment on others. In fact, we aren't called to mind others' business at all.

In my vocation I often come across those who are hostile toward the Christian faith. I try to engage such individuals and learn something from them. What I have learned from people such as these, more often than not, is their exasperation over how we Christians frequently come across as a kind of moral SWAT team.

We intrude into the lives of others filling the air with the ammunition of "ought, should, and must" when we would be better served by turning our energies and attention to our own hearts and examine our own lives, not the lives of others. Dietrich Bonehoeffer said it like this, "Jesus is the only standard by which disciples should live, but he is not a standard we can apply to others. He is a standard we can only apply to ourselves."

So, when we as Christians get blisteringly angry with those who sin differently than we do, we should remember to mind our business. That business is to love, not to condemn. That business is to begin with the self, for beginning there will keep us busy for a lifetime.

To that end, there is a wonderful story from famed Rabbi Mendel Futeras, who survived years in the Soviet Gulags of Siberia. In the Gulag, one of the many activities that was prohibited and dealt

with harshly was playing cards. Still, some of the inmates managed to smuggle in a deck of cards, and they would play for hours without the guards knowing.

Finally, however, an informant sold the card-playing prisoners out. The guards would storm in with surprise inspections looking for the cards, but could never find them. They checked every inch of the barracks including strip searches of the inmates, but the result was always the same: Nothing. Yet, as soon as the guards left, the cards would reappear and the games continued.

Rabbi Mendel couldn't understand how this happened, but eventually the card players let him in on their secret. "You see," they said, "we are professional pick-pockets. As soon as the guards enter the barracks, we slip the cards into their pockets. Right before they leave, we slip them back out again. It never occurs to the guards to check their own pockets."

"Judging" does not prevent us from having and sharing opinions. It doesn't mean we can't give a verbal witness to our faith. But it does mean we refuse – absolutely refuse – to condemn others. We leave "room in our hearts for God's grace," and that room is made possible by looking in and emptying our own pockets first.

*Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at [www.ronniemcbrayer.net](http://www.ronniemcbrayer.net).*

## As My Luck Would Have It

By Rev. James L. Snyder, D. Litt

I am not superstitious [knock on wood] but some things happen to me that leave me a little bit suspicious. I am not sure if there is a connection between superstitious and suspicious, but if there were, that would explain a lot in my life.

I start every year with high hopes of making certain changes in my life. If I had a quarter for every change I wanted to make in my life but didn't, I would have all the change I need.

This past week was one of those weeks. I was minding my own business, which for me is a full-time job without benefits, and no matter what I did; I was either a day late or a dollar short.

I had to go across town for a business meeting and as my luck would have it, I hit every red light. I am not sure but it seemed that there were 1,937 traffic lights in route to my destination.

I had a gift card that I cannot remember when I got it, but I thought I would get a nice gift for myself. I selected my gift, went to the cash out counter and was informed that my gift card had expired "yesterday." I think I have just too many yesterdays in my life. I would like a card once that would expire "tomorrow". I have plenty of them.

The bookstore that I do my business was having a special on a book that I really wanted. I got to the store, stood in line for well over an hour and, as my luck would have it, the person in front of me got the last one. Where's my gun when I need it?

I believe if there are 100 people playing a \$10 million lottery I would be number 101. I come so close so many times, but you know what they say, an inch

missed is like a mile missed.

When my wife and I started our marital journey, we did not take a vow of poverty. It just has turned out that way. As soon as we have a little cash ahead, my wife begins to wonder what is going to break in the house. And, as luck would have it, she is usually right.

All week long, my week went like this. All week long, I could not catch anything and then, as my luck would have it, I caught a cold. I did not set out at the beginning of the week to catch a cold. Whoever threw that cold at me I would like to find out right now. Of course, why I caught it in the first place is to be questioned. I really did not see it coming.

Why is it you cannot catch what you want but usually can catch what you do not want?

A friend of mine always reminds me along this line that, "That's life."

I caught a cold and now I did not know what to do with it.

