

Placer Sentinel



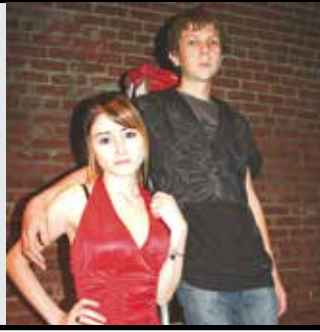
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Volume 22 Issue 2

Serving Auburn and Placer County since 1987

Second Issue of January, 2011

Top 10 Scams and Rip-Offs

Students Speak Out with "Poetry Out Loud"



The BBB says job hunters and financially strapped families are scammer's targets in tough economy.

Sacramento Region – The Better Business Bureau recently released a list of the top 10 scams and rip-offs of 2010. Job hunters and those struggling to make money and get out of debt were common targets of fraudsters, hackers and deceptive businesses in this tough economy.

"With the economy still on the mend, scammers had a field day targeting struggling families who were looking for work and trying to make ends meet," said Gary Almond, President of the Better Business Bureau serving northeast California. "While some of the most popular scams are perennial problems that have always plagued consumers, some new additions to the list are signs of our tough economic times."

Following, in no particular order, is BBB's list of top scams and rip-offs that took advantage of consumers and small business owners across the U.S. in 2010:

Job Hunter Scams – Scams targeting job hunters vary and include attempts to gain access to personal information such as bank account or social security numbers and requirements to pay a fee in order to even be considered for the job.

Debt Relief and Settlement Services – BBB warned consumers

in 2010 to seriously consider third-party assistance for getting out of debt. These companies often require upfront fees and potentially leave the consumer drowning in even more debt. Complaints to BBB about debt relief and settlement services increased by approximately 30 percent in 2010, according to tentative year-end estimates.

Work from Home Schemes – Some work from home schemes promise to teach the secrets to making money online, others claim you can make money assembling items at home or get paid to be a mystery shopper. Some victims even found that their opportunity to work from home was a job to fence stolen goods. The end result is that instead of getting paid, you can end up losing hundreds—if not thousands—of dollars

Timeshare Resellers – Complaints to the BBB about the timeshare industry—including deceptive resellers—increased by over 40 percent according to 2010 estimates. Timeshare owners who are desperate to get rid of their costly vacation property are being targeted by companies that claim they have an eager buyer. The company tells the seller they just have to pay up to several thousand dollars to cover

fees. After paying the fees, the seller never hears from the company again.

Not So "Free" Trial Offers – Misleading free trial offers online for diet supplements, penny auctions and money making schemes blanket the internet resulting in thousands of complaints every year. The free trial offers seem no-risk but complainants state they were repeatedly billed every month and found it extremely difficult to cancel.

Itinerant Home Repair/Roofers – BBBs across the country received complaints from consumers who answered a knock from a door to door salesman or itinerant worker who eventually failed to deliver on promises to fix their roof or conduct other work to the home. Complaints to BBB about roofing companies increased by roughly 40 percent in 2010, according to tentative estimates, due in part to one company that solicited door to door, American Shingle, which received nearly 1,000 complaints nationwide after going bankrupt and not providing new roofs to angry customers.

Lottery and Sweepstakes Scams – The victim—often a senior citizen—receives a letter in the mail or phone call from someone pretending to be

with Reader's Digest, Publisher's Clearing House or a phony foreign lottery. The scammer claims that the victim has won millions but must first wire hundreds or even thousands of dollars back to the scammers to cover taxes or some other bogus fee. The victim wires the money, but the prize never arrives.

Identity Theft – There are any number of ways a person can become a victim of identity theft. Through low-tech theft, phishing emails, vishing phone calls, smishing text messages, or even through no fault of your own as the result of a corporate data breach, millions fall victim to identity theft every year.

Advance Fee Loan Scams – A perennial problem, advance fee loan scams prey on consumers and business owners who are struggling financially. Victims are told they qualify for large loans but must pay upfront fees—often more than a thousand dollars. The victim wires money to the scammers, but never receives the loan.

Over-Payment Scams – Over-payment scams typically target small business owners, landlords or individuals with rooms to rent and sellers on classifieds or sites like Craigslist. The scammers overpay the amount for the

Auburn – Placer County high school students are among hundreds across the nation working hard to interpret, memorize and recite classical poetry.

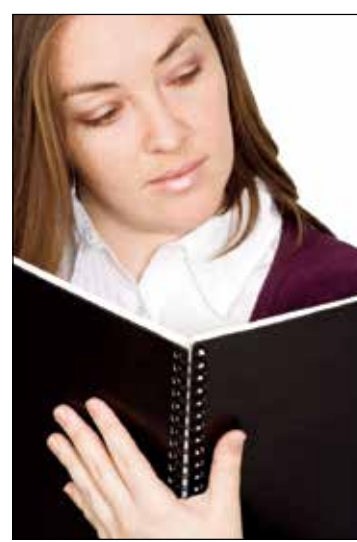
The regional competition for Poetry Out Loud: National Recitation Contest will be held at The Arts Building in Auburn on Saturday, February 5, 2011. The top fifteen student qualifiers from Placer County high schools including Roseville High, Victory High, Del Oro High, and Tahoe High will vie for the opportunity to represent Placer County in the state-wide competition. The event starts with a reception at 6:00pm with the contest beginning at 6:30pm, and includes musical interludes by virtuoso Steven Leonard.

For several weeks students have been rehearsing to perfect the oral performance of their chosen classic poems, with the help of their drama and English instructors as well as poets-in-residence provided through California's statewide service organization, California Poets in the Schools.

At stake are hundreds of dollars on the local and state competition level and thousands at the national finals of Poetry Out Loud, started by the National Endowment for the Arts to engage high-school students in the presentation of poetry through memorization and performance.

This is the 5th year that PlacerArts, Placer County's State-Local partner of the California Arts Council, has facilitated Poetry Out Loud regionally. The program builds on the resurgence of poetry as an oral art form, as seen in the slam poetry movement and the immense popularity of rap music among youth. Through Poetry Out Loud, students master public speaking skills, build self-confidence and learn about their literary heritage.

"Developed by former National Endowment Chair and California poet Dana Goia, this national program is doing much to restore classic poetry and recitation to its rightful place in public education", says



Area high schools participate in national program that emphasizes language skills, public speaking

Angela Tahti, Executive Director of PlacerArts. "It's marvelous to see student confidence and love of the written word build and bloom through participation."

The Placer County champion will advance to the state competition in Sacramento on March 20-21. The California State winner will win \$200 and an all expense paid trip to Washington D.C. to compete for the national title on April 29, 2011. The national winner will be awarded a \$20,000 scholarship, with additional prize money going to all top 12 finishers. Winner's schools will also receive prize money to go toward the purchase of poetry materials for their schools. Total prize money for state and national awards is more than \$100,000.

Community members and the press are invited to attend the regional competition starting at 6:00pm on Saturday, February 5, 2011 at The Arts Building, 808 Lincoln Way, Auburn, CA 95603.

For more information, please contact Anita Eisenman, Poetry Out Loud and Arts Education Specialist, PlacerArts by telephone 530.885.5670 or e-mail anita@placerarts.org. PlacerArts is the Arts Council of Placer County. Founded in 1983, PlacerArts is a non-profit catalyst for the arts and humanities in Placer County.

services or products and then ask the victim to wire the extra amount back to them or to another fraudulent entity. Ultimately though, the check is forged and the victim is out the money wired back to the scammers.

Consumers or small business owners victimized by a scam can contact their local BBB or file a complaint at www.necal.bbb.org. Always research a business with BBB before you sign any contracts or hand over any money.

Business Development Center Now Offering Online Courses

Auburn – Northeastern California (NE CA) Small Business Development Center (SBDC) –Greater Sierra recently announced it now has a program that makes it easy for you to take high-quality, noncredit online courses no matter where you are located. Through a partnership with ed2go, NE CA SBDC –Greater Sierra offers hundreds of courses on just about every topic.

Through well-crafted lessons, expert online instruction, and

interaction with fellow students, you'll gain valuable knowledge at your convenience. You'll have the flexibility to study at your own pace combined with enough structure and support to complete the course. The courses can be accessed 24/7 from anywhere with an Internet connection.

New sessions of each six-week online course start monthly, with two lessons released weekly (for a total of 12). Each high-quality course includes comprehensive

lessons, quizzes, assignments, and a discussion area. Dedicated instructors facilitate every course; pacing learners, answering questions, giving feedback, and facilitating discussions.

Popular course titles include: Business Management, Grant Writing, Computer Applications, Creating Web Pages, Accounting Fundamentals, Health Care, Speed Spanish, Medical Terminology, and Real Estate Investing. New courses are introduced monthly, so there's

surely something to fit your needs.

SBDC consulting services include, but are not limited to; assisting small businesses with cash flow, break-even, cost control, tax planning, loan packaging, public relations, e-commerce, business plans, bookkeeping procedures, accounting, marketing, feasibility studies, international trade and procurement. All consulting services are confidential and provided by professional consultants with expertise in their specific area of interest at no cost to you.

To learn more about the ed2go online courses, visit the website at <http://www.ed2go.com/sbdconline-pro>

The NE CA Small Business Development Center is partially funded by the U.S. Small Business Administration (SBA) and the Los Rios Community College District. All SBA programs are extended to the public on a nondiscriminatory basis. In addition, the NE CA SBDC – Greater Sierra has partnered with local public and private

organizations to leverage resources and help deliver quality services.

