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Volume 24 • Issue 4

Serving Auburn and Placer County since 1987

Second Issue of February 2013

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Not in My Backyard?



Human sex and forced labor trafficking thrives in Placer and Sacramento counties. Victims of sexual exploitation include street prostitution and escort services.

By Elise Spliess

PLACER COUNTY, CA—(MPG) Human Trafficking is modern-day slavery, and it does exist in Sacramento County. According to the FBI, Sacramento County is among the top five counties for prosecuted Domestic (U.S. born) Minor (under 18 years) Sex Trafficking (DMST) cases in the nation. In our area, the majority of these cases are found in impoverished and at-risk communities such as North Highlands, Del Paso Heights, Oak Park and Meadowview. Ninety-nine percent of cases involve children with no father in the home.

No child, youth or teen ever wakes up one day and says, “today I’m going to become a forced labor or sex slave”, and yet at least 100,000 children are being exploited every year in the United States.

Human trafficking is now tied with the arms trade as the #2 criminal industry in the world, second only to drug trafficking.

How has this happened, seemingly right under our noses?

What is Human Trafficking? How long has it been going on and what is being done to save those already caught in the bonds of human slavery in our area, and prevent it from happening to others? While this topic is much too extensive for one article, there is basic information that can be used by readers to become aware of the problem and learn the signs to look for in their own interaction with the youth in their own community.

The legal definition of Human Trafficking: According to the Trafficking Victims Protection Act (TVPA) of 2000, “Severe Forms” of human trafficking (H.T.), are defined as: a) sex trafficking in which a commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform such an act has not attained 18 years of age; OR, b) as the recruitment, harboring, transportation, provision or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purposes of subjection to

involuntary servitude, peonage, debt bondage or slavery.

The existence of modern human trafficking in the United States came to light dramatically in 1995 in Los Angeles in a case dubbed the “El Monte sweatshop case”. Seventy-two female garment workers from Thailand were discovered living and working in an apartment complex in the El Monte neighborhood in Los Angeles. Hidden from public view, the complex was surrounded by barbed wire, and the women were forced to work there, some for 7 years, under fear of physical harm and deportation.

This was one of the defining moments in modern anti-slavery movement in the United States. It was virtually unknown until this case that real slavery still existed in this country.

As a result of this case and the Thai worker’s experiences, the U.S. government’s approach to combating human trafficking changed. Major revisions and improvements in state and federal legislation were made. Law

enforcement and service providers were also able to improve their response and treatment of human trafficking cases.

Examples of forced labor are: panhandling, restaurant services, farming or landscaping, fisheries, janitorial services, domestic (nannies or servants) in private homes, or as hotel/motel housekeepers, construction, and factory work, OR illegal enterprises such as selling drugs and forcing victims to serve as decoys in smuggling cases.

Victims of sexual exploitation include work in street prostitution, pornography, stripping, exotic/nude massage, escort services, phone line sex, gang based prostitution, international pimping, and forms of Internet based exploitation.

Victims are not only found working in businesses but also in homes. Some victims are forced to work by their own relatives, often brought here from other countries such as Mexico, where they are promised a good

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Taxpayers Fleeced by Bad Accounting at State Parks



Jim Nielsen says the Department of Parks and Recreation have ignored accounting guidelines.

PLACER COUNTY, CA – (MPG) State Senator Jim Nielsen (R-Gerber) issued the following statement regarding the State Auditor’s report, Department of Parks and Recreation, Weak Procedures Have Led to Inconsistent Budgetary Reporting and Difficulties in Measuring the Impact of Efforts to Keep Parks Open:

“For years, top officials at the Department of Parks and Recreation have ignored established accounting guidelines in its reporting to hide money from the public. “With nearly 4,000 employees and a budget of \$574 million, State Parks officials still cannot tell the public how much it costs to operate a specific park.

“Last year, top-ranking officials arbitrarily selected 70 parks for closure. They cannot ‘justify the reasonableness of the selections.’ “This is yet another blatant example of budget gamesmanship. I have tried to correct these accounting gimmicks during my tenure as Vice Chair of the Assembly Budget Committee. Top bureaucrats continue to thumb their noses at taxpayers, incapable of reforming the practices of their departments. “I will aggressively examine these accounting manipulations in the budget hearing process to bring an end to these abuses in government that are costing taxpayers tens of millions of dollars.

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.

United Way Elects Four New Board Members

SACRAMENTO REGION, CA – (MPG) Four community leaders have been elected to United Way California Capital Region’s board of directors for the first time, and five current directors were reelected. New directors include Nancy Bui-Thompson, SMUD 2012 board president, Brad Liggett, vice president for the Pacific Coast region of Allied Insurance, Natasha Mata, Four River Market president for Wells Fargo Bank, and Yvonne Walker, president of SEIU Local 1000.

Re-elected to the board were Dan Drummond, West Sacramento police chief, Dr. Roberto Harris, community volunteer, Genevieve Shiroma,

chair of the Agricultural Labor Relations Board, Allen Taylor, business consultant, and Dave Wilson, partner with Grant Bennett Public Accountants.

“We continue to be blessed with outstanding community leaders on our board,” said Steve Heath, United Way president and CEO. “It is vital that we have high caliber volunteers such as these as we work to address pressing issues in education, health and financial stability across our region.”

Bui-Thompson is a former technology consultant with Accenture and Deloitte and was recognized by the Sacramento Business Journal as one of 2011’s 40 Under 40. In addition



Yvonne Walker, president of SEIU Local 1000.

to serving as board president for SMUD, she represents Rancho Cordova on the Sacramento Regional Human Rights/Fair Housing Commission advisory board and is a member of the national advisory board for the New Leaders Council, a non-profit that trains and supports the next generation of political leaders and entrepreneurs. Bui-Thompson was a Marshall Memorial Fellow for 2012.

A 26-year veteran with Allied/Nationwide, Liggett is responsible for operations in California and Nevada. Prior to coming to Sacramento,

Continued on page 10

Sheriff's Office to Release Video of Theft

Special Placer County Sheriff Release

PLACER COUNTY, CA – (MPG) The Placer County Sheriff's Office received a State Farm Insurance Companies Good Neighbor Citizenship grant that will go toward the purchase of cameras to be used inside patrol cars.

Yesterday, Sheriff Ed Bonner and Undersheriff Devon Bell received a \$15,000 check from local State Farm agent Rick Copeland. In-car cameras have proven to be a valuable tool for patrol deputies. They increase officer safety, promote driver and passenger safety through enforcement of traffic laws, document activity such as DUI testing, and they increase the likelihood of successful prosecution.



Sheriff Ed Bonner, left, and Undersheriff Devon Bell, right, accept a check from local State Farm agent Rick Copeland Wednesday. The \$15,000 grant funds will be used for in-car cameras that enhance officer safety.

"We are so grateful to State Farm for this donation," said Sheriff Bonner. "Their support for our continued efforts to equip all our patrol vehicles with in-car cameras really demonstrates

their commitment to the ongoing safety of our neighborhoods. They truly are a 'good neighbor.'"

