

# Placer Sentinel



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First Issue of April, 2011

## Rising Expectations in Employment Trends



Looking for work in Retail is a good bet for the next three months. Improving economic conditions create more competitive job opportunities for workers.

**Sacramento Region** – Have you asked for a raise? Thirty-two percent (32%) of local employers say workers are coming forward to ask about money as the economy improves in 2011. Another twenty-one percent (21%) of companies surveyed report employees have left the company to take another job offering higher pay. In the poll of top regional companies conducted between February 21 and March 14, forty percent (40%) of companies admit they are worried about protecting essential, or core, employees as improving economic conditions create more competitive job opportunities for workers held in place by fear of job loss during the recession.

Surveyed directly by phone Sacramento regional employer's

responses to issues of employee retention and improving local market conditions are tempered by the recent social upheaval in the Middle East and repercussions from the Japanese Earthquake and Tsunami on the economy.

Pacific Staffing discovered that fifty-nine percent (59%) of Sacramento regional employers polled report they are planning to hire in the Second Quarter. Thirty-two percent (32%) of hiring motivation is described as growth, adding to existing workforce levels in April, May and June 2011. Twenty-nine percent (29%) of employers report hiring for attrition, to replace current jobs, during the Second Quarter. Once again employer hiring may now be reduced or delayed by concerns about rising

costs for gasoline or supply problems originating in Japan. Forty one percent (41%) of 100 top regional companies say they are not planning to hire anyone in the next three months.

While market conditions are improving for many, some companies in specific sectors remain static, or expect to reduce workforce. Eight percent (8%) of companies report planned reductions primarily due to slow business. While Service, Manufacturer and Retail sectors show improvement, Construction and property related businesses surveyed remain on hold. Twelve percent (12%) of planned hiring in the next three months is attributed to seasonal change.

Looking for work in Retail is a good bet for the next three months.

Sales and customer service were in highest demand, followed by computer-oriented technical skills. Accounting, manufacturing, product assembly, warehouse and shipping workers were also sought by Sacramento regional employers.

The top challenge ahead for HR pros in the area remain serious concerns about how to manage changes in healthcare/ benefits and cost.

The top 100 Sacramento Regional Companies By Industry are 42% service, 33% manufacturers, 17% construction and 8% retail

*How does this Quarter compare to last Quarter, or last year? Find out for yourself, for more information & surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com).*

*This Report from Pacific Staffing.*

## Auburn Wild West Stampede Returns

*Cowboy Kids Wanted for Mutton Bustin' & Dummy Roping*



Youngsters line up for their shot at Mutton Bustin'. Photo by Yoko Kobayashi

**Auburn** - It's sign-up time for kids to participate in Mutton Bustin' and Dummy Roping, as the Auburn Wild West Stampede brings the community together for a fun-filled week of old-time western activities, April 20-24.

Mutton Bustin' is a sport for youngsters who think it's great fun to be a cowboy. Donning a helmet instead of a cowboy hat, they climb on the back of a wild and woolly sheep and hang on for the ride. The Auburn Wild West Stampede Mutton Bustin' event is held Saturday and Sunday at 1:00 p.m. prior to the PRCA rodeo. Children must be four to seven years old, weigh no more than 60 pounds and bring their own bicycle helmets.

The event is limited to 25 Busters each day and pre-registration is required. Registration is \$35 and includes one child and one adult pass to the rodeo and a Mutton Buster t-shirt. The longest rides each day are awarded Champion Buckles. The Best Dressed Cowboy or Cowgirl is awarded a pair of Wrangler jeans. Every child will receive a t-shirt, a participant ribbon and a goody bag.

To sign up for Mutton Bustin,' go online to [www.auburnrodeo.com](http://www.auburnrodeo.com) or call Sandy Starch at 530 878-6357.

Kids up to 12 years old can take a shot at lassoing a "Dummy" steer head in an event known as Dummy Roping. Every participating child will receive a t-shirt, prizes including their own ropes, and winners will receive buckles. Dummy Roping will be held on Wednesday during the Kick Off Party at Magnussen Dodge on April 20, at 6:00 pm. To sign up for the Wrangler Dummy Roping go to [www.auburnrodeo.com](http://www.auburnrodeo.com) or call Marcy Williams at 916 434-0303. Pre-registration is recommended. Registration fee is \$20.

The 2011 Wild West Week activities are scheduled for April 20-24, with the Stampede PRCA Rodeo wrapping up the week on April 23 and 24 at the Gold Country Fairgrounds in Auburn.

For a complete schedule of events and to learn more about the Wild West Stampede visit their informative website at [www.auburnrodeo.com](http://www.auburnrodeo.com)

## Canyon Keepers Recruiting New Volunteers



State Parks staff work with Canyon Keeper volunteers to plan ASRA activities. Photos courtesy of the Auburn State Recreation Area Canyon Keepers.

**Auburn** - Canyon Keepers is seeking volunteers for the 2011 season. If you love the American River Canyons and want to support efforts to protect the natural ecosystems and

help visitors to learn about, enjoy and protect the Auburn State Recreation Area (ASRA), you are invited to join Canyon Keepers and become ASRA docents.

Canyon Keepers is a non-profit volunteer-based organization that assists State Parks in management, interpretation and recreation throughout ASRA. As State and Federal funding have shrunk in recent years, State Parks staffing at ASRA has reduced. The current State Parks staff of rangers and support personnel is becoming increasingly challenged to provide all the needed services to cover forty miles and approximately 20,000 acres of the North Fork and Middle Fork American River canyons.

Canyon Keepers assists with public outreach and education, docent duty at key recreation destinations such as the Confluence Area, and educating the public about ASRA through public guest lectures, interpretive hikes and the preparation and distribution of useful information on natural history, outdoor safety, and hiking/biking/horseback-riding/

rafting trails. Canyon Keepers also manages the Junior Rangers program and a volunteer trail maintenance program and participates in various special events related to the American River canyons.

If you have special skill or knowledge in Biology, Geology, hydrology, photography, history, Native American culture, or general outdoor recreation, you can put that skill to use and share it with the public. If you don't have any particular skill, but simply enjoy the outdoors and appreciate nature, you can also be of great assistance to the ASRA.

*For more information about Canyon Keepers and volunteer opportunities, contact Shelly at 916-663-2669 or visit our website at [www.canyonkeepers.org](http://www.canyonkeepers.org). Everyone is invited to our monthly meetings and hikes. Look for the times and places on the website.*

## Food Closet Reaps Bounty from H&R Block Donations

From Joe Irvin

**Auburn** – Volunteers for the Auburn Interfaith Food Closet picked up the last truckload of donated food from the Auburn office of H&R Block on April 5th, culminating a 2-month campaign that resulted in over 2,000 food items from their customers.

Thomas Brenner, manager of Auburn H&R Block, credited his staff for embracing the project. "This wasn't taxing at all," Brenner quipped. "We've been doing this for several years, and it's always good to see our customers respond so generously, at a time when the need is so

great." H&R Block will continue to collect cans up until April 15.

"This effort from just one business is a shot in the arm for us," said Sandy Bassett, AIFC president. "We are experiencing record numbers of requests for assistance, so every bit helps us meet those needs."

The extra volume of donations carries additional value for AIFC as part of the Feinstein Challenge, which provides a proportional match donation to non-profits for their collections in March and April. AIFC reports that so far, more than 10,000 cans, jars, and packaged foods have been collected.

# Out of Home Living Options

Placer County – When an individual can no longer live on their own, they are often confused about options and where to turn for available assistance. Some are familiar with various living options for seniors, but may have questions about the different levels of senior living or care.

All Assisted Living Facilities in our area (large or small) and their administrator must be licensed by the State of California. All Assisted Living offer a room or apartment, meals, housekeeping, laundry, activities and socialization. There are different levels of assistance from just medication management (medications maintained by staff), to assistance with activities of daily living. Prices can range from a low of \$1500 per month to a high of \$6000 or more, depending on the type of assistance needed, amenities offered, location, etc.

A common belief is if a person needs personal assistance, they are non-ambulatory, incontinent, require assistance with dressing or bathing, or they have dementia, that they must go to a Skilled Nursing Facility. This is not true anymore.

Let's look at some specific living situations:

**Independent Living Complexes or Retirement Communities** – The residents must be able to live independently as there is no personal care provided. These communities offer social opportunities, meals, activities, housekeeping, security and more.

**Assisted Living (ALF)** – Generally refers to large facilities with 100 or more residents and offer many amenities and options from a shared studio to a 2-bedroom apartment. They generally have many planned activities (bingo, bridge, crafts, and outside trips to shopping, movies, and other



points of interest. Some have beauty parlors or little shops to buy treats or rent videos.

Most have large dining rooms where residents can socialize. Most do not have full kitchens in their rooms but may have kitchenettes with a refrigerator/freezer, a microwave, and a coffee pot. Although some ALF's may have a nurse on board, the staff is comprised of trained caregivers; available, awake, & accessible 24 hours per day.

**Residential Care Facility for the Elderly (RCFE or Board & Care Home)** – Is licensed for up to six residents in the home. These homes are in many neighborhoods and the residents share the home with 24 hr. live in caregivers who provide more individualized care, do all the housekeeping, cooking etc.; all included in the monthly rate. Meals are shared in the homes' dining room, offering a family ambience.

**Memory Care Facilities** – Are dedicated to caring for individuals with Dementia, Alzheimer's disease,

or other cognitive impairments. The facility is a secure environment where residents are safe and cared for by specifically trained caregivers to work with individuals with memory care issues. Some of these facilities are all individuals needing Memory Care, where others may be a separate section of an Assisted Living Facility.

