



Teaching Kitchen for Foster Youth Opens

Page 2

PLUS:
Money Laundering (by Means of Laundry Detergent)

Page 11

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Second Issue of March 2012

Gaines, Norby Introduce Legislation to Allow Veterans to Utilize Resident Tuition Rates



Page 2

Life and Love in the Mailroom



Page 6

What the Health Reform Law Does for Medicare



Page 9

Homeless Programs for Veterans Awarded \$995k

Grants will support local programs never before funded by HUD.

SACRAMENTO REGION—The Housing and Urban Development Department (HUD) announced this week that the Sacramento City and County Continuum of Care (CoC) was awarded \$995,598 for new local homeless programs. Nearly \$201 million has been awarded to 731 programs around the country that are aimed at helping the homeless. Read HUD news release.

“The grants are awarded competitively to local programs to meet the needs of their homeless clients and fund a wide variety of programs that provide transitional and permanent housing for homeless veterans and their families, and people with psychiatric disabilities,” said Don Nottoli, chairman of the Sacramento County Board of Supervisors. The five new Sacramento homeless programs and awards are: \$165,403: WISH Permanent Housing Program to Transitional Living and Community Support, Inc. will provide rental subsidies for 20 homeless adults with psychiatric disabilities \$335,725: DREAM Permanent Housing Program to Transitional Living and Community Support Inc. will provide rental subsidies for 43 homeless adults with psychiatric disabilities \$312,328: Coming Home Supportive Housing Program to Volunteers of America for 26 homeless, disabled veteran families – \$100,396: Veteran’s Supportive Housing Program to Volunteers of America for 12 chronically homeless veteran households \$81,746: Sacramento Homeless Management and Information System (HMIS) to Sacramento County Department of Human Assistance to supplement the current HUD mandated HMIS “This funding will help us meet our goal of ending chronic and family homelessness in Sacramento,” said Ben Burton, executive director of Sacramento Steps Forward. “It reinforces our commitment to



These grants will support agencies that are on the front lines everyday.

strengthen public-private partnerships to meet the needs of the Sacramento community.”

Sacramento’s CoC is responsible for housing over 3,200 homeless men, women and children each night in shelters, transitional housing and permanent housing programs. HUD recently awarded Sacramento \$13.9 million to renew funding for 33 existing local homeless programs operating throughout the County. The grand total of funding from the 2011 CoC application was \$14,895,957, ensuring housing and service programs remained operating in 2012.

“These grants will support agencies that are on the front lines everyday helping men, women, and children who might otherwise be living on our streets in unsafe conditions,” said Phil Serna, Sacramento

County Supervisor. According to the latest data reported by more than 3,000 cities and counties throughout the U.S., homelessness declined 2.1 percent between 2010 and 2011 and a 12 percent among Veterans. In Sacramento, chronic homeless decreased a remarkable 50 percent between 2007 and 2011, and experienced an overall decrease in homelessness of 15 percent since 2009.

Family homelessness, however, increased 11 percent between 2009 and 2011. Sacramento Steps Forward, a non-profit organization, has been working to build its capacity to take over the nearly \$15 million in federal CoC grants and other homeless contracts from Sacramento County.

Continued on Page 9

Abuse of ADA Process Must be Stopped

Commentary by Rich Johnson

PLACER COUNTY – Speaking as Chairman of the Government Affairs & Economic Development Committee of the Auburn Chamber of Commerce, I am particularly concerned about abusive legal actions being lodged against small business owners in Placer County in the name of the ADA (Americans with Disabilities Act).

Business and property owners across Placer County have been subjected to unreasonable legal threats from attorneys who launch lawsuits against establishments that are not aware of possible issues regarding ADA compliance. The lawyers then offer to settle the lawsuit for thousands of dollars in an obvious attempt to obtain money from the owner.

Adding to this offensive exploit, the lawyers apparently inform other members in this litigation food chain. In the next day’s mail, the unfortunate owner receives two more letters — one from a “helpful” consultant who offers to “assist” with ADA compliance information, and another letter from a contractor who wants to immediately quote on remodeling the building. The entire process is very efficiently orchestrated and coordinated.

This abuse threatens to drive existing enterprises out of business, and discourages new entrepreneurs from even trying to start a new business. It is an insidious attack on the vitality of our local economy and also threatens both present and future jobs.

The ADA is an important tool to aid and assist citizens with disabilities. Most business and property owners immediately want to make corrections when made aware of issues regarding access and usability in their facilities. They begin sincere efforts to remove potential barriers and fix any problems.

Further complicating the issue are conflicts between Federal, State, and local regulations. An owner may be in compliance with one set of requirements and find another rule that says something different. In other cases, facilities that were compliant when built no longer meet current statutes.

Regrettably, some owners become anxious and perturbed, having never been sued before. I recently spoke with one such



Rich Johnson

owner who declared, “I’ll just have to quit the business. I can’t afford to do everything they want.”

Fortunately, there are procedures available to deal with these situations. It is possible to counteract the lawsuits, and to become compliant with ADA requirements.

The easiest way to get information is to attend an ADA Compliance Workshop on Monday, March 26 in Rocklin. Sponsored by California Senator Ted Gaines and Assemblywoman Beth Gaines, the workshop offers education about state and federal ADA laws and guidelines on how to avoid lawsuits in this arena.

Assemblywoman Beth Gaines has also introduced two bills in the California Assembly that address this topic. Bill 1878 allows a 120-day period for a micro-business to begin modifications if a location has been found to be out of compliance with disability access regulations before legal action may be taken against the business.

Coupled to this proposed legislative relief, Bill 1879 requires the Department of the State Architect to compile all state and federal disability access regulations and identify when state regulations are in conflict with federal regulations. Passage of both of these bills will resolve some of the current abuse of the ADA process.

I urge all interested business and property owners to attend the ADA workshop on Monday, March 26, 2012 from 6:00 PM to 8:00 PM. The location is at the Rocklin Sunset Center Main Hall, 2650 Sunset Blvd, Rocklin CA 95677.

As I am also a candidate for Placer County Board of Supervisors in District 5, I will continue to examine this issue and report further developments as they occur.

Sacramento Hospice Consortium Seeks Volunteers

The Sacramento Hospice Consortium is offering hospice volunteer training programs for people interested in becoming hospice volunteers for hospice services. More than 300 volunteers currently work with seven hospice programs serving the greater foothill area, but more help is needed. Hospice volunteer training classes begin April 21 in Sacramento.

As important members of a team of trained professionals, hospice volunteers aid in the physical, mental and emotional preparation of death, by providing care, companionship, and support to terminally ill patients and their families.

Volunteers take a series of classes including History and Philosophy of Hospice Care, Concepts of Death and Dying, Communications Skills, and Grief and Bereavement. Training is designed for both those wishing to become hospice volunteers and those caring for and supporting a dying family member or friend.

For more information or to register, visit www.sachospice.org, or call the Sacramento Hospice Consortium (916) 388-6288. The cost for materials and 24 hours of training is \$35.

Umpqua Gives to ARD



Jerry Fisher, Auburn Recreation District Sports Coordinator, graciously receives a check from Monique Hall, Umpqua Bank Manager and Assistant Vice President.

AUBURN – Umpqua Bank, through their Community Giving Program is a proud sponsor and supporter of the Greater Auburn Scramble Obstacle Course Race. The Great Auburn Scramble Obstacle Course Race is a fun yet challenging race hosted by

The Auburn Recreation District for all ages 8 and up. The event is part running and part obstacle course, winding through beautiful Regional Park, using man made as well as natural obstacles. This festive event will take place September 29, 2012, the dog days

of summer, and provides a whole day of fun for the family.

ARD created this event to support the park, to raise funds for the Youth Assistance Fund, and to provide a low cost family event that encourages fitness and fun. Sheryl Petersen, ARD Recreation Services Manager was ecstatic about the partnership with Umpqua Bank. “We greatly appreciate the support of Umpqua Bank as one of our premier sponsors” stated Petersen. “We are seeking additional organizations and individuals interested in sponsoring an obstacle as well as people who want to volunteer for the event. This is a wonderful opportunity to get in on the ground floor of what is sure to be an annual event that will continue to grow in size and popularity”.

Sponsorship and volunteer information can be obtained by contacting ARD Recreation staff at (530) 863-4615 or (530) 863-4612.



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Soroptimist International of Loomis Basin hosts Bingo Benefit

LOOMIS – Soroptimist International of Loomis Basin will host Tostada Bingo Night on Saturday, March 24 at 6:00 PM (doors open at 5:30 PM) at the Loomis Memorial Hall, 5945 Horseshoe Bar Road. This family friendly benefit supports Soroptimist International of Loomis Basin projects including the Loomis Senior LIFE Center, Loomis Women's Transition Home, student awards, teacher grants and other charitable activities.

Tickets are \$20 per person and include the shredded beef tostada dinner, dessert, drink ticket, bingo game packet and dobber. Soroptimist Tostada Bingo

Night tickets can be obtained in advance at the Loomis Chamber of Commerce (call (916)652-7252 or stop by 6090 Horseshoe Bar Road, Loomis), and through all Soroptimist members. Limited tickets will be available at the door. Attendees will have a chance to win quality bingo prizes, with a minimum value of \$25, for people of all ages.

Raffle prizes include Grand Sierra Two Night Stay (\$300 value), Harrah's one night stay and dinner show, Rejuvenate full day spa package, TV-DVD-CD player, Mikuni restaurant package, Millie Beatie Pottery canister set, 19" TV and

Cowpoke Fall Gathering Friday night tickets with Baxter Black.