PCWA Looks at Dry Year Water Sales

AUBURN, CA – (MPG) The Placer County Water Agency releases water from its Middle Fork American River Project to meet water needs in Placer County. In dry years the Agency can release additional water to also benefit the fishery of the lower American River. This is part of PCWA's commitment to regional collaboration in the Sacramento Water Forum agreement.

Under actions taken Thursday (Feb. 7) by the PCWA Board of Directors, the agency has taken steps to sell some of that additional dry year water to the East Bay Municipal Utility District (EBMUD) once it flows out of the lower American River. PCWA Director of Strategic Affairs Einar Maisch said, "Staff has been working closely with representatives of EBMUD and it appears that our commitment to release water for lower American River fishery benefits matches very closely with customer needs during dry years in that district."

He said the two agencies are working on terms of a long-term supply contract but that amounts, prices and other details have yet to be determined.

Maisch also reported that the agency anticipates it may need to spend around \$5 million to meet new criteria of the State

Water Resources Control Board to achieve renewal of agency water rights of the Middle Fork American River Project. The Board of Directors approved a \$1 million budget transfer to fund the next phase in the water rights renewal process.

In other business, PCWA directors:

- approved the sale of up to 73.5 miner's inches of irrigation water in areas west of Newcastle where service restrictions and a waiting list have been in effect because of capacity issues on the Banvard and Lower Banvard canals. PCWA has made significant improvements to the canals and water users have improved private systems to allow for the higher flows. The water will be offered to existing customers, new customers and winter water users. Customers are being notified of the change; prospective customers are invited to contact PCWA Customer Services.

- heard a presentation from John Kingsbury, executive director of the Mountain Counties Water Resources Association (MCWRA), of which PCWA is a longtime active member. Kingsbury briefed the board on the group's recent accomplishments and announced a Mar. 15 conference in Auburn that is

expected to attract water leaders from across the state.

- heard a briefing from Deputy Director of Customer Services Linda Yager on the agency's upcoming "Green Gardener at Home" series of classes on effective landscaping and efficient water use. The 10-week Tuesday evening series starts Feb. 26. Space is limited. For information and registration, call PCWA Customer Services at (530) 823-4850 or e-mail customerservices@pcwa.net.
- welcomed guest Elisa Noble, who is the new district manager for the Placer County Resource Conservation District. She joined the district in January.

The PCWA Board of Directors will next meet in adjourned session at 2 p.m. on Tuesday, Feb. 19, at the PCWA Business Center, 144 Ferguson Road, in Auburn. The next regular meeting of the PCWA board is scheduled for 2 p.m. on Thursday, Feb. 21. PCWA board meetings are open to the public. Information on PCWA board meetings may be obtained through the Clerk to the Board at (530) 823-4850 or (800) 464-0030. PCWA information is also posted at www.pcwa.net.

Source: PCWA

Got an Old Doll or Teddy Bear in Your Closet?

PLACER COUNTY, CA – (MPG) Experts on hand to identify & appraise up to 2 of your treasures The March show & sale in Roseville will feature several of the leading doll & teddy bear experts in the US as well as experts of reviving your well-loved treasures. They will be available to identify those mysterious dolls or teddy bears that are living in your 'wonder what they are worth' closet.

The 2013 kick-off event in Roseville will be packed with stunning sales displays that will thrill collectors. You will find exceptional artistry, nostalgia and fine antiques assembled by more than 70 exhibitors from around the region. As teddy bears make us sigh and dolls take our breath away, there's a lot happening in the Doll & Teddy Bear world for you in March. What is a doll & teddy bear show/sale all about? The Crossroads event brings contests, demonstrations and an international group of high profile artists to share their creations. This lighthearted show and sale is for enthusiasts of all ages and includes a sales floor packed with dolls, teddy bears, antiques, miniatures, clothes, supplies, & more:



Experts will be available to appraise up to 2 of your treasures.



The 2013 kick-off event will feature stunning sales displays.

from antique to modern, and the carefully hand-crafted.

Event: The Crossroads Doll & Teddy Bear Show & Sales Event Date/Time: March 2, 2013 Saturday 9AM to 3PM Event Location: Placer County Fairgrounds 800 All-America City Blvd Roseville CA 95678

Event Features:
• Doll & teddy bear identification and appraisal by industry experts.

- Consignment booth.
- Doll Stringing & evaluations of repairs.

Event Information and Email: info@dolls4all.com

Web site: www.dolls4all.com 775 348 7713

Ticket Info: Adults \$7.00 Children under 12 \$4.00

Thank you, Dorothy Drake.

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

Publisher Paul V. Scholl

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Taking the WORK out of Workouts!

By Karyn Maynard MSNH

Out of 100 people, how many do you suppose LOVE to exercise? What is your personal understanding of what constitutes exercise? Most people think of sit-ups, weight lifting, running or taking an exercise class at the gym. Let's throw away all of our old exercise models and start fresh with just seniors in mind.

Many people consider the official age of senior-hood to be 65. In this article, let's lower the age limit down to 50. Let's talk about age-appropriate exercise that's safe, doesn't require a gym membership and feels good.

Before we start, these suggestions are for people who are healthy and not undergoing any kind of medical treatment that inhibits them from exercising. Check with your doctor and get an "OK" if you have any doubts about the safety of starting any kind of exercise program.

Some of these suggestions may not seem like exercise at first, however, they qualify. Tomorrow morning, before you get out of bed, stretch your legs towards the end of your bed. Take a deep breath and exhale as you stretch. Pull one knee into your chest and hug it. Now do the other. Sit up and bend forward letting your fingertips walk down your legs till you feel a gentle stretch in your lower back. Add any kind of stretch that feels good. If you need some ideas, watch a dog or cat stretch!

Starting your day with some simple stretching will become a wonderful habit that will help keep you limber as well as put you in a positive mood.

The second part of age-appropriate exercise is the cardiovascular component. This is where you try and get your heart rate elevated just enough to strengthen it. Your heart is a muscle; therefore it needs to be exercised. Your lungs also need to be challenged occasionally and brisk movement causes you to breathe more deeply, a very good thing.

If you're a senior, it's important to be careful about the type of cardiovascular exercise you choose. Exercising can lead to an emergency if you push yourself too hard. Here's a way to gauge your level of exertion and stay within a safe range. When walking fast, bike riding or even sweeping out your garage, you should be able to carry on a conversation. In other words, you shouldn't be so out of breath that you can't converse, but you should notice your breathing is a little more labored.

If it's summer, walk in the morning. Go walking well before twilight if you have any kind of vision problems. This is just basic common sense, but it's still good to be reminded.

The last ingredient in our recipe for health is resistance work or weight lifting. If you decide to try lifting weights, I would strongly suggest that you hire a personal trainer for a short

period to make sure you lift correctly. It's easy to tear a muscle, ligament or tendon if you don't know how to properly lift. Low on funds? You can find simple examples of senior-appropriate exercise in all sorts of places. The Seniors First Information and Assistance Program can help direct you! There are many free printouts available on line, so ask your kids to print some pictures for you if you're not computer savvy. Call your local recreation department or your church for help and suggestions. Help is out there and information is always available, but YOU must be willing to ask for help in getting started.