The NE CA Small Business Development Center –Greater Sierra office is located at 560 Wall Street in Auburn. To schedule a consulting appointment or learn more about the types of services offered through the SBDC call 530-823-4230 or email info@sierrasbdc.com. A schedule of workshops currently offered is available on the SBDC website: www.sierrasbdc.com

Free Embryology ... An EGGciting Adventure

Workshop will be Offered Wednesday, February 16

Auburn - Placer County University of California Cooperative Extension (UCCE) has conducted the Embryology outreach program for nearly twenty years. This program has been utilized by teachers throughout the county reaching over 7,000 youth this past year.

Learn to teach the development of life skills through Embryology. Mark your calendars for Wednesday, February 16th, at 4:30 p.m. - 6:00 p.m. or at 6:30 p.m. - 8:00 p.m., and plan to attend this FREE "Hands-On With Science Embryology Workshop"

at the Placer County UCCE Office, located at 11477 E Avenue, (Building 306, DeWitt Center) in Auburn.

Observe the development of life in just three short weeks with your students. 4-H Embryology is a fun, rewarding, and most importantly, easy to do. The UCCE Office in Placer and Nevada Counties has equipment to loan and research-based materials. We can supply you with all the necessary components for this experience.

The Embryology project provides numerous opportunities for young

children to learn, through observation and hands-on activities, the value of life as well as information about chickens, ducks, eggs, and embryonic development. The lessons can be adapted for use in school classrooms, home schools, after school programs, and 4-H or other organization project meetings.

Registration for the workshop can be found at <http://ucanr.org/placer4h>. The deadline to register is February 10, 2011. If you do not have web access call the Placer County 4-H office at (530) 889-7386.

Choral Auditions Open

For the Colla Voce Chamber Singers, Giocosco, the Colla Voce Children's Chorus and the Colla Voce Family Choir (Brand new! Everyone accepted!)



The Chamber Singers are currently preparing for their May 14 & 15, 2011 concerts

"Lost and Found: Songs of Love". Colla Voce Chamber Singers will be traveling to Costa Rica for several concerts in March of 2012, and will join the Tuam Cathedral Singers for a concert tour in Ireland and Greece, June of 2013.

Starting February 2011 - The Colla Voce Family Choir - No auditions required.

The vision for the Colla Voce Family Choir is that of a boisterous and multi-generational group of friends, families, and neighbors in the foothills in and around Auburn. The choir will contain a wide range of experience levels, from seasoned professionals to shower singers, and is founded on the belief that everyone can sing. With kids, parents, grandparents, singles, doubles, and in-betweens all joining together to make a joyful noise, the group goal will be to create harmony while keeping the focus securely centered on fun and relationship.

Guitar in hand, vocalist Michelle Elizabeth will lead the choir, supported by artistic director Janine Dexter and back-up musicians for concerts. The group will perform a wide range of music, from old standards, pop, rock, a cappella folk songs and kazoo symphonies. Join us on Thursday nights at 6:30 for fun, fun, fun. No audition required. Starts in February. Contact Michelle at michellevoicall@gmail.com or 823.2021.

Auburn - Colla Voce Chamber Singers, Auburn's 28-voice adult ensemble, is currently rehearsing for the upcoming May 2011 concerts. New singers are invited to audition for the spring season by contacting the conductor for an appointment at director@collavoce.org. Audition information is online at www.collavoce.org. Rehearsals are held 7 to 9:15 p.m. Wednesdays at Faith Lutheran Church in Meadow Vista.

Colla Voce Children's Chorus (CVCC) (ages 6 to 11) will begin rehearsals on January 19, 2011 for the spring season (4:15 to 5:15 p.m. Wednesdays in Meadow Vista). Auditions are currently underway by appointment at director@collavoce.org. New members will be accepted through February. Full or partial scholarships are available.

The children's chorus performs with the adult group in May and December. The youth choral program has musicianship at its core,

and includes solfège vocal exercises, rhythmic dictation, melodic reading and vocal training. Scholarships are available. More information is available at http://www.collavoce.org/childrens_chorus.html.

The children's chorus has been invited to join Athanasia Kyriakidou and her 70-voice youth choir in concert in Thessaloniki, Greece, June of 2014, and will be hosted in the homes of the young Greek singers. Supporters of this Auburn area youth choir are excited to build a vibrant choral group for young people that will represent the community locally and abroad, as well as enrich and transform the lives of our youth.

The Colla Voce Chamber Singers, under the direction of conductor and artistic director Janine Dexter, and known for delivering an artistic and "profound" musical experience, presents concerts in May and December, and perform several times a year for community and private functions.

The StringAlongs Perform "A Taste of Chocolate"

Auburn - The 6th annual "A Taste of Chocolate" comes to Old Town Auburn Sunday, February 13th. A fundraiser shared with the Old Town Business Association and the American Association of University Women (AAUW), beginning at noon to 3:00 p.m., visitors will have an opportunity to leisurely stroll the historic streets of Old Town and choose 10 special treats provided by over 25 retail merchants and restaurants, all for just \$20.00 per ticket. Tickets are on sale now at these convenient Old Town locations: MaryBelles Restaurant, Sun River Clothing Co, The Red Poppy Décor and Gifts, the Old Town Dessert Café and "M" and Company.



Vic Yeakle, The StringAlongs Leader on his hand-made patriot fiddle.

Entertainment is provided by: The String Alongs, a 6 member Ukulele group lead by the talented/dynamic Vic Yeakle and his drummer wife Barbara Yeakle. The venue has a Country leaning peppered with vintage sing-along tunes, and, the "Sugar Plump Fairies" who will be on hand to give out hugs and "smooches" and give away special raffle prize tickets to their annual Prom/Costume Ball. Join the fun and get your fill of Theobromine!

For information contact: Linda Robinson 888-1585 or sunriver@inreach.com or www.oldtownauburnca.com

Rooster Tails Fishing Club Reorganizes

Auburn - The SIR Rooster Tails Fishing Club has reorganized as the NEW ROOSTER TAILS FISHING CLUB OF NORTHERN CALIFORNIA, INC. becoming a sole and separate, non-profit fishing club incorporating as an independent organization. The club is inviting men AND women to join that are interested in a wide spectrum of sport fishing and the preservation of related natural resources. A variety of membership categories are available to choose from for families and individual members.

The first breakfast meeting of the new Rooster Tails Fishing Club

of Northern California, Inc. will be held on Friday, January 21 at the Auburn Elk's Lodge, 195 Pine Street, Auburn, CA 95603. A large turnout is expected and reservations are requested for members and guests. The doors to the Elk's Lodge will open at 8:00 a.m., with a fantastic wide-selection \$12 buffet breakfast available at 9:00 am.

Unlike many bass and fly fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing Club of Northern California, Inc. provides a balanced mix of fishing techniques presented by fishing experts targeting a variety

of fish species on multiple types of waters. Experienced anglers, as well as novice fishermen, will find a huge resource of practical information from expert fishing related speakers, literature, hands-on-practice as well as advice from pro fishing guides that are also club members. Our members also enjoy exchanging information within our large network of fishermen and fishing guides that are on the water fishing on most days.

For more information on attending Rooster Tails Fishing Club of Northern California, Inc. meetings, contact Jim Petruk, Club Chairman, 530-887-0479 or petrukij@pacbell.net.

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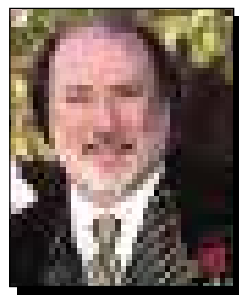
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Placer Sentinel

Serving Auburn and Placer County since 1987



Publisher—Paul V. Scholl

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Reading Boosters Wanted!

Placer County - Have a passion for promoting the importance of reading? Want to support the improvement of reading skills for the adults in your community? For more than 25 years, Placer Adult Literacy Service (PALS), a program of the Placer County Library, has offered free reading help for adults throughout Placer County. The all-volunteer Literacy Support Council provides vital assistance to the PALS program. Learn how you, too, can become a Literacy Support Council Reading Booster. Join the next monthly meeting of the Literacy Support Council of Placer County at the beautiful new Rocklin Library, 4890 Granite Drive (at the corner of Rocklin Road and Granite Drive), Rocklin, at 1:00 PM on Tuesday, January 25. For more information, contact PALS at 530-886-4530 or PALS@placerlibrary.org.



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Singin' in the Rain

"Cinema at the State" – Third Thursday Film Series



Auburn – The Auburn Placer Performing Arts Center (APPAC) inaugurates its 2011 monthly Film Series with the 1952 musical comedy "Singin' In The Rain" on Thursday, January 20th at 7PM. A second matinee showing will be on Sunday, January 23rd at 2PM.

This classic film, which stars Gene Kelly, Donald O'Connor and Debbie Reynolds, was nominated for 2 Oscars in 1953. Kelly also directed the film and O'Connor won as Best Actor at the Golden Globes for his role as Cosmo Brown.

Come early and enjoy a light dinner featuring a local restaurant starting at 5:30PM on Thursday in the Marquee Room across from the box office, along with a no-host bar right up until showtime.

The dinner cost is \$8, and beverages can be purchased separately. Movie-only admission is \$8 at the door. The box office will be open 90 minutes before showtime for each performance. A limited number of movie tickets can be purchased in advance on the APPAC website: www.LiveFromAuburn.com.

To see the entire Third Thursday film schedule for the rest of 2010, look for our colorful posters displayed at area merchants or go to the APPAC website.



Around Town

with Loyce Smallwood

along with men's accessories fill the men's shop. Check out the eye-catching tiki masks by our own ceramist/letter carrier Kevin Mix who has generously donated tiki creations to AAARF and Friends of Placer County pet shelters. At the top of Sacramento new kid on the block Shauna Glorioso invites consignment tack to her Used Saddle Connection store and extends a friendly invite to the public to stop in and visit.