To learn more about Soroptimist International of Loomis Basin, visit a weekly meeting on Wednesday at 8 AM at the Train Depot in Loomis, or contact Nancy Hogan, co-president, at (530) 613-1541. Soroptimist (soroptimist.org) is an international volunteer service organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world. Soroptimist International of Loomis Basin is a 501(c)(3) organization.

Residents Help Koinonia Homes for Teens Launch Teaching Kitchen for Foster Youth



Eleanor McCampbell, Herbalife Family Foundation liaison; Bill Ryland, Koinonia Homes for Teens administrator; Ulises Cruz, Koinonia Homes for Teens resident; Placer County Supervisor Jim Holmes and Richard Knecht, director of the Placer County Children's System of Care help cut the ribbon on Koinonia Homes for Teens' Teaching Kitchen for foster youth.

LOOMIS – Seventy residents from Sacramento and Placer counties attended the grand opening of Koinonia Homes for Teens' Teaching Kitchen for foster youth on March 2, which included appetizers and cake pops handmade by teens in the program.

"This was a great opportunity to show our kids how much this community cares about them and to show our community members how much their generosity makes a difference in young lives," said Bill Ryland, Koinonia Homes for Teens administrator. "The kids and guests alike had a great time."

Koinonia created the Teaching Kitchen thanks to grants from

Herbalife Family Foundation and Bank of America to ensure foster youth in the program receive proper nutrition education, learn how to create healthy meals for themselves and a group, and explore career opportunities in the culinary field.

Prior to the Teaching Kitchen, teens in the program learned how to cook nutritious meals, but were gathered in a small kitchen with few appliances and just enough curriculum to ensure they learned the basics. With the new kitchen, more teens can gather around a kitchen island designed for instruction and use new appliances. Koinonia also

will bring in more guest speakers to teach about nutrition and cooking as a profession.

Koinonia Homes for Teens, a division of Koinonia Family Services, works with teens in several specialized programs. With six homes located in Placer and Sacramento counties, and a Community School and Treatment Center in Loomis, Koinonia is one of the premiere adolescent substance abuse treatment programs in the state. Each home is staffed with caring professionals that bring a home-like atmosphere and quality treatment during this difficult out-of-home placement.

Auburn Garden Club Plant Sale

AUBURN – The Auburn Garden Club would love some publicity on our upcoming plant sale. Here is the information:

On Saturday, April 28th, the Auburn Garden Club is holding its annual plant sale from 9 am to 1pm in the parking lot at Bethlehem Lutheran Church on High Street next to the entrance to the Fairgrounds.

There will be perennials, trees, bedding plants, dogwoods, named-variety daylilies, vegetables, garden crafts, and a bake sale.

The proceeds from the plant sale benefit the grants program for non-profits involved in horticultural/garden related projects.

The plant material is locally propagated by members and is right at home in the foothills

including some organic and deer resistant plants. In this present economy and with the closing of many local independent nurseries specializing in native and perennial plants, the Auburn Garden Club Plant Sale offers buyers unusual finds at very reasonable prices.

For more information visit www.auburngardenclub.org.

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Newcastle Business Group Offers College Scholarships

From Joe Irvin

NEWCASTLE – Applications for the annual Newcastle Area Business Association scholarships are now available. Four \$1,000 scholarships will be awarded to college-bound

seniors who reside in the Newcastle-Ophir-Penryn area. The application and instructions can be found online at www.newcastlebusiness.org.

The scholarships are a hallmark of NABA tradition, funded by proceeds from the Mountain

Mandarin Festival.

Students must submit an application no later than April 20, 2012, and be available for interviews during the week of April 23-27.

For more information, please contact NABA at (916) 417-9537.

Meadow Vista Friendly Neighbors Meeting

MEADOW VISTA – The Meadow Vista Friendly Neighbors Club will hold its monthly luncheon and meeting on Wednesday, March 28 at the Meadow Vista Grange Hall starting at 11:30 am. Lunch will

be served at 12:00 noon followed by guest speaker Jennifer Peatman, who is associated with the Meadow Vista Pharmacy. She will discuss the challenges that seniors encounter regarding prescriptions – generic, non-generic

and mail order prescriptions.

For further information and to RSVP, please call Joy Hanni at 878-1436 or e-mail at jgiacomazzihanni@foothill.net. There is no charge for the luncheon and guests are always welcome.

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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

Water Picture is Looking Up

AUBURN – Current wet weather patterns have turned around what had appeared to be a critically dry year, officials at the Placer County Water Agency said Thursday, March 15th.

“Our water supply looks to be much healthier and far more robust than it did just days ago,” General Manager David Breninger reported at Thursday’s meeting of the PCWA Board of Directors.

The board heard water supply updates from several staff members and decided to wait until Apr. 5—when results of Apr. 1 final snow surveys and water supply projections are available—to determine if this year’s water deliveries will be adversely affected or not.

“While seasonal precipitation and snowpack runoff are still expected to be well below average for 2012, the mid-March storms have reversed what appeared to be the 12th driest year on record,” said Senior Engineer Tony Firenzi. He noted that the driest year on record was 1977.

He mentioned the so-called “March Miracle” of 1991 when the month of March, in that year, produced an astounding 30 inches of precipitation turning around what at that point had been projected to be the driest year on record. The current series of storms through the weekend are anticipated to produce perhaps at least half of that amount.

Director of Field Services Mike Nichol said storage in Pacific Gas & Electric Company (PG&E) owned reservoirs on the Yuba-Bear river watershed remains above average for this time of year. This source supplies most PCWA and all Nevada Irrigation District (NID) customers with surface water supplies.

Nichol said that in order to preserve adequate carryover storage for next year, PG&E has asked the water agency and NID to reduce water use from the Yuba-Bear rivers’ supply this year.

The only surface water supply available to NID is from the Yuba-Bear watershed. Accordingly, NID directors, on Wednesday, took action to ask their water customers to voluntarily reduce water use by 10 to 15 percent.

PCWA has this supply and other sources available for serving its customers.

Director of Strategic Affairs Einar Maisch, for example, reported that water storage in the PCWA owned Middle Fork American River Project (MFP) watershed reservoirs is near normal. He said, “There are adequate MFP surface water supplies for deliveries to help serve PCWA water service zone customers, as well as the City of Roseville, San Juan Water District and other agencies in 2012.”

MFP water is pumped by PCWA for its customers’ use via

the Agency’s American River Pump Station located east of Auburn. PCWA’s MFP water for Roseville, San Juan Water District and others is delivered by PCWA to Folsom Reservoir where each diverts the supply they need.

In other business, directors: • heard a report from Director of Technical Services Brian Martin, who said the large Ophir Road Pipeline Project, east of Newcastle, is scheduled to begin in April. The agency will host a public outreach meeting on the project on Wednesday, Mar. 28, at 7 p.m. in the gym at Ophir Elementary School. All interested members of the public are welcome to attend.

• heard a public comment from Rocklin Fire Chief Bill Mikesell, who complimented agency staff for providing a high level of communication and information to his department and the Placer County Fire Chief’s Association on water supply availability for 2012.

The next regular meeting of the PCWA Board of Directors will be held at 2 p.m. on Thursday, Apr. 5, at the PCWA Business Center, 144 Ferguson Road, in Auburn.

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.



Around Town with Loyce Smallwood

Ellen Huls who shows her colorful, Tony Natsoulas influenced ceramics at the OT Auburn Gallery just down from our fav floral shop Auburn Blooms Florist at 127 Sacramento Street where cheerful co-owner Lisa Baehr offers a bounty of whimsical critter accessories to dress up your garden and home along with sparkly beaded jewelry and a decadent supply of truffles in an inviting setting relocated from DT Auburn.

Over in the DT Mall on Lincoln Way, Terrapin’s Treasures Owner Tamara VanHorn definitely has an eye for the unusual with her selection of wire-wrapped and glass jewelry along with geodes and crystals. At the DT central square, Van Howd’s Native American Dancer sculpture continues to impress and the word is that down the street Hilda’s Bakery is scheduled to open with a full espresso bar before summer which should delight Foodie Dave Rosenthal at KAH! Radio across the street in the State Theater where KAH! moderator Barry Stigers longs for the links.

And for those with the light appetites, recommended is the satisfying scrambled egg/bagel



Left to Right: Suzanne Blaney; Renee Chambliss; Edna Sparkes

mini breakfast at Tsuda’s in OT where it was fun to run into “Bulldog”/Realtor Bill Johnson and chat up the very busy and gracious Placer-Lake Tahoe Film Office Director Bev Lewis who is good friends with film/television Actor Perry King who may find a window in his travels from LA to Cool to fit in a guestship on ACTV.

Time on your hands? Volunteers and donations needed at The Friends of Placer County book store in the Raley’s Center at the Foresthill exit where books along with home accessories, jewelry and art are sold to provide for our homeless pets. Yes, you can make a difference, indeed!

Questions/comments to loy@foothill.net

Placer SPCA in Auburn Celebrates One-Year Anniversary

ROSEVILLE – On Sunday, March 18, the Placer SPCA celebrated the one-year anniversary of the Pet Adoption and Resource Center in Auburn with an Open House.

The new Center opened on March 18, 2011 at 1482 Grass Valley Highway in Auburn in the Creekside Center. The 2,500 square foot facility is modern and cage-free, housing up to 30 cats and six dogs in spacious adoption rooms. There are also an education room and a dog training area.

In the year since it opened, 220 cats and dogs have been adopted from the center. The convenient location has also made it possible for more Foothills residents to use the programs and services offered by the Placer SPCA, including spay and neuter assistance, free behavior help, youth education programs, and volunteer opportunities.