Once you get the information, start doing the types of movement that you think you'll enjoy. Start slowly and don't over-do in the beginning. In fact, don't ever over-do your exercising..... leave that to the young people. As seniors, we just want to feel the best we can at our age and that, dear friends, is entirely possible!

The Older Adult Advisory Commission is responsible for advising the Department of Health and Human Services and the Board of Supervisors on the needs of Placer County's older adults. Meetings are held the 3rd Tuesday at 1:00 PM. More information may be found online at:

<http://www.placer.ca.gov/Departments/hhs/adult/OlderAdultAdvisoryCommission.aspx> or by calling the Public Authority at (530) 886-3680.



Around Town with Loyce Smallwood

Yet another colorful store Transports Vintage Thrift has opened on Highway 49 so congrats to brothers Tommy and Lou Transport for offering an alluring array of vintage collectibles including southwest art. Transports is located between Piece by Peace Thrift, 1310 GV Highway and Sutter Auburn Faith Hospice Thrift, 1360 GV Highway. And speaking of the southwest, many thanks to generous former DT shop owner

Thompson who is now happily open and hosting tea events at her new location DT Auburn in the Gold Rush Mall where neighbor/artist Juan Pena and Wife Kay have been hard at work decorating Pena's gallery which spaciousness affords Pena room for art instruction and to showcase Pena's art and the art of other local artists. Looking for some new taste stimulants? Delicious shrimp pizza and fab and friendly service are to be had at Strings Café in the Rock Creek Center on Bell Road. Try the delicious shrimp tacos to be had at Pellican's Roost on Lincoln Way and then

has her windows and store displaying a variety of vintage and contemporary fashions including accessories and locally made jewelry. Special congrats to Dede Shaw who along with staff at Animal Spay and Neuter have performed 200,000 surgeries and celebrate the 20th anniversary in March. Call Shaw at 530-889-8800 for details on the celebration, raffle and special programs for ferals and low-income. The community-minded Rosie Stilwell reminds us of the Auburn Library book sale on the first Wednesday of the month followed by same on the follow-



Tea Maven Betty Thompson serves friend (Left)Christina Stacy and niece Haley.



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Kat Stewart who donated a trove of colorful fashion/accessories/collectibles, some of which can be purchased at Sutter Hospice Thrift and Friends bookstore in the Raley's Center, Foresthill Exit. Cherry Records is slated to move across the street to occupy the former Kat's Country Corner on Lincoln Way. Thumbs up to Gold Rush Tea Emporium owner/baker extraordinaire Betty

burn off calories with a brisk walk down the way to Hilda's Bakery where you'll be tempted by those delicious cream puffs and mellow coffee. Owner Eric Nordby also offers a great soup/sandwich combo which on sunny days can be enjoyed outside or in. Cross the street and scoop up the bargains at Get Dressed vintage shop where owner/seamstress Maria Francis

ing Saturday, starting at 9am at the library annex, 350 Nevada Street. Donations are welcome as are same at Friends of Placer County bookstore—open daily--where homeless felines await the generosity of pet lovers and those stalwart and dedicated volunteers who continue to help raise the bar in the Auburn world, indeed. Comments to Loycer@suddenlink.net

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.

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In the World, But Not Entirely of It

**Co commentary by
Linda Frederick Yaffe**

What would life be like if you could not read? In novelist Penelope Lively's *How It All Began*, the character Charlotte teaches adult learners who are just beginning to read:

Sometimes, Charlotte tries to see the words in the way that the members of the class must see them - black marks: shapes, lines, a baffling code that has to be cracked. She compares the mysterious eloquence of a page of Arabic or Japanese, to which one is blind. The members of her class move around shut off from the cacophony of advertising, the instruction of road signs, the information of newspaper headlines. They are in the world, but not entirely of it. Their inability to read is crippling...

Imagine the ways that reading shapes your life, all day every day. When you get up in the morning, you answer e-mails and read the news. In the kitchen you read the spice labels and correctly add cinnamon - not turmeric - to your hot breakfast cereal. You check the label on your new prescription and study the accompanying medical warnings. You board the right commuter bus - because you have read both the schedule and the destination sign on the front of your bus. You take notes during a seminar, write a report, do some research, read and answer correspondence. After work you read a fascinating magazine article, then request a new library



Linda Frederick Yaffe

book written by the article's author. Reading has filled your day with words that informed, advanced, and delighted you.

For those with low reading skills, the world is a smaller, scarier place. Lack of reading skills can be dangerous: if, for example, you cannot understand your new prescription's written warnings. Your work day is filled with terror as you make excuses to keep your supervisor and workmates from learning your embarrassing secret: you never really learned to read.

Shocking,ly, one in five Americans - Americans whose first language is English - cannot read. Twenty-three percent of adult Californians - whose first language is English - have such poor skills they cannot complete a simple one-page job application. There are many reasons for this devastating lack of reading

skills. Some people suffer from learning disabilities such as dyslexia, autism, or Asperger's syndrome. Some - because they are quiet, or charming, with good social skills, and never caused problems - managed to slip through the system without really learning to read.

You can help by being aware of this all-too-common problem. People who cannot read are not the only ones who suffer from the lack of meaningful work and low self-esteem caused by poor reading skills. Their families, their communities, and our entire nation are affected, too. Nationally, billions of dollars are lost each year from the unemployment, crime, public assistance, and lost tax revenue due to lack of reading skills.

Tell friend: reading matters. Let everyone you know that confidential, one-on-one FREE READING HELP is available throughout Placer County from Placer Adult Literacy Service (PALS): 530-886-4530 or 530-320-3267. And tell them that volunteers are always welcome.

You can also help by joining the Literacy Support Council of Placer County (LSC): become a READING BOOSTER who organizes and speaks out for literacy. LSC, a 501(c)(3) non-profit organization, is a United Way Partner. Give through United Way at your workplace, CA Capitol Region LSC ID#3061, or donate directly to the Literacy Support Council of Placer County, PO Box 5291, Auburn, CA 95604. E-mail us at LSCPlacer@yahoo.com.

Aviation Association Awards



Auburn Aviation Association(AAA) scholarship awardees for 2013 were the guests of honor at the February 6 Auburn Aviation Association dinner meeting. They are shown here with Bob Snyder, AAA President, and Walt Wilson, Vice President. From left to right, pictured are Nicholas Moore, Placer HS; Bob Snyder, AAA Pres; Camile Binkley, Sacramento City College; Trever Neilson, Colfax HS; and Walt Wilson, AAA Vice Pres.

AUBURN, CA -(MPG) The Auburn Aviation Association will hold its monthly dinner meeting at 6:00PM, Wednesday, March 6, at the Auburn Airport terminal building located at the end of

New Airport Road. Anyone who has an interest in aviation or the local aviation scene is invited to attend.