On your way back down Sacramento Street, step in next door and enjoy a tasty pastry with a hot drink and chat up the cordial OT AuburnDessertShop Owners Reese/Tammy Browning. Complete the Auburn experience and take yourself DT Auburn and visit WizWire

ISP on Lincoln Way across from the town square where you'll find hand made Native American crafts and locally made pottery and jewelry by muralist Stan Padilla knowing that all proceeds will benefit AAARF pet shelter in No. Auburn where donations and volunteers are always invited. Email comments to loy@foothill.net.



Al, Al's Place, Upper Old Town Auburn

Directors Elected to Placer County Fair Board

Roseville – Directors for three openings on the Placer County Fair Board were elected at the annual meeting of the Placer County Fair Association on January 10.

Incumbent David Henry, Roseville, was re-elected to his position, and joining the board will be new directors Ashley Robison, Lincoln, and Michael Duarte, Loomis. Terms had expired for Directors John Moore and Marge Day.

David Henry, who serves as Treasurer, has been a member of the Fair Board since 1999 and is owner of Roseville Meats. He has been actively

involved with the All American Speedway renovation, is a member of the Jr. Livestock Committee, the City of Roseville Revitalization Committee and the Roseville 20-30 Club.

Ashley Robison has been involved with the scholarship pageants at the Placer County Fair for several years, has been the Volunteer of the Year for the Nonprofit Resource Center, and is active in numerous local charities. She is the Human Resources and Marketing Coordinator for accounting firm Gallina LLP.

Michael Duarte is a fourth

generation grape grower with Duarte Family Vineyards and owner of Popie Wines. He is a member of the Placer County Fair and Gold Country Fair Jr. Livestock Auction Committees, PlacerGROWN, and is on the board of the Placer County Wine and Grape Association. Duarte is a business owner providing technology services.

For additional information about becoming an Association member, which includes passes and parking for the annual Fair, please visit www.placercountyfair.org or call the Placer County Fair office at 916.786.20



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ROCK DOC

By Dr. E. Kirsten Peters

There's next to nothing special about the Earth's orbit around the sun right now. January, in that sense, is just another month in the natural world.

But because we think of this time as the start of the next page on our calendars, January can be a great time to start fresh with some new personal goals. And medical science will support you in making some real changes in your life.

Besides, there's nothing like the dry residue of old fruitcake on the kitchen counter to make health-related resolutions this time of year seem more appealing. Certainly in my own case, I know I could use some changes.

If you're in the mood to address your fitness and likely improve your health in the process, there's a lot of good news. Medical science shows that moderate exercise benefits adults in a whole slew of ways. And we don't need to pretend we'll ever be triathletes to benefit a lot from a bit of reform.

What might you gain from exercise? Research has shown the list is long. You could help yourself avoid a whole range of maladies including diabetes, heart disease, depression and, of course, obesity. Even if you

Taking Aim at Better Health

already have developed issues in those areas, research shows you can improve your lot.

The bottom line is that medical science shows that while exercise may not be an actual fountain of youth, it's one of the most potent aspect of our daily lives that influences our health. Some doctors think it's actually the very most important part of what we do that influences longevity.

One modest set of goals for physical activity comes from the U.S. Department of Health and Human Services. Recommendations for adults state that adults can improve their health substantially by two and a half hours per week of what's called moderate aerobic activity or one and a quarter hours of vigorous aerobic workouts. The moderate level of aerobic workouts includes brisk walking and even ballroom dancing. Vigorous activity can include jogging, swimming or jumping rope.

If you're a couch potato or have health problems, the government warns you should check with your doctor before you start a workout schedule. But, on the other hand, if you are in good shape and are already doing what was just mentioned, you can get more extensive health benefits by doing more. You could aim for five hours a week of moderate activity or two and a half hours of vigorous workouts.

Besides just doing more aerobics, you should consider adding some form of weight training twice a week to what you do. That could mean going to a gym, but it doesn't have to. Heavy gardening work and doing exercises like you used to do in school (sit-ups and push ups) all count in this category.

For me, walking and swimming

are easy enough and a real pleasure. I regularly do both, far more often than the government's basic standards. I think that's because there's something about the mesmerizing effect of aerobics that appeals to my peculiar mind.

But weight training is quite another matter. After all, it hurts! So that's where I could reform, increasing how often I suffer through the weight machines at the gym.

There are also those pesky details like flexibility, where some of us earn a clear "F." Only real diligence in 2011 is going to help me reach my toes again.

If you've got kids, you also could think about their physical activity levels. Playing outdoors and doing sports rather than succumbing to full days spent with electronics can help set up a lifetime of healthy habits.

If you think that some structure to your New Year's resolution might help you or your kids, you could check out the President's Challenge program at <http://www.presidentschallenge.org>. In just six weeks, if you stay on the fitness wagon that's described, you'll qualify for the active lifestyle award. That might give you a great start on changing habits in the New Year.

Oh, yes. We can also make some real changes in our health by eating right.

Luckily, that will have to be a subject for another column.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Sciences at Washington State University.

A Beautiful New Addition to Auburn

Auburn - January 27th, 2011 is the official ribbon-cutting ceremony for Beauty 360, a beautiful new addition to Auburn, located in the Elm Shopping Center between Save Mart and CVS/pharmacy. There will be food, free samples of merchandise, mini-facials, and door prizes with the first drawing at 11:45 a.m.

Opening its first Beauty 360 store in 2008, CVS/pharmacy opened an additional 50 stores in 2009, 30 on the West Coast. Many of the products offered have been touted as some of

the industry's best and include lines like Freeze 24-7, Dr. Brandt, and Canyon Ranch.

Beauty 360 offers prestige and niche beauty products from around the world that are hand-picked to meet your needs. Beauty 360 Consultants are ready to assist you with detailed product knowledge across brands and product categories as well as expert beauty tips. Plus, trained and licensed professionals offer a unique suite of brand-specific signature services including mini-manicures, express

facials, hand massages and make-up application.

Beauty 360 is the natural evolution of the CVS/pharmacy commitment to beauty. CVS/pharmacy prides itself on listening to its customers and giving them what they want. The introduction of Beauty 360 is the result of this customer insight combined with its extensive beauty experience.

Questions about the big event can be answered by calling 530-823-8217, or by visiting <http://beauty360.com>

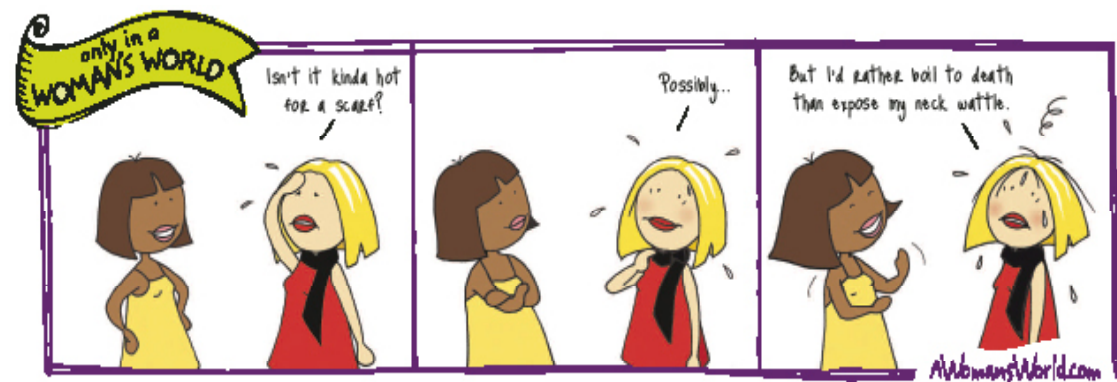
Fundraiser for Gold Country Wildlife

Penryn - A book sale fundraiser will be held on January 29 and 30 for Gold Country Wildlife www.goldcountry-wildliferescue.org and Piece of Peace Animal Sanctuary www.pieceofpeaceanimalsanctuary.org

located in Marysville. Thousands of items will be sold including 10,000+ books, CDs, DVDs, VHS tapes, audio books and many miscellaneous items. The sale will be held at 2166 Swetzer Rd., Penryn, 8-noon.

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Reportedly, Johnson & Johnson has been seeking medical releases from recipients so that their claims adjusters can speak with you directly and possibly take down statements without your having counsel present — an **unwise action for any recipient to do.**

Having a defective hip implant in your body clearly demands having your own lawyer. You must be very cautious with dealing with the manufacturer or its representative without proper legal representation.

If you have a DePuy ASR™ product, please call us immediately, as there are time limits for filing a claim. You might already have problems with the implant about which you are unaware, so please contact us — and certainly do not forfeit your legal rights without talking to us.



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"Keeping the Faith"
Ronnie McBrayer

A friend sent me an internet link that pointed to an online "Christianity Test." There were about two dozen questions or so on this test and my answers determined how spiritual I was, and it gave me a score (as if such a thing could be measured with a letter grade).

After completing the test I realized that I had failed, or at the very least, I had a lot of work to get to where I needed to be. But in my defense, all the questions seemed to focus on church responsibilities, allegiance to a narrow set of beliefs, and behavior management.

There were questions about tobacco use, how many minutes a day I prayed, how many verses of the Bibles I read in a month, and how many times I went to church each week. Quickly it devolved into an inquisition of obligation, rules, religious policy, and list-keeping (with a conspicuous absence of Jesus).

This kind of testing is unfortunate because as long as the emphasis in our spiritual lives is on what we can, must, or should be doing, no matter how noble our intentions might be, then the emphasis is on our personal attempts at righteousness. And our attempts at being right or virtuous are simply inadequate.

