

CAMPTONVILLE COURIER

A COMMUNITY PUBLICATION

MARCH 2013

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THE CAMPTONVILLE COURIER
PO BOX 32
CAMPTONVILLE, CA 95922

High School Inspiration

Wendy Tinnel

Camptonville Community Partnership's two health advocates recently attended the Yuba County Children's Council meeting held at Wheatland High School. The Yuba County Children's Council (YCCC) is a group of community and government leaders that meet monthly to plan, coordinate and impact the policies, practices and programs affecting children and their families in Yuba County. The YCCC serves as a policy and advisory body to the Yuba County Board of Supervisors.

During the meeting there were several students from the High School who shared their experiences. They told us how their school is unique among high schools in the state. Their school offers not only fresh fruits and vegetables prepared on site but also offers a culinary arts class. In this class students receive their food handlers certificate and learn how to further a career in the culinary arts field. They also spoke about their extensive 4H program and recently begun school farm. The student's were instrumental in developing a program called Honor the Code. This program matches freshman students with junior and senior mentors to help them assimilate into a school with 700 students. Most of these kids come from considerably smaller middle schools.

I was very impressed not only because the students were, but also because representatives from multiple departments in Yuba County were listening to what they had to say. The Children's Council members are from departments such as the Board of Supervisors, Office of Education, Yuba-Sutter Mental Health, Health and Human Resources, Probation, One Stop Career Center, Yuba-Sutter Ministerial Association, and other local community organizations, such as Camptonville Community Partnership. I was happy to witness this event, to see that we have bright aspiring students in our communities, and to witness our local leaders "stepping up" and out of their offices to listen to the students.

The high schoolers' stories were truly inspiring. They are working hard to become active members in the community: mentoring younger students, growing and preparing healthy foods, raising animals humanely, and learning how to become effective leaders. These are all things that we as a nation could learn how to do more successfully.

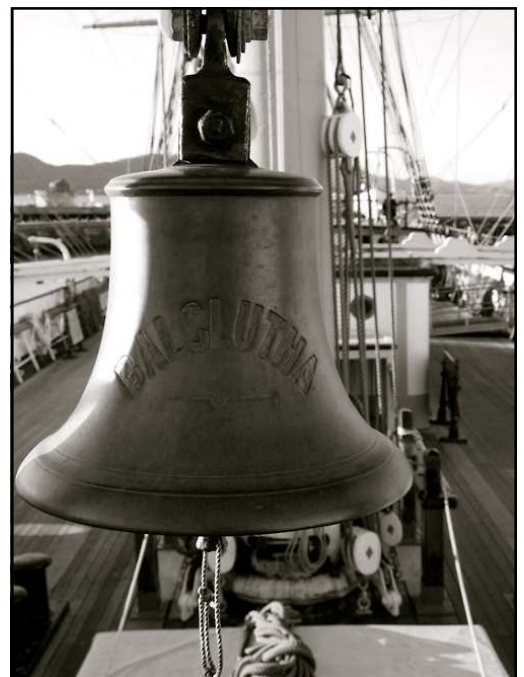
AGE OF SAILS

After 8 months of planning and fundraising, Camptonville School's 3rd, 4th, 5th, and the Opportunity Class went off on a field trip voyage. The first part of the trip was a tour of the Monterey Bay Aquarium. Here, the students learned all about the great wonders of the creatures that inhabit the oceans around the world. They loved all of the hands-on exhibits, especially *The Jelly Experience*.

The second part of the voyage was in San Francisco aboard a 300' ship from the late 1800s. On the ship, the students were the "green hand crew" getting ready to sail to Oregon to bring back lumber to rebuild San Francisco after the 1906 earthquake. Aboard the ship, students had to learn to problem solve without an adult's help. They also built teambuilding, and leadership skills.

What an extraordinary, once in a lifetime, trip for these students! Thank you to all who made this trip possible with all of your support and help!

Sara Spiers



Migration

Shirley Dickard

I was surrounded by a cacophony of swans and geese. Such a perfect word for the exuberant conversation of migratory Tundra Swans, Snow, Ross, and White-Fronted Geese that arrive every winter to the flooded rice fields near Marysville. I spent the afternoon with them recently, amazed as I imagine people have always been at this seasonal flyway.