Our speaker for the March 6 meeting is Robert Horvath,

speaking about terrorism and homeland security in California.

For additional information, contact Bob Ferber at 530-885-1706.

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Human sex trafficking thrives in region

Continued on page 5

job in a family business such as a bakery, beauty shop or retail store. Instead of the promised employment, they are transported to a trafficking hub such as Los Angeles or Sacramento. When they arrive their passports are taken away and they are told they must now work in a forced labor or sex job to work off their travel debt.

Why Sacramento? Sacramento is centrally located between Stockton, the Bay Area and Reno. Four major freeways (Interstate 5, US 99, Interstate 80, and US 50) intersect in Sacramento making it the ideal location for a major hub for human trafficking.

Who are these children? They are our abandoned, our runaways, throwaways and homeless children. They are the vulnerable: foster children, those suffering from mental and emotional trauma, those experiencing bullying and other problems with their peers, the learning disabled and those suffering from substance abuse.

Where do they come from? While there are victims brought here from outside the United States, 7 out of 10 are U.S. nationals and are working near their homes. They are from broken families in our own counties. Dad is in jail, and mom is an addict. "The one common thread", according to Chris Stambaugh, Founder and Director of The GRACE Network, its that ninety-nine percent of these children have no father in the home.

The true number of labor and sex trafficking victims remain unreported as they are often arrested and even deported before their full story is known. In addition, victims may already be in the legal or welfare system and were never unidentified as victims.

There is more than one face to the human trafficking victim. The youngest reported sex trafficking victim was a 3-year-old girl and the oldest was a 64-year-old Filipino woman. While the average age of entry is 12 to 14 years, those over 18 are often not identified as victims, already having been in their situation for many years. Victims may also enter the juvenile justice or welfare systems before they were identified as involved in a trafficking situation. While victims of sex trafficking are usually female, a small percentage is male. Victims of forced labor and sex trafficking come from varying educational backgrounds, and can be U.S. citizens or voluntary 'migrants', here seeking to improve their situation. They

are from all ethnicities, race, religions and economic classes.

Because of the Internet much of the illegal activity is able to be arranged underground, away from the eyes of the law. This is why non-government organizations and community members need to be eyes on the lookout for these victims. In many cases physical bonds or locked rooms are not necessary, victims often create their own 'mind cage'.

After a trafficker identifies a potential victim and asserts she has no family or friends to come to her rescue, he or she can gain her trust by assuming the parental role. The trafficker takes care of her physical needs while making promises that things will get better. Using gang mentality of "I'll take care of you", the girl becomes dependent on the trafficker and becomes an easy target for emotional slavery. Believing no one else understands or cares about her she will do what her 'protector' tells her. If she does at one point threaten to leave, the pimp or trafficker tells her he will harm her or someone she loves.

The most important way to help victims become survivors is to increase one's understanding of this number one underreported crime. The ability to identify a potential victim is the beginning of their recovery.

If one notices a person who is always in the company of someone who seems unusually controlling, if they are unpaid or paid very little, if they never go out except to work or school, if they seem submissive, fearful, or depressed, or if their living quarters or work facility seems to have peculiar security precautions, there could be reason for concern. If something seems suspicious, report it. The organizations listed below will all accept reports of suspicious activities. You can also report to your local police department.

There is hope. Much is being done, and much more needs to be done. To continue the outreach of information and education to local non-governmental the community based organizations, a Human Trafficking Conference was held on February 8, 2013 sponsored by My Sister's House in Sacramento.

Local organizations working against human trafficking, along with other community resources were present to aid professionals and other 'first responders': those most likely come in contact with victims, ages 8 to 18 years, to identify and work with these individuals.

School and medical personnel, social workers, and faith-based organizations are on the front lines in this battle. They are

also reminded that, "If something seems suspicious, report it!" Even cab drivers, hairdressers, staff at airports, bus and train stations, along with security employees can be first responders and should report suspicion of illegal activities.

Following a rescue the victim begins the often slow and painful recovery on his or her way to becoming a survivor. Most survivors relate they feel alone and scared and believe no one understands what they have been through. This is where the full collaboration of non-governmental, community services and other advocates come together to work with survivors.

Victims need counseling, rehabilitation and emotional care. Legal services are often needed as the victim of a sex crime is often arrested and some are even set for deportation before they are identified as a victim. They may need help with substance abuse, literacy, life skills, education and employment to aid in integration back into their community. Tattoo removal may be required for removal of a pimp's 'brand' from the body of a survivor.

Readers who would like to have a part in eradicating this crime and saving our children are urged to contact their legislators to learn about and support ongoing legislation for anti-trafficking laws.

Representatives from the organizations below are available to come and speak to your school, workplace or service organization or faith-based organization. You or your group can adopt one of these organizations and raise funds or collect needed supplies for survivors.

It is an ongoing battle.

Resources:

- National Human Trafficking Resource Center 1-888-373-7888
- Coalition to Abolish Slavery and Trafficking: (CAST) angela@castla.org
- G.R.A.C.E. Network: 916-850-0846; www.thegracenetwork.org
- My Sister's House: 916-930-0626; www.my-sisters-house.org
- Opening Doors: 916-492-2591; openingdoorsinc.org
- Strive2Free: www.strive2free.org
- WEAVE: 916-448-2321; www.weaveinc.org

Reading:

- "The Slave Next Door: Human Trafficking and Slavery in American Today," by Kevin Bales and Ron Soodalte
- "Girls Like Us", by Rachel Lloyd

Sources for article:

- Kay Buck, Coalition to Abolish Slavery and Trafficking
- Chris Stambaugh, The GRACE Network
- "Traffickingprogram.org website
- Ambassador Luis CdeBaca, U.S. Dept. of State website



By LindaLouise Haines

Do I hear a Hallelujah?! The marquee lights are back on: "COLFAX!"

Drum roll: The Colfax Theater, South Main St., has been purchased, is being renovated and will reopen the evening of Saturday, May 4. Hooray! The theater has been shuttered since 2008, except for an occasional special event, such as the Railroad Days Film Festival.

The new owner/operator is Gary Tomsic, who is an active film maker and lives locally. Tomsic's colleagues are his brother Gordon and Jim Uhler.

In addition to lighting up the marquee and making other changes in the front, much brightening up is happening inside starting right in the lobby. Inside the main room, the first several rows of seats will be removed to make space for a dance floor. Wow!

Tomsic explains that current plans include the showing of movies, but probably not first-run movies, movie previews and

Shopping Colfax & Beyond

documentaries. Also, he foresees community events like fund-raisers, live music, dances and more. With his connections in Hollywood and elsewhere, Tomsic feels the possibilities for the theater are limitless.

Colfax Theater phone is 346-9900.

More good news: Reports of the death of Colfax are greatly exaggerated!

With the help of Lani Lott from the Greater Sacramento / Sierra Small Business Development Center (SBDC), the Colfax Area Chamber of Commerce is spearheading an effort to revitalize historic downtown Colfax.

Various business owners, property owners, community residents, plus representatives from the sheriff department, Council, Chamber and other interested parties held their first meeting recently.