I got up late in the morning, put on my bathrobe and went toward the kitchen wheezing and coughing as I shuffled down the hallway. When I got to the kitchen the Gracious Mistress of the Parsonage looked at me with one of "those looks" and said rather sternly, "Don't you dare give that cold to me."

I was sick but I was not too sick to know a death threat when it came my way.

When it comes right down to it, I am really a generous person. I would give you the shirt off my back if you needed it. However, when I have something like "a cold," I cannot give it to anyone. Nobody wants it! Believe me, the cold I have to give I would give freely.

"You turn around," my wife said very sternly, "and march

yourself right back into bed." Not only did I catch a cold, but also I am now catching the dickens.

I must confess that I am an expert at catching the dickens, I have just never figured out what to do with it when I got it. If I was good at catching luck as I am with catching the dickens I would be the luckiest man in the world. If someone knows a profitable market for "dickens" please contact me soon.

Slowly I turned, step by step, I walked down the hallway, it seemed like of thousand miles, I finally threw myself into bed. Thankfully, the bed caught me.

And so, as luck would have it, I have caught the cold, caught the dickens from my wife, and now I plan to catch up on some sleep.

I am not sure if you starve a cold and feed a fever or if you feed a cold and starve a fever. So in my confusion, I fed myself.

Resting on my bed, I thought of one of my favorite Bible verses. "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28 KJV).

Life is full of ups and downs. Just when you think you are up you find yourself on the way down. The important thing in life is to have a safety net. For me, Jesus is my safety net and has never let me down. He will always catch me.

*The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).*

### ATTEND COLLEGE ONLINE 100%

\*Medical, \*Business, \*Criminal Justice, \*Hospitality, \*Web  
Job placement assistance. Computer available.  
Financial Aid if qualified. SCHEV authorized.

Call 888-210-5162  
[www.CenturaOnline.com](http://www.CenturaOnline.com)

**Centura**  
COLLEGE

### AIRLINES ARE HIRING



Train for hands on Aviation Maintenance Career.  
FAA approved program.

Financial aid if qualified - Housing available.

CALL Aviation Institute of Maintenance

877-804-5293

### Classified Advertising

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



530-823-2463

### Allied Insurance

a Nationwide® company  
On Your Side®

### Auburn's Insurance Center

#### For All Your Insurance Needs

"Big discounts for Home and Auto Packages"

**FARM • COMMERCIAL LINES • COMMERCIAL AUTO  
LIFE INSURANCE**

Richard Flores  
Tom Jones

Lynn Johnson  
Karen Magorian

**F** Flores  
Insurance  
Lic#OB11914

530-823-6844  
1-800-207-9851

### RUHKALA MONUMENT CO.

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

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



By Karen Anderson

Once again, you look around at your life and you realize you haven't moved even an inch. You are STUCK, and life can become so frustrating that you don't know what to do. My question to you is... how did that happen? I know for me, what gets me stuck is that long "To-Do List" and life's distractions that get in the way of my good intentions. I get so mad at myself, because at the end of the day I look back and realize the day was a waste. The next day I wake up with the same intention but I remember what happened the day before, and many times the day is a waste once again.

I have talked about this before; ask God for His help. Did you know that He will come and help if asked? All you have to do is say, "Help me God!" The

## Out of the Quicksand

enemy (Satan) does not want you to accomplish anything that is God's purpose for your life, so he uses your life against you. NOW YOU'RE STUCK. He is the king of deception. His royal decrees continue to trap us. Don't take his power over you so lightly. You might think this is just your human nature creating these distractions for you, but it is not. Remember, Satan lives on earth with us and he is roaming around like a lion ready to ruin your life and your good intentions.

I'm serious about praying openly to God for help in these areas. Something I was never good at was praising and thanking God for His help. Get in the habit of telling God how much you love and appreciate Him. That's what I am making a point to do. He doesn't always answer prayers right away, but praise Him for the answers that are on their way. God's Word says, "Be strong. Take courage. Don't be intimidated. Don't give them a second thought because God, your God, is striding ahead of you. He's right there with you. He won't let you down; He won't leave you."