Two hundred years ago, a Patwin woman – one of the valley tribes I write of in my novel – might have looked up at the first honks of returning swans, knowing it was the time for gathering acorns and manzanita berries. Spanish, Mexican, then European settlers from the east probably saw the migration as the arrival of protein for their winter larder. But for me, it's the anticipated arrival of wonder.

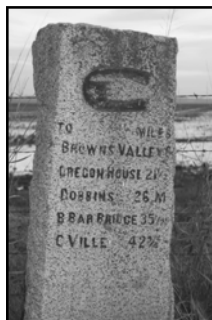
People migrate – some. Migrant workers follow the ripening of spring lettuce and winter squash. As a rural school nurse, I knew certain families would show up in the spring when it was warm enough to camp out at the river. They stayed until the first frost, then moved on. Now it's the seasonal folks who arrive in fall with their trimming scissors to work the local cash crop. When the harvest's done, they too move on.

I wonder how the long-term impact of climate change will affect signals that trigger migration? *2012 was the hottest year on record* – a recent report by the National Oceanic and Atmospheric Administration. Earlier springs, longer, hot-

ter summers, harsher wildfires, droughts, crop losses. Will my great grandchildren tell their children of the days when swans *used* to overwinter where farmers *used* to grow rice in the Sacramento Valley?

I like my present-time roots. I feel them deep in the Sierra Nevada Mountains, but also feel them across the valley where my ancestors settled in 1849. I like making that trek. I feel the pull of my own migration when the returning swans call me to drop what I'm doing, and meet them in the valley. You're invited to follow my blog "A California Landscape of Women, Words and Wonder" at www.shirleydickard.com.

Historic Yuba County mileage marker between Marysville and foothill towns. Located in the rice fields outside Marysville.



Annual Cemetery Clean-Up

Rochelle Bell

It is that time again. March is a good month to begin the cemetery clean up, after most of winter but before our beloved lilies poke their little heads up.

This event is sponsored by The Friends of the Cemetery, which is an offshoot of the Camptonville Historical Society. We formed the group to help maintain our cemetery, which is like an outdoor museum.

We have set the date at March 9th from 10am until 2pm. If it rains, we will go to the next weekend, but on Sunday the 17th because the Camptonville Fire Dept has training on the 16th. Snacks and drinks will be available, so bring your kids, rakes, gloves, clippers and good energy. Last year we had a record 23-community members show up and have fun polishing up one of Camptonville jewels, our historic cemetery.



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Historical Society Meeting

Rochelle Bell & Stephanie Korney

The Camptonville Historical Society will have its next meeting on March 19, 2013, at 7 pm at the Masonic Lodge. We have some exciting plans for the coming months and welcome anyone interested in the history of our area to join us in turning these plans into reality.

First, in early March, the Society's Friends of the Cemetery committee will host the annual clean-up of our historic town cemetery. Scheduled for Saturday, March 9th, 2013, we will be raking, hauling, picking up branches and other winter debris from the cemetery grounds. This has always been a fun event, giving us a chance to visit, get some exercise, and help the community.

At the March 19 meeting, we'll be discussing plans for Museum Day - an event scheduled for Memorial Day weekend that will display historic town items. We see this as a chance for Camptonvillians, past and present, to display any artifacts, photos, or stories about the history of the Greater Camptonville Area. This is in the very beginning stage of planning, so come to the meeting and contribute your ideas.

Also in the spring of 2013, the Camptonville Historical Society will be bringing out its first publication: an edition of selections from the diary of Mary Alexander Variel and her husband Joshua H. Variel, for whom Variel Lane is named. The diary describes the family's journey

from Indiana to Camptonville in a covered wagon.

We would love to see you at our meeting. Remember the date: March 19th, 7 pm, at the Masonic Lodge.



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Opportunity For Writers

Shirley DicKard

Sierra Writers will host a free Open Read on Wednesday, March 13 at 6:30 p.m. in the Madelyn Helling Library Community Room in Nevada City.