Ms. Lott stressed the need for all parties to work together as a "unit" to insure that whatever initiatives are undertaken will succeed. Working as a unit would mean that the businesses in downtown would need to put aside petty conflicts, which some of them have.

They would have to consider the advantages of viewing the vitality of all of downtown as

a benefit to each of the individual businesses as well as to the viability of the downtown business district. The "unit" thinking might even evolve into the concept of downtown Colfax as a shopping and entertainment destination.

I think we must seriously consider Ms. Lott's recommendations. After all, she has over 20 years' experience in assisting communities to strengthen and expand business districts, as she did in Grass Valley in the '90's.

Those of us who love Colfax and want to see it thrive hope that we can work together as a unit. Area residents and I80 travelers need to know that they are missing if they don't stop in downtown. And, downtown needs to work together to inspire those folks to give us a try.

It will take a community-wide effort, and Colfax deserves our best!

The next meeting of the Downtown Revitalization working group is Thursday, February 28 at Basement Wines/Main Street Pizza, 46 N. Main, 6 pm. Bring your best positive ideas and your willingness to roll up your sleeves.

Please email me your positive business news: lindalouise@exwire.com.

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Auburn Resident Rebecca Partridge Appointed Life Enrichment Director at Emeritus at Emerald Hills

AUBURN, CA – (MPG) Rebecca Partridge has been appointed life enrichment director at Emeritus at Emerald Hills. She will oversee activities and outings for the residents of Emeritus at Emerald Hills, which offers retirement and assisted living and the Join Their Journey program of care for people with Alzheimer's and other memory-impairing diseases.

Prior to this position, Partridge was a service coordinator for Alta California Regional Center. She previously served as coordinator for the After School Enrichment Program for Rocklin Unified School District.

Partridge earned a bachelor's degree in management and ethics from William Jessup University in Rocklin. She also holds an associate's of science in sign language from American River College in Sacramento. She is a resident of Auburn.

Emeritus at Emerald Hills is located at 11550 Education Street in Auburn. It is operated by Emeritus Senior Living. About Emeritus Senior Living Emeritus Senior Living is the nation's largest assisted living and memory care provider. See www.Emeritus.com.

Source: Goldman & Associates



Rebecca Partridge has been named new enrichment director at Emeritus at Emerald Hills.

Giant Pumpkin Forum

From Auburn Recreation District

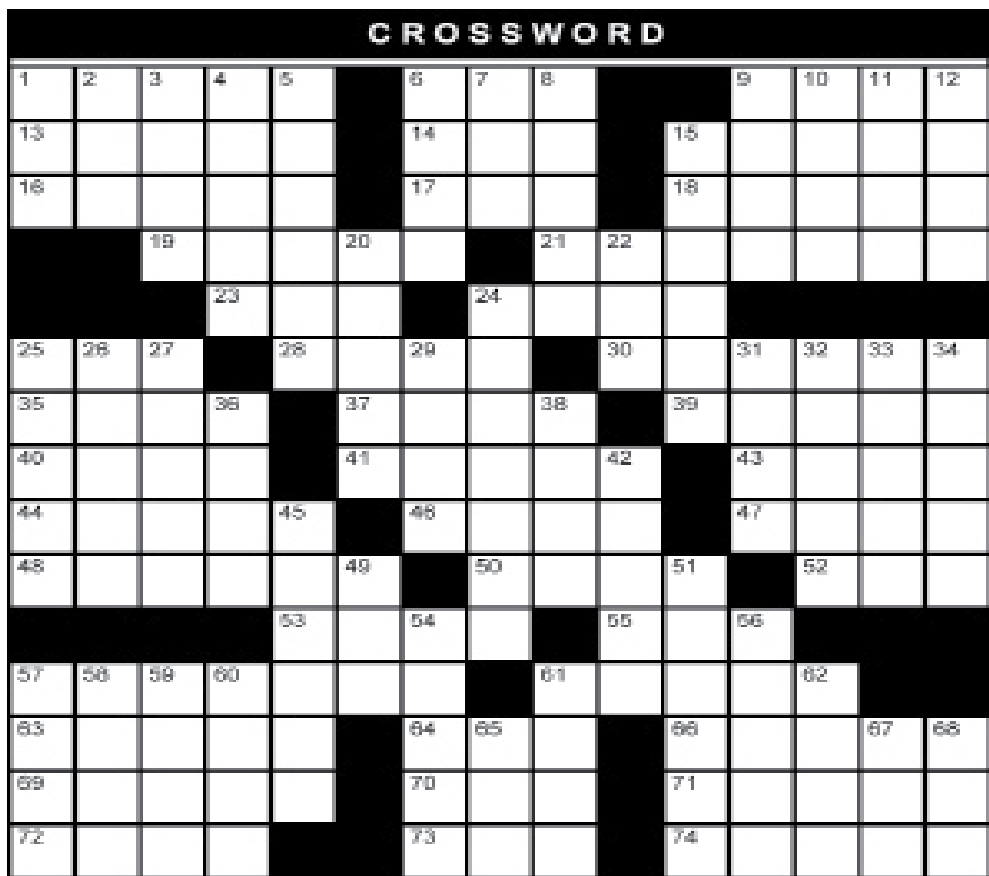
AUBURN, CA – (MPG) Come and meet local giant pumpkin growers and find out what it takes to grow a giant pumpkin. Learn some secrets from these experts and get seeds to start you on the path to giants!

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.auburnnec.com so the organizers know how many participants to expect.

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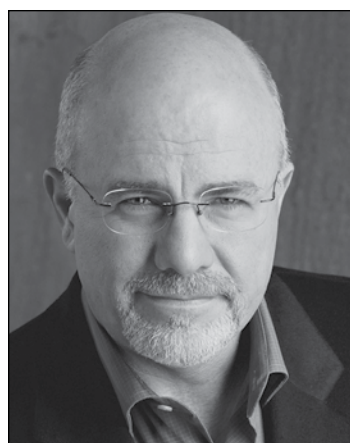
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CLUES