Take this to the point of believing when Satan is attacking you with whatever stops your life, CLAIM THIS VERSE!

I promise, as you claim God's scripture, the enemy will flee from you. Ask God's protection to surround you; then move through your day. One very important thing...at the beginning of your day, spend time with God, but remember that at the end of your day, thank God for everything He did for you. I, personally, am still working on this, but it is a blessing for me to see that God really did show up and helped me get UNSTUCK! If I can do, you can do it. Blessings to you all for staying UNSTUCK...make it a regular routine, every day.

PASSAGE: Deuteronomy 31:6  
(The Message)

*Karen Anderson is an accomplished speaker, author, and chaplain. Latest books, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series." Leave a message for Karen through her website [www.doablesteps.com/contact](http://www.doablesteps.com/contact).*

## Weddings of Joy



Reverend Paul Scholl  
Interfaith Minister, B.Msc

*Creating  
special moments  
and  
sacred events*



916. 773.7337  
GO2DLYT@aol.com


Call to Discuss Your Wedding Plans  
Go to [www.LovingOutLoud.com/weddings](http://www.LovingOutLoud.com/weddings)

**Got Church News?**  
**Call 530-823-2463**









Looking for one place to get answers to your questions about government benefits and services? USA.gov has you covered. It's your official source for government information.

**USA.gov**  
1 (800) 368-6769

### Widowed Person's Association Luncheon

AUBURN – Widowed Person's Association of California will hold its monthly luncheon meeting - at the Sizzler Restaurant in Auburn.

Call Jeanette at 888-6880 by February 18th to make reservations. All Widowed People are invited to attend three activities of this organization prior to joining our membership.

Other activities include: card playing, luncheons, dinners, bingo, bowling, trips to Reno, Koffee klatches and special activities. Koffee Klatch will meet at Mon's Kitchen at 395 Nevada Street Auburn, Mon. January 16, at 9:00 AM.

Hope to see you there. For a free newsletter call Denise (530) 823-5321.

### STATEPOINT CROSSWORD • VALENTINE'S DAY

**CROSSWORD**

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
19				20		21	22						
		23			24								
25	26	27		28		29		30		31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48					49		50		51		52		
				53		54		55		56			
	57	58	59					60			61	62	63
64						65	66			67			
68						69				70			
71						72				73			

**if you could save \$522 ... why wouldn't you?\***

Call 1-866-929-9071 to get your fast, free car insurance quote.

esurance<sup>®</sup>

an Allstate company

\*National average annual savings based on data from customers who reported savings by switching to Esurance between 1/1/10 and 5/1/10.

© StatePoint Media

### CLUES

**ACROSS**

1. "Good night kiss spot"
6. Old age, archaic
9. De Valera's land
13. "My Own Private \_\_\_\_"
14. Big Island flower necklace
15. Kind of sentence
16. Things that are unacceptable
17. Some watch the Super Bowl just for these
18. Irregular
19. "Isolde's tragic lover"
21. "The man behind the massacre"
23. Unagi on sushi menu
24. "Stag"
25. Grease holder
28. Elders' teachings
30. "St. Valentine's occupation"
35. 7th letter of Greek alphabet, pl.
37. \_\_\_\_ Lofgren, musician
39. Banal or commonplace
40. Astronaut's insignia
41. To impede or bar

43. America's favorite
44. Extremist
46. Old Russian autocrat
47. Bone-dry
48. A one-horse open ride
50. "Iliad," e.g.
52. Name fit for a king?
53. Getting warm
55. Bovine sound
57. "Bella's choice"
60. "Shall I \_\_\_\_ thee to a summer's day?"
64. Style of abstractionism popular in 1960s
65. Word of possibility
67. Under deck
68. Eagle's home
69. Part of T.G.I.F.
70. Eat away
71. End of a leg
72. Surf turf
73. Motion Picture Association of America, e.g.