The additional adoption space has made it possible for the Placer SPCA to transfer animals from Placer County Animal Services and other animal

welfare organizations, helping to ease overcrowding at multiple local shelters. “We are very pleased to offer more services to the Foothills community of Placer County,” said Placer SPCA CEO Leilani Fratis. “We look forward to expanding our programs even further.”

Regular business hours of the Placer SPCA in Auburn are 12:00 pm to 4:30 pm daily, excluding major holidays. For more information, please visit www.placerspca.org/auburn or call (530) 823-7722.

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Gaines, Norby Introduce Legislation to Allow Veterans to Utilize Resident Tuition Rates



Assemblywoman Beth Gaines

opportunity to utilize resident tuition rates. Assembly Bill 2250 will allow veterans who have received an honorable discharge from the military and their spouses the ability to take advantage of in-state tuition costs at California's public universities.

"Our servicemen and women have served and sacrificed so much to protect American's freedoms, and California should welcome these veterans and their families to start the next chapter of their life in California's great public university system," Gaines said. Assembly Bill 2250 will let a current or honorably discharged veteran that served a minimum of two years in the Armed Forces or State Military Reserve and their spouses to qualify for resident tuition at any California Community College, California State University or University of California.

"I'm pleased to join Assemblywoman Gaines to help veterans get a shot at bettering their lives through our public universities," Norby said. "With their service to this country, they have demonstrated the discipline and commitment it takes to get ahead in life."

Gaines added that the post 9-11 G.I. Bill that veterans currently receive does not cover out-of-state tuition, no matter the length of time they have served. "These limitations drive veterans back to their original home states resulting in a loss of future California residents and revenue," Gaines said. "California has the largest population of veterans than any other state, and our bill will ensure that we are working to make California's public universities more veteran-friendly."

Mountain Area Preservation Foundation Receives Nature Fund Grant from Tahoe Truckee Community Foundation

Mountain Area Preservation Foundation (MAPF) has been awarded an \$8,000 grant from the Nature Fund, approved by the Tahoe Truckee Community Foundation (TTCF) Board of Directors for their project 'Connecting the Landscape-Martis Valley to Mount Rose'. TTCF Nature Fund Grant is a dedicated endowment that provides funding to environment/ conservation activities that encourage good stewardship in the region.

The grant will help MAPF 's continued efforts to preserve over 6,700 privately owned acres in the southeast watershed of Martis Valley as public open space while identifying supportable development in another location. The land that MAPF is working to conserve provides a critical habitat link from Martis Valley to Mount Rose Wilderness area, a scenic place to recreate, while sustaining our watershed and supporting our tourist economy.

With the support of the Nature Fund grant MAPF will be able to continue a collaborative effort among local conservation organizations and stakeholders to balance new development with land conservation to preserve open space in our region.

For more information about the Mountain Area Preservation Foundation and how you can get involved contact Alexis Ollar, go to www.mapf.org or call (530) 582-6751.

NID Calls for Voluntary Water Conservation

GRASS VALLEY – As the season's biggest rainstorm blustered outside, directors of the Nevada Irrigation District on Wednesday (March 14) declared a Stage 2 water shortage alert, calling for voluntary water conservation by customers this year.

The board's unanimous action was based on forecasts that spring runoff from the mountain watershed will be only about 40 percent of average. Directors noted that continued wet weather could boost runoff and ease the potential shortage.

"At this point it would be irresponsible for us not to declare Stage 2 — you can't just look out the window," said NID Board President Nick Wilcox. "Of course, the situation could change, but it's better to be prepared. We have to be very careful."

The board approved an updated version of the district's drought contingency plan. It outlines five stages water supply, ranging from

Stage 1 with normal conditions to Stage 5, which is a critical water shortage emergency with a 35-50 percent shortage.

With considerable precipitation in the short term forecast, directors expressed hope that voluntary conservation measures would be sufficient for this year, while maintaining adequate reservoir carryover storage for next year.

With the Stage 2 declaration, NID will ask all customers to voluntarily reduce water use by 10-15 percent. The district will offer irrigation water users the water- and moneysaving option of reducing their annual purchase for this year only. New irrigation water customers will be limited to purchase of one-half miners' inch of water.

Meanwhile, the district will purchase all water made available by the Pacific Gas and Electric Company and will limit its own sales of surplus water. Educational outreach efforts are planned to keep the community

informed of the situation.

Directors also appointed a Drought Hardship Committee that would be activated if a Stage 3 condition is reached. The five-member citizens committee includes a representative appointed by each member of the NID board.

Representatives are Jim Gates, Division I; Chris Bierwagen, Division II; Dave Barhydt, Division III; Wayne Vineyard, Division IV; and Rich Johansen, Division V.

The NID Board is expected to review the water supply condition in mid-April and determine a course of action for the coming irrigation season.

For more information on water availability, water use efficiency and potential cost-savings through reduced water purchase, contact NID Customer Service at (530) 273-6185 or (800) 222-4102, or see www.nid-water.com.

Local SPU Student Makes Dean's List

AUBURN – Allyson Ivy Kellar of Auburn, California made the Seattle Pacific University 2011 Autumn Quarter Dean's List. Students on the Dean's List have completed at least 12 credits and attained a 3.50 or higher grade

point average.

Founded in 1891, Seattle Pacific University is a premier Christian university that equips people to engage the culture and change the world. Its comprehensive academic program serves

more than 4,000 undergraduate and graduate students. Known for both their competence and character, SPU graduates are bringing about positive change in communities around the globe.

Placer County Grand Jury Meet-N-Greet

The Placer Grand Jury announces sessions to learn about serving on the Grand Jury

AUBURN – The CUITent 2011-12 Placer Grand Jury is sponsoring two (2) one hour Meet and Greet sessions to give prospective jurors the opportunity to observe the workings of the

Where: Santucci Justice Center, 2nd Floor Jury Assembly Room, 10820 Justice Center Drive, Roseville, CA
When: Thursday, April 12 at 2 pm

be accessed on the Grand Jury website: www.placergrandjury.org or <http://www.placer.courts.ca.gov/grandjury/grandjury-fp.html>

GRAND JURY

1. Session 1 will be held:

Where: Placer County Office of Education, Burns Room, 360 Nevada St. Auburn, CA

When: Monday, April 9 at 6 pm

2. Session 2 will be held:

At each session, there will be a brief presentation about the Grand Jury following by the time to meet and question previous jurors about their experiences.

More information about the Grand Jury and applications can

The Placer Grand Jury is an investigatory body with the authority to act as a watchdog on local government, investigate citizen complaints, and assist in criminal matters at the request of the District Attorney.

Meeting for Widowed Person's Grief Support

AUBURN – Grief Support for widowed people will hold a meeting for volunteers on Fri., April 29 at 1:00 PM in Auburn. This organization has trained

volunteers who help widowed people understand their grief and find redirection in their lives. They take in the area from Colfax and Foresthill to

Roseville and beyond.

For location of this meeting and for more information call (530) 885-8298.

Widowed Person's hold "Get Acquainted"

AUBURN – Widowed Person's Association of California will hold it's monthly "Get Acquainted" dinner on Thur. April 5, at 4:30 PM at the Sizzler Restaurant in Auburn. Call (530) 823-5321 for reserva-

tions by Tues. April 3, 2012 If you are new to WPAC this is an appropriate time to meet people who are also widowed.

All Widowed People are invited to attend three activities of this organization prior to joining

our membership. Our activities include: pinochle, luncheons, bingo, bowling, trips to Reno, Koffee klatches and special activities.

For a free newsletter call (530) 823-5321.

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Military Graduates

<p>Army National Guard Pfc. Lance G. Howe has graduated from One Station Unit Training (OSUT) at Fort Leonard Wood, Waynesville, Mo., which included basic military training and advanced individual training (AIT). During basic military training, the trainee received instruction in drill and ceremony, weapons qualification, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army doctrine, history, principles and traditions. During AIT, the soldier completed the military police specialist course to acquire skills to provide combat area support, conduct battlefield circulation control, area security, prisoner of war operations, civilian internee operations, and law and order operations. The trainee performed as a team member in support of battlefield operations, installation law and order operations and security of Army resources and installations. Additional training included providing peacetime support to the military community through security of resources, crime prevention programs, and preservation of law and order. Howe is the son of Larry G. and Gay A. Howe of Message Place, Grass Valley. His wife, Alicia, is the daughter of Cecilia R. and Ronald J. Correa Sr. of Torrey Pines Drive, Auburn. He is a 1999 graduate of Forest Lake Christian School, Auburn.</p>	<p>Army National Guard Pfc. Bruno R. Gotzmer Jr. has graduated from One Station Unit Training (OSUT) at Fort Leonard Wood, Waynesville, Mo., which included basic military training and advanced individual training (AIT). During basic military training, the trainee received instruction in drill and ceremony, weapons qualification, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army doctrine, history, principles and traditions. During AIT, the soldier completed the military police specialist course to acquire skills to provide combat area support, conduct battlefield circulation control, area security, prisoner of war operations, civilian internee operations, and law and order operations. The trainee performed as a team member in support of battlefield operations, installation law and order operations and security of Army resources and installations. Additional training included providing peacetime support to the military community through security of resources, crime prevention programs, and preservation of law and order. Gotzmer is the son of Marsha V. and Bruno R. Gotzmer Sr. of Racquet Club Drive, Auburn. The private is a 2008 graduate of Placer High School, Auburn.</p>
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LaMalfa and Howard Jarvis Taxpayers Association Seek Fire Tax Repeal

SACRAMENTO – Senator Doug LaMalfa (R – Richvale), the Howard Jarvis Taxpayers Association, Assemblyman Jim Nielsen, Assemblyman Kevin Jeffries and Legislative Republicans announced the introduction of AB 1506 which would repeal last year’s \$84 million tax increase on rural Californians.