**Multi - Level Facilities** – Multi-levels facilities offer care from Independent Living to Memory Care to Skilled Nursing all at one facility. A resident whose needs change would not need to move to another location in order to receive more care.

**Skilled Nursing Facilities (SNF)** or Convalescent Hospitals are for individuals who need care that requires a nurse or other skilled medical personnel (person whom requires injections or wound care).

Seniors who were basically healthy but needed some assistance had limited choices but now there are several options available and we at Seniors First are trained to guide them to these alternative resources. Give us a call, we make a difference in people's lives every day! **530-889-9500.**

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

More information may be found online at: <http://www.placer.ca.gov/Departments/hhs/adult/IHSS/OlderAdultAdvisoryCommission.aspx> or by calling the Public Authority at **(530) 886-3680.**

# Obama's Recycled Energy Misdirection

Commentary by Robert L. Bradley Jr.

President Obama has been touring the country to talk about "Winning the Future." And at each event, he's promised to take "clean energy from imagination to reality."

Conspicuously absent from all his recent speeches, though, has been any mention of climate change, global warming or carbon-dioxide (CO2) rationing.

No doubt this is the result of the political fiasco surrounding his favored cap-and-trade legislation. By way of background, shortly after then-Speaker Nancy Pelosi jammed it through the U.S. House of Representatives in 2009, cap-and-trade lost favor with the American people. They recognized it for what it was: a new open-ended tax, a massive job killer, and a government power grab of the energy industry. Its supporters tried to put on a brave face, but the U.S. Senate, chock full of opponents on both sides of the aisle, never even brought it up for a vote.

But what Obama wanted through the front door is now being proposed through the rear window. The president's is using new language to sell his economy-debilitating policies, but not the policies themselves. It is old vinegar in new bottles.

Truth be told, the push for government carbon controls actually figures prominently in his 2012 energy policy. He just hasn't bothered informing the American people what he's really talking about.

During this year's State of the Union, he called for the nation to join him in a new goal: 80% of America's electricity from "clean" energy sources by 2035. Such is not what consumers will naturally support. Indeed, a federal mandate

would require that utilities produce electricity from politically correct renewables solar, wind, and biofuels each year, no matter how inefficient or costly.

Obama can dress his proposals up as this generation's "Sputnik Moment," but, as Fred Upton, the new Chairman of the House Energy and Commerce Committee, says, "[it] smells like cap-and-trade all over again."

Cap-and-trade's ultimate goal was to super-charge fossil fuels, making them so cost-prohibitive that diluted, unreliable renewables would look better. Now, President Obama is just replacing the tax middleman with a flat-out made-in-Washington mandate.

As obscure as his discussion of carbon rationing-by-regulation was in his speech, Obama was loud and clear on his favorite villain: the oil-and-gas robber barons. He renewed his populist battle cry to eliminate the government subsidies they supposedly enjoy.

The reality is different: oil and gas firms pay taxes that are 70 percent higher than remitted by S&P Industrial companies on average. And contrary to what industry critics would have you believe, government subsidies enjoyed by renewable energies are a multiple of what oil and natural gas receive. And that balance is growing increasingly lopsided. For instance, the 2009 so-called economic stimulus package included direct grants for renewable energy totaling \$16.8 billion — but not a dime for oil and natural gas.

The Obama Administration and its allies have chosen their economic winners, using taxpayer-funded subsidies to prop up wind and solar industries, while making it increasingly difficult for oil and natural gas firms to explore for and develop the

abundant natural resources found onshore and offshore in the United States.

With the oil and natural gas industry responsible for more than 9.2 million American jobs, national unemployment levels continuing to hover between 9 and 10 percent, and so-called green jobs being temporary (bubble) government employment, you'd think it would be in the national interest to stop browbeating the workhorse energies chosen by millions of consumers every day.

In fact, President Obama could learn a lot by looking at the example of North Dakota, which is enjoying a petroleum-based economic renaissance. It has the lowest unemployment rate in the nation, suffers a labor shortage, and is the only state in the nation without a budget shortfall for the past four years.

Energy is the master resource. It takes energy to produce everything—even other energy. If government controls energy—whether by tax or regulation—it controls everything. And, if energy prices are set by government, rather than market forces, the impact will be obvious not only in our energy bills, but in the price of every good or service we purchase. This kind of government intrusion into private decision-making and government dominion over private property rights is unconstitutional too.

They can call it cap-and-trade or a generation's Sputnik Moment, but it's the same job-killing energy substitution. We shouldn't be fooled by slick slogans that ultimately rest on government-knows-best.

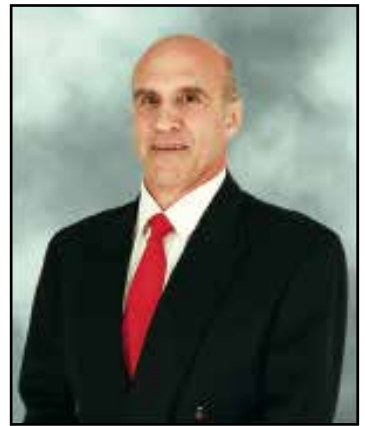
Robert L. Bradley Jr. is the CEO & Founder of the Institute for Energy Research in Houston, Texas. For more information go to [www.energyrealism.org](http://www.energyrealism.org) or [www.political-capitalism.org](http://www.political-capitalism.org)

## Auburn Area Republican Women Federated Welcomes Speaker Michael Babich

Auburn – The Auburn Area Republican Women Federated will host their April luncheon on Friday the 8th from 11:30 a.m. to 1:30 p.m. at the Sizzler located at 13570 Lincoln Way in Auburn. Guest speaker is Michael Babich, Ph.D., Colonel, US Army (Retired). Mr. Babich also holds faculty appointments at the University of CA.,

Davis and Heald & Sierra Colleges. His topic of discussion is "Fabian Socialism in our schools." Mr. Babich is an energetic and always interesting speaker.

Lunch is \$15 at the door. The public is invited. Check-in-time is 11:15 a.m. For reservations call Paula at 530-885-1428



Michael Babich, Ph.D., Colonel, US Army (Retired)



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# Soroptimist International of Loomis Basin Presents Awards



Back left to right: Linsey Dalben, Justin VonSpreckelsen, Steve Harber. Front Left to right: Laurel Nichols, Carolyn Basque and Kathryn Leupp. Front: Tiffany Senkbeil.

**Loomis** - Soroptimist International of Loomis Basin (SILB) presented community awards on Wednesday, March 23 at the Train Depot in Downtown Loomis. The club's fundraising efforts such as the recent Tostada Bingo, held March 12, enable the club to support women and children in our community.

### Violet Richardson Award

Sarah A. Dietz (16), a student at Del Oro High School, received the Violet Richardson Award that recognizes young women who make the community and world a better place through volunteer efforts. She won a cash award and selected the Senior L.I.F.E. Center of Loomis as the non-profit organization to receive the other half of the award. Dietz also volunteers at the Sacramento Crisis Nursery. "When we were there, we played with the children cooked dinner and did an activity," said Dietz.

### Ruby Award

Amy Beazizo, R.N., BSN, OCN, won the Soroptimist Ruby Award for Women Helping Women that is given to those who improve the lives of other women or girls through their professional or personal activities. Beazizo is the Clinical Manager of the Breast Health Center at Sutter Roseville, a Not for Profit Organization that provides support and education to women and men diagnosed with breast cancer. According to Brenda Newsom, SILB Past-President, Beazizo helps women who seek emotional, intellectual and physical support as they begin their journey with Breast Cancer. "Amy meets with each woman seeking help, listens to her story and moves the woman into their program of counseling and free services," said Newsom. "She is making a dramatic improvement in the lives of countless women who have heard the words,

will benefit numerous classes over time.

*Laurel Nichols, Second Grade Teacher at H. Clarke Powers, will use her grant for DVD Listening Center to expose children to wonderful stories and teach them phrasing, expression and accuracy.*

*Steve Harber and Linsey Dalben, Sixth Grade Teachers at H. Clarke Powers, received a grant to help pay for the shipping of 50-60 care boxes being sent to soldiers stationed in Afghanistan with the daughter of the school clerk.*

*Tiffany Senkbeil, Fourth Grade Teacher at Franklin Elementary, expects to purchase a set of 30 Island of the Blue Dolphinbooks for her class with the grant. The story consistently engages and interests students in reading and other cultures.*

*Carolynn Basque and Kathryn Leupp, First Grade Teachers at Franklin Elementary, plan to use the grant to purchase sets of leveled reading books to teach each child at his or her reading level or ability.*

*Christie D'Ambrosio, First Grade Teacher at Loomis Basin Charter School, intends to use her grant funds to help purchase an incubator and heat lamps to raise chicks and teach students about embryonic development.*

*Justin VonSpreckelsen, Second Grade Teacher at Loomis Basin Charter School, received a grant to purchase MP3 players so that students can record themselves reading and then classmates can listen to the recording as they read to improve fluency, comprehension and expression.*

*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.*

*The club supports Loomis Women's Shelter, Loomis LIFE center, Relay for Life, and other community projects.*

*To learn more Soroptimist International of Loomis Basin, contact Rhonda Morillas, president, 916-652-5276. Meetings are held weekly on Wednesdays at 8 AM (first Wednesday excepted).*

"You have breast cancer" by moving them out of the terror zone and into the educated zone."

### Senior L.I.F.E. Center of Loomis

Fred & Acsa Hitchen received a grant to continue their work at the Senior L.I.F.E. Center of Loomis, a place where adults over 55 years of age can enjoy leisure through social and educational activities. Soroptimist International Loomis Basin helped establish the center and has supported the program since its inception.