3. Indian princess
4. Selected
5. Inexpensive inn, especially for youths
6. Distinctive flair
7. \_\_\_\_ Zeppelin
8. Tony Manero's music
9. Introduced in Europe in 1999
10. One who is "\_\_\_\_ it"
11. "Most popular Valentine's Day gift?"
12. Compass reading
15. Student's piece
20. "Dateless"
22. Matterhorn, e.g.
24. Bartender's soda choice
25. "Cupid's mom"
26. "\_\_\_\_ costs"
27. Certain buds do this
29. Reduced Instruction Set Computer
31. Fleur-de-lis
32. Type of duck
33. Mail stop
34. Teletype machine, for short

36. Delhi wrap
38. "All My Children," e.g.
42. Movie trailer, e.g.
45. Related on the father's side
49. Of a female
51. Like a funeral procession
54. Administrative
56. "La Bohème," e.g.
57. Fencer's weapon
58. Some choose this over truth
59. Court order
60. Benign lump
61. A bunch
62. Traveled on
63. Water carrier
64. Dunce
66. Absorbed, as in a cost

**For Solution See Page 7**

### SUDOKU

**dish**  
Starting at  
**\$19.99**  
for 12 mos.

**DISH NETWORK**

SAVE! & Ask About SAME DAY Installation!

PLUS 30 Premium Movie Channels FREE for 3 Months!

CALL 1-888-903-6814

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

© StatePoint Media

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.

### GOT LOCAL NEWS?

Call 530-823-2463

PlacerSentinel.com

## Home Delivery Routes Available



530-823-2463

## Business & Service Directory

### LEGAL SERVICES

**BONES LAW FIRM**

411 Corporate Dr, Suite 211, Sacramento, CA 95811

*The Law Firm provides the following legal services:*

- Bankruptcy • Business and Corporate Matters
- Trust and Trust Administration
- Estate Planning • Probate and Conservatorship
- Family Law

P: 916.965.6647  
F: 916.965.4218

gbones@boneslawfirm.com

**Gordon G. Bones**  
Attorney at Law

### PET LOSS

## EAST LAWN PET LOSS CENTER

Pet Burials • Cremation  
• Home Euthanasia

Located at  
**Sierra Hills Pet Cemetery**  
(I-80 @ Greenback)

www.EastLawnPets.com  
(916) 732-2037

### MOBILE HOMES FOR RENT OR SALE

## MOBILE HOME ESTATES

A PEACEFUL CITRUS HEIGHTS COMMUNITY  
*We Can Help You Own Your Home!*

Purchase and Rent-to-own Available!

\$499 Moves You In!

Stonemate Mobilhome Estates A 55+ Park

7368 Whyte Ave., Citrus Heights, CA 95621 Ph: 916-728-5511  
WWW.STONEGATEMHP.COM

### 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

### FIDUCIARY SERVICES

## PROFESSIONAL FIDUCIARY SERVICES

Peace of Mind and Heart

Janet Kay Welborn JOLDFINCCG

5150 Fair Oaks Boulevard Ste. 115 • Carmichael, CA 95608  
License #990

Call 916-717-4437 • Fax 916-221-9350  
jwelborn@professionalfiduciaryservices.net

www.professionalfiduciaryservices.net



### HANDYMAN

## QUALITY LABOR & MAINTENANCE

Yard Work,  
Hauling,  
Gutter Clean,  
Child Jobs



You Name It!