“Many rural Californians already pay taxes for their local fire protection district in addition to state taxes, so they won’t see any new service at all from this tax,” said Senator LaMalfa. “Rural residents already are required to keep their homes fire safe, but the state government’s failure to safely maintain public lands directly contributes to the size

of wildfires. Taxing Californians more won’t do a thing to change that.”

To date the fire tax has yet to be billed or collected so that no lawsuit or other challenge can be made to its constitutionality. The Howard Jarvis Taxpayers Association is preparing a lawsuit to challenge the tax on constitutional grounds once bills are issued.

“The Governor has used flimflam to try to get around Proposition 13 and impose a fire tax,” said Jon Coupal, President of the Hoard Jarvis Taxpayers Association. “We will pursue every remedy to overturn this tax.”

The new tax was passed originally in June of 2011 and a revised

version again in September; both with a majority vote thus violating Propositions 13 and 26.

“When the majority of the legislature ignores our state constitution, it forces us to use every means to repeal this tax. The rule of law means nothing if the people have no constitutional protections from their government,” continued LaMalfa. “Frankly this reminds me of Obamacare - it’s both wrong and unconstitutional.”

Senator Doug LaMalfa is a lifelong farmer representing the fourth Senate District including Shasta, Tehama, Butte, Colusa, Glenn, Siskiyou, Sutter, Del Norte, Placer, Trinity, Yuba and Nevada counties.

Gerontologists and Your Future

Commentary By
Irwin A. Herman, MD

PLACER COUNTY – A short time ago, I, along with other members of the Placer County Older Adult Advisory Commission (OAAC), was privileged to hear a report by Dr. Barbara Gillogly, chair of Gerontology at American River College on the subject of Gerontology.

In order to avoid the confusion that some have between “Geriatrician” and “Gerontologist” let me define the difference. A Geriatrician is a licensed physician, often an Internist, who deals primarily with the prevention and treatment of diseases in the elderly, while the Gerontologist is credentialed to manage the physical, social and mental aspects of aging within the individual’s environment.

As the millions of “boomers” who are entering senior status by the thousands daily become a more and more prominent part of our social structure, it is important to recognize their impact on all of our lives. Millions of older Americans are living independently, in good health and participating actively in daily activities. However, among these millions, there are also a significant number who have unmet needs in all areas of life ranging from nutrition, recreation, transportation, living space, finance and business, to name but a few.

These issues are often complex and require research into which programs would best serve the individual and which services are the most important given the specific needs that might be required for a safer life style. Along with the research and patient assessment, a good part of the time required might involve education to help

understanding of the specific problems and what potential gain might be expected and at what cost in effort and finances. Many elderly find themselves in difficult circumstances either through a lack of understanding of their current situation, such as limited finances and where to find help, or from a social aspect by not appreciating the programs that are available to help them maintain their vitality and interests.

A certified Gerontologist is capable of performing a needs assessment to determine current as well as future risk factors that might interfere with an older adult’s ability to function healthily and safely in their immediate social environment. The Gerontologist will be able to identify areas of concern that family members would need to know if they are to be able to monitor the older adult relative who is living independently in their community.

Within the broad range of issues that the gerontologist deals with, one of the more important ones is that of “case management.” Many of us, older adults ourselves, find ourselves sandwiched between our children and surviving still older parents. A rather fortunate situation considering how unique this would have been viewed a generation or two ago when the lifespan was so much shorter. As fortunate as this may be, however, the stress that often accompanies this dual responsibility is oftentimes seemingly unmanageable and sometimes even impossible. Very often this is a result of floundering in the attempt to manage both sides of the issue without having the knowledge or understanding of the problem itself or how, what seems to be a seemingly simple solution, is often the wrong one because we don’t

understand the viewpoint of the older adult or how that person perceives how they would like to lead their own life. This is where the value of the Gerontologist comes in to play. By doing an objective clinical appraisal from both viewpoints and with knowledge of what social and support services are available and how they may be utilized, a clearer and healthier program can be recommended. In addition, whatever safety changes should be considered to satisfy the needs of both parties for a safer environment could result in a happier solution for all concerned.

Gerontologists will become a more and more important part of our future as the overall population trends to an older focus. While most often these specialists are part of discharge planning from hospitals or through other agencies, I was told that soon, we may even find them in the Yellow Pages for individual consultations and assessments. So, keep your eyes and ears open and remember, for now, most information regarding senior issues can be obtained through “Seniors First,” which you can find online or in the phone book.

Happy lifestyles!
It is the overall goal of the Placer Older Adult Advisory Commission to promote the well-being and to enhance the quality of life for older adults of Placer County by advising the Placer County Board of Supervisors and the Placer Department of Health and Human Services on issues affecting the lives of older adults. Meetings are held the 3rd Tuesday of the month at 1:00 p.m.

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

Denham Concerned Over Criminals Receiving Unemployment Benefits in Prison

Congressman Jeff Denham sent a letter to the U.S. Secretary of Labor expressing great concern over criminals who have been able to defraud the Unemployment Insurance program to collect benefits while in prison. The letter was signed by sixteen other Members of Congress.

A recent report from the Los Angeles Times discussed an example of an inmate who had managed to collect over \$30,000 in benefits while he was in prison. Portions of the checks were deposited into his jail account and were used to finance gang activity.

“While millions of Americans are suffering the effects of a long-lasting recession and the longest unemployment streak since the Great Depression, this expense is not only one we cannot afford but also strikes at the viability of a social safety net that is crucial to the millions of unemployed Americans,” Congressman Denham stated in the letter dated March 9th, 2012.

“A convicted murderer receiving unemployment benefits while in prison is completely unacceptable and we would like to know how your Department

plans to address the issue,” continued Denham in the letter to U.S. Secretary Solis. Last year, the Federal Government spent \$85.4 billion on unemployment compensation, including \$5.5 billion to help states administer the program.

Given the scale of the resources invested, the Department of Labor and state governments must work together to ensure that federal funds are spent appropriately, and that instances like these are not occurring anywhere else in California or the country.

FBI Seeks Armed, Dangerous “AK-47 Bandit” in Northern California

SACRAMENTO – The Federal Bureau of Investigation (FBI) asks the public to help identify an armed bank robber suspected in a bank robbery in Vacaville, California and attempt to access a bank for the purpose of robbery in Sacramento, California. The individual is also believed to be connected to a robbery in Chino, California in which an officer was shot.

The armed suspect is described as a white male, approximately 5’ 10” tall, 180-220 pounds and is estimated at 25-40 years old based on the sound of his voice. In each incident, he has been dressed in tactical gear over a short-sleeved collared shirt and blue pants. He also has worn a full-face ski mask and blue ballistic vest and/or a green mesh vest marked “Sheriff.” During the robberies, the individual entered armed with a shoulder-held AK-47 assault rifle with a drum magazine.

In each incident, the suspect was seen leaving the scene in a dark grey full-size sedan presumed to be a Nissan Maxima with chrome trim and tinted windows. A flyer with photos of the vehicle and the subject in addition to reward information is available at fbi.gov/ak47.

At approximately 4:50 p.m. on

Monday, March 12, 2012, Bank of the West located on the 1000 block of Helen Power Drive in Vacaville was robbed. The suspect left the area with an undisclosed amount of cash. The vehicle’s license plate may have been covered during this robbery.

Three days prior at approximately 9:45 a.m. on March 9, 2012, the suspect attempted to enter the Tri Counties Bank located on the 1700 block of Challenge Way in Sacramento through locked doors at the rear of the building. The doors are always locked and are employee-only entry doors. The employees refused to open the door and the suspect drove away.

Due to the similarities in weapon, appearance and vehicle, the suspect is also believed to be connected to the February 29, 2012 robbery of California Bank and Trust in Chino. An officer patrolling the area came upon the suspect as he was fleeing the bank. The suspect fired upon the officer, seriously wounding him.

Prior to the Chino robbery, a male call a bomb threat into 911 dispatch center from a payphone in the area. Investigators believe that the suspect may have made the call as a diversion to delay officer response to California Bank and Trust.

The robberies and attempted robbery are being investigated by multiple law enforcement agencies including the FBI, Sacramento Police Department, Vacaville Police Department and Chino Police Department.

The suspect is heavily armed and dangerous. Anyone who sees or comes into contact with the suspect is asked to call 911 immediately and refrain from attempts to apprehend the suspect independently.

The FBI is offering a reward of up to \$20,000 for information leading to the arrest of the individual responsible for the above crimes. Individuals who may have information regarding this suspect are asked to contact their local FBI office or law enforcement agency. Information can be provided anonymously.

Chino Police Department: 909-628-1234

Los Angeles Field Office: 310-477-6565

Sacramento Field Office: 916-481-9110

Sacramento Police Department: 916-732-0100

San Francisco Field Office: 415-553-7400

Vacaville Police Department: 707-449-5200

Source: FBI Press Release

Senator Gaines Supports Legislative Effort to Repeal Illegal Fire Tax

Senator Ted Gaines (R-Rocklin) on March 16th, stood with fellow legislative Republicans and California’s rural residents to announce Assembly Bill 1506 (R-Jeffries), a measure to repeal the fire tax. “This \$150 fire tax is illegal and unfair – plain and simple,” said Gaines. “Many rural property owners already pay local fire agencies for protection so it is clearly double-taxation and it is being dumped on the backs of rural Californians when the state has 11-percent unemployment and families are struggling just to make ends meet.”