### Teacher Grants

SILB provides small grants to help fund teachers' long-term projects that



L to R: Sarah A. Dietz, Ashley Day, Amy Beazizo

### Women's Opportunity Award

Ashley Day of Citrus Heights, a single mother of two children, won the Women's Opportunity Award that aids women who must support their families and need additional training to upgrade their employability. Day attends Intercoast College with the goal of becoming an Alcohol and Drug Counselor. Instructor Donna Brint said that passion, desire and education are essential elements for a counselor. "Ashley has passion and desire and with the help of Soroptimist will gain her education," said Brint.

## Placer SPCA Partners with Local Animal Welfare Organizations to Rebate Cat Adoption Fees

**Placer County** - During the month of April, Placer SPCA, thanks in part to a grant from the Placer County Animal Trust Fund, is offering a rebate of the adoption fee, up to \$89.00, for adult cats adopted from a number of area animal welfare, rescue and sheltering organizations.

"The important thing is that cats are finding forever homes," said Placer CEO Leilani Vierra. "Whether they are adopted from us or from other groups, we want to encourage people to adopt adult cats in Placer County."

Placer SPCA is currently waiving the adoption fee for adult cats adopted from its Roseville and Auburn locations. In an effort to promote cat adoptions county-wide, Placer SPCA has collaborated with Placer County



Animal Services, Friends of Placer County Animal Shelters, Angels Rescuing Kritters, A New Hope Animal Foundation, Humane Society of the Sierra Foothills, Auburn Area Animal Rescue Foundation, and

FieldHaven Feline Rescue. All of the participating organizations are facing the challenges of an ever-increasing number of homeless cats and kittens throughout Placer County.

Adopters can obtain a rebate voucher from the adoption agency and submit it to the Placer SPCA in Roseville to receive a rebate check of up to \$89.00 when they adopt an adult cat (one year or older), with a limit of two per household.

The Placer SPCA is a local, independent 501(c)(3) nonprofit organization, not affiliated with any other animal shelter or organization. For questions about Rebates for Rescues, please contact (916) 782-7722, ext. 106, (530) 885-7387, ext. 106, or [administration@placerspca.org](mailto:administration@placerspca.org).



### A Case in Point

## The Case of the Beautiful Beach House

By David Graulich, Esq.

"You can knock me down, step in my face, slander my name all over the place."

When Carl Perkins wrote "Blue Suede Shoes" in 1955, he introduced the word "slander" into rock n' roll history. However, Carl never got around to explaining the legal meaning of slander and its closely-related claim, libel.

To lawyers, both slander and libel are known as types of defamation.

Defamation is communication that's false and which tends to damage someone's reputation. Slander is conveyed by spoken words or gestures, while libel is printed (in a newspaper, for example) or has some other form of permanence.

In the U.S., it's difficult for a plaintiff to win a defamation case. American courts place a priority on the First Amendment and freedom of speech. If the person alleging defamation is a public figure, such as an elected official, the plaintiff's hurdle is raised even higher. European courts, in contrast, are far more likely to side with the plaintiff in a defamation action.

Defense attorneys fighting a defamation claim in a U.S. court have several good options. One effective defense is to argue that what their client said was true. Imagine that Palmer tells Nicklaus and Hogan that Snead cheats at golf. Snead finds out and sues Palmer for slander. At trial, Palmer produces three of Snead's former caddies, who testify under oath that Snead falsified his scorecards to win more prize money. Case dismissed.

Another defense strategy is that

the alleged defamation was a statement of opinion. If Palmer tells Nicklaus and Hogan that Snead is the most conceited and arrogant golfer he's ever met, Snead may be insulted, but Palmer's description of Snead's personality will probably be ruled as protected opinion under the Constitution.

In an actual California case last year, the court conducted a phrase-by-phrase analysis of the disputed speech. Here are the facts:

In 2007, a developer called The Santa Barbara Beach Club remodeled and enlarged a single-family, ocean-front house in a residential neighborhood known as More Mesa Shores. The remodeled building was a beautiful, 6,600-square-foot beach house with a Cape Cod design and spectacular views of the Pacific coast.

The Beach Club advertised that it was selling "fractional ownerships" in the property to multiple parties. Local homeowners were dismayed, as they believed that the neighborhood was restricted to single-family residences.

Homeowners Bonnie and Fred Freeman placed a two-foot by two-foot sign in their front yard, as did several neighbors. The signs said:

"Say No To: Fractional Ownership/ Timeshare Ownership/ Beach Club Ownership In Our More Mesa Shores Neighborhood."

The Beach Club threatened the homeowners with litigation if the signs were not removed. When the Freemans and two others homeowners refused to take down the signs, the Beach Club sued, claiming

defamation and interference with the Beach Club's right to sell its property. The case ended up before the Second District Court of Appeals.

In their decision, the appellate judges analyzed the words "Say No To". This phrase, said the court, expressed a point of view concerning an issue that was important to the homeowners. "Say No To" was an opinion, and was entitled to First Amendment protection.

Next, the judges looked at "Fractional Ownership," "Timeshare Ownership," and "Beach Club Ownership." These phrases, said the court, "are not defamatory as a matter of law because they are true." The Beach Club, after all, used "fractional ownership" in its own advertisement.

Result? The Beach Club's defamation claims were rejected and the homeowners won, including an order that the Beach Club pay the homeowners' court costs.

The Case of the Beautiful Beach House shows the tough odds that plaintiffs face in a defamation trial. There's a postscrip, however. Although the Beach Club lost the suit, it succeeded in its plan to offer fractional ownerships. You can view the beach house and its amenities, which include a gourmet kitchen, wine cellar, walk-in humidor, and spa with sauna and steam room, at [www.santabarbarabeachclub.com](http://www.santabarbarabeachclub.com).

*David Graulich, Esq. is a resident of Fair Oaks and an attorney with The Law Firm of Tim O'Connor. David welcomes comments on "A Case in Point" columns and can be contacted at (916) 932-2312 or by email: [David@timoconnorattorney.com](mailto:David@timoconnorattorney.com).*



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# DWR Announces Results of Fourth Snow Survey of 2010-2011 Season

Sacramento – Department of Water Resources (DWR) hydrologists announced that water content in California's mountain snowpack is 165 percent of the April 1 full season average.

"Recent storms have significantly contributed to the above-average snowpack, helping to stabilize California's water supply for the year," said DWR Director Mark Cowin. "While this is beneficial for California's farms, businesses and communities, we remind residents to practice sensible water use and conservation as we transition to warmer weather."

After the snowpack readings were in, Governor Jerry Brown officially rescinded former Governor Schwarzenegger's emergency proclamations and executive order issued in 2008 and 2009 relating to water shortage associated with the drought.

Snowpack water content is measured both manually on or near the first of the month from January to May, and in real-time by electronic sensors.

The manual survey and electronic readings are the most important of the year, since April 1 is when the state's snowpack normally is at its



peak before it melts into streams and reservoirs in the spring and summer months.

March precipitation has helped register 2011 among the top years in snowpack water content, despite dry weather conditions in January and early February.

The mountain snowpack provides approximately one-third of the water for California's households, industry and farms as it melts into streams and reservoirs. Electronic readings indicate that water content in the northern mountains is 174 percent of the April 1 seasonal average. Electronic readings

for the central Sierra show 163 percent of the April 1 average. The number for the southern Sierra is 158 percent. The statewide number is 165 percent

A majority of the state's major reservoirs are above normal storage levels for the date. Lake Oroville in Butte County, the State Water Project's principal reservoir, is 104 percent of average for the date (80 percent of its 3.5 million acre-foot capacity). Lake Shasta north of Redding, the federal Central Valley Project's largest reservoir with a capacity of 4.5 million acre-feet, is at 111 percent of average (91 percent of capacity).

DWR estimates it will be able to deliver 70 percent of requested State Water Project (SWP) water this year. The estimate likely will be adjusted upward as hydrologists make adjustments for snowpack and runoff readings. The last 100 percent allocation – difficult to achieve even in wet years due to pumping restrictions to protect threatened and endangered fish – was in 2006.

The SWP delivers water to more than 25 million Californians and nearly one million acres of irrigated farmland.

## Spring Loaded at ARD



Swimmer Lexy Ashford, 8. Photo courtesy of Sheryl Petersen, ARD.

Auburn - As we poke our heads out from cold, dark winter, we are looking ahead to what is happening locally and affordably for family fun in the foothills. Can you believe, swimming?

April is the opening of youth swimming as our hardy swimmers get in the warm pool twice a week to begin their preparation for the community swim team season. Robalos Stroke and Turn is open to all swimmers ages 5-18 and begins April 4th. In Stroke and Turn you can tune up your swim strokes in preparation for

the swim season.

Put on your calendar both Robalos competitive and Mermaids synchronized swimming teams starting up the first of May. Both community swimming teams are open to boys and girls ages 5 to 18. Robalos brings back talented coaches Ty Yarnell and Tyler Bonner. Head coach Yarnell is most interested in making sure along with excellent technical training; swimmers have a fun family experience with the team. Bonner swam Robalos for 8 years before he started coaching in 2006;

he is currently the head coach for Placer High.

Auburn Mermaids is our local synchronized swimming team. Head coaches Sheri and Brianne Patten return to the helm. Sheri has been active in the team for more than 20 years and brings a wealth of experience to the program. Swimmers need no synchronized swimming background as skills are taught while conditioning during the month of May. Meets begin in June, culminating with a water show July 9.

Come join our adult Master Swim program that is already in the pool MWF mornings from 6-7am.

April 15 is not just tax day anymore. ARD is showing Monsters Inc at Recreation Park Gym beginning at 6:30. Start spring break with a free family event, fun for the whole family. Bring a blanket or chair, popcorn will be served. For additional information call 885-8461 or visit [www.auburnrec.com](http://www.auburnrec.com).