Beware the Booger Man

So why do we stay it, running like a hamster-on-a-wheel, abiding the crushing weight of hopeless and exhausting nit-picking? Because in the end, we are afraid. We are afraid of God. We refuse to accept his grace for us. We think of him as merciless, graceless, and compassionless. We are so terrified of the rule-enforcing-testing God that we unnecessarily keep trying to earn the love he has already shown us.

This ghastly, judgmental, angry God that springs up in so many imaginations is a lot like the "Booger Man." My southern grandmother often used the Booger Man to keep her grandchildren out of mischief. She would say to me: "You better behave or the Booger Man is going to get you."

Or late at night if I had to check on the chickens or walk to the barn, she'd offer up a little giggle and say, "Don't let no Booger get you out there." Not to be confused with the Bogey Man (a European invention), my grandmother's Booger Man originated with the Cherokee Nation.

The Cherokee developed a ritual known as the Booger Dance, sometimes called the Ghost Dance by the white man, to keep away evil spirits, demons, sickness, and disease. Later this dance was used to symbolically keep away the Europeans.

The tribe would gather for the ritual late at night around a roaring fire, and on cue a group of preselected young men would come storming into the meeting house. They would be dressed in big, furry, grotesque masks and be adorned with bear hide and feathers.

They would act ferociously,

clawing and scratching at those huddled in fear in the corners of the room, or they would wail and howl. As the ritual went, only the proper dance would soothe these savage beasts. Once tamed, each Booger Man would begin to dance with the people and then finally slink back into the darkness.

Of course, those who might dance improperly or out of step – a young child or pretty girl – would be snatched away, kicking and screaming, and carried into the Appalachian woods. Generations later the ritual was forgotten, but the Booger Man was not.

Is God heaven's Booger Man? Is he a lurking, spooky, other-worldly creature who waits to gobble us up when we do not perform the rituals correctly or stay in step? Is this why we huddle in the corner, praying our prayers, dancing as properly and as furiously as we can, hoping to placate him?

But we cannot make the Booger Man of our imagination reconcile with the God revealed to us in Jesus Christ. For Jesus did not come to condemn us or frighten us with rules and retribution. He came to give us a better way to live. He came to give us life.

Ronnie McBrayer's weekly newspaper column, "Keeping the Faith," began as a devotional article for his local newspaper. It is now a past Florida Press Association award winner in Religion, and is nationally syndicated. He is the author of multiple books and publications including *Leaving Religion*, *Following Jesus*, published by Smyth and Helwys.

Humane Officers: Placer County's Little-Known Assets

By Marilyn Jasper

Placer County-Humane officers have existed for over 100 years in California and fill a unique role with regard to animal welfare, yet many people do not know how they operate, primarily because there aren't many of them around. Humane officers are certified by the state, but they work on behalf of private non-profit organizations; humane societies or SPCAs. Some of the duties of a humane officer include responding to citizen complaints of animal abuse or neglect, conducting community outreach programs, patrolling, collecting evidence, responding to disasters, reporting child abuse, and so much more.

Placer County is fortunate to have the services of three humane officers at a time when the need is greatest and public resources are lacking. With budgetary cuts in public agencies (Health and Human Services which oversees Animal Services) tasks performed by humane officers, at little-or-no cost to the public, are a welcome and a little-known asset to citizens and animals.

Humane officers are different from Animal Control officers. Animal

Control officers are public employees who respond to violations of state and local animal laws (such as barking dogs), calls regarding strays, unwanted animals, animal bites, mistreatment issues, carcass removal, and who will impound animals at an animal shelter when necessary (aka "the pound"). On the other hand, humane officers are not public employees but rather are appointed by the private humane society they serve. Humane officers are certified to work in one county—their jurisdiction may extend into other counties after specific conditions are met. They may collaborate with Animal Control, Child Protective Services, and other law enforcement agencies.

Because of very stringent requirements for becoming and maintaining humane officer certification (basic training from POST (Peace Officer Standards & Training), in-depth education in animal care, state humane laws, background screening, and rigorous continuing education requirements), many people look elsewhere when choosing a career. In addition, most humane societies and SPCAs choose not to appoint humane officers, either as paid employees or as

volunteers, often due to the costly certification process and/or other resource-draining commitments.

Unintentional animal neglect issues may be resolved simply by having the humane officer educate the citizens involved as to the needs of their animal. However, problematic animal cruelty or abuse issues may result in serious legal consequences for the perpetrators, in which case other law enforcement agencies may become involved.

Humane officers are endowed with a commitment to animal welfare, diplomacy in dealing with people, appropriate application of law, and a knack for resolving issue for the benefit of all. Placer County is blessed with a humane society (Humane Society of Sierra Foothills-HSSF) that now has three fully-certified humane officers committed to protecting animals from abuse and cruelty and to assist citizens when problems arise. To contact HSSF, call 530-823-6828.

Submitted by Marilyn Jasper, Chair, Public Interest Coalition and member of the Board of Directors of the Humane Society of the Sierra Foothills.

Christianity Taking Over Planet?

Evidence suggests it's fastest growing faith on Earth

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Posted: December 31, 2010
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What is the fastest-growing religion on Earth?

Most news reports suggest it is Islam.

But the evidence suggests a new, or, perhaps, original form of biblically inspired evangelical Christianity is sweeping through places like China, Africa, India and Southeast Asia – making it, by far, the fastest growing faith on the planet.

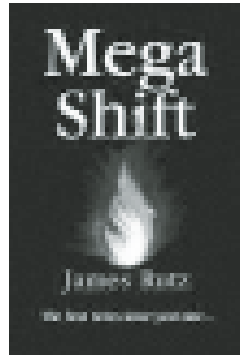
In "Megashift," author Jim Rutz coins a new phrase to define this fast-growing segment of the population. He calls them "core apostolics" – or "the new saints who are at the heart of the mushrooming kingdom of God."

Rutz makes the point that Christianity is overlooked as the fastest-growing faith in the world because most surveys look at the traditional Protestant denominations and the Roman Catholic Church while ignoring Christian believers who have no part of either.

He says there are 707 million "switched-on disciples" who fit into this new category and that this "church" is exploding in growth. "The growing core of Christianity crosses theological lines and includes 707 million born-again people who are increasing by 8 percent a year," he says.

So fast is this group growing that, under current trends, according to Rutz, the entire world will be

composed of such believers by the year 2032. "There will be pockets of resistance and unforeseen breakthroughs," writes Rutz. "Still, at the rate we're growing now, to be comically precise, there would be more Christians than people by the autumn of 2032, about 8.2 billion."



According to the author, until 1960, Western evangelicals outnumbered non-Western evangelicals – mostly Latinos, blacks and Asians – by two to one. As of 2000, non-Western evangelicals outnumbered Westerners by four to one. That moved to seven to one this year. "There are now more missionaries sent from non-Western nations than Western nations," he writes. This trend, says Rutz, has been missed by Westerners because the explosive growth is elsewhere.

Hundreds of millions of these Christians are simply not associated with the institutional churches at all.

They meet in homes. They meet underground. They meet in caves. They meet, he says, in secret.

And what is driving this movement? Miracles, he says. "Megashift" attempts to document myriad healings and other powerful answers to the sincere prayers of this new category of believer, including, believe it or not, hundreds of dramatic cases of resurrections – not near-death experiences, but real resurrections of actual corpses.

"When I was a kid in Sunday school, I was really impressed that 3,000 people were saved on the Day of Pentecost," he writes. "I thought, 'Wow, that'll never happen again!'" But, Rutz says, it now happens around the globe every 25 minutes. "By tomorrow, there will be 175,000 more Christians than there are today," he writes.

The essence of Rutz's book is about how Western Christians can tap into what he sees as a mighty work of God on Earth. "Very few people realize the nature of life on Earth is going through a major change," he writes. "We are seeing a megashift in the basic direction of human history. Until our time, the ancient war between good and evil was hardly better than a stalemate. Now all has changed. The Creator whose epic story flows through the pages of Scripture has begun to dissolve the strongholds of evil. This new drama is being played out every hour around the globe, accompanied sometimes by mind-bending miracles."



By Dr. Fred DeRuvo

By now we are all familiar with the recent tragedy in Arizona in which a number of people were killed and a Congress woman of the United States was nearly assassinated. The perpetrator turned out to be a lunatic, who should have gotten help a number of years ago.

The incident no sooner took place when the liberal media began pointing fingers at those on the right, the conservative people of this great nation. Specifically, both Sarah Palin and the TEA Party came under fire.

Now I realize that obviously not all people like Sarah Palin, but the amount of vitriol that is spewed at her is appalling. It is as if people have

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"Arizona's Tragedy Used by the Left to Defame the Right"

lost their sense of decency, if they ever possessed it.

As far as the TEA Party goes, doesn't it stand for Taxed Enough Already? That is well over 70% of this nation. These are hard working people who have gotten just a bit tired of footing the bill for all the pet projects of our elected officials, who seem to have more plans for people outside this nation, than for those within it.

Just today I read that conservative Mark Levin will sue anyone who tries to link him with the Arizona tragedy because of some alleged rhetoric that conservatives have used that the left believes caused the man who pulled the trigger in Arizona to do what he did. Good for Mr. Levin. He should sue and so should Sarah Palin. The amount of defaming that the left is involved in is unconscionable and they seem to do it without

batting an eye.