Assembly Bill 1506 by Assemblymember Kevin Jeffries (R-Lake Elsinore) 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 (CalFire), even though their property taxes already contribute to the service contracts that counties have with CalFire.

This tax will be imposed on the owners of more than 800,000 properties in the state. According to census and CalFire data, Senator Gaines’ largely rural district includes nearly 20 percent or approximately 160,000 of the properties whose owners will be subject to the fee. Last summer, Senator Gaines launched a referendum to repeal the fire tax. Working with the California Republican Party and other key supporters to fight for taxpayer rights, the effort gathered thousands and thousands of signatures, but ultimately fell short of the number needed to qualify the measure.

Gaines contends that the fire tax attempts to sidestep Proposition 26, the initiative passed last June that prevents the Legislature

from disguising taxes as “fees” and circumventing constitutional requirements for passing higher taxes. “I will stand with legislative Republicans and the Howard Jarvis Taxpayers Association to fight this in every way possible and encourage everyone who might get stuck paying this phony fee to get in the arena and fight it too,” said Gaines. “The answer to fire protection in California is not illegal taxes, but budgets that invest in core government services that protect every citizen in the state – rural, urban and suburban.”

Assembly Bill 1506 has been referred to the Assembly Committee on Natural Resources. The hearing date is pending.

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

Book Sale Fundraiser

PENRYN 10,000+ book sale fundraiser will be held on March 31 and April 1 for Gold Country Wildlife Rescue, 8am-noon.

Thousands of books will be sold as well as CDs, DVDs, VHS tapes, and audio books. The sale will be held at 2166 Swetzer Rd., Penryn. Donations of books, CDs, DVDs, VHS tapes and audio books are welcome.

Call (916) 663-1608 or email lyn4animal@aol.com for more information or directions.

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By Ronnie McBrayer

While reflecting on the coming Holy Week, I remembered one of my favorite stories. It is a mythical tale written by author, professor, Harley-Davidson rider, and pastor, Robert R. Kopp. As Pastor Robert tells it, a young man named Walter went to work for the largest corporation in the world. The personnel director told Walter he must start at the bottom and work his way up, for that is the way one succeeds.

So Walter, not afraid of a little hard work, began his corporate career in the mailroom, in the basement of the building. Walter liked his job, but he often day-dreamed about what it would be like to be a person of power, an executive, or maybe even the president of the company.

One day as Walter was dividing and sorting the mail, he saw a cockroach in the corner of the room. Disgusted, he walked over to step on it, but a tiny voice cried up to him, "Don't kill me Walter! I'm Milton the cockroach, and if you spare me I will grant you all your wishes."

Well, what was Walter to do? It's not every day you come across a talking cockroach, so to test the ability of his new friend, Walter wished to leave the mailroom and become vice

Life and Love in the Mailroom

president of the company. "Do that for me," Walter said, "I will let you live."

When Walter came to work the next day he found himself greeted as "Mr. Vice-President." He had a security clearance, a secretary, a support staff, and a corner office in one of the highest floors of the building. It was exactly as Milton had promised.

This began a meteoric rise for Walter as Milton granted one wish after another until Walter was President and CEO of the largest corporation in the world. Walter often said to himself, "I am Walter, and I am on top of the world. No one is bigger or more important than me."

Then one day Walter heard footsteps, strangely, on the roof of his penthouse office. He went outside and found a small boy on his knees praying. "Are you praying to me," Walter asked. The little boy answered, "Of course not! I don't even know who you are. I am praying to God." Walter was deeply disturbed by this. He had thought he was at the very top of everything. How could someone – even God – be higher than him?

So after a fitful, sleepless night, Walter demanded that Milton the magical, talking cockroach be brought before him once again. Milton quickly appeared, as always. "I have one last wish Milton," Walter said, "and upon granting this wish I set you free for there will be nothing left to ask. I wish to be like God." Milton said, "As you wish." The next day

when Walter came to work he was back in the mailroom.

The New Testament teaches us that Jesus slid down from the infinity of heaven, to the lowest rung of the social ladder; the mailroom of the universe. He became a near untouchable; poverty-stricken, always just a step ahead of starvation; born in a barn with a bastard's reputation; hated, condemned unjustly, and crucified as a criminal.

He didn't remain in a faraway heaven, worshipped by angels, insulated from pain and trouble. He didn't remain in a place of holy bliss, not knowing how it hurt to be a human being. At least, he could have come to earth as a king, a president, or as someone of importance and stayed in all the nicest hotels with a wait staff and the finest accommodations.

But no; Jesus emptied himself of all things and "made himself of no reputation," the old English translations of the Bible say, to show the length to which God's love will go, and to show us how to love others. He considered becoming human, loving and serving humanity, to be more important than his comfort and prestige. He chose the mailroom over the penthouse, and to be like God, so must we.

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.

Keeping Close Tabs on My Investments

By Rev. James L. Snyder

I find it quite amusing that some of the brightest and richest people in our country do not seem to have a clue as to what they are doing. Most do not have the common sense that God gave to a caterpillar. As Abraham Lincoln used to say, common sense is not as common as it used to be. Amen, to that one.

The financial experts are telling us that we need to buy gold or silver to safeguard our investments. I am way ahead of the game. Several years ago, I got a gold tooth. Fortunately, for me, I got it before the financial crisis in our country. I cannot tell you what a remarkable feeling it is to walk around with your fortune in your mouth.

I hear about all of the investment schemes that are supposed to make me rich. I have a sneaking suspicion that the only people getting rich are those with the investment schemes. They want us to buy stocks and bonds and futures. I never heard of anything so silly in all my life.

What would I do with stocks, bonds and futures, whatever in the world they are, in my portfolio. I have no idea what a portfolio is but I am certain it has something to do with these investment schemes. I just do not want anybody folioing around with my port, thank you very much, sir.

If I got my facts right, and I looked it up in the dictionary, port has something to do with wine. Why would I want to put a bottle of port into my folio and pretend it is some kind of an investment?

I really have to give it to these investment schemers. They really know how to pull the wool over our eyes. I want to go on record as saying that they are not pulling any wool over my eyes. Just leave my wool alone. If I want my wool pulled, it certainly will

not be over my eyes, I will tell you that right here. This wool pulling sounds more like sheep fleecing to me, and I want nothing to do with it.

For me I have discovered a way of safeguarding my wealth. My basic financial philosophy is simply spend less than I make. I know that is a revolutionary concept in today's world, but it has stood me in good stead for many a year.

We live in a culture that has absolutely no spending control whatsoever. This culture does not know the relationship between saving money and spending money.

For example, The Gracious Mistress of the Parsonage came home the other day and in a very exuberant tone told me how much she saved at the grocery store. "I saved \$119.23 today at the grocery store. Isn't that terrific?"

Being the humble, demure sort of guy that I am, I did not ask her a question that was buzzing around my head at the time. The question was, how much did it cost me to save you that much money?

Having a happy home is more important to me than exploring truth at its core. Especially in this area.

My financial strategy down through the years has been a very regular and wise investment plan. I am not quite sure how I came up with this marvelous plan, but one day it just hit me. Ever since that time, I have been using my financial investment plan.

My investment plan only cost me \$19.79 back in the year of our Lord 1986. Since that time, it has faithfully served me and I have no complaints. I have through the years thought about upgrading my investment plan, but then what would the purpose be?

Back in 1986, I saw in the men's department of the

JCPenney store in our community a very nicely tailored navy blue and gold striped gentleman's vest. It immediately caught my attention and as I examined it, I noticed that inside this vest was a variety of pockets. I looked at them and that is when it hit me.

Down through the years I have often wondered why somebody else did not come up with this idea. I guess I am just a genius.

I bought the vest and brought it home and hung it in my closet after I first labeled each of the inside pockets. There was a pocket for dollar bills, one for five-dollar bills, one for ten-dollar bills and one that I do not use as often for \$20 bills. Every time I have a little bit of change left over I go to my closet turned to my best and invest that money where nobody can find it.

My investment plan is more or less an in and out exchange program. When I have a need, I sometimes divest some money. Through the years, it has been a great blessing in my investment plan and is something that I am rather proud of.

Solomon put it in great perspective concerning wealth when he said, "Remove far from me vanity and lies: give me neither poverty nor riches; feed me with food convenient for me: lest I be full, and deny thee, and say, Who is the LORD? or lest I be poor, and steal, and take the name of my God in vain" (Proverbs 30:8-9 KJV).

My investment plan is well buttoned up for future security.

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 jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.



By Marlys Norris, Christian Author

The reign as the Messiah, the King of Jews qualification comes in the genealogy of Jesus. Scripture records the genealogy of Jesus the Messiah, as the son of David, the son of Abraham. In order to qualify, Jesus had to be a descendant of King David. King David certainly was not perfect but in his heart he wanted to always be right with God, and "always repented for his misdeeds" making him a man of God's own heart (1 Samuel 13:14) And don't we all want to be children of God's own heart as well?

MESSIAH JESUS – Savior of the World!