ALERT! Watch your school mail coming home to preview a list of all our summer camps. Sign up in the month of April and receive \$5 off the fee. ARD truly has something for everyone!



## Around Town with Loyce Smallwood

Lambert smiling broader than usual as Lambert celebrates 13 years in business and enthusiastically awaits his role as a new father in just one month. Congrats Matt and, also, to your sidekick next door Gelene Sorrentino, clinical massage therapist, eight years in business.

Across the street at Tango enjoy the tangy tastes of watermelon sorbet and wild strawberry yogurt while checking out the eye-popping art by local Katie Richardson. Congrats to Tango owner Lisa Swisley whose mother Barbara Black tells me is now the proud owner of Local Heroes on High Street. Across town in the True Value Center on Nevada Street, Mom's Kitchen is slated for opening April 11 with lunch and dinner service.

More celebrating at AAARF pet shelter on Masters Court, Auburn where staff and volunteers now enter

their 15th year of successfully placing homeless pets. And speaking of celebrations, CELEBRANTS meets Mondays at LaBou in the BelAir Center, Auburn, and 11am to celebrate accomplishments of local artists/musicians/authors/entrepreneurs, public invited. Yes, let's all celebrate. Questions/comments to [loy@foothill.net](mailto:loy@foothill.net)



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# Gary Gordon Talks Fishing

Auburn – Gary Gordon, the owner of Fish with Gary Tackle Company, will share his approach to fishing for Kokanee at the Rooster Tails Fishing Club of Northern California, Inc. breakfast meeting on Friday, April 15 at the Auburn Elk's Lodge, 195 Pine Street, Auburn, CA 95603. The doors to the Elk's Lodge open at 7:30 a.m., with a fantastic wide-selection \$12 buffet breakfast served from 8:00 a.m. to 9:00 a.m. The meeting starts promptly at 9:00 a.m.

Gary is a licensed fishing guide and has created a "unique" system" approach to fishing for Kokanee, based on applied science and years of practical experience. Gary also has an extensive background and lifelong interest in biology and the physical sciences, which have served him well in designing fishing tackle. His proficiency in designing and tying trout flies is based on extensive research of aquatic life and interaction of things such as weather, water temperature and trace nutrients in the food chain.

The interaction of kokanee biology and behavior with color, vibration and scent cycled in ways that could be patterned. As a result, the tackle he manufactures is consistent with these patterns. Gary will have an extensive display of his unique tackle available to Rooster Tail Members and guests during this special meeting.

The NEW Rooster Tails Fishing Club of Northern California, Inc. is a fun, 130+ member organization, inviting men and women to join that are interested in sport fishing and the preservation of related natural resources. Unlike many bass and fly fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing Club provides a balanced mix of fishing techniques presented by fishing experts targeting a variety of fish species on multiple types of waters.

For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim Petruk, Club Chairman, 530-887-0479 or [petrukj@pacbell.net](mailto:petrukj@pacbell.net).

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**"Keeping the Faith"**  
Ronnie McBrayer

There is fascinating new research now being conducted in the field of "Superior Autobiographical Memory." Researchers have found a small group of people, only about a dozen or so here in North America, which remembers almost everything about their lives. And when I say "almost everything," I mean almost everything.

For example, there is Louise Owens, a woman now in her late thirties, who can recall every single day of her life since she was 11. She can call from her memory most any detail of her existence down to every meal she has ever eaten, the exact clothes she wore on any given day, and when asked about a specific date, she can even tell you what the weather was like on that date.

I would love to have more than a few conversations with this small but remarkable group. I would love to see them put their near super-human powers to work (or watch one of them demolish a game of Trivial Pursuit with a group of unsuspecting players).

And I hope we learn a great deal about the human brain from them, maybe even make some advances in the treatment of Alzheimer's or dementia because of them; but I do not envy them. No, I have a hard

# We Can't Forget, But We Can Forgive

enough time trying to forget some of the things from my past as it is. I can't imagine the mental anguish if I had Superior Autobiographical Memory.

The things that lodge like splinters in our brains the deepest are those times and occasions when others have hurt us badly; when we have been wronged; or when we have been violated, mistreated, cheated or harmed.

It is impossible to forget these things no matter how many times we are told that "time heals all wounds" and no matter how many times we are counseled by our pastor, priest, or rabbi that we should "forgive and forget." Forget? No amount of counseling, therapy, hospitalization, or medication – nothing short of a lobotomy – could erase the pain from our memory banks.

So most of us do not have to have invincible brain power to recall every day of our lives to suffer from the past; just a few of the days that we remember all too well are sufficiently painful enough. At least those few days are enough for me.

The answer to this pain is not in the forgetting. The answer is in the forgiving. I don't use the word "forgiving" or "forgiveness" glibly, because forgiveness isn't easy. It certainly isn't some buzzword from a sermon or a trivial, corny bumper sticker that says something like "Christians aren't perfect, just forgiven."

No, forgiveness is the only answer because it is the only thing that truly deals with our deep, bleeding,

unforgettable hurts: Unfaithfulness by a spouse, betrayal by a business partner, abuse by a parent, or an irresponsible act that harmed or killed one of our family members.

We can't just dismiss these offenses with a casual wave, and forget about them as if they never happened. We cannot and we should not forget these, but for our own health and for the sake of our future, we must forgive.

Lewis Smedes, who always has an enlightened word on the subject of forgiveness, said, "When we forgive evil we do not excuse it, we do not tolerate it, we do not smother it. We look the evil full in the face, call it what it is, let its horror shock and stun and enrage us, and only then do we forgive."

What does this mean? It means we improbably but practically work out the eternal words of the Apostle Paul who said, "Love does not demand its own way. Love keeps no record of being wronged."

Purging the records doesn't mean we forget. It means we give up on keeping the score, and we give up on our desire for vengeance. Then we might just find that in letting go of our need to retaliate, we can also let go of so many of our painful memories.

Ronnie McBrayer is the author of "Leaving Religion, Following Jesus." He writes and speaks about life, faith, and Christ-centered spirituality. Visit his website at [www.ronniemcbrayer.net](http://www.ronniemcbrayer.net).

# Pray for Your Children

and power to live life to its fullest. They will accomplish their dreams and find success in their endeavors much earlier.

Years ago when our daughter was in 8th grade, I had the privilege to hear Shirley Dobson at a school Mom's meeting. Shirley shared about the prayer life of their family and she mentioned a couple things that they incorporated in their lives. She shared that every morning as her children left for school, she said to each of them "May the blessing of the Lord be on you today". Another thing she believed important was to pray for the future spouse of their children and to continue to pray until they had met the one they would ultimately marry.

After hearing Shirley Dobson I felt her ideas were very worthwhile and began doing the same thing. I remember our daughter's smile as I spoke those positive words of comfort and love to her as she left for school. I also began to pray for her future husband and I am pleased to tell you, God did an excellent job. They have

been happily married for twenty-four years and are beautifully compatible.

It is never too late to pray for someone you love! Why not begin today to make positive changes in the way you demonstrate and teach love within your family unit. Regardless of their age—Pray for your child (grandchildren) to walk into God's destiny, begin to verbally say blessings to them as they leave your presence, even when talking on the telephone. Pray now for all their future associations. The friends and person they will choose to marry to be God's will for their life. You don't have to spout off and tell them you are praying for them, just do it in secret. That's the kind of prayers God answers. Someday too, you will rejoice!

Marlys Johnsen Norris, Author  
Marlys5934@sbc global.net  
"Intimacy Begins Going God's Way"  
"God Moves Mountains, It was a Miracle"



By Marlys Norris,  
Christian Author

One of the best things you can do today for your children is to pray your children will fulfill God's destiny for their lives. They may be still very young but that does not matter. God has a divine plan for every life. Trouble is for some it often takes way too many years to find it. But when a parent prays it can remove hindrances before they even begin. Later as your child moves into this mindset their lives it will be guided and blessed with the majesty of God's Holy Spirit

# A Healthy Dose of Medicine for the Soul

By Rev. James L. Snyder

A large segment of the human population takes things way too seriously for their own good. The strange anomaly is that most people laugh at the wrong thing and fail to laugh at the right thing. This serious incongruity has robbed people of a healthy attitude towards life in general.

Those who take life too seriously are in danger of missing the great joys of living in a crazy world like ours. I am not sure about the scientific research but I would guess that for every sad moment it takes one hundred laughs to balance the books. Some people are about ninety-nine laughs short of a real sane moment.

I like the old English proverb that says, "Laugh and the whole world laughs with you, cry and you cry alone."

From my perspective, if you cannot laugh with someone you will not be able to cry with him or her and have it mean anything.

According to some medical advice, it takes more facial muscles and energy to frown than it does to smile. Of course, the only exercise some people have is frowning and who am I to take that away from them.

I am determined, no matter what, to exercise my right to smile and laugh and enjoy the world around me. I must confess that I get this attitude quite honestly.

My paternal grandfather was a Past Master in the area of practical jokes. No amount of time was too much to spend preparing for one of his famous practical jokes. His favorite holiday was April 1 and began preparing for this holiday right after Christmas.

The fact that his practical jokes at times got him into trouble did not seem to affect him at all.

Once while in the hospital for an extended period he had somebody smuggle in to him a can of snuff. For

some reason he liked chewing snuff. It is the most disgusting habit I know of on earth.

He no sooner received his smuggled goods then he began chewing it. If you know anything about chewing snuff, you know it is accompanied by a lot of spitting. As usual, his timing was impeccable. Just as the head nurse passed his door and looked in, he leaned over and spit in to the garbage can he had next to his bed. The nurse, not knowing about the chewing snuff, thought he was spitting blood and immediately went into emergency mode. Immediately my grandfather was rushed into the operating room and the surgeon and medical team were assembled.