The left's penchant for hysterics has long been their calling card. It's about time someone stood up to them. No, I do not mean physically. I mean with strong verbiage and with all legal avenues that are at a person's disposal. We could take the time to point out all of the various times that the left has literally wished that some well known conservatives would simply die. Chris Matthews, Ed Schultz, Keith Olbermann and too many to name in this column have all played that card. Why is it all of a sudden wrong when the right uses metaphors that the left doesn't like?

The left is becoming more scared. That much is obvious. They know people in this country want their country back. We aim to get it, every legal way possible. We have no need to go beyond it in spite of what they would like the world to believe.

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Repair, remodel from simple to impossible, all textures. Residential, small commercial. A real pro. 40+ years experience. All work guaranteed 3 years. Affordable prices. Lic # 305736. 916-726-1144 (MPG)

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PROVIDING PERSONAL CARE w/ love and dignity. Rooms available Call 916-721-4721 (MPG)

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Cal State Fence and Construction Since 1986 Quality, Trustworthy, Affordable, Reliable. Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks. Residential/Commercial FREE ESTIMATES! Lic. #494306 916-966-1103 (MPG 09-15)

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STOP YOUR DEBT INSANITY Full service solution for credit nightmares. Mortgage Arbitration. Credit Repair. Debt Stmnt. 916-300-0611 (MPG)

Reverse Mortgages If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (MPG)

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Firewood? Mixed wood, split, \$70 per truckload. FREE delivery in Sacramento area. 481-7315 (MPG 1-05)

For Rent

Carmichael Twnhse - \$1100 - 3 bdrm, 1-1/2 ba; nu kit, inclu ref; oven; micro; wash/dry; carport for 2-510-865-7724 (MPG01-12-11)

Auburn - 2B/1B Apt, 800 sq ft. \$700 mo, 1/2 off 1st mo. rent. Sterling Ridge, 203 Electric St, 530-885-8082 (MPG 12-22)

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*Swamp cooler Located near a major intersection. Any questions or to view the property please contact M. W. 916-638-7439 (MPG 08-25)

COMMERCIAL Office/Warehouse space. 1,000 up to 3,000 sq. ft. available @ .55¢ (month to month) or negotiable lease. Excellent 1-80 access near ARC (Auburn Blvd/College Oak). Call Lisa West @ (916) 331-0840. (MPG)

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For Sale

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Golf Equipment for Sale

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Groomer

Pinkiepop, in home grooming service. 18 yrs. exp. \$5.00 discount, 1st visit. References. Call Victoria (916) 256-0487. (MPG)

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LOGISTICS TRAINEE Earn as you learn. Good pay, medical/dental, \$ for school. No experience needed. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

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DRIVERS - CHECK THIS OUT! New Pay Increase! 34-40 cpm. Excellent Benefits. Need CDL - A & 3 months recent OTR. 877-258-8782. www.MeltonTruck.com (MPG)

Caring Companionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior-in-home service industry, has immediate PT openings for

Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information.(916) 372 9640 (MPG)

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Health Care Marketing. We are successful business entrepreneurs looking for people passionate about health & business. Go to www.myrotandimbusiness.com and watch a video News clip. Leave your name and email address to learn more, we will get back to you. (MPG)

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We are seeking dynamic customer service oriented individuals with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danielperetz1980@yahoo.com if interested (MPG)

MAKE A DIFFERENCE. For More Information: (916) 383-9785 ext. 15 (MPG)

Wanted: 29 Serious People to Work From Home using a computer. Up to \$1,500-\$5,000 P/TF www.REBvision.com (MPG)

STRESSED OUT? Work from home & get paid daily! www.happyandhealthyfamily.com 888-211-4268 (MPG)

Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

Help Wanted - Drivers Auburn Only: I need a ride to drive me to and from my doctors appointment on Tuesdays, Thursdays and Saturdays. Must leave my home in Auburn by 5:30 am to my appointment less than 10 minutes away. Call Howard at 888-7550. This is a paid driver agreement. Call anytime. (MPG 11-10)

Drivers: Home after each shift Great Pay/Benefits/Safety Bonuses. CDL-A (Hazmat/Tanker/Doubles) Fuel Exp. Preferred. Clean MVR. Alan: 801-397-8326. (MPG 11-10)

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Company Drivers (Solos & Hazmat Teams) GREAT PAY * GREAT MILES * CDL-A Required. We also have dedicated & regional positions available. Call 866-789-8947. Swift. (Cal-SCAN)

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Help Wanted - Medical Geriatric Home Care Specialists is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

Help Wanted - Sales Christian Yellow Pages hiring Commission Sales Professionals. Energetic, creative, organized people. Experienced advertising sales desirable. 916-655-1447 (MPG 11-17)

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House Painting

PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning, Roger (916) 969-4936 or (916) 410-5545 (MPG)

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Lawn and Garden Service Bi-weekly or monthly Call for FREE estimates 965-8224 (MPG)

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TUPPERWARE

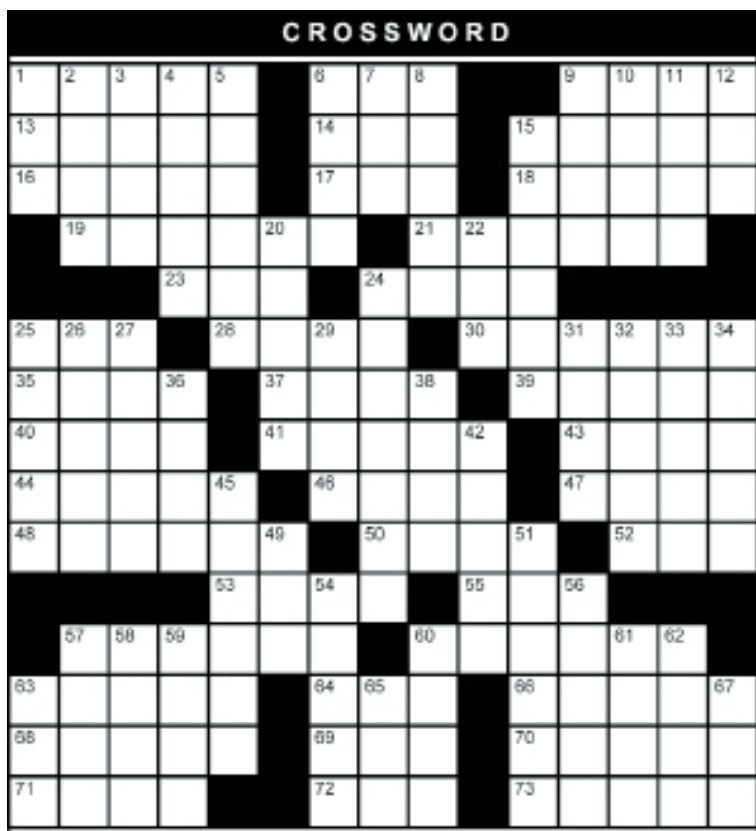
Please call for a Free Catalog. Chris Krcmar 916-483-1671 (MPG)

Miscellaneous Items For Sale

Wood Chipper 5HP Yard machine - runs good, needs minor work \$250 (916) 725-3824 or (916) 769-1698 (MPG)

<

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THEME: ASTROLOGY



CLUES

ACROSS

1. 2nd or 6th President
6. Priestly vestment
9. Kill, as in a dragon
13. Shot at the dentist's office
14. "Capricorn, the ___ goat"
15. A simulated semblance
16. Make free from sin or guilt
17. Opposite of pro
18. Cock-a-leekie soup ingredient, pl.
19. "Castor and Pollux"
21. "April/May zodiac"
23. "___ of Aquarius"
24. Diamonds or hearts, e.g.
25. ___ of Sam
28. Greek goddess of youth and spring
30. Sends money in payment
35. Tehran is its capital
37. Pub arrow
39. Distinct segment of a market
40. Adhesive substance
41. Indifference gesture
43. Capital of Ukraine
44. Where is Rudolph's home pole?
46. Another spelling for "taboo"
47. Or ___, threatening
48. Expectorated matter
50. Tamping tool
52. Japanese monetary unit
53. Moderate or restrain
55. Trash container, e.g.
57. "Celestial crab"
60. Artwork of many pieces
63. Roman Catholic Church's central administration
64. Roth ___
66. Pressed beverage
68. Chubby
69. Neither here ___ there
70. Deteriorate
71. Contributions to the poor
72. 1/6th inch in printing, pl.
73. Infamous for witch hunt

DOWN

1. Gone by
2. A plug in a barrel or flask
3. "Back in the ___," song
4. It can be stainless
5. An attitude of admiration
6. Headquarters, as in military
7. Employ
8. Half step higher than given note
9. U-___
10. United ___ Emirates
11. Greek liquor
12. Eurasian duck
15. Of low pH
20. It can be loud or white
22. Black and white sea bird
24. Fire-tenders
25. "Result of Katrina"
26. Bridal path
27. Indiana Jones' Lost Ark, e.g.
29. The sound of Edward Scissorhands?
31. Bunch of hair
32. Cook from above
33. Garlic mayonnaise
34. "They move 45 to 90 knots"
36. The brightest star
38. Donned
42. Sister's daughter
45. All together
49. Neither a win nor a loss
51. "Ominous shape in sky"
54. Get up
56. Found on a queen
57. "I call first ___"
58. Stare amorously
59. "___ of attack"
60. "On Golden ___," movie
61. "Thunderstorm sight"
62. Smile
63. Head holder
66. ___ and don'ts
68. Timid or unsure



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For Solution See Page 11



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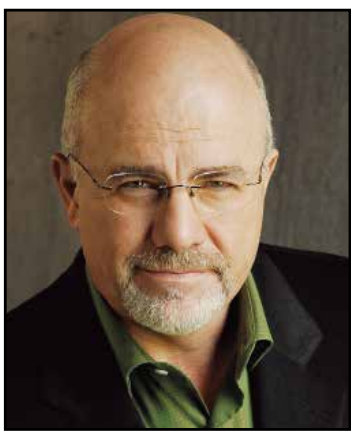
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Dave Says

tons of pictures of his work. Before and after shots are great sales tools in his industry, so you'll need to really show off his talents.