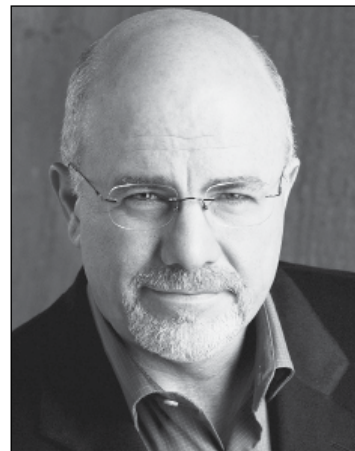
Jesus sought to consistently do the will of His Father. In His life every situation He obeyed the Father's will perfectly—which Jesus did, without ever committing a sin. Jesus also had to be a descendant of Abraham, the father of faith. Abraham believed God's promises and he entrusted the destiny and life of his son to the care of God. Abraham heard the voice of God and was obedient to the words. He did not need to sacrifice his son on the altar, however, Abraham obeyed and then, God provided a ram as a substitute. A precursor for what God would do in the future to prove His love for mankind. God could not provide a substitute for the sacrificial death of His only begotten Son, Jesus because He had to die for our sins to purchase eternal life for us. The Easter season each year brings the story of Jesus life, death and

resurrection alive again!

Out of the purest love for their creation, Jesus our Messiah willingly offered His life and death on the behalf of sinners, so by His death the Father would justly and mercifully forgive the sins of those who repent and trust in His Son. On the third day after His death, God raised Jesus from the dead as evidence of His Sovereign deity as Messiah.. God promised the promised Messiah would reign as King of kings and Lord of lords. Today Jesus the Messiah reigns from heaven and supernaturally is living in every human heart that puts their trust in His sacrificial death for their sins.

*Marlysn@gmail.com
God Moves Mountains,
It was a Miracle!
Intimacy Begins Going
God's Way.*

Dave Says



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Why the Need for A Fresh Monthly Budget?

Dear Dave,

I was wondering why you recommend doing a fresh budget every month. Once you've figured out your expenses and income, won't the same budget work month to month?

- Kara

Dear Kara,

I understand what you're saying, but if you look closely at every month, you'll see pretty quickly that they're not all created equal in terms of expenses. On top of that, if you work a commission-based job, your monthly income will fluctuate throughout the year.

Now, there are some things that will remain pretty standard. A few things like your rent or mortgage payment will probably be the same month to month. But what about things like utilities and food? Chances are your

electric or gas bills will be higher during certain months as you heat and cool your home depending on the weather. What about holidays and special occasions? It's likely you'll end up spending more on food, gifts and related items around Thanksgiving and Christmas or other months when family and friends have birthdays and other events.

These are just a few of the reasons it's a good idea to customize your budget every month. A good, accurate monthly budget should always reflect your reality, Kara. Not only will this give you a more realistic idea of where your money is going, but the knowledge also helps you control your money instead of it controlling you!

- Dave

Does Payment to Collectors End the Debt?

Dear Dave,

One of my husband's credit card bills was turned over to a collection agency. They've offered three different payment options. If we accept one of the options, does this mean the original creditor accepts the agreement as well?

- Cheryl

Dear Cheryl,

In a situation like this, the collection agency either owns the debt outright or they're directly representing the credit card company. This is pretty much standard operating procedure when someone has defaulted on a loan.

I'd go ahead with the deal they've offered that makes the most sense for you guys. You'll have a ding on your credit report, showing settlement on a defaulted credit card, but it's

really no big deal since you've already got a mark against you for having it turned over to collections.

Want another piece of advice? Never use credit cards again!

- Dave

How Do You Know It's Your Calling?

Dear Dave,

How do you know when you've found your true calling when it comes to your job or your career?

- Matt

Dear Matt,

I've met a few people who've had a spiritual experience in this area. Something has happened, almost like they were struck by lightning, and they knew what they were supposed to do with their lives. This isn't the normal way people come to realization about their futures, but it does happen from time to time.

Usually, I believe this kind of revelation starts out as a simple idea that gradually grows into a job and then into a career. Then, it evolves over time into a calling. That's how I stepped into what I'm doing today. I can't honestly tell you that when I started on radio, or began writing and teaching, that I knew it was God's purpose for my life. But I felt the weight and the drawing of it, almost like a magnetic pull.

I've been doing it for 20 years, so it definitely evolved over time into what it is today. Still, I'm positive it's the reason I'm on this planet!

- Dave

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Crossword Puzzle on Page 8

Sniffing out Local Jobs is a Lot Easier with the Community Employment Connection



Local employment can be doggone hard to track down these days. That's why our website is linked to the **Community Employment Connection**. With a couple of clicks, you'll be hot on the trail of employment information, upcoming job fairs, career resources and job listings from local media, as well as nearby employment centers.

The **Community Employment Connection** is part of our new, enhanced employment content provided by Northern California's most-respected career and employment resource, **JobJournal.com**. When you need the most comprehensive information on local employment opportunities, job-search strategies, career planning and workplace issues, this is the place to start nosing around.

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.
Come back every week for Sudoku! For Solution See Page 7.



EARLY BASS
In early spring, catchable bass can be scattered almost anywhere in a lake, but you can up your odds by fishing north of the dam where the sun warms the water the most each day. You will get even higher in isolated backwaters along the southern shoreline where water warms faster even yet.

Always remember, the warmer the water the more active the fish. Even in these areas though, the bass aren't going to be active all the time. It's an early season lure like a 3/8 ounce white single spin doesn't produce try small jugs and in-line spinners.

The single most productive presentation in early, early spring is in step retrieving your lure and let it sit. Small (the type bass, grubs, jig & pig, and 1" long natural colored bait fish shaped lures all work well on early bass.


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CLUES

ACROSS

- *Harry Potter's antagonist
- Hole puncher
- Attention grabber
- Beyond suburban
- Sheepish cry
- Supports climbing plants
- *Holmes would try to verify this
- Make a mistake
- Popular jewelry stone
- *Toni Morrison's Pulitzer winner
- *Emerald City visitor
- Before tac
- Sports award
- Siesta
- *"A Clockwork Orange" protagonist
- Performed alone
- Away from wind
- Heart feeling
- Mother-of-pearl
- Live bait
- "Now _____ entertainment!"
- Not Sunni
- Used to call someone's attention, pl.
- Expression of pain
- Dissenting clique
- Street of shops, especially in orient
- Fraud or imposter
- U Rah _____!
- Mixed breed canine


DOWN

- Not bright
- "_____ of thumb"
- Seed cover
- 15th century North America explorer
- Famous picture book pig
- Tucked in
- *One main topic in Tolstoy's 1869 classic
- Hog fat, pl.
- Jumping stick
- A team reserved for emergencies
- Comedian with red, curly hair
- 3-point shot
- Heavy elementary particle
- Enthusiastic approval
- Roman goddess of fertility


24. Car emission, e.g.
25. Honorific title given to Muslim rulers
26. Central Pacific greeting
27. Actress Rosie
29. Repeating sound
31. Lad's counterpart
32. Autumn color
33. "Fear of Flying" author Jong
34. "It happened in Venice"
36. *Jane Austen classic
38. _____ A Sketch
42. African river, also spelled "Chari"
45. Delilah's trusting victim
49. Street in Paris
51. One millionth of a meter
54. Former Russian leaders
56. Giraffe-like African animal
57. Short for ukuleles
58. Singer/actor Lovett
59. Hindu discipline
60. Evoke emotion
61. Ashton's ex
62. Give off
63. Number of baseball fielders
64. Tiresias in "Oedipus Rex," e.g.
67. Smoker's lung residue

For Solution See Page 7

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What the Health Reform Law Does for Medicare



By David Sayen

We hear a lot of back and forth these days about the Affordable Care Act – aka the federal health reform law – but not much about how it affects people with Medicare. When you sort through all the rhetoric, one thing is clear: the 2-year-old reform law contains some real benefits for those who get their coverage through Medicare.

Take the so-called “donut hole” in the Medicare prescription drug program, Part D. The donut hole is a gap where you don’t have coverage even though you’re still paying premiums. After you’ve paid a certain amount out of pocket, your coverage resumes. Congress intended the hole to hold down costs in the drug program, the biggest expansion of Medicare benefits in many years.

Under the Affordable Care Act (ACA), the hole is being gradually closed until it completely disappears in 2020. This year, the law gives people with Medicare a 50-percent discount on covered brand-name drugs in

the donut hole, and a 14-percent discount on covered generics.

In 2011, more than 319,000 Medicare beneficiaries in California saved a total of \$171 million in the donut hole. That’s an average savings of \$538 per person. The ACA also helps people with Medicare by eliminating coinsurance and deductibles on vital preventive health services. Such services can help keep people healthy and detect disease in its earliest, most treatable stages.

As a result, Medicare now offers a long list of preventive health services with no out-of-pocket costs, including screenings for cancer, diabetes, cardiovascular disease, osteoporosis, and shots for flu and pneumonia. The health reform law also adds new preventive screenings and counseling for obesity, alcohol abuse, and depression.

More than 2 million Californians with Medicare received at least one Medicare-covered preventive health benefit in 2011. The health reform law also creates another important benefit for people with Medicare: annual wellness visits. If you’ve had Medicare Part B for longer than 12 months, you can get a yearly wellness visit with your doctor to develop or update a personalized plan to prevent illness based on your current health and risk factors. (The annual wellness visit is in addition to the one-time “Welcome to Medicare” preventive visit when you first enroll in Medicare.)

More than 165,000 Californians with Medicare took advantage of a wellness visit last year. Because of financial incentives in the ACA, seniors also

can expect to see better quality in their Medicare Advantage health plans. Such plans are operated by private insurers and generally require you to stay within a network of physicians and other providers or face higher out-of-pocket expenses.

Medicare Advantage plans that receive quality ratings of three stars or more under our Five-Star Rating System will get bonus payments. We believe the bonuses will motivate other plans to improve their quality as well. Medicare Advantage plans that receive five stars – the highest rating – will be able to market to and enroll seniors year-round, not just during the open enrollment period in the fall. That means seniors can switch to the best plans at any time. (To check your plan’s rating, go to www.Medicare.gov.)