My grandfather was very sick at the time. Some did not think he would get out of the hospital.

Just as they got him situated in the operating room he pulled from under his sheet his can of chewing snuff and smiled at them. The only person in the room that thought this was in any way amusing was my grandfather. The doctors were so angry with him but they refuse to see him for three days and confiscated his can of chewing snuff.

My aunt and uncle lived right next to my grandfather. My aunt was hyper clean when it came to her house. Dirt in any form was not welcome under her roof. She had a broom that was always within reach because she never knew when a piece of dirt would try to invade her domicile.

That year my grandfather found something new. I am not sure where he found it but he probably spent a lot of time looking for something like this. It was a rubber facsimile of a very nasty looking piece of vomit. To him it was a prized possession.

Most of his practical jokes were executed on April 1. Whenever we saw grandfather coming on this particular day we usually ran for cover.

He went over to visit my aunt and was sitting on the couch in the living room. They chatted for a little while and then my grandfather began to cough a little bit. He said to my aunt, "I haven't been feeling good lately. I really don't know what it is." Then he started to cough a little more seriously, to which, my aunt got up and went to the kitchen to get him a glass of water thinking that might help him.

When she got back, she was shocked to see on her new coffee table a very horrible sight. My grandfather was bent over the coffee table hacking and coughing as though he was in the process of dying. On the coffee table was very nasty looking piece of vomit.

My aunt went into hysterics. She whirled around and within a moment had grabbed her broom and started towards my grandfather. My grandfather was laughing but not for long.

Suddenly he realized that the flailing broom in my aunt's hand was aimed at him. She chased him out of the house, down the driveway and for at least three blocks yelling obscenities at him that I dare not repeat in public society.

Laughter is the fresh air of the soul. Even the Bible thinks so.

"A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken" (Proverbs 15:13 KJV). And, my favorite, "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22 KJV).

I recommend a healthy dose of medicine for your soul.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail [jamesnyder2@att.net](mailto:jamesnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).

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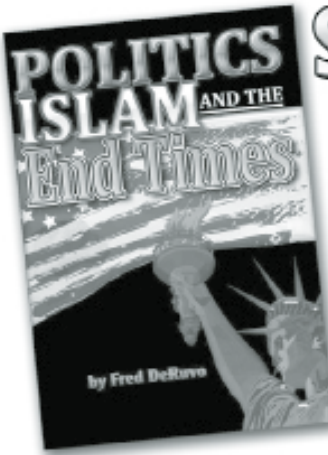


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**Elderly Care Home** in beautiful Orangevale neighborhood. Long-term care only. Nutritional daily meals. Call Maria from 8am-9pm. 916-833-8371 (MPG)

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ATTN: Internet health and wellness company expanding. Seeking top sales Pro's. Will train right person. CALL 888-279-7875 24hrs. (MPG)

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**CLUES**

- |   |   |   |
|---|---|---|
| <p><b>ACROSS</b></p> <ol style="list-style-type: none"> <li>1. Cowboy's prod</li> <li>5. Snow runner</li> <li>8. *Mother, sister, daughter pronoun</li> <li>11. Figure out</li> <li>12. "Put a ___ on it!"</li> <li>13. Arctic or Antarctic, e.g.</li> <li>15. Intestinal obstruction</li> <li>16. Santa ____, CA</li> <li>17. Wilkes-____, PA</li> <li>18. *Maddox to Zahara, Pax, Shiloh, Knox and Vivienne</li> <li>20. *Marc Anthony to Jennifer Lopez</li> <li>22. "Much ___ About Nothing"</li> <li>23. Impersonate</li> <li>24. Inquire about</li> <li>27. Pitcher</li> <li>29. Stay clear of</li> <li>34. 2002 Winter Olympics state</li> <li>36. Long nerve fiber</li> <li>38. *Harry Belafonte's daughter</li> <li>39. *Della and sister ____ Ephron, co-authors</li> </ol> | <p><b>DOWN</b></p> <ol style="list-style-type: none"> <li>1. More than one solo</li> <li>2. Commoner</li> <li>3. Soft palate hanger</li> <li>4. Live in a certain place</li> <li>5. Ore smelting by-product</li> <li>6. *Kith and ____</li> <li>7. Boise state</li> <li>8. Strikebreaker</li> <li>9. *Zeus' sister and wife</li> <li>10. Acquire, as in respect</li> <li>11. *Bro's sibling</li> <li>13. Be preoccupied with something</li> <li>14. Flanders of "The Simpsons"</li> <li>19. "____!", exclamation of disbelief</li> <li>21. Consume, as in drugs</li> <li>23. Humdrum</li> <li>24. *Your cousin's mom, pl.</li> <li>25. Place of purchase</li> <li>26. Gold unit</li> <li>28. *Richardson and Mueller to Charlie Sheen</li> <li>30. It means hurry up when repeated</li> <li>31. Shariah-approved meat</li> <li>32. Muse of love poetry</li> </ol> | <p><b>ACROSS</b></p> <ol style="list-style-type: none"> <li>40. Affirmatives</li> <li>42. St. ____, patron saint of Norway</li> <li>43. ____-la</li> <li>45. Wind catcher</li> <li>46. Liver delicacy</li> <li>47. Put in motion</li> <li>49. One of the hipbones, pl.</li> <li>51. "___ Lonely Boys" band</li> <li>52. Officer training program</li> <li>54. **"The Waltons" aired on this network</li> <li>56. *Khloe, Kim and Kourtney, e.g.</li> <li>60. **"Family Ties" family</li> <li>64. Part of an eye that contains the iris, pl.</li> <li>65. Member of Shoshonean people</li> <li>67. Alfred Hitchcock in his movie, e.g.</li> <li>68. Third planet from the sun</li> <li>69. Bobby sox dance</li> <li>70. Relating to uvea</li> <li>71. Clinton ____ Rodham</li> <li>72. Mon cher</li> <li>73. Type of e-mail box</li> </ol> |
|---|---|---|

For Solution See Page 5

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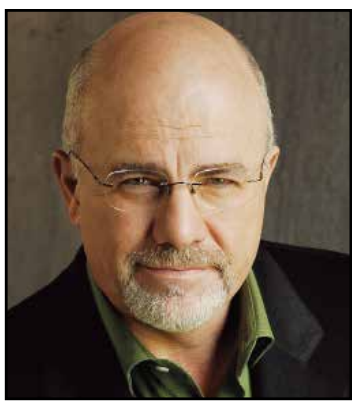
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# Dave Says

job right now. You could make more than you did at your old job or taking unemployment by delivering pizzas full-time. I know you probably wouldn't have benefits running pizza, but how about the benefit of working for a living and making some money?

You need to get off your tail right now and find something to do – maybe even two or three things to do – until you find a job that pays well. And I don't think I'd go back into the kind of management you were in before, because even working that gig you guys were barely getting by.

It's sweet that you're there with your baby, but it's seriously time for you to get a real job. Take classes and further your education, or get into another line of work. You've got some serious responsibilities, and it's time to be a man and take care of things!

- Dave

## Spending Makes Her Feel Guilty

Dear Dave,

My husband and I almost feel guilty about spending any of the money we've worked so hard to save. Is it common for older people who have saved their entire lives, have no debt, good pensions, and Social Security income, to become obsessed about not spending their money?

- Connie

Dear Connie,

It's very common, especially among folks who have developed a pattern of living frugally for 40 or 50 years. I call it the embarrassment of riches. I've heard some people in your situation say that they're even too embarrassed to order dessert in a restaurant. They feel like it's a betrayal of who they are as a person.

You guys have worked hard, saved big, and now it's time to begin enjoying some of that money. You don't have to do things that are outlandish or wasteful, but there's nothing wrong with having a little fun with your money when you can afford to do so. Here's an idea that might help you loosen up a bit. Every time you spend money on a luxury, or something fun for yourselves, give a percentage of the amount you spent to help someone else. You don't have to match it dollar-for-dollar, because you don't want to blow through your nest egg and have nothing left.

Give it a try. It will bring balance to your life. You'll be able to have some fun with your money, plus you'll get the satisfaction of knowing you've helped other people!

- Dave

**\*\* For more financial help, please visit [daveramsey.com](http://daveramsey.com).**

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.

## Continue Taking Unemployment?

Dear Dave,

I had a wreck seven months ago. As a result, I lost my job and have been drawing unemployment for the last five months. I was making \$1,200 a month in retail management before this happened, but I'm getting just as much with unemployment, even though I can work again. I have a small daughter, and my wife doesn't work right now. Should I continue taking unemployment so I can stay home and help with our daughter?

- Tim

Dear Tim,

Absolutely not! You need to get a



# POPPOFF!

with Mary Jane Popp

in sandpaper

2) **Developing Your Faith-in-Myself Muscle:** Pressing the stop button on your mind's negative chatter.

3) **Developing your Take-Action Muscle:** Stop lying on the nail.

4) **Developing Your I-Know-Like-I-Know Muscle:** God is good. Good is God. Woo-Hoo!

5) **Developing your honesty Muscle:** Keeping it real.

6) **Developing your Say-Yes Muscle:** Being willing to play full out!

7) **Developing Your Determination Muscle:** Doing What it takes to get to your mountaintop.

8) **Developing your Forgiveness Muscle:** Finding your way back to love.

9) **Developing Your highest Choice muscle:** Meeting your needs from the inside out, and then aiming for the stars.

Lisa realizes that millions are trying to live by the The Secrets Law Attraction, but the truth is it won't work unless you flex these "bounce-back" muscles. She explains how anyone can use these muscles to achieve happiness and off-the-charts success. It's a guide that introduces her dynamic plan, and she shares her own remarkable story, and prescribes

specific exercises and action steps to inspire readers to learn from their past and move forward toward a courageous future.