Of course, no one will know you're out there or online unless you really talk up the business with people. And I'm not just talking about homeowners and businesses. You guys need to approach anyone who may be a potential lead—real estate agents, builders, bankers, architects and anyone else who touches a piece of real estate.

When we built our house, the architect recommended the landscaper. So, try to figure out all the connectivity points you can. Then, stay in touch, and buy them lots of coffee and doughnuts!

- Dave

Not A Luxury These Days

Dear Dave,

We had just started your plan and saved \$1,000 for our baby emergency fund when our laptop computer died. We do all of our finances online, including budgeting and banking. Should we dip into the emergency fund to replace the computer?

- Erin

Dear Erin,

Yes, I think you should. Computers used to be considered a luxury, but today many people find themselves in your exact situation. They use computers not as toys or just to surf the web, but to help run their households and organize their lives and finances on a daily basis.

Now, upgrading at this point to the biggest, baddest, coolest thing on the planet is a no-no. That kind of thing

is what we call a "want." There's a difference between a "want" and a "need." So, you need stay calm and go find a good basic computer that will take care of your online needs.

Trust me, you can get a good new laptop for about \$300. That way, you can take care of your computing while only putting a small, temporary dent in your emergency fund!

- Dave

Can the Loans be Forgiven?

Dear Dave,

I'm 36, and I've been placed on permanent disability due to primary progressive multiple sclerosis. Is there a possibility I could petition to have my student loans forgiven? Do you believe this is an issue of conscience?

- Janelle

Dear Janelle,

No, I don't think it's an issue of conscience. If you've been officially and medically diagnosed with this disease, and you've also been declared permanently disabled, then federally insured student loans can, and should, be forgiven.

I'll tell you ahead of time that it's going to take a lot of work—regardless of the reason—to get a request like this through the system. You'll be swimming in red tape for a while, but having the loans forgiven is only fair considering your condition and situation.

God bless you, Janelle.

- Dave

For more financial help please visit daveramsey.com.



POPOFF!

with Mary Jane Popp

Recovery” avoiding relapse through self-awareness and right action. Here are those 12 stupid things:

- 1) Believing addiction to one substance is the only problem. Our best chance for recovery lies in total abstinence from all mind-altering drugs.
- 2) Believing sobriety will solve everything. Recovery begins with breaking the bonds of addiction. But this is only the first step on a long journey. Recovery is ultimately about recovering our spiritual or true self.
- 3) Pursuing recovery with less energy than pursuing addiction. We have to pursue recovery with the same tenacity and enthusiasm that we had when we were drinking or using other drugs.
- 4) Being selectively honest. Recovery requires rigorous honesty. Nothing less will work. We are as sick as we are secretive.
- 5) Feeling special and unique. Humility is the spiritual foundation of Recovery. In order to feel worthy, we do not need to be unique. People who do best in recovery are those who surrender and follow Suggestions.
- 6) No making amends. To develop a strong spiritual foundation, we must accept full responsibility for harmful and hurtful behavior and attempt to repair the damage.
- 7) Using the program to try to

become perfect. Most of our life has been spent trying to be perfect. This has been a spurious goal. Instead we need to learn to become more human.

8) Confusing self-concern with selfishness. Self-concern does not exclude other: it is inclusive

9) Playing futile self-improvement games. Recovery requires honesty. Avoidance is ultimately destructive to the recovery process.

10) Not getting help for relationship troubles. Dysfunctional relationships are one of the top three causes of relapse.

11) Believing that life should be easy. Life is difficult. The sooner we are initiated into this reality, the sooner we learn how to deal with life on its terms rather than waste time looking for the easy way.

12) Using the program to handle everything. No one can handle every personal issue with their program. Needing help is not an indication that something is wrong.

Are you sabotaging your own recovery? Check out **"12 Stupid Things That Mess Up Recovery."** It's good to hear from someone who's been there done that for a change! GOOD LUCK IN 2011!!!

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

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.

Keeping Business Simple

Dear Dave,

My husband is a landscaper who works for the state. He has his technical license and wants to start a business doing private work as well. What advice would you give to someone just starting out in this field?

- Amy

Dear Amy,

First, I'd check to see if there are any additional licenses required for doing that kind of work in your state and the cities in which you'll be operating. You want to make sure you're starting off on the right foot with any authorities or governing boards.

The next thing I'd advise is to keep it simple. There's no reason to run out and incorporate or anything like that. It's a service business, so print up some cards and start thinking about a basic one- or two-page website. Then, once you land some jobs, post

STUPID THINGS

We struggle every day of our lives fighting destructive thoughts and behaviors that hinder our emotional growth and well-being. What happens? Some turn to the bottle to drown their miseries and others go the drug route. Coming out of the stupor can be considered brave, but then the mess up happens and recovery never happens. According to **Dr. Allen Berger**, to grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Dr. Berger is in private practice and has been on his own personal journey in recovery while helping thousands of others discover a new way of life, free from addiction and its insanity.

Dr. Berger says there are as many ways to mess up recovery as there are alcoholics and addicts, but some general themes exist and they include **"12 Stupid Things That Mess Up**

Take the Mystery Out of Estate Planning

Charitable Planned Giving Can Provide Benefits to You, Your Heirs, and a Cause You Believe In

Roseville – Does leaving a legacy for a worthy charity mean short-changing our families? Not at all. Do you need to be wealthy to have an Estate Plan? Absolutely not. At the Placer SPCA's Estate Planning Workshop on Thursday, February 17 at 12:00 pm, attendees will learn how Estate Planning can help them meet personal, family, and charitable giving goals, in any income bracket. Charitable giving through an estate plan is a way to leave a lasting legacy

to a worthy cause while providing tax benefits for your estate.

Attendees will learn about many different kinds of charitable planned giving, presented by Certified Financial Planner Colin S. Grahl. This workshop is for educational purposes only. No one will be solicited to purchase services.

Advance sign-up is requested for this free event that includes a light lunch. Those interested are asked to contact the Placer SPCA Development

Department by Monday, February 14 at (916) 782-7722, extension 102 or (530) 885-7387, extension 102 or funddevelopment@placerspca.org.

Local companion animal welfare experts, the Placer SPCA offers many services for the pets and people of Placer County thanks largely to the generosity of individual charitable donations. Learn more at www.placerspca.org. The Placer SPCA is located at 150 Corporation Yard Road, Roseville, CA 95678

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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.

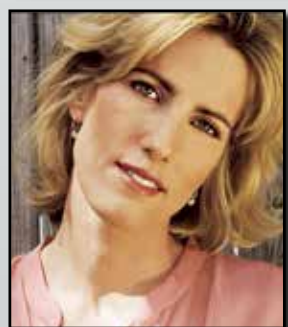
Most of our locally produced programs are available for replay or podcast download at the 'Audio On Demand' page at www.kahi.com.

TAKE CHARGE

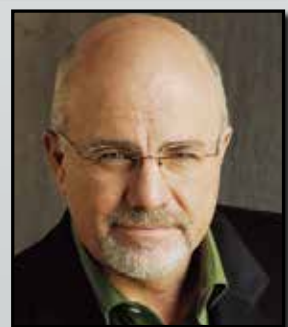


With

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!



Laura Ingraham



Dave Ramsey



Mary Jane Popp

Residential Burglary Arrest

From the Office of Sheriff Edward N. Bonner

Placer County – Placer County Sheriff's detectives arrested an Orangevale man on charges of residential burglary and possession of stolen property Tuesday night after victims in Granite Bay had reported items stolen from their garages.

Harold Gene Parish, 27, is responsible for entering two separate residential garages and stealing several thousand dollars worth of golf clubs, computers and other personal items. One of the victims contacted businesses and pawn



Harold Gene Parish, 27, arrested for burglary and possession of stolen property

shops and advised them of the theft and gave a description of his golf clubs. When Parish attempted to sell the golf clubs at a pawn shop in Sacramento County, the pawn shop called the victim.

The victim then called sheriff's detectives who conducted a search at Parish's apartment in Orangevale. Parish was in possession of the victim's golf clubs, golf bag and other personal items.

Parish is being held at the Placer County Jail in Auburn on burglary and possession of stolen property. Bail is set at \$160,000.

Man Caught in Bank Attempting to Pass Stolen Checks

From the Office of Sheriff Edward N. Bonner

Auburn – An Auburn man was arrested inside a north Auburn bank Monday afternoon while attempting to cash a check he had stolen from a woman he recently befriended.

U.S. Bank officials called the Placer County Sheriff's Office when Kyle L. Estes, 20, and a female were still inside the bank attempting to cash a \$550 check. The victim had been in the bank 20 minutes earlier to report recent unauthorized activity on her account.



Kyle L. Estes, 20, arrested on numerous felony charges

Estes was arrested on numerous felony charges, including burglary, identity theft, possession of stolen property and forgery. He was also wanted on two warrants. The female, Crystal Welty, 31, was questioned but investigation revealed that she was not involved in the crime. She was, however, arrested for an outstanding petty theft warrant. She was booked at the Placer County Jail and was released today. Estes is being held on \$70,000 bail.

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Arts, Entertainment and Other Fun Things to do!

California Guitar Trio comes to Constable Jack's and Don



The California Guitar Trio is Paul Richards of Salt Lake City, Utah; Bert Lams of Affligem, Belgium; and Hideyo Moriya of Chiba, Japan.