Lastly, the ACA provides a variety of new tools to crack down on Medicare fraud. The law not only toughens federal sentencing guidelines for fraud (meaning crooks will spend more time in prison), it also allows us to suspend payments to providers suspected of trying to rip off Medicare.

In addition, we’re now using sophisticated predictive analytics software to identify patterns of fraud and target crooks. This is the same type of software credit card companies use to stop fraud.

David Sayen is Medicare's regional administrator for California, Arizona, Nevada, Hawaii, and the Pacific Trust Territories. You can get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).

Homeless Programs for Veterans Awarded \$995k

Continued from Page 1

In early April 2012, SSF will take over one-half (20) of the HUD-funded contracts currently handled by the County’s Department of Human Assistance with local non-profit community

based organizations. Sacramento Steps Forward recently formed the Continuum of Care Advisory Board to serve as the new mechanism for addressing funding and services for the region’s homeless.

The new Board will be

responsible for ensuring federal funding continues to come to Sacramento each year, as well as the development of strategic recommendations and policies related to homelessness. For more information, visit www.sacramentostepsforward.org.



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POPOFF!

with Mary Jane Popp

really matters to you. Get comfortable with it.
 2) Whatever you decide to do (or not to do), own your decision.
 3) If you decide a lifestyle change is needed, be realistic in goal-setting.
 4) Break an unwritten "rule" made by others and reject any shame.

4) Tell the truth about something you've been stewing over. Tell it gently and lovingly. Make it an "I" statement versus a "You" statement.

IV. AUTHENTIC PARENTING

- 1) Be as honest with your kids as you possibly can be without upsetting them with information too advanced for their ages.
- 2) Are you perpetuating the myth of parental perfection? When you screw up, admit you screwed up.
- 3) Pay attention to your child when he talks. Really listen. Tuning him out or half-listening sends the message that what he has to say is not important.
- 4) Every day, make a sincere effort to truly engage your child. Turn off the TV, walk away from the computer. Set aside the bills...and talk.

There are so many more tips, but you'll just have to get them at "Guiding Signs 101" a set of divination cards and guidebook using everyday road signs to tap into your intuition and own inner guidance. Kathleen McIntire is dedicated to bringing forth truth, liberation, and awakening. Check out www.GuidingSigns101.com. It seems to me we just have to be open enough to admit what we are doing and accept change. Just another day in the life of the POPPOFF Radio Show. We present all the possibilities!

II. AUTHENTIC FRIENDSHIPS

- 1) Learn to say no. Sometimes it takes an authentic no (to something you don't want to do) to say an authentic yes (to something you long to do).
- 2) Learn to say yes when your heart guides you to. Be flexible and fun.
- 3) Gently tell the truth. You don't want to hurt feelings, but don't withhold crucial insights to spare them either.
- 4) Be vulnerable. Show your insecurities. Admit the house is a wreck or your marriage is struggling.

III. AUTHENTIC MARRIAGE/RELATIONSHIPS

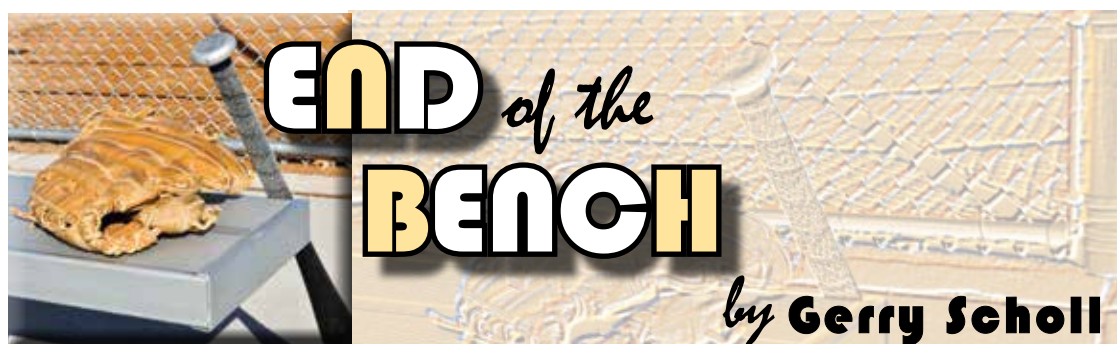
- 1) Ask yourself, Am I married to the right person or am I just married?
- 2) State your intention. Don't stay married or make it work. Then do what it takes to make it happen.
- 3) End the blame game. If you blame your partner for your unhappiness, you're denying your own power.

AUTHENTICITY

Are you really making the decisions that are right for you? How would you like to start living the best for you ever? Kathleen McIntire, Transformational Teacher, has created "Guiding Signs 101." It's 52 weeks of Authenticity with practical ways to make 2012 the year you finally get real and start a year that shines, is more fulfilling, more authentic, more you. Authenticity is a word we toss around quite a bit these days, but Kathleen says that, consciously or not, most of us let the expectations of others drive the decisions we make everyday from the major we choose, to the kind of house we buy, to where we go on vacation. As Kathleen puts it, "So many of us live out our lives as slaves to the tyranny of should. We couldn't cover all 52 ways on the POPPOFF Radio Show, and I can't in this column either. But I will give you a few samples that hit home She covers all aspects of our lives, so here goes.

I. YOUR AUTHENTIC SELF

- 1) Come to terms with what



From Triangle to Circling the Bases

All set to delve into the Peyton Manning-Alex Smith-San Francisco Forty Niners love-triangle story, my train of thought was abruptly derailed by the announcement that Manning was going to de-Tebow the Denver Broncos' lineup.

Hall of Fame quarterback John Elway, now Executive VP of Football Operations for Denver, was caught by the cameras more than a couple times cringing at the quarterbacking style of fan-favorite Tim Tebow last season, even when the Broncos were winning their way into the playoffs.

When future Hall of Fame QB Manning, aiming for a comeback while recuperating from multiple neck surgeries over the past two years, was set free by the Indianapolis Colts, Elway set his sights on the prize. When the two of a kind got together, it turned into a Hall-of-Fame-level love fest.

Since the 49ers and coach Jim Harbaugh also courted Manning's services, where does that leave the teams' relationship with their free agent QB Alex Smith, who led them to within a young punt returners' miscues of a Super Bowl?

There will be some love lost, for sure, but possibly the best resolution for both parties would be a compatible reunion. With the overall strength of the 49ers' roster, a dominating defense kept mostly intact, superior special teams performance, and recent upgrades to the receiving corps that will boost the offensive unit, perhaps they can join forces to take the next step to throwing a post-Super Bowl victory party.

Smith, who led the 49ers to the NFC West title and a 13-3 regular-season mark under Harbaugh's first-season tutelage,

may blossom further next year with a full training camp and preseason, which were both shortened last season. He's young enough (27), smart enough and, dog gone it, most of his teammates and many fans like him. (Thanks for the nod old SNL fans).

Smith, reportedly, was offered a three-year, 24-million-dollar deal to return, but decided to wait and shop around. Clearly, Smith's best opportunity for success would be to stay with the Niners, and the team's best option, with Manning out of the picture, appears to be to resign Smith. The 49ers should up the offer a bit to a little more than coveted, but inexperienced Matt Flynn received from Seattle. Smith was greatly overpaid, based on his performance, through his original contract and then was a bargain after resigning on the cheap to stay with the team. At this point, he deserves more than a guy with two career starts under his belt.

Laden a new contract with progressive incentives for repeating as division champs, returning to the NFC Championship Game, reaching and winning the Super Bowl. Throw in that Harbaugh will have to carry Smith's golf bag at the next AT&T Pro-Am at Pebble Beach and those two can hug and make up and be on their merry ways. Seeing newly-signed receivers Randy Moss and Mario Manningham split out to either side should keep them both happy, let's hope.

With that out of the way I need to take a cue from Buster Posey and circle the bases quickly and see if the ankle holds up:

- It appears I was right that St. Mary's was just a little overrated. The Gaels lost their usually-great shooting touch and fell,

72-69, to Purdue in their opener in the NCAA Men's Division I Basketball Tournament.

- It appears I was a little off; the Pac-12 really was as bad as everybody else said it was. Cal's Bears turned in an awful performance in their play-in game, getting blown out in the first half by South Florida. Colorado tried hard, upsetting UNLV, but then was ousted by Baylor. Stanford, Arizona, Oregon and Washington were all shunned to NIT status. UCLA and USC are messes.

- No. 1 seeds North Carolina and Syracuse are in trouble after losing players to injury and suspension, respectively. The designated favorite, Kentucky, is looking like a solid pick, but I'm pulling for Michigan State, with former 49er coach Steve Mariucci's old college roommate and best man, Tom Izzo, strolling the sideline and Charles Barkley clone, Draymond Green, doing it all on the court.

- Randy Moss, good or bad, will provide plenty to talk about. Put backup QB Colin Kaepernick and his powerful arm in once or twice a game and tell Randy, "Go long!"
- Unfortunately, it doesn't sound like Posey or fragile second baseman Freddy Sanchez will be at full strength to start the baseball season. Good thing the Giants are well stocked with catchers and infielders. Fortunately, the pitching staff is still first-rate.

- Jeremy "Linsanity" has diminished since the New York Knicks started playing better opponents and are on the verge of falling out of the playoff picture. Star Carmelo Anthony returned from injury but was not mellow with coach Mike D'Antoni, who since "resigned."