I think what impressed me most about Lisa was her agreeing with me that the whole idea of the secret is not to sit back and wait for something to come to you. That's not all there is to the story. Why? Because you'll be dreaming and waiting and waiting and waiting some more for something that can and will elude you all the rest of your life.. You have to get off your duff and do something about your dreams, and that's why she wrote this book.

If you'd like to know more about Lisa, you can go to her website [www.Lisa-Nichols.com](http://www.Lisa-Nichols.com). I guess if Oprah, Larry King, and Extra listened to what she had to say, then we can take a shot at making a change in our own lives. Her transformational workshops impact the lives of hundreds of thousands of teens and adults. So, no more of that...it's too overwhelming stuff in your life, and more of the I can... "No Matter what!"

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

## NO MATTER WHAT

Is it overwhelming? Do you think...I'll never make it! We all get there at one time or another, but Lisa Nichols has a way out. Lisa participated in the self-development phenomenon, "The Secret" and the critically acclaimed "Chicken Soup for the African American Soul" book series. Even Oprah listened to her counsel. Now comes "*No Matter What*" and how you can overcome every obstacle. She hits on nine steps to living the life you love. It's part inspiration, and part perspiration in that you have to be the motivator of yourself. She says you have to flex your "bounce-back" muscles which give you the ability to navigate life's speed bumps. So here's how to build your bounce-back muscles.

1) **Developing Your Understanding Muscle:** Some gifts come wrapped

# Shooting Clinic for Women-only Participants



Lincoln – The Coon Creek Trap & Skeet Club in Lincoln will host a National Rifle Association (NRA) Women On Target Instructional Shooting Clinic on the Saturday of Father's Day Weekend, June 18, 2011. This clinic for women-only participants, directed by Patricia McLelland-Merydith, will introduce the sport of trapshooting using a 12 gauge shotgun. Patricia will be joined by a number of competitive trap shooters volunteering their time to provide women participants with one-on-one instruction.

NRA Women On Target

Instructional Shooting Clinics are among many programs designed for women included within the NRA's Women's Programs, they create more opportunities for women to learn about firearms, and to gain confidence in newly-acquired shooting skills. Women learn to safely handle, store and shoot firearms, and learn a sport they will enjoy for a lifetime.

Patricia McLelland-Merydith began directing Women On Target Clinics in 2004. This clinic on June 18, 2011, will be Patricia's ninth clinic. Participants will enjoy the company of other women, be provided loaner

shotguns, shotgun shells, targets, eye protection, earplugs, breakfast and a complimentary gift from the NRA. Women wanting to learn how to safely handle a 12 gauge shotgun and learn the sport of trapshooting should call Patricia at (530) 852-9719, or email her at [wot.patricia@yahoo.com](mailto:wot.patricia@yahoo.com). The registration fee is \$85.

Patricia is a Certified NRA Shotgun Instructor, American Trapshooting Association (ATA) Shotgun Coach, competitive trap shooter and former firearms saleswoman. In addition to directing Women On Target Clinics, Patricia also provides private and group trapshooting lessons at Coon Creek Trap & Skeet. Patricia credits her father, Bud McLelland of Auburn, for teaching her how to shoot and hunt.

For more information on the NRA's Women's Programs, go to <http://www.nrahq.org/women/>.

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### Weekdays

6-9am: The KAHI Morning News with Barry Stigers and the KAHI News Team  
 9am-Noon: The Laura Ingraham Show  
 Noon-1pm: The KAHI Noon News Plus with Mary Jane Popp and the KAHI News Team  
 1-4pm: The Dave Ramsey Show  
 4-7pm: The KAHI Afternoon News with Dave Rosenthal and the KAHI News Team  
 7-10pm: Into the Night with Tony Bruno  
 10pm - 12am: Poppoff with Mary Jane Popp

**Thursdays** 7pm - 9pm: Thursdays With Bassil

### Saturdays

6 - 7am: A Time for Seniors  
 7 - 8am: The Swap Shop  
 8 - 9am: The KAHI Corral  
 9 - 10am: The Garden Guru  
 10 - 11am: Take Charge!  
 11am - 12pm: Your Life and Your Money  
 12 - 12:30pm: Study-Grow-Know  
 12:30 - 7pm: Big Cletus Country Music  
 7 - 8pm: A Way With Words  
 8 - 9pm: Rewind with Jimmy Jay

### Sundays

7:30 - 9am: Cruisin' Garage & Swap Meet  
 9am -4pm: KAHI's Jammin' Juke box  
 4 -5pm: A Way With Words  
 5 - 8pm: The Insana Quotient  
 8 - 9pm: Hearts of Space

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

KAHI is also the foothills home of Sacramento Kings Basketball, Oakland A's Baseball, San Jose Sharks Hockey, and Oakland Raiders Football.

Most of our locally produced programs are available for replay or podcast download at the 'Audio On Demand' page at [www.kahi.com](http://www.kahi.com).

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**Dr. Kathryn Reeves Weston Saturdays from 10 to 11am. Take Charge! is a guide for coping with life. Dr Kathryn helps you find your purpose and passion and access the power of the universe to help you live your best life!**

# Cucamonga Kids Blowout Sale to Benefit HEART

From Lesley Stern

Auburn – On Saturday, April 9th Cucamonga Kids will be having a blowout parking lot sale! All proceeds will go to the non-profit organization HEART.

HEART was founded here in Auburn 11 years ago by registered nurse Vickie Winkler with the mission to educate and empower the people of Africa to survive the HIV/AIDS Pandemic. Heart has expended to support several programs in action such as: Weep-Womens Empowerment Equality Program. As an orphan prevention initiative, the project saves the lives of mothers suffering from advanced stages of AIDS, therefore, their children are spared from becoming orphans. Operating in impoverished areas, WEEP identifies mothers who have been widowed or abandoned when their husbands learned of their HIV status. WEEP commits to providing medical care, nutrition, vitamins, rent assistance and access to ARV drugs; it also assures

that their children have a school uniform and necessary resources to attend school. Once physically stable, the mother is taught a trade and provided a job at a WEEP center

Through the Freedom for Girls Program, girls are provided with undergarments, sanitary napkins and hygiene education. If not for this program's assistance, many girls would be absent up to five days of school a month due to lack of protection during their monthly cycle. HEART partners with Rotary and Lion's clubs who provides the sanitary napkins. Other organization partners distribute the undergarments and give basic hygiene education. Girls are enabled to stay in school full time therefore enhancing a girl's participation in education.

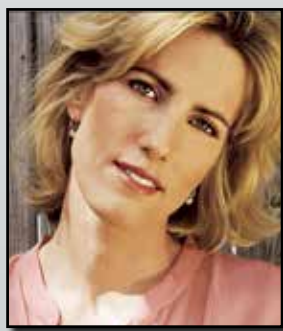
Another fantastic program now in effect is the building of greenhouses that can provide food for an entire community and eventually become a source of income leading to self-sufficiency.

All proceeds from the Cucamonga Kids parking lot sale will go to Heart.

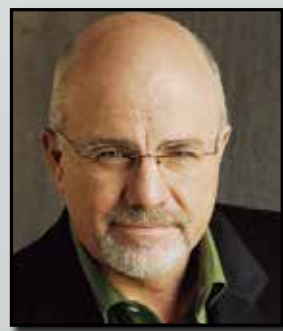
Clothes for men, women, juniors, children and babies will only be \$1.00 or less. There will also be furniture, toys, games, baby equipment, videos, books, household items and many, many other items.

Parking lot sale held in the parking lot of Cucamonga Kids: 1360 Grass Valley Highway in the Pioneer Shopping Center. Saturday, April 9th from 9 am until 4 pm. Please call Cucamonga Kids at (530) 823-5437 or Lesley Stern at (530) 278-3001 for more information.

Also Chevys Restaurant in Auburn will also be holding a fundraiser for HEART the same day. Please come to Chevys anytime on Saturday, April 9th and 25% of the proceeds will go to Heart. Pick up your coupon while at Cucamonga Kids or go to [cucamongakids.com](http://cucamongakids.com) to print out your coupons. Coupons will also be available at ComputerEze Computer Store located in the Bel Air Shopping Center. Call ComputerEze for coupon information at (530) 886-1415.



Laura Ingraham



Dave Ramsey



Mary Jane Popp

**THANK A VETERAN TODAY**

# Arts, Entertainment and Other Fun Things to do!

## MaMuse Concert & Food Drive



MaMuse Bike-touring, singer/songwriting duo Sarah Nutting and Karisha Longaker. Photo courtesy of MaMuse.

From: Shari Howard

Auburn – MaMuse brings their sweet sound again to the Foothill Center for Spiritual Living in Auburn on Saturday, April 9. Last June the singer/songwriting duo of Sarah Nutting and Karisha Longaker, from Chico, did much more than entertain! Offering uplifting lyrics and sweet harmony, their delicious sound is spun with sparing accompaniment delighting their audiences with touches of upright bass, mandolin, bazuki, guitar, flute, kalimba, ankle bells, train whistles, gospel claps, jazz snaps, laughter, and call & response.

This bike-touring duo deeply inspired by Nature, herself, use their music to uplift and inspire with a hauntingly rich a cappella presence, these alto-sopranos weave a rich tapestry of whimsy and emotional depth.

MaMuse has toured concert halls across the country. They began their 2011 season by performing at the 2011 Folk Alliance Conference held in Memphis, Tennessee in February. MaMuse's debut album All the Way and New Release Strange and Wonderful will be available for purchase. Their stage presence is moving, grace-filled, and full of cheer – don't miss this wonderful duo in such an intimate setting.