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| <p>ACROSS</p> <p>1. "The knight on the Oscar statuette holds one</p> <p>6. "Possible best director</p> <p>9. Sound of passing bullet?</p> <p>13. Taekwondo country</p> <p>14. ___ of Good Feelings</p> <p>15. Twofold</p> <p>16. Relating to Quechuan people</p> <p>17. Energy unit</p> <p>18. To set someone free</p> <p>19. Bruce Wayne's Batman, e.g.</p> <p>21. "Historical drama and Oscar nominee</p> <p>23. Feline cry</p> <p>24. Secretary, e.g.</p> <p>25. a.k.a. American Gas Association</p> <p>28. Cleanse</p> <p>30. Gather, as in courage, e.g.</p> <p>35. Make fun of</p> <p>37. Lord's worker</p> <p>39. "Controversial speech-making director (2003)</p> <p>40. Aware of</p> | <p>41. They itch</p> <p>43. "Singing nominee</p> <p>44. Apartments, e.g.</p> <p>46. Bank claim</p> <p>47. "___ in full"</p> <p>48. Petered out</p> <p>50. Put in the hold</p> <p>52. Grazing land</p> <p>53. "Vanity Fair holds a big one on Oscar night</p> <p>55. ___ sheet</p> <p>57. "Western director nominee</p> <p>61. "Cloud ___," snubbed by the Academy</p> <p>63. Justin Timberlake's "___ the End of Time"</p> <p>64. Under the weather</p> <p>66. 1.75 pints</p> <p>69. "Time is money," e.g.</p> <p>70. Adam and Eve used its leaves for covering</p> <p>71. Silly and insignificant</p> <p>72. Comedy Central's "___ O"</p> <p>73. Drug approver</p> <p>74. Throat infection</p> | <p>DOWN</p> <p>1. Often used with "bum"</p> <p>2. "Got an Oscar</p> <p>3. Shamu, e.g.</p> <p>4. King's domain</p> <p>5. "President portrayer</p> <p>6. "Ang and Spike, e.g.</p> <p>7. Get it wrong</p> <p>8. Bald symbol</p> <p>9. Dietary mineral</p> <p>10. Division word</p> <p>11. Nervous biter's victim</p> <p>12. Hidden valley</p> <p>15. Hogwash</p> <p>20. Flooded</p> <p>22. Any doctrine</p> <p>24. Ascetic Muslim monk</p> <p>25. "Love</p> <p>26. Going to</p> <p>27. "Cooper and Lawrence ___ "Silver Linings Playbook"</p> <p>29. Wedding cover</p> <p>31. Daytime TV offering</p> <p>32. Relating to tone</p> <p>33. Bert's roommate</p> <p>34. High-pitched</p> | <p>36. Japanese string instrument</p> <p>38. Three of these in a yard</p> <p>42. Horse or pig sound</p> <p>45. Difficult to detect by the mind</p> <p>49. ___ chi</p> <p>51. "Youngest ever nominee</p> <p>54. Sense an odor</p> <p>56. Colorful spread</p> <p>57. African tea</p> <p>58. Backward arrow command</p> <p>59. Greek H's</p> <p>60. Not far distant in time, space or degree</p> <p>61. Aquatic plant</p> <p>62. "Like most in attendance at the Oscars</p> <p>65. Manhole cover</p> <p>67. WSW opposite</p> <p>68. One in a set</p> |
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For Solution See Page 7



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.

More Than Just A Problem

Dear Dave,
 My mother-in-law has a serious credit card problem. She can't afford stuff, but she shops anyway, acquires more and more credit and thinks she'll pay for it all later somehow. Her husband has bailed her out a few times, but he's unwilling to do it anymore. My wife and I, and her sister, want to address this issue, but where do we start?
 - Jonathan

Dear Jonathan,
 First of all, you need to stay out of the discussion. This is something for her daughters to handle, and her husband needs to be part of it, too. He's closer to this and feels the effects more than anyone else in the family. They need to sit down with her in a closed setting, where there are no interruptions, no television and no one else. Start with the fact that they love her and care about her deeply. This part is really important. But they also have to walk through what's going on, and let her know they're tired of watching her destroy herself and her marriage with this immature and irresponsible behavior. Everyone involved should understand going in that they're likely to receive a volatile, angry reaction from this lady.

Dave Says

Sometimes people get ticked off when they hear the truth, especially when it's connected to their own misbehavior. It may even be a good idea for your wife, her sister and your father-in-law to get some advice from a family counselor beforehand. What we're really talking about here is an intervention.

If she were a drunk, you'd want to try and make her see how alcohol was hurting her and the relationships she has with her family. Basically, she has a credit card addiction, and it's wreaking havoc on her marriage and their financial well-being. Show as much love and understanding as possible, but someone has to say something and draw a line in the sand. Otherwise, this behavior will eat everyone alive!
 - Dave

Closing Whole Life

Dear Dave,
 I want to get out of my whole life policy. Should I formally close out the old policy, or just stop paying the premiums?
 - Anonymous

Dear Anonymous,
 Close out the old policy once you have a good, term life insurance policy in place. I recommend 15- to 20-year level term insurance equal to 10 to 12 times your annual income. For instance, if you make \$40,000 a year, you should have \$400,000 to \$500,000 in coverage. Term life insurance is much less expensive than whole life. Plus, did you know that you lose the part of your whole life policy known as the "savings plan" or "cash value" when you die? They only pay the face amount of the policy. So, close it out and stop pumping money into that thing! But don't leave yourself uninsured. Make sure you have the proper coverage in a term policy first. There is never a good time to save money inside a rip-off, whole life, cash value insurance plan!
 - Dave

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

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 We are seeking a person to edit copy for our newspaper. The ideal candidate will have a minimum of 5 years experience in newspaper editing. The position is full-time, Monday through Friday, 9:00 am to 5:00 pm. Salary is \$18,000 per year. If you are interested, please send your resume to: hr@mpg.com

Editorial Assistant:
 We are seeking a person to assist the editor in editing copy for our newspaper. The ideal candidate will have a minimum of 2 years experience in newspaper editing. The position is full-time, Monday through Friday, 9:00 am to 5:00 pm. Salary is \$12,000 per year. If you are interested, please send your resume to: hr@mpg.com

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 We are seeking a person to assist the production manager in preparing copy for our newspaper. The ideal candidate will have a minimum of 2 years experience in newspaper production. The position is full-time, Monday through Friday, 9:00 am to 5:00 pm. Salary is \$12,000 per year. If you are interested, please send your resume to: hr@mpg.com

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 We are seeking a person to design graphics for our newspaper. The ideal candidate will have a minimum of 2 years experience in graphic design. The position is full-time, Monday through Friday, 9:00 am to 5:00 pm. Salary is \$15,000 per year. If you are interested, please send your resume to: hr@mpg.com

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WHY DO THEY CALL IT 'CHILI' IF IT'S HOT?

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Sudoku Puzzle on Page 6

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Sudoku Puzzle on Page 6



By Ronnie McBrayer

It was extremely important for the church of my youth to prove that every single miracle in the Bible be proven as an historical and scientific fact. A literal seven day creation, the plagues on Egypt, the parting of the Red Sea, Joshua making the sun stand still, the Hebrew children surviving the fiery furnace, and of course, there was the story of "Jonah and the Whale."

As the story goes, Jonah was a rebellious prophet who would not follow God's instructions. In an attempt to escape his vocation, he boarded a ship and took to the sea. He quickly found himself thrown overboard and then swallowed whole by a whale of the deep. Dear Jonah spent the next three days in the cramped quarters of the behemoth's belly.

Being one of those biblical stories that defied logical explanation, my pastor would return to the tale time and time again to make sure, I assume, that the congregation had not been bluffed into disbelief by the humanists and Darwinians who assaulted our faith. To bolster that faith, he would tell this backhanded story.

It seems a young girl was talking to her science teacher about whales when the teacher said it was physically impossible for a whale to swallow a human being. The little girl protested,

stating that the prophet Jonah had indeed been swallowed by a whale. The teacher reiterated that such a thing was impossible.