(916) 613-8359

### FUNERAL SERVICES



Lind Brothers FD 1141

A Family Owned Funeral Home  
and Crematory Since 1964

4221 Manzanita Ave.  
Carmichael  
916-482-8080

### 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)

### FUNERAL SERVICES

## RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY  
FAIR OAKS, CA 95628

Tel (916) 9611265  
Fax (916) 9612430

### TREE SERVICES

ESTABLISHED IN 1981

## BRUNO FERAZZA

Tree Service

Complete Tree Care  
Expert Trimming  
Safe Removal  
Stump Grinding

Certified Arborist  
**FREE ESTIMATES**  
Fully Insured  
License # 636736

530-885-7729      916-201-7462

BrunoFerazzaTreeService.com

### Specialties Plus

- Machine Repairs (all makes & models)
- Toner Cartridge Refills (all makes, models)
- Laser Ink Cartridge Refills (all makes)
- Fine Cleaning & Wax Services
- Ink and Toner
- Screen Cartridges (all makes)
- Laser or Rem.
- High Volume Copying



### Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail:  
speplus@comcast.net

(916) 723-8430

### PET SERVICES

## DOG TRAINING, DOG WALKING, PET SITTING

The Pet Agency

Off-Leash E-Collar Training  
(Reward-Based)

Off-Leash Exercise Adventures

In-Home Pet Sitting

A+ rated by BBB  
10 years experience

ThePetAgency.com • 916-968-3111



### DOG RESCUE

Gary

(916) 834-2841

Please  
Adopt or Foster

Because so many really  
great dogs are dying  
for a good home...

ShelterMOU  
@hotmail.com

### THRIFT SHOP

## SPCA THRIFT SHOP

The Good News-Profits

Helpless Animals  
Need Your Donations

Will Pick Up  
Call 916-442-8118  
1517 E Street  
for donations  
10-4pm





# CLASSIFIED MARKETPLACE

## Reach Over 300,000 Readers Each Month



*A great way to buy, sell, or jump-start your new business!*



Place Your Classified Ad in the MPG Classified MarketPlace and reach over 300,000 people throughout Sacramento County and Placer County for one low price!

***What Do You Get ?***

30 Days in print in 4 local newspapers. 5 lines with a photo.  
30 Days online in 12 local news sites. 5 lines with up to 5 photos.

***What Does it Cost?***

You pay only one low price for the entire 30 Day package!

***How does it Work?***

- Go to MPG8.com.
- Click on the banner for the newspaper in your area.
- Click on the bright yellow Classified Marketplace banner.
- Click on Place an Ad, and follow the instructions.
- You are not charged until you create and approve your ad!

*It's Easy. It's Fast. It Works.*



Messenger Publishing Group

Carmichael Times
Clear Lake Messenger
AMERICAN RIVER MESSANGER
Placer Sentinel
Sacramento Herald
Sierra Messenger

CRASNAVALE
Summit Bay Messager
MERCURY
Salt Lake Sentinel
NATIONAL MESSANGER
Joyful Living

Print publications include: Carmichael Times, Clear Lake Messenger, American River Messenger, Placer Sentinel. All other publications are online.





# POPOFF!

with Mary Jane Popp

## SAVING YOUR HEART

We are into the heart mood as we near Valentine's Day with every heart cliché you can think of. And we all love the flowers and the candy and the cards too. Maybe we should be thinking long and hard about the real heart that keeps us going every day instead of the candy ones. The number one killer in the U.S. is heart disease. But when you think of heart problems, you picture an overweight middle-aged man, right? What if I told you the number one killer of women in North America is heart disease? Got your attention, huh? It accounts for a third of all deaths in women and far surpasses the prevalence of breast cancer. It's true, and that's why Cardiologist Dr. Martha Gulati and Pharmacist Sherry Torkos took on the task of getting women, who often neglect their heart health, to take notice in their book "Saving Women's Hearts." While the stats can be frightening, the good news is that most risk factors for heart disease can be changed. You can bet my ears perked up when Sherry took me on the Myths and Misconceptions of women and heart disease on my POPPOFF Radio Show.

1) Heart disease is only an issue for elderly women: While heart disease is the chief killer of women over 65, it is the second leading cause of death in women ages 45-64 and the third leading cause of death in women 25-44.

2) Women should be treated less aggressively after a heart attack than men: Absolutely not. The unfortunate reality is that women are treated less aggressively after a heart attack and are also more likely to die after suffering a heart attack.