The MaMuse Spring Concert is one of many in the Center's Speaker & Concert Series. As part of the center's Global Heart Vision of a world without hunger the event also serves as an annual benefit for the Auburn Interfaith Food Closet to which the center is a regular donor. The Center is offering to all who remember to bring a non-perishable donation with

them to the concert entry in the evening's Grand Door Prize drawing. Gourmet goodies will be on sale at intermission. The Center's Book Store will also be open.

Preview their music, video called Natural Order from their new album, Strange and Wonderful, on YouTube. Check it out and then order your tickets early! The center expects to sell out all 125 seats!

**Know & Go:**

**Who:** Foothill Center for Spiritual Living

**What:** MaMuse Concert & Food Drive

**When:** 7 – 9:00 p.m. Saturday, April 9

**Where:** Foothill Center for Spiritual Living, 2945 First St., Auburn, CA 95603

**Tickets:** \$22, available online [www.fcsliving.org/tix](http://www.fcsliving.org/tix) or \$25 At-Door

**Info:** Visit [www.mamuse.org](http://www.mamuse.org) or [www.fcsliving.org/tix](http://www.fcsliving.org/tix) or 530-913-5899

## Jessup's Night of Classics Pays Tribute to Broadway



Photo courtesy of Sheila Haut, Public Information Officer, William Jessup University

Rocklin – William Jessup University's music department will host their third annual Night of Classics benefit dinner and concert on Friday, April 15 beginning at 7:00 p.m. in the University's Academic Warehouse.

"The music department requires a variety of resources to promote and expand our vibrant music program," said Tom Ruscica, William Jessup University's Music Department Chair. "We look forward to this event with great anticipation as it provides an excellent opportunity to

showcase the myriad of talent within our department."

This year's Night of Classics pays tribute to the music of Broadway, spotlighting the talent of Andrew Lloyd Webber. News 10 meteorologist, Darla Givens will emcee the event.

The night will feature Jessup's University Choir and Orchestra who will perform well known Broadway favorites including, "One Day More" from Les Misérables, and "Sit Down You're Rocking the Boat" from the

Broadway hit Guys and Dolls.

The University's chamber size choral ensemble known as "The Way" will also perform as well as solo performances by music students including Aerial Woody and Rachel Jackson, daughter of the University's newly appointed sixth President, Dr. John Jackson. Soloists songs include "Don't Cry for Me Argentina", from the musical and film, Evita, "Think of Me" from one of the most popular stage musicals of all time, Phantom of the Opera and "Memory" from Cats.

Jessup's music department performs outreach concerts at schools, churches and various other venues to help recruit new music students and promote WJU's music program. The program offers a Bachelor of Arts degree in music with concentrations in worship, performance, music education and music business. Future concentrations are planned in commercial music and composition.

All proceeds go to benefit the music department at WJU. To order tickets, call 916-577-2256 or email [lbarham@jessup.edu](mailto:lbarham@jessup.edu) or buy online at [www.jessup.edu/bdc](http://www.jessup.edu/bdc).

## Placer Food Bank "Poker Run" Scheduled for May 14

Placer County - The Placer Food Bank Poker Run is a charitable motorcycle ride organized by Granite Bay High School senior, Jake Coplen and sponsored by Roseville Yamaha to benefit Placer Food Bank. The ride will follow a 71 mile route, which begins in Roseville and weaves throughout the foothills, and will include five "poker" stops where participants

will collect their poker hand.

The event is open to riders of all levels, and all makes and models of motorcycles. Interested riders are encouraged to pre-register online at <http://www.roseville-yamaha.com>.

Registrations will also be accepted on-site on race day. The registration fee is \$30 per rider and includes a complimentary continental breakfast in the

morning as well as post-ride barbecue and live music by PushBack. All proceeds from the ride will go to benefit Placer Food Bank programs.

The event takes place on Saturday, May 14, 2011. The ride will start-10 a.m. Registration and continental breakfast-9 a.m. The event will begin at Roseville Yamaha, 2014 Taylor Road in Roseville.

## Reel Classy Broads

Auburn – The Auburn Placer Performing Arts Center serves up a real treat for all classic movie fans with its upcoming annual Film Festival on April 8th through 10th, 2011. This year's theme is "Reel Classy Broads" and includes six films featuring some of Hollywood's most famous divas from the 30's, 40's and 50's. The venue is the State Theater, 985 Lincoln Way, in Auburn.

The schedule of films is as follows:

**Friday April 8 – 7:30PM:**

**The Women – (1939)**  
Comedy/drama starring Joan Crawford, Rosalind Russell. An all-female cast (125 total) - even all the animals who appear in the film!

**Saturday April 9 - 11AM:**

**The Thin Man - (1934)**  
Won an Oscar for Best Picture - 1935 Academy Awards. Starring Myrna Loy, Maureen O'Sullivan.

**Saturday April 9 - 3PM:**

**Double Indemnity - (1944)**  
Won Oscars for Best Picture, Best

Director (Billy Wilder), and Best Actress (Barbara Stanwyck) – 1945 Academy Awards. Also starring Edward G. Robinson.

**Saturday April 9 - 7PM:**

**All About Eve - (1950)**  
Classic story of betrayal starring Bette Davis, Thelma Ritter, Marilyn Monroe. Won Oscar for Best Picture – 1951 Academy Awards.

**Sunday April 10 - 3PM:**

**A Star Is Born - (1954)**  
Won Oscar for Best Actress (Judy Garland), Best Actor (James Mason) and Best Music – 1955 Academy Awards. This is one of Garland's classic performances as a showgirl.

**Sunday April 10 - 7PM:**

**Philadelphia Story - (1940)**  
Romantic comedy starring Katherine Hepburn in arguably her best role, and Jimmy Stewart who won an Oscar in 1941 as Best Actor for his performance. Individual tickets are \$9 at the door. Early arrival is encouraged to guarantee seating. Festival passes which are

good for admittance to all six films, are \$45, and can be purchased in advance at: [www.livefromauburn.com](http://www.livefromauburn.com). The box office opens 90 minutes before showtime for each performance.

**Opening Night Reel Classy Gala - \$12.00**

Friday, April 8 at 6:00 pm

Menu by Club Car.

Wine, beer and soft drinks available for purchase from the State Theatre Beverage Bar.

**Live Music by Gypsy Standard Time.**

There is limited seating for the opening night gala, and reservations are required. Purchase advance tickets online or call (530) 885-0156.

For further information, contact:

**Janis Wikoff – c/o Auburn Placer Performing Arts Center  
981 Lincoln Way  
Auburn, CA 95603  
530-885-0156  
[www.livefromauburn.com](http://www.livefromauburn.com)**

## Giant Flea Market to be Held

### More Vendors Wanted

Auburn - The Auburn 49er Lions Club is looking for vendors. On Saturday, June 18, 2011, from 7 am to 2 pm, the Auburn 49er Lions Club will be hosting a giant Flea Market at the Gold Country Fairgrounds upper parking lot. Buy, sell, trade,

and barter your old items, new items, antiques, collectables, and treasures.

Vendors may rent a 15'x30' space for \$35.00 each. There are also limited 20'x40' spaces available for \$50.00 each. Space choices are on as first-paid basis. Vendor set-up is

from 5:30 to 7 am. For space reservations, call 530-273-6847.

There will be no food vendors other than the Auburn 49er Lions Club.

If you wish to learn more about the Auburn 49er Lions Club, contact them at [auburn49erlions@gmail.com](mailto:auburn49erlions@gmail.com)

## Coast Guard Auxiliary Boating Safety Class

Placer County – Learn how to be safe on the water this summer and be awarded a free life jacket. Get the nautical rules and safety techniques from the Coast Guard

Auxiliary in this 8 hour "About Boating Safety" class on Saturday April 16th, at the Folsom Lake Activity Center off Douglas Blvd, Granite Bay. Cost of the class is

\$40 and registration is required.

For more information call Don Anderson at (916) 205-1106 with the Coast Guard Auxiliary.

## Casino Night to Benefit Sutter Auburn Faith Hospital Foundation's Cancer Navigator Program



Auburn – Sutter Auburn Faith Hospital Foundation is holding Casino Night on Friday, May 13,

beginning at 7 p.m., at Auburn Valley Golf Club, 8800 Auburn Valley Road, Auburn.

Tickets are \$40 (21 and older, please). All proceeds will support the hospital's cancer program with a Cancer Navigator Program to offer individualized assistance to cancer patients, as well as their families and caregivers.

Casino Night will feature casino

games of Blackjack, Poker, Roulette, and a Texas Hold 'em Tourney. There will be live music for dancing and an astronomer from Stellarview will provide telescopes for star gazing. Hors d'oeuvres will be served with a no-host bar.

For information, tickets or sponsorships, please call the Foundation office at 530-888-4557.

## Auburn Aviation Association

Auburn – The Auburn Aviation Association will hold it's monthly dinner meeting at 6PM, Wednesday, April 6 at the Auburn Airport terminal building located at the end of New Airport Road. We meet the

first Wednesday of each month. Anyone who has an interest in aviation or the local aviation scene is welcome to attend.

Our speaker for the April 6 meeting is Fran Ferry, who will talk on

his role in WW II as a Helldiver bomber pilot in the battles for Iwo Jima and Okinawa.

For additional information, contact Bob Ferber at 530-885-1706, or Darcy Brewer at 916-517-0717.