So the little girl said, "When I get to heaven I will ask Jonah." The teacher, a bit brusque, asked the girl, "Well, what if Jonah went to hell?" The little girl replied, "Then you will have to ask him." This punch line was always met by hysterical laughter, derision aimed at those who dared not believe the validity and veracity of Jonah's story.

Pardon the pun, but the whale in Jonah's story is too often a red herring. We get all tangled up in the scientific plausibility of such an act taking place, and miss the point of the whole story. Jonah's tale is not a scientific treatise. It is a story about God's relentless, patient, persistent, and sometimes hard grace. Hard grace: What is it that, exactly?

Hard grace is Jonah in the belly of the whale. How is that grace? If that big fish had not arrived to gobble down Jonah, he would have drowned in the depths of the sea. The whale was not Jonah's undoing. It was his salvation. The belly of that whale became the incubator – indeed a painful, disgusting, cramped incubator – in which mercy took root, rescued and transformed him. That is hard grace, and Jonah is not the only one to experience such a thing.

God's mercy often comes to us by painful means. Heaven's love can wear a disguise. The circumstances that lead to our transformation are sometimes

delivered in strange packaging. Hard grace arrives at our doorsteps as sickness, financial collapse, divorce, betrayal, bankruptcy, addiction, injustice, self-inflicted wounds, foolish decisions and personal rebellion.

Hard grace is all those things that God allows into our lives that deconstruct us. Yet, our deconstruction is not our destruction. It is for the merciful purpose of our transformations and remaking. We are not left to drown in the trouble of our own making. God's ferocious mercy does not abandon us, but comes to us in the strange and disguised goodness of a hungry whale and gobbles us down; providing a place to learn, grow, change, and get on with the life God has for us. It hurts us, yes, but hard grace never harms us.

I wish this kind of hard, transformative grace could be taught, for it would save us all much agony, but it can't be. Hard grace can only be experienced. But once it is experienced, and we never wish for a repeat performance, mind you, we become changed people. As Julian of Norwich said, "There is the fall and then there is the recovery. Both are the mercy of God." Such mercy is the greatest miracle of all.

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.

True Love Trumps A Romantic Fling Every Time

By Rev. James L. Snyder, D. Litt

February is the month we celebrate romance. Actually, the only romantic things about me are my "love handles," which is why I have spent so much energy developing them over the years. You think somebody would appreciate them.

For some people, romance is an easy, if not natural thing. Others, like me, find it complicated and elusive. It is not that men are less romantic than women are; they just have different ideas of romance.

For most women, romance is flowers and candy in heart shaped boxes.

For men it is a Big Mac with fries and a soda ... and SUPER SIZE it, please.

Why are women so complicated and men so simple? I do not think that came out the way I meant it.

If it were not for women, romance would have died a long time ago. There is nothing quite like springtime with a hint of romance in the air with a delicate dash of chivalry.

People from Hollywood try to define romance for us, but their idea of romance is raw sex and lurid lust. Hollywooders would not know romance if it nibbled on their ears. Romance is not a fling in the spring, but a lifelong relationship, experiencing all the ups and downs of life -- together -- and no growing apart!

There is no picture quite as refreshing as a couple still together after all those years of turmoil and temerity. The easiest thing in all the world is to fall in love for a few years and then, when it gets difficult, bale out. What kind of thing is that?

Ah, but to see a couple married for 50 years or more; now that is the epitome of real romance.

I'll have you know that romance has not been a stranger at the parsonage. I met my wife (actually, she wasn't my wife then) when I went away to Bible

college in 1970.

At the time, I was functionally romance challenged. Before I left home for college, I prayed for a wife. I had the good sense to know that a minister needs a good wife to support him in the ministry.

I prayed something like this, "Father, I need a good wife and I don't know how to go about it. Let the first single girl I meet at Bible college be the wife of Your choosing."

Now, I know this is a crazy and dangerous prayer to make. Some would take the high road of romance, but I took the low road of prayer. I may have been a bit desperate, but nobody could doubt my earnestness. I also figured that prayer was a lot cheaper than dating. After all, I am a Pennsylvania Dutchman.

Nevertheless, I prayed for a wife. The day of my arrival on campus came and found me a bit anxious. I remembered my prayer and wondered just how God would answer it.

My parents took me to the college, which was some 500 miles from home; good planning on my part the men's dorm, I figured I was safe. I planned to avoid all contact with the opposite sex as long as possible.

But just as we pulled into the men's dorm parking lot, a young woman exited from the men's dorm. Remembering my prayer, I immediately amended it. "God, this doesn't count. I've not stepped out of the car yet."

Have you ever noticed that God has a marvelous sense of humor?

The young woman emerging from the men's dorm defied description. Do you remember when women rolled their hair up in big rollers? Well, this young woman had rolled her hair up in tomato cans! Nothing prepared me for such a sight. She actually looked like some space alien.

I do not know what she was wearing or even what she looked like. All I could see were those

tomato cans on her head. At the time, I did not know much about romance, but I knew this was not it.

The next few days I did everything to avoid the women's dorm for fear I would run into her. Whenever I did see her, I crossed to the other side of the street. But the more I tried to avoid her, the more I ran into her. Prayer makes strange partners.

Thinking I was making progress in my plan of avoidance, the inevitable happened.

One week after arrival, my roommate invited me to come along with him and his girlfriend to a restaurant. Being the neurotic naive that I am, I said, "Sure, I'd love to come along." After all, I had nothing else to do and it seemed like some fun.

When my roommate went to the women's dorm to pick up his girlfriend, who do you suppose was standing with his girlfriend waiting?

That's right. The young woman with the tin cans on her head.

Would you believe it? The young woman with the tin cans turned out to be the sister of my roommate.

It was a whirlwind romance. I met her in September and in February she asked me to marry her. In August of that year, I found myself at a church altar mumbling, "do."

The Bible makes this promise: "Whoso findeth a wife findeth a good thing, and obtaineth favour of the LORD" (Proverbs 18:22 KJV).

A good wife is the find of a lifetime, as long as God is in charge of the search.

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By Karen Anderson

There is a saying: "Judge not lest you be judged." What does this mean? Does it ruffle your feathers, or make the hairs on your neck stand straight up? Are you quick to make a judgment, even though you may think it is not that bad or it's just a little criticism? What's the harm in that, right? You may think you are helping the person, but in reality you are attacking their self-esteem. Putting someone down (even though it may be justified in your mind) is just WRONG. Shame on you for doing that! This maybe the way you treat others because you in turn have been treated this way, but there is no excuse for it. Judgment is judgment, and we don't have the right to do it to anyone. It angers me when I have been the recipient of unfair judgment. It makes me feel like, did I really deserve this mistreatment? The other form of judgment is when someone reads into what you say with something that isn't or was never said. Does that person think they can read your mind? They can't, and once again I believe this is a form of judgment, because it starts all the negative statements going once

Unreasonable Expectations

again. I have heard the statement, "Well, you just have to learn this." My reaction is, "No I don't, I'm an adult; not your child." You could also call these words verbal abuse or bashing. Whatever you call it, the statements are unfair and usually unkind.