3) Risk factors for heart disease are the same in women as in men: Not so. Certain conditions are more likely to cause heart disease in women than in men, such as metabolic syndrome and menopause. Stress is also more likely to damage women's hearts.

4) Sex increases the risk of heart attack: It is commonly thought that sex is a major trigger for heart attacks, yet only 1% of heart attacks are brought on by sexual activity.

5) Coffee is bad for your heart. While too much caffeine can raise blood pressure, coffee actually contains significant amounts of antioxidants. A recent review of 21 studies found that women who drank one to four cups daily actually had a lower risk of heart disease.

6) Nuts can raise cholesterol levels: Nuts are a good source of soluble fiber and other nutrients and research has found that consuming a handful of nuts daily can lower cholesterol and the risk of heart disease.

7) Hormone replacement therapy protects against heart disease: In fact, menopausal women who participate in estrogen replacement therapy actually may be at increased risk for heart disease.

So I asked Sherry how I can save my heart, and she shared these nine ways:

1) Get at least 7 hours of sleep every night. Women who sleep 6 hours or less have been shown to be at greater risk.

2) Take 10,000 steps a day. Use a pedometer and gradually

increase the number each day. Exercise fights heart disease in numerous ways.

3) Have oatmeal with chia seed for breakfast. The soluble fiber in oats and chia can help lower cholesterol.

4) Eat more fish, garlic, and green tea. These foods help cut heart disease risk.

5) Choose whole grain bread/pasta and brown rice over white rice. Studies show that highly refined carbs are worse for your heart than foods high in saturated fat, like red meat and butter.

6) Avoid foods that contain trans-fatty acids. They can raise cholesterol levels and increase risk of heart disease.

7) Don't sweat the small stuff. Stress is a major risk factor for heart disease.

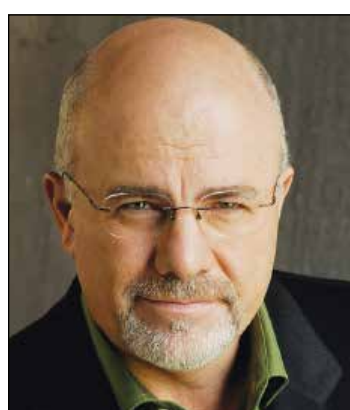
8) Laugh more. Laughing relaxes and expands blood vessels, which protects the heart.

9) Get screened for heart disease...beginning at age 20!

WOW! That stuff about stress really got to me. Maybe that's where the

breaking your heart saying comes from. I wanted to finish on a positive note with Valentine's Day coming soon. So Sherry gave me five Heart-Smart Indulgences. Don't want you to be bored on that special day so here goes...Avocado, Dark Chocolate, Red Wine, Nuts, and Berries. You got me on the Red Wine and Dark Chocolate. I am now a happy camper! And don't forget have a good belly laugh or two! HAPPY VALENTINE'S DAY!!!

Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPOFF 10 PM - Midnight.**



# Dave Says

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

## Setting Up The Kid's Car Insurance

Dear Dave,  
I'm divorced and have a teenager who will be driving soon. What would be the best way to set up insurance for the child?  
- Mike

Dear Mike,  
I suppose a break-up does change the dynamic somewhat, but with my kids I simply left the car in my name and paid the extra insurance cost for a little while. For me, still being in

control of the car as a dad outweighed the additional money I was paying in premiums. Having a minor child running around in the world with his or her name on a car title is not a good plan.

Then, when they turned 18, I put each of their cars into their names. This, of course, was dependent on them behaving and acting responsibly. They were legally liable at that age too. I'm sure the insurance costs went up, but at that point the financial risk and liability factors were on them, not me.

In this kind of situation, especially because there's more of a potential for disagreements, I think I'd do it that way. Just put it in your name for now, especially if you're putting money toward the purchase of a vehicle.