## Bingo Round-Up

Loomis – Assistance League® of Greater Placer's annual **Bingo fundraiser** will be held Wednesday, April 20th at the Blue Goose Fruit Shed in Loomis. It will be a time for high excitement to **win cash prizes**, to bid on fabulous **auction items**, and take a chance on **raffle drawings**. And there will be plenty of time to enjoy the satisfying foods and drinks offered at the event. There are two sessions: **1-3:30 and 6-8:30.**

**Presale Tickets are available for**

**\$20.00 per session** at the Assistance League Thrift Shop in Fiddler Green Plaza on Highway 49 in Auburn (530-885-1982) or at Blue Goose Produce in Loomis. Tickets are also available by mail on our website [www.greaterplacer.assistanceleague.org](http://www.greaterplacer.assistanceleague.org); select Fundraising, then select Bingo Round-Up Fundraising to print form.

All monies raised from last year's Bingo Round-up Fundraiser helped Assistance League continue its

philanthropic programs that are administered by over 200 women volunteers in our local communities. Some of these programs include school clothing and supplies for over 1100 children, 805 teddy bears to comfort traumatized children, 3700 dictionaries to third grade students, clothing for 51 adults re-entering the work force, classroom tutoring and life skill classes.

*Play Bingo and support your local community!*

## California Institute of Jewelry Training

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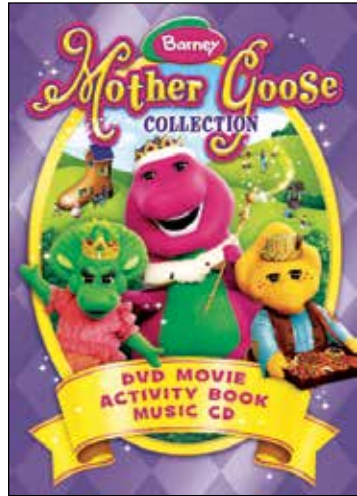
**Call 916.487.1122  
[www.jewelrytraining.com](http://www.jewelrytraining.com)**

# Films and DVDs for the Whole Family

## Family DVDs

**Angelina Ballerina: Ballet Dreams** (ages 2-7, March 1, not rated): Camembert Academy's tutu-donning mouse adjusts to a new school, stages her own show and tries to land a leading role in the Mouskinov Ballet in this five-episode DVD. Bonus feature is a "Create Your Own Dream Routine" game. Grade: B

**Barney: Mother Goose Collection** (ages 3-7, now available, not rated): Mother Goose rhymes and Barney are a natural fit, so it's no wonder that "wonderful" describes this DVD movie that also comes with an activity book and music CD. More than 35 classic rhymes in all. Grade: A



**The Chronicles of Narnia: The Voyage of the Dawn Treader** (ages 6-13, available April 8, rated PG): Disappointing third chapter based on C.S. Lewis' Christian-undertone book has Edmund and Lucy Pevensie, along with a cousin and royal



friend King Caspian, swallowed into a painting and sent aboard a Narnian ship. Otherworldly obstacles must be overcome on a creature-filled adventure of destiny and discovery. Too bad it all seems slapped together, making for ho-hum characters and story and unspecial special effects. Grade: D+

**Gulliver's Travels** (ages 6-13, available April 19, rated PG): Jack Black musters a few laughs as Lemuel Gulliver, a travel writer whose latest adventure goes awry after he washes ashore in a land where he is regarded as a threatening giant by the tiny Lilliputians. Comedy misses more than hits. Grade: C

**Spanish for Kids: Las Estaciones (The Seasons)** (ages 3-7, April 26, not rated): Your child will be speaking Spanish (or more *español*) by Cinco de Mayo thanks to this immersion DVD that's *cabeza y hombros* (head and shoulders) above most. Fritzzi, a cartoon mouse who interacts with live-action adults and children, makes learning this important language to California *muy* fun. Check out the other titles in the series by Whistlefritz. Grade: A

**Thomas & Friends: Pop Goes Thomas** (ages 2-5, now available, not rated): Discovery, friendship and cooperation are lessons learned in every Thomas episode, and the four in this DVD are no different. Thomas delivers goodies to a picnic, Percy joins in a game of hide and seek, and Emily cheers on the Sodor soccer team. Just under an hour of entertainment. Grade: B+

# Teaching Photography to Children



By Rita Gordon

While reviewing my notes for an upcoming workshop I'm leading on teaching children beginning digital photography, it occurred to me these basics can easily be passed on from parent to child. Share your love of photography with these simple instructions for using a digital camera and capturing better images.

The most important lesson is care of the camera. Even if using an inexpensive one, good habits should start now. Show them how to remove and return it to the protective case, where it should always be stored when not in use. Pass it back and forth, keeping fingers off the lens and off the various buttons. Discuss the importance of keeping it clean and dry. Demonstrate how to hold it securely, with both hands on the camera, and explain the serious damage done if it's dropped. Beyond this, emphasize that anything else you say is merely a suggestion. Resist the urge to coach too much.

Encourage them to play and have fun. Pixels are free, and let them take lots of shots. Not every image needs to be printed, so experimentation is cheap. One of the reasons I love working with kids is seeing their creative, uninhibited viewpoints.

A helpful tip is explaining focal lock. Show them how to depress the shutter half way to allow the camera to focus before fully squeezing

it down. Sometimes images are still blurry even after doing this correctly. It's often the result of mashing the button down so hard the entire camera is actually moved downward. If this is a recurring problem, suggest they squeeze upward with their right thumb at the same time, and/or lock their elbows in front of them against their body for added stability.

Before printing, review their images with them, preferably on a computer rather than the camera LCD screen for easier viewing. Encourage self-critique by asking what they do and don't like about an image. If the subject matter is not obvious, ask what it is. Several suggestions can be offered to draw attention to it.

The topic may be more noticeable if it were larger. This can be done by physically moving closer, or using the zoom feature.

The background or foreground can be distracting by being too busy. Sometimes simply repositioning either the subject or the photographer eliminates the clutter. Moving the photographer could be as simple as squatting down, or standing on a chair.

If the horizon or other straight line is obvious, it can be a good guide for holding the camera straight. Sometimes though, off-kilter makes for a more interesting shot.

Interest can also be added when the subject is not squarely in the middle of the frame.

When their subject matter is an object or a place, including a person can sometimes bring additional interest and perspective of scale.

Again, the most important lesson is there are no rules (other than camera care). Allow them to enjoy their time with the camera, and you'll both appreciate the results.

Rita Gordon is a photographer



who also teaches and writes about photography, and is the founder of Wild Child Outdoor Photo Camps. Information on upcoming summer camps at Placer Nature Center in Auburn can be found at: <http://www.placernaturecenter.org/summer-camp/>. To contact Rita, and to see information on other camps, visit her website at: [www.wildchildoutdoor-camps.com](http://www.wildchildoutdoor-camps.com).



by David Dickstein

## Family Viewing at the Cinema



**Rio**  
Opens April 15, rated PG  
[rio-themovie.com](http://rio-themovie.com)

Learning he's not the last of his kind, a rare macaw makes the trip from Minnesota to a rainforest in Brazil, where he ultimately finds a fiercely independent female who at first balks at becoming feathered friends. Anne Hathaway and Jesse Eisenberg head the voice cast of this animated 3-D adventure from the makers of "Ice Age."

**Hop**  
Opens April 1, rated PG  
[iwantcandy.com](http://iwantcandy.com)

While on a visit to America, the heir apparent of the Easter Bunny - actually, that would make him the hare apparent -- gets hit by a car driven by an unemployed slacker (James Marsden). Despite being able to poop jelly beans (all together now, *eeewww*), the recovering rabbit doesn't make for a sweet houseguest. Voiced by Russell Brand, the bunny is animated while the rest, save for a few other critters, is live-action.

**Hoodwinked Too! Hood vs. Evil**  
Opens April 29, rated PG  
[hoodwinkedtoomovie.com](http://hoodwinkedtoomovie.com)

Fans of the sharp-witted 2005 animated feature "Hoodwinked" (me included) finally get their sequel. With Anne Hathaway busy being a bird in "Rio," now voicing our spunky heroine, the riding hood-wearing Red, is Hayden Panettiere. Glenn Close and Patrick Warburton also are back as Granny and Wolf, who join a search team to find Hansel and Gretel ("SNL" alums Bill Hader and Amy Poehler) in a fairy tale land.

## Friends of the Applegate Library to Hold Spring Book 'n' Bake Sale

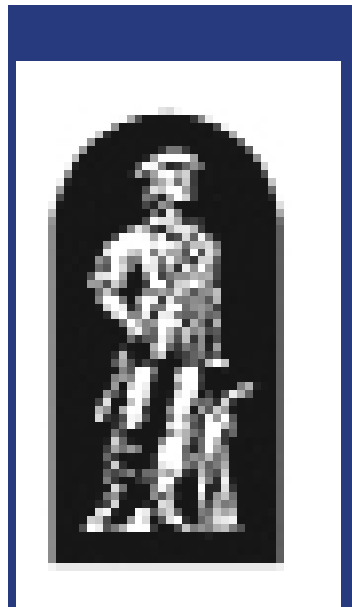
The Friends of the Applegate Library will hold its Spring Book 'n' Bake Sale on Friday and Saturday April 15 & 16 from 9 a.m. to 4 p.m. at the Applegate Community Center, 18014 Applegate Rd. New and used books and baked goods available. Raffle prizes. The Friends of the Applegate Library provide ongoing donations for new

library acquisitions and sponsor the Applegate Library's Children's Summer Reading Pro-gram. *More info at 392-3041.*

Your cooperation in helping us publicize this major fund-raising event is much appreciated. The Applegate Friends of the Library helps to support this small but busy branch of the Placer County Library

system. Materials, volunteerism, Summer Reading programs for kids and much more is provided through the ongoing efforts of the Friends.

For more information, or ideas for feature stories about the Library and the interesting area it occupies in the Applegate landscape, call Judy Cook at 530-392-3041.



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