I have done a lot of soul searching about judging. Some may think, which I used to do, "Well, they really needed to hear this." My answer now is, NO THEY DON'T! Not when it comes at you as an attack. First, the definition for judgment is a formal utterance of an authoritative opinion. This may be the dictionaries definition, but let's look at God's Word about judgment: "You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge another, you are condemning yourself, because you who pass judgment do the same things." God also says, "Judgment will again be founded on righteousness, and all the upright in heart will follow it."

Something I have learned when I am being verbally attacked is to say nothing and walk away. Remember, you don't have to take this. It could create anger in the other party, but most of the time that person is so involved with what they want you to hear, they are almost in a state of shock when you walk away. Another way to easily diffuse someone before you walk away from them is to simply smile and say, "Opinions vary!"

And then walk away. If you are afraid of the repercussions, ask God for His shield to protect you. Stay safely in His strong and loving arms. While there, focus your mind on His Word and not the words of your attacker.

Another thought: are you the one judging others? You should always weigh your words against God's principles. Day in and day out you are bombarded with chances to be judgmental. It is time to do your own soul-searching and STOP...THINK...SAY. Before you SAY anything, ask God if it is your place or His to judge the situation. The tongue is a powerful tool that can either encourage or destroy someone. What would you rather be known as: the "destroyer" or the "ENCOURAGER"? I personally want to be God's encourager. As you help others, don't let yourself become a judge; it is not your place. If you are willing, ask for God's guidance...He is there in everything you say and do.

PASSAGE:
 Romans 2:1-2 (NIV)
 Psalm 94:15 (NIV)

Karen Anderson is an accomplished speaker, author, and chaplain. Receive a copy of her latest book, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series." Leave a message or questions for Karen through her website www.doablesteps.com/contact.

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POPOFF!

with Mary Jane Popp

she started her search for the Mayapple after her mama died. Her mama had told her over and over again about this old Indian living in the neighborhood who made a paste out of the Mayapple root and put it in a "Red Heart" can (a tin that once contained pomade for men and held about one ounce). The old man sold the tins of Mayapple paste for \$100.00...a lot of loot in the early twentieth century. Folks would chip in together to buy a tin, using the paste on all their skin cancers, tumors, warts, etc. Her mama said all the skin diseases just disappeared, and there was enough in the can for everyone, because it took so little to do the job. While she was looking for more info on the plant, she ran across info on it in the encyclopedia. Guess what? Willie Gene said that not only do scientists know about it, it's what they use in chemotherapy. The research says that the active ingredient in Mayapple stops cell division. Willie said the FDA thinks that Mayapple is too toxic for us to use ourselves, so we need a prescription. But are we supposed to believe people throughout history before the 1940's didn't have sense enough to tell if something was curing or killing them? The Native Americans have used Mayapple for centuries and still do to treat cancers of all kinds, rheumatism, cholera, diarrhea, hepatitis, gonorrhea, even syphilis. Willie said she has used this root to remove warts and skin cancer on herself. There's a whole lot more about the Mayapple in her book too.

But Willie Gene goes to the heart of every day problems we can deal with such as"

1) Sanitizer for Travel, Seat, Tray Table, anything you touch on a plane.

Thyme Linalool-8 drops
Tea Tree oil-10 drops
Lavender-8 drops
Base—Add distilled water to the neck of a 2-ounce spray bottle and shake vigorously.

2) Relieve Stress Commuting.

Lavender-3 drops
Peppermint-3 drops
Clary Sage-1 drop
Finish filling a one ounce drip bottle with sweet almond oil. Roll bottle to mix. Rub a few drops of the blend on palms and cup hands over nose. Inhale.

3) Prevent Hair Loss with Essential Oils.

Clary Sage-4 drops
Rosemary-4 drops
Cedar Wood-2 drops
Ylang Ylang-2 drops
Finish filling a one ounce bottle with jojoba oil. Roll bottle to mix. Apply to scalp for 7 months.

4) Aphrodisiac Massage Blend.

Coriander-6 drops
Ginger Oil-6 drops
Sandalwood-18 drops

Add hazelnut carrier oil up to the neck of a four ounce pump bottle and roll to mix.

There's a whole bunch more remedies in the book from hair loss to swollen ankles. You can check out her website at www.NaturesLegacyCures.com for more information. By the way, she is quite a character! Living the good life on POPPOFF! Hope you will too!

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

UNITED WAY ELECTS FOUR NEW BOARD MEMBERS

Continued from page 1

he was regional vice president for Nationwide Insurance in Nashville and responsible for the south central states. He is actively involved in Allied's community engagement activities, including the annual United Way campaign, which again this year posted an increase.

Mata is responsible for 600 team members and 44 banking stores in Placer, Butte, Shasta, Colusa, Nevada, Yolo, Yuba and Tehama counties. A 17-year financial services veteran, Mata joined Wells Fargo in 1996. Previously, she was community banking president for the North New Mexico region in Albuquerque, where she was active with United Way of Central New Mexico.

Prior to that, Mata held various positions in retail banking, including personal banker,



New directors include Nancy Bui-Thompson, SMUD 2012 board president.

assistant manager, service manager, store manager and district manager.

Since 2008, Walker has led the largest union representing state employees with 95,000 members in nine bargaining units representing workers ranging from office technicians to IT professionals to bridge inspectors. Walker serves on the executive board of SEIU International and is a former Marine who has been in state service since 1995. She is also chair of the executive board of the Sacramento Central Labor Council.

For 90 years, United Way California Capital Region has actively worked to address the community's most pressing issues, now focusing on

innovative solutions related to high school graduation rates, household financial stability and obesity. United Way's team of nonprofits, businesses, donors and volunteers are working together to provide positive, measurable results on these



Brad Liggett, vice president for the Pacific Coast region of Allied Insurance.

issues through United Way projects: STAR Readers, SenAbility and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org.

Source: Kristin Thébaud Communications

BAYOU HOME REMEDIES

Why doesn't the pharmaceutical companies and the healthcare industry use plants and herbs to treat patients? Actually they do, but it's not advertised that way. According to Willie Gene, it all has to do with the financial motivation behind big pharma. She adds that there is so much deliberate misinformation put out there that people are confused, frightened, and dependent. But not Willie Gene. Bayou remedies have been a part of her family for generations. She had three aunts that each lived to over 100, and home remedies were all they had, and all they needed to stay healthy. As Willie Gene told me on my radio show POPPOFF, "We are told we are living longer, thanks to advances in modern medicine, but are we living better or merely existing?" So Willie Gene put down many of the remedies that have been passed down to her for decades in "How To Live A Long and Healthy Life" Using Natural Home Remedies.

And so began my journey into the back country where Willie Gene grew up with remedies for just about anything that ails ya! The foremost one was the Mayapple plant. I had never heard of it before. Willie said

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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

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