Auburn - The California Guitar Trio (CGT) celebrates its twentieth anniversary early with the release of "Andromeda," out on vinyl through Karate Body (www.karatebodyrecords.com/store). CD version available via Inner Knot, www.innerknotrecords.com.

"Andromeda represents a culmination of all our work together in the past 20 years," says guitarist Bert Lams. "We have released numerous CDs over the years, but there's none like this one. 'Andromeda' is the first album containing nothing but original material, combined with improvised pieces. The integration of structured, thought-out pieces with the loose and spontaneous improvisations is something we've never done before."

The California Guitar Trio is Paul Richards of Salt Lake City, Utah; Bert Lams of Affligem, Belgium; and Hideyo Moriya of Chiba, Japan. The trio first met in England in 1987 while studying with iconic King Crimson guitarist Robert Fripp. After touring together as part of Fripp's League of Crafty Guitarists, the three guitarists convened in Los Angeles and founded The California Guitar

Trio in 1991.

"When we started the band in 1991, it was only a California project, and no one knew how long it would last," reminisces Moriya. "Yet something good always happened to keep us going when times were tough. It is great to reach 20 years with Andromeda, and we have good energy to keep going."

The CGT plays a unique style, with guitars weaving an intricate knot work of interlocking parts to form a whole. Richards, Lams, and Moriya can create music which sounds like it is performed on a kind of "super-piano" and at other times unfolds in an ethereal, otherworldly manner.

In space, CGT's music was played to wake the astronauts aboard the NASA space shuttle "Endeavor." Here on Earth, the trio's music has been featured extensively on NPR, NBC's Olympics coverage, and various CBS, CNN, and ESPN TV programs.

"This new CD captures a balance between the pure acoustic sound and the processed electrified sound of the CGT, something we've experimented with before, but not to this degree,"

says Lams.

Richards expands on the CGT's distinctive recorded sound: "With each recording, we have been striving to achieve the best of acoustic analog recording techniques blended with the use of electronic guitar effects and digital processing. With Andromeda, we have achieved a new level of the acoustic/electric blend. Our original music continues to evolve with years of detailed and refined interaction among trio members."

Having played with a Who's Who of great musicians over the years, Andromeda features guest performances by Tony Levin, Julie Slick, Eric Slick, Tom Griesgraber and Tyler Trotter.

The cover of Andromeda also serves to celebrate another 20th anniversary, that of the Hubble Telescope. The CD cover image, designed by Pablo Mandel, features a photo from the new camera on the Hubble. The CD cover has earned a prize in the European Space Agency's Hubble Pop Culture competition.

The CGT will be touring in support of their new CD. For concert dates please check their website, www.cgtrio.com.

Youth Trapshooting Clinic

Auburn: The California Youth Shooting and Sports Association, under the auspices of the Auburn Trapshooting Club (ATC), is offering a beginners youth trapshooting clinic on February 5, 2010. The ATC is located at 11540 Lorenson Road in North Auburn. The program will begin with registration at 9:30 am and will continue with safety instruction and trap shooting at 10:00 am. Experienced shooters will be available as coaches. The fee for the clinic, which will include at least two rounds of trap (50 shots) including shoot fees and shells, will be \$25.00.



Registration for this program is limited to 30 and pre-registration is required. Please call Larry Rolufs at 530-885-7677 or Audrey Baker at 916-595-7885 for further information and to pre-register.

The California Youth Shooting

and Sports Association provides school-age participants in grades 12 and under with the opportunity to learn to shoot, showcase their competitive shooting skills and earn

state and national recognition. The program is designed to instill in participants safe firearms handling, commitment, responsibility, leadership and teamwork.

Fun and Fit with ARD



Members of the ARD Shotokan Karate class held at Recreation Park. Photo by Kurt Bertilson.

Auburn - ARD has an exciting line up for 2011 in your quest to get and stay fit. Beginning in January there will be a cornucopia of fitness programs in which you can participate. See what's happening for the kids by attending the Kids Fitness Kick Off at the Auburn Gymnastics Center January 8. There will be open gymnastics classes and demonstrations free to youths 17 and younger. ARD has added some new programs for kids to be featured at this event, including

Karate, Junior Judo, Kid Fit and a 3 x 3 Junior and Senior High School Basketball League.

For stout of heart adults there is year round Cardio Kick Boxing that is offered up to three times per week at the Karate Do Studio. In February Master's Swimming and Triathlon Training begin at Recreation Park. If you want to exercise in the great outdoors check out the Wild Side of Auburn class or take a paddle on one of the Kayaking Adventures. Fitness classes in Judo, Shotokan

Karate, Tai Chi, and Fencing are all available. For those of you who want to try something new, the instructors in Yoga, Chi Kung, and Pilates are offering free introductory classes.

Dance is great for all ages and provides a way to move while having fun. ARD has Ballet, Tap, Jazz, and Hip Hop classes for kids as young as 18 months. Adults have an even larger selection you can choose from including three levels of dance experience in Hula or Clogging. Some other favorites offered include: Belly Dance, Couples Dance Connection, Country Western, Salsa and Tango. For more information on these and many more programs for 2011, visit the website www.auburnrec.com or call 530-885-8461 ext.0.

Kids Fitness Kick Off

Yoga
March 29 6-7:30pm
Canyon View Community Center

Therapeutic Yoga
March 30 8-9:30am
Canyon View Community Center

Benefit Concert for KFOK Community

Benefit concert for KFOK Community Radio (KFOK-LP-FM 95.1; www.kfok.org) produced by the Marshall Grange (www.marshallgrange.com) Featuring the folk music of the Troubadours of Divine Bliss (www.troubadoursdivine.com) and local Native American flutist Mignon Geli.

January 29, 7p.m., Marshall Garden, 4940 Marshall Road, Garden Valley.
\$10 in advance/\$12 door.
Tickets available at Cherry

Records (Auburn), the Golden Gecko Garden Center (Garden Valley), Rose's Garden Cafe (Garden Valley), the Rucka-Chucky Pasty Hut (Georgetown), and Main Street Music (Placerville), or call Buzz at (530) 642-8671

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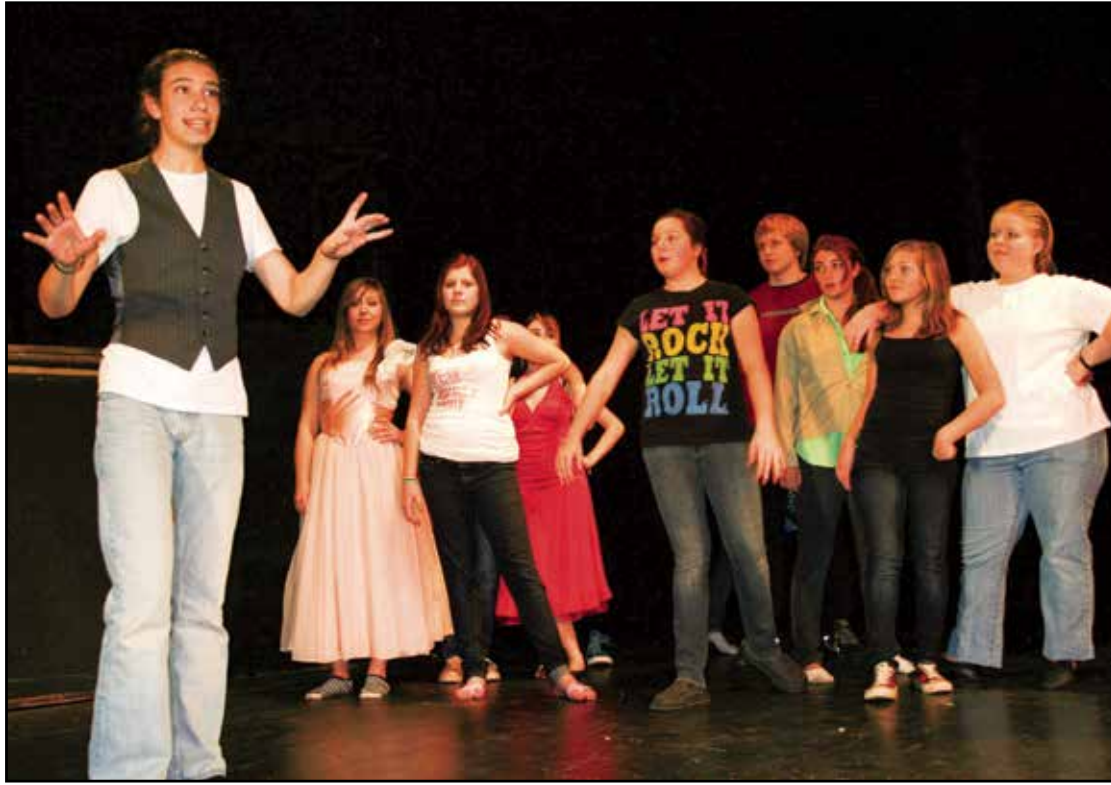
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West Side Story Musical in Auburn



Actors/Characters (left to right) - Kassandra Grant - Teresita/Shark Girl/Action/Jet Gang; Erin Dawson - Pauline/Jet Girl; Abby Richards - Snowboy/Jet Guy; Christa Ott - Velma/Jet Girl; Olivia Morgan - Big Deal/Jet Guy; Alex Gibb - Baby John/Jet Gang; Brianna Mattal - Anybods/Jet Girl; Rayana Wedge - Minnie/Jet Girl; Britta Jones - Jet Girl/Mouthpiece/Jet Guy

Auburn: Music & More Arts Academy & Theatre is proud to present the musical, "West Side Story," 7:30 PM Jan. 28, 29, Feb. 4, 5, 11, 12, and 3:00 PM Jan. 30, Feb. 6. at Music & More's DeWitt Theatre located at 11596 D. Ave. Auburn, CA 95603 presented through special arrangements with Music Theatre International (MTI), 421 West 54th Street, New York, NY 10019

Tickets are \$14 General Admission, \$12 Seniors 65 & over

and Children under 13 yrs. of age. Tickets may be purchased online at www.musicandmore.net, and reservations can be made by calling 530-305-0938. Tickets will also possibly be available at the door.