This is a fun opportunity for writers of all ages and abilities to have their anonymously-submitted story, poem, memoir, essay or excerpt read aloud, then receive brief, considerate, and supportive feedback from participants. Entries must be 750 words or less (2-3 double-spaced pages, size 12 font). State whether piece is beginning, middle, end or entire piece (such as a poem). Do not include author's name. Author must be present.

Sierra Writers provides a venue for writers of all types, with a range of experience and expertise, to meet, share and learn, with a range of experience and expertise. Meetings are held the second Wednesday of every month at 980 Helling Way, Nevada City.

For more information, log on to www.sierrawriters.org or call 563-6273, or Shirley at 288-3479.



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Water District Reports

Richard Dickard

Water Rates

At the Camptonville Community Service District (CCSD) meeting on Monday, February 18, board members reviewed the cost of producing water versus what users pay. On the average over several years - with operating costs of \$42,000 to produce 12 million gallons a year for Camptonville water users, the cost is \$3.50 per 1,000 gallons. The current water rate is \$45.00 for first 20,000 gallons, then \$2.25 per 1,000 gallons over the 20,000 gallons. The water district is operating at a loss of \$1.25 per 1,000 gallons.

Other factors to consider when setting water rates are the need to generate reserve funds for upgrades to the water plant and the distribution system as well as for future equipment replacement. The CCSD board members will discuss and take action on a water rate increase at the next CCSD meeting on March 18.

Water Plant Upgrade - Grant Status

The Yuba County Water Agency granted CCSD \$64,000 to prepare preliminary engineering design drawings, detailing what is needed to bring the C'ville water system up to date and what it will cost. Sauers Engineering Company of Nevada City is preparing this design. The rough estimate for improvements is now at \$1,500,000. This project will be completed at the end of March with the production of a 30% design package. CCSD is working hard to find grants to fund a water system upgrade project.

CCSD along with 3 other water agencies and 3 non-governmental organizations is working with the "CABY" organization to submit a \$5.5 Million grant proposal to the California (DWR). Camptonville's share of that grant, if awarded, is

\$800,000. Another grant proposal to the United States Department of Agriculture Rural Development (USDA) is being developed for full funding of the water system upgrade, just in case the DWR grant fails. If our quest to find grants to fund the system upgrade fails, a long-term (40 year) loan would be needed to fund the project.

Fundraiser a Tasty Success

Annalinde Wainwright

Colombian cuisine, presented in three courses, with South American wines, February 16, at the North San Juan Senior Center on Route 49, was an epicurean delight. Chef Edison Zapata, a native of Colombia, showed us why Colombia is on the list of 10 best places to visit in 2013. Starting with a salad, which resembled a prawn cocktail, followed by succulent braised beef with fried plantain, rice and beans, and then- be still my beating heart- an authentic chocolate dessert, didn't Colombia discover chocolate?

The senior center transformed itself into an elegant dining room with beautiful tablecloths and South American music in the background. The dinner began at 6, and diners lingered over their coffee and dessert until 8:30. Everyone agreed, the fund raiser was a great success.

Looking forward to our next fund raising gourmet adventure? On Saturday, April 20, LJ's Catering presents an Evening in Tuscany. Chefs Linda Metcalf and Jerry Nurse, famous for creating party extravaganzas, bring their talents to the North San Juan Senior Center. More on this later.

The North San Juan Senior Center's Tuesday Organic Lunch is becoming a community occasion. Who wouldn't enjoy Chef Edison Zapata's skills at presenting amazing, healthy, and very affordable lunches? The Tuesday lunch, from noon to 1 p.m. is growing in popularity. A vegetarian dish is always available as well. \$6.00.

The North San Juan Senior Center also has a Thursday lunch, prepared by the kitchen wizards of Nevada County. This lunch is \$3 for seniors and \$7 for everyone else.

Be sure to check out our reasonable rental rates for the whole facility, which includes a USDA commercial kitchen.