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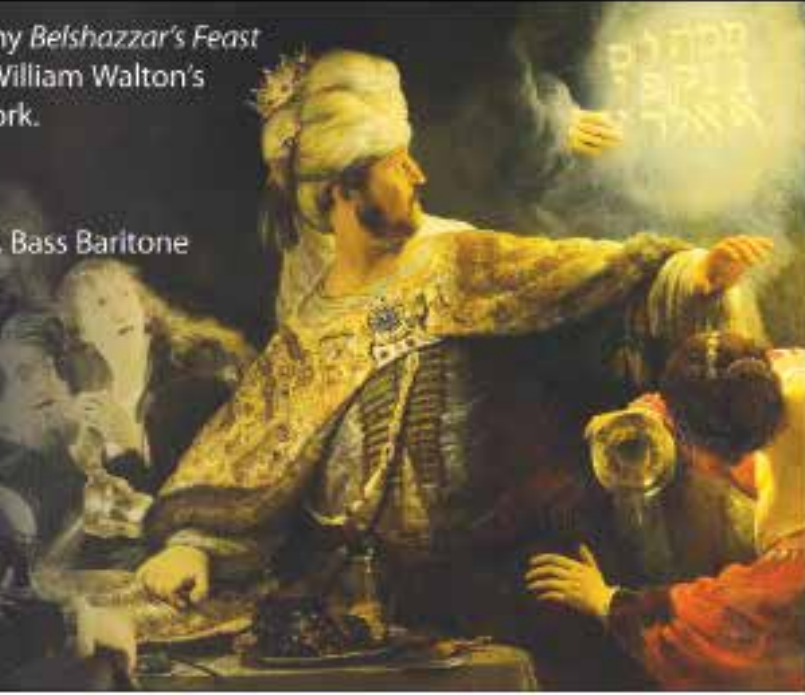
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1 - 4pm: The Dave Ramsey Show

4 - 6pm: The KAH1 Afternoon News with Dave Rosenthal and the KAH1 News Team

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

7 - 10pm: Sports by-line USA with Ron Barr

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6 - 6:30pm: Wealth Strategies with Hunter William Bailey

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4:30 - 4:45pm: Auburn Honda Gold Country Golf Show with Jay Cooper and Mike Remy

6:05 - 6:30pm: Leaders Without Limits with David McCauley on Asset Protection

7 - 9pm: Thursdays With Bassil

Saturdays

6 - 7am: A Time for Seniors

7 - 8am: The Swap Shop

8 - 9am: The KAH1 Corral

9 - 10am: The Garden Guru

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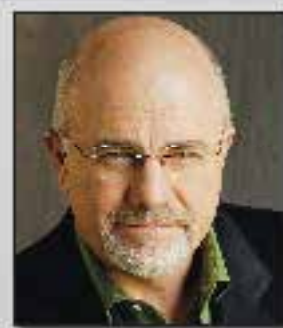
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Money Laundering (by Means of Laundry Detergent)

Commentary by Jeffrey Tucker
Whiskey & Gunpowder, Reprinted by permission

The story from The Daily swept through the Internet with blazing speed. The report: Criminals around the country are stealing an inordinate number of bottles of Tide laundry detergent. This is not because the criminals plan to go into the laundry business. There is not a "grime wave." It seems that these Tide bottles are functioning as a store of value, even a form of money, within many black markets.

As the story memorably puts it, on the street, Tide is known as 'liquid gold.' Harrison Sprague of the Prince George's County, Maryland, Police Department says that his undercover agents are asking for drugs but being offered Tide instead. They are busting drug rings and finding more blue liquid than white powder.

To be sure, some news outlets are raising some questions about this story, pointing out that Tide theft doesn't seem to be a national problem. For my part, I have no problem with the credibility of the report. In fact, it

seems entirely reasonable that new forms of currency are popping up in black markets. This is why stores are starting to add anti-theft devices to the bottles.

The driving force here is a war on the dollar. Carrying around vast amounts of cash raises questions among the authorities. It is increasingly difficult to "wash" the money through the banking system. And in any case, dollars are always losing value. So it makes sense to look for other ways to facilitate exchange. This is hardly unusual. The digital economy is getting ever better at bartering services and software as an alternative to letting dollars change hands.

But if we are to think of Tide as money, that means its use goes beyond the barter stage. People aren't acquiring Tide to wash their clothes, but rather to trade for other things, like drugs. In a limited sense, then, Tide is being used to facilitate indirect exchange. That is to say, it has become a money.

Actually, there are many conditions in which alternative monies can come to exist. You can see this among kids when they trade candy following

Halloween night. The kids will gather and first begin to barter, but as the trading term continues, one candy will emerge as the one to get -- not to consume, but to trade for other things. For a brief time, one candy will emerge with monetary properties. As trading comes to an end, that very candy will be demonetized and re-emerge as a consumption good.

Money is frequently reinvented under the right conditions, emerging from a commodity currently in use. Cigarettes become money in prison. War zones become hotbeds of currency competition too, in anything from liquor to matches. Throughout history, money has taken many forms, from shells to salt to animal skins. The usual qualities of a commodity that economists say make for good money: durability, divisibility, high value per unit of weight, uniformity of quality (fungibility), recognizability.

Tide doesn't qualify in every respect. However, it is durable in the sense that it doesn't spoil. It is divisible. The tamper-proof top provides a measure of security against counterfeiting. True, it's not as good as a precious

metal, but traders aren't worried about that. They are just looking for some marketable commodity that can take the place of the dollar, which has become extremely risky to use for blatantly illegal purposes.

The government's war on the drug war wins nothing in this case. So long as there is a market, so long as there is demand and supply, there will be pressure to come up with some means to make indirect exchange possible. Or so Ludwig von Mises explained in his treatise The Theory of Money & Credit, written in 1912, at the dawn of the central banking age. One major problem is Tide doesn't have a stable supply, so its value as a means of exchange will be subject to inflationary pressures. The more that enters the black market, the more its price falls relative to the goods and services it can buy -- the inflationary tide could rise and rise.

But as you think about it, as bad as Tide might be as a currency, there is a sense in which the dollar is actually worse. It costs less to print on linen than it does to make a bottle of laundry

detergent, meaning that the dollar is more likely to be inflated into oblivion. And whatever is wrong with detergent, if the price falls low enough, the producer doesn't have any reason to keep making it. Profit and loss signals govern how much is produced. Its physicality alone imposes some limit -- and this is not the case for the Fed's data entries that it calls money.

The monetization of Tide demonstrates something critically important about the institution of money itself. Its existence in the market owes nothing to the government or some social contract. Its emergence, as Carl Menger argued in the late 19th century, grows out of market exchange. Selecting which commodity is to become money is a matter for entrepreneurs and market forces.

No central planner -- even one within the black market community -- decided that Tide should become money. Also note that Tide is produced entirely privately, which provides an indication of what could be true of all money today. We don't need government to select it and make it. The market can handle this just fine.

There is a final lesson to observe in this case: It is sometimes asserted that only government is smart enough to be able to select, make and manage monetary affairs. Surely, private parties can't handle this job, and the attempt will just lead to chaos. But this is not so. Private markets can do all these things, including juggling many different currencies in competition with each other and managing the price relationships between them. This goes on in the developing world all the time, with even young children learning the math and workings of the currency market.

The biggest problem Tide money now faces is a security issue. When you see the armored car driving up to the local Walgreens, you'll know that they are working on getting the problem solved. The sight can make us all nostalgic for the old days when our official money was something at least as real and useful as laundry detergent.

Regards,
Jeffrey Tucker
Executive editor,
Laissez Faire Books

Rotary Trap Shoot for Area Youth Programs

On Saturday, April 14, 2012 the Yuba Feather Rivers Sunrise Rotary Club (YFRSR) will hold its second fundraiser trap shoot to raise awareness and much needed financial support for many local youth programs and activities. The event will be held at Coon Creek Trap & Skeet Club in Lincoln and is open to all interested participants.

Registration starts at 9:30AM. Pre-Registration is strongly encouraged. Two rounds of 25 trap targets, range fees, ammunition, lunch and two raffle tickets are included with the \$60 entry fee. Spectators may purchase lunch and beverages for a nominal fee and raffle tickets for chances to win prizes.

"YFRSR has always focused on programs and projects that help support young people in

our community. We help sponsor summer camps, after-school programs, back-to-school supplies, scholarships and more," said Carla Wilcoxon, President of YFRSR and Team Plumas Lake realtor.

Cash donations are invited from attendees and those who just want to support our youth, even if they can't attend. Raffle prize donations are encouraged. Local business leaders are invited to pledge their sponsorship support in return for appropriate signage displays and periodic mentions throughout the event.

Coon Creek Trap & Skeet Club owners, Joan and George Ahart, are long time supporters of community based activities and provide the use of their club for charity events as well

as competitive shooting events throughout the year. The club has multiple well groomed trap and skeet fields plus a 14 station sporting clays course.

For more information or to pre-register, contact David Read, (530) 749-8065, dread25@hotmail.com. For directions to Coon Creek Trap & Skeet Club visit www.cooncreektrap.com or call (916) 539-8544.

Rotarians exemplify service with the added benefits of friendship and camaraderie with other individuals who represent the quality of humanitarianism. The members of Yuba Feather Rivers Sunrise Rotary are committed to connecting and joining with other Rotary provide links throughout our region so the mission and strategic plan of Rotary will move

forward in a united effort. Our members value diversity, appreciate the vision of growing our membership, and are focused on building a lasting foundation for our Club as we continue service to our community and world.

YFRSR meets on Thursdays at 7:00 a.m. at Gary's Place, 130 Ninth Street, Marysville. A no-host breakfast is served during the meetings, and a community guest speaker is featured weekly. Fundraising events

are held throughout the year to support local and international charitable efforts. To inquire or to join, e-mail Brent@Hastey.net, or call (530) 400-1992.

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