The world's greatest love story takes to the streets in this landmark Broadway musical that is one of the theatre's finest accomplishments. Shakespeare's "Romeo and Juliet" is transported to modern-day New York City, as two young idealistic lovers find themselves caught

between warring street gangs, the "American" Jets and the Puerto Rican Sharks. Their struggle to survive in a world of hate, violence and prejudice is one of the most innovative, heart-wrenching and relevant musical dramas of our time.

"West Side Story" is performed by Music & More's Advanced Theatre Troupe and features a team of young, energetic, and exceptional actors. This show will be a treat for the entire family.

Parkside Church Welcomes Pastor Terry Schneider



Pastor Terry Schneider with his family.

Auburn: Parkside Church welcomes Pastor Terry Schneider to

Auburn and to its Pastoral Team. Pastor Terry will join the Pastoral

Team February 1, 2011. His role will be to manage the vision that God has given to Parkside Church during these days. Senior Pastor Donny Crandell says, "We at Parkside believe that our vision is to be a church for the community. Terry will help us fulfill that vision." We feed 150 students from Chana each week. We now have a Spanish speaking congregation at our facility. We host Upward Basketball for 80 elementary age players every Saturday.

We also provide showers to the homeless every day of the year. And once we complete our new unfinished sanctuary, we will be hosting concerts, graduations, worship and community theater events. Pastor Crandell, who formerly served with his new "associate to be" says, "Pastor Terry is the gift that Parkside needs to go to the next level."

Pastor Crandell also says that, "The community does not exist to build up Parkside Church, but Parkside Church exists to build up the community." For more information contact: www.parksidenaz.org

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Crossword Puzzle on Page 8

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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.

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Local residents in amazement yesterday as Collectors provide a stimulus package to Roseville!

They are paying out right on the spot for my stuff. Unbelievable!!

By DAVID MORGAN
STAFF WRITER

Spokesperson for the event said he expects to spend in excess of \$200,000.00 this week for vintage items and precious metals from local residents. Here are some examples of what is going on in the event that started Tuesday in the Courtyard by Marriott:

One person sold an old Gibson guitar that was purchased in the 1960's for less than \$250.00 to a collector at the event for \$2175.00

Another person had a pocket watch collection that sold for

\$4600.00, with one of the watches in this collection bringing \$375.00 of the \$4600.00 tally.

A husband and wife brought in a box of old Jewelry, wristwatches, coins, and two German daggers from WW2 and left \$785.00 richer.

This is cool that something like this would come here to our town. Where else would this stuff ever be sold? The refinery has teamed up with the collectors for a 24 month tour of the United States, both big and small towns to dig up hidden gems.



"I'm glad I came in! I really need the money."
CLAUDIA MCDONALD says, who received \$825 for a gold coin minted in 1986.

Dozens cash in yesterday with jewelry, railroad watches and guitars. An estimated \$200,000 in Roseville!

By DAVID MORGAN
STAFF WRITER

The first days of the 5 day reclamation drive in Roseville will be a hit with those looking to sell their gold and silver. Representatives are on hand this week purchasing all types of unwanted and broken jewelry. An estimated 55 people left the event with over \$200 dollars from old class rings, wedding bands, herringbones, and gold teeth. Coins dated 1964 and earlier were bringing big premiums as well. Silver dollars, halves and quarters arrived in large quantities. Lots of gold coins were also brought in. Rebecca Hughes walked away with over \$1200.00 after selling an original \$20 gold piece from 1888.

On the other side of the room were representatives from the Antique Association. They were purchasing all types of guitars, large currency bills dated before 1923, military items and pocket watches. One watch was purchased by a collector in Montana for \$835 dollars. There were piles of sterling silver items like old silverware sets and tea pots. One gentleman rolled a cart in with 3 boxes full of silver coins. Company officials reported spending over \$80,000 the first day of the event, alone. Brian Eades with Ohio Valley said, "We have had an overwhelming turnout this first day and we expect to get busier every day this week." The event continues today and runs through Saturday. The event is free and the public is welcome.

If you go:

WHO: Ohio Valley Refinery Reclamation Drive

WHAT: Open to public to sell gold and silver.

WHEN: January 18th - 22nd

WHERE: Courtyard by Marriott
1920 Taylor Road
Roseville, CA 95661

TIMES: TUESDAY-FRIDAY
9:00am - 6:00pm
SATURDAY
9:00am - 4:00pm

SHOW INFO: (217) 523-4225

Items we will accept include:

- Scrap Jewelry
- Dental Gold
- Sterling Silverware
- Sterling Silver Tea Sets
- Silver Dollars
- All Coins Dated 1964 & Earlier
- Industrial Scrap
- All forms of Platinum

Silver and Gold Coin Prices Up During Poor Economy.

Collectors and Enthusiasts in Roseville with \$200,000 to Purchase Yours!

By DAVID MORGAN
STAFF WRITER

Got Coin? It might be just the time to cash in. This week, starting Tuesday and continuing through Saturday, the International Collectors Association, in conjunction with the Ohio Valley Gold & Silver Refinery, will be purchasing all types of silver and gold coins direct from the public. All types are welcome and the event is free.

Collectors will be on hand to identify and sort your coins. Then the quality or grade will be determined. According to collectors I talked with, the better the grade the more they are worth. With the current silver and gold markets, prices are up for older coins too. Any coins minted in 1964 and before in the U.S. are 90% silver, except nickels and pennies.

The coins worth is determined by the rarity and the grade. Old silver dollars are worth a great premium right now. Even well worn and heavy circulated ones are bringing good premiums. Franklin and Kennedy halves, Washington quarters and Mercury and Roosevelt dimes are all worth many times their face value. While older types like Seated Liberty, Standing Liberties, and Barber coins are worth even more.

Gold coins are really worth a lot right now according to Brian Eades of the International Collectors Association. "This country didn't start minting coins until 1792," says Eades. "Before that people would trade goods using gold dust and nuggets. Some shop keepers would take more gold than needed to pay for items purchased. There was no uniform system of making change."

The government opened the first mints and began distributing the coins in 1792. By the beginning of the 19th century, coins and paper currency were wide spread and our monetary system was here to stay. In 1933, Roosevelt required all banking institutions to turn in all gold coins.

Once all banks turned in this gold, the president raised the gold standard from \$20.00 per ounce to \$33.00 per ounce. This was his way of stimulating the economy during the great depression. However, gold coins were never redistributed after the recall. Not all gold coins were turned in. Many folks during that time didn't completely trust the government and chose to keep their gold.

These gold coins are sought after by collectors today and bring many times the face value. Any gold coins with the mint marks of CC, D or O will bring nice premiums. Collectors at the event will be glad to show you where to look. Other types of coins will also be purchase including: foreign coins, Indian head cents, two cent pieces, half dimes, three cent pieces and buffalo nickels to name a few.

Collectors warn people against trying to clean their coins as significant damage can be done and the coins value lessened.

Items we will accept include:

- Scrap Jewelry
- Dental Gold
- Sterling Silverware
- Sterling Silver Tea Sets
- Silver Dollars
- All Coins Dated 1964 & Earlier
- Industrial Scrap
- All forms of Platinum

Items of Interest:

Vintage Guitars: Martin, Gibson, Fender, National, Rickenbacker, Gretsch, Mandolins, Banjos and others

Pocket Watches: Hamilton, Illinois, Waltham, Patek Phillipe, Ball, Howard, South Bend, Elgin and others

Wrist watches: Omega, Accutron, Longines, Hamilton, Breitling and many more

Old paper money: United States, Confederate States, Blanket Bills, \$1000.00 bills and more

Antique Toys: Trains, Tin wind-ups, Mechanical Banks, Robots, Pressed Steel trucks, and many more

War Memorabilia: Swords, Bayonets, Helmets, German, Confederate, Union, USA, and others

Local records reveal to our research department that recent vintage guitar sold for \$2400.00 and another for \$12,000.00 to a collector that will be tied into the event this week via live database feed.

Local Residents are ready to cash in!

International antique buyers in town this week and ready to stimulate economy!

By DAVID MORGAN
STAFF WRITER

Hundreds of phone calls from local residents this week to the corporate office of the Ohio Valley Gold and Silver Refinery pour in inquiring about items to be purchased all this week by the team of antique buyers that is on site with OVGSR.

The team of buyers this week are purchasing a vast array of vintage items (see left) along with coins, gold jewelry, and sterling silver items the refinery deals in. It is a Local shot in the arm for our economy. The spokesperson for the event expects to spend in excess of \$200,000.00 this week at the Courtyard by Marriott paying local residents on the spot. The spokesperson for the company explained that these collectors are paying collector price for vintage items. It's a great way for people to get a great value for their items.

WE BUY 10¢ & 12¢ COMIC BOOKS!

Top Five Items To Bring

- Gold Jewelry
- Silver Coins
- Gold Coins
- Sterling Silver
- Pocket Watches

Refinery representatives will be on hand through Saturday to purchase all gold, silver and platinum items, as well as coins. Public welcome!