## Where To Put The 15 Percent?

Dear Dave,  
My employer recently stopped matching my 401(k) contributions. Together, my husband and I make about \$100,000 a year. Should I continue to invest in this option, or should I put money into an IRA?  
- Linda

Dear Linda,  
If possible, I would put 100 percent of my retirement savings into a Roth IRA with good, growth stock mutual funds before messing with a non-matching 401(k). But remember, my goal if you follow the Baby Steps is to be debt-free except for your home, and have an emergency fund of three to six months of expenses, before you begin setting aside for retirement. These are the steps that allow you to be prepared for emergencies and free up your largest wealth-building tool, which is your income.

With your income, both you and your husband could open Roth IRAs and contribute \$5,500 each in 2013. That's a total of \$11,000 toward retirement next year, and it's only 11 percent of your income. With this in mind, I'd advise going ahead with your 401(k)s after your Roth IRAs are in place. That would flesh out the remaining four percent and give you guys 15 percent of your income going toward retirement!

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

## 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

### Do You Suffer From Chronic Pain?

Before Symmetry

Poor Posture

**SYMMETRY**

After Symmetry

Equals NO PAIN

Are You Starting to Look Like Your Parents?

Lasting PAIN RELIEF Through Postural Alignment Therapy™

Call (916) 467-7764 or go to [www.symmetryforhealth.com](http://www.symmetryforhealth.com) to Register for a **FREE 90 MINUTE EVALUATION!**

Folsom Health and Wellness Center 2575 E. Bizuel St., Ste. 260 Folsom, CA 95630

perfect wedding guide

## Sacramento's Best Wedding Planning Resource

in print

Pick up your **FREE** copy at bridal and jewelry stores.

online

Find all your local wedding vendors, plus **FREE** planning tools, and your own wedding web site.

<http://sacramento.pwg.com>

[facebook.com/SacramentoPWG](http://facebook.com/SacramentoPWG)

THE VOICE OF THE FOOTHILLS

# AM 950 KAHI

Community Involved

Live at AM 950 - Live at [www.KAHL.com](http://www.KAHL.com)

---

**Weekdays**

6 - 9am: The Kahi Morning News with Barry Stigers and the Kahi News Team

9am - Noon: The Laura Ingraham Show

Noon - 1pm: The Kahi Noon News with Mary Jane Popp and the Kahi News Team

1 - 4pm: The Dave Ramsey Show

4 - 6pm: The Kahi Afternoon News with Dave Rosenthal and the Kahi News Team

6 - 7pm: The Drive Home Show with Dave Rosenthal

Wednesday: Wealth Strategies with Hunter William Bailey

7 - 10pm: Sports Byline USA with Ron Barr

10pm - 12am: Poppoff with Mary Jane Popp

**Saturdays**

6 - 7am: A Time for Seniors

7 - 8am: The Swap Shop

8 - 9am: The Kahi Corral

9 - 10am: The Garden Guru

10 - 11am: The Dew Sweepers Golf Show

11am - 7pm: Sinatra & Friends Music

7 - 8pm: A Way With Words

8 - 9pm: Rewind with Jimmy Jay

**Sundays**

7:30 - 9am: Cruisin' Garage & Swap Meet

9:00am - 7pm: Sinatra & Friends Music

7 - 8pm: A Way With Words

8 - 9pm: Hearts of Space

KAHI increases our commitment to foothills news with our new News Director, **Mary West**

Tune into KAHI Radio each weekday for seven 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](http://www.kahi.com).

## Home Delivery Routes Available.

# Placer Sentinel

Call (530) 823-2463

Laura Ingraham

Dave Ramsey

Mary Jane Popp

Call to Advertise! (530) 823-2463



one call  
could save you 28%  
on car insurance\*

Call 1-888-927-3024 to see  
how much you could save.

**esurance**<sup>®</sup>  
an Allstate<sup>®</sup> company

\*National average annual savings based on data from customers who reported savings by switching to Esurance between 12/1/11 and 4/30/12.

© 2012 Esurance Insurance Services, Inc. All rights reserved. CA License #0087829