277-0169



123 Grow

Lucera Love

In January: the letter **Jj**. We sang in the New Year with a 123 Grow jingle. We jumped for joy at seeing our friends again. We explored jobs with different play stations and did our very important jobs of helping to set the table for snack time. The Letters **Ww** and **Ss** also made guest appearances in January with **Winter**, snow, and some sunny days too.

In February: the letters **Ff** and **Vv**, **Hh** and **Gg**. We made valentines for our friends and family. We learned about animals hibernating, made a hungry caterpillar and fed it by cutting and pasting pictures of healthy foods to the plates it was made of. Eating the rainbow helps us to "Grow (proteins), Glow (fruits and vegetables), and Go (whole grains)". We talk about the rainbow on our plates each time we sit together at the table for snack time.

Lacing letter cards with shoestrings was fun and helped us to improve our fine motor skills. Another way we learned letters was by tracing them, and rolling

them out with play dough. Singing a song helps us to remember where to start our letters, “If you want to write a letter, then you better, better, better start it at the top”.

Now that we are meeting twice a week, we are able to visit the library every week for story time, and book borrowing. In the library this winter, we learned about what animals do in winter, weather and snow, feelings, friends, and families. Our friendships have begun to deepen too with being together more often. Many of us are moving from parallel play (playing side by side) to interactive play (playing together).

Please join us with your children (birth to five years) anytime this school year on **Tuesdays and Thursdays 8:30 to 11:30**. Contact the Camptonville Resource Cen-



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 GUEST CHEF AT THE MAYO 

We would like to thank our Guest Chefs (volunteer people from our community who come in and prepare one of their favorite dishes) A big THANK YOU to Faye Melinger for January’s Chinese Dinner and to Matt Addiego Sr. aka Father Guido Sarducci for the Little Italy Night in February they were huge successes . This month we have the pleasure of a return visit by Faye Melinger with a South of the Border Theme Chili Rellenos and Chimichangas....yes she is putting away her chopsticks and pulling out her sombrero.

We are still looking for someone to be a guest Chef for the month of April and the rest of the year, so think of those special dishes that you love to prepare and sign up for your month .

Here are our upcoming special events/dinners for the month of March:

- « All month long is March Madness come and watch College Basketball with Brian!! Look forward to March Madness “nosh” specials
- « March 17th get your green on for St. Patrick’s Day we will be serving traditional Corned Beef and Cabbage Dinner
- « March 23rd Senorita Faye’s South of the Border Dinner!! Make your reservations early
- « March 31st Happy Easter to you and your families! We will be CLOSED ON EASTER SUNDAY MARCH 31ST. Happy

You can also look forward to our home-style, hearty, and delicious specials prepared by Ameer, Trinidad and Steve. Speaking of Steve, don’t forget about his rockin’ breakfast-now featuring Biscuits and Gravy all fresh made here at Burgee’s. Serving Breakfast Saturdays & Sundays 9am till 1pm, come and join us!!

Work Hard, Play Hard and Eat Hearty!

Thank you Brian & Sandi



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WSMC Plans For A New Facility

Brandy Kolmer

Western Sierra Medical Clinic (WSMC) has announced its plans to build a new facility for Miners Family Health Center on 5.3 acres near Grass Valley’s Brunswick Basin.

Building plans are currently in progress for a 16,800 square-foot, one-story, fully ADA accessible medical facility that would be located at 844 Old Tunnel Road. The non-profit organization recently purchased this land with the purpose of building a facility to support the health center’s growing and multi-faceted services, including primary medical care, adult and pediatric dental, maternity health, individual and group therapy, pediatrics, case management and a variety of supplemental services.

Additionally, the new site will include state-of-the-art tele-health capabilities linking patients to specialists outside the region, a lab draw clinic, and ample community and patient education space to allow for expansion of the Health Center’s robust educational outreach programs and patient education.

Plans for the new \$4.9 million health center reflect advanced thinking about the way people work toward health and healing. The building will support Western Sierra Medical Clinic’s team approach to healthcare that includes education, case management, counseling, specialty referrals, and preventive care to keep individuals healthier.

“The Community Health Center model actually reduces costs to our healthcare system by improving overall patient health and reducing the frequency of emergency room visits and expensive hospitalizations which might be avoided,” says Scott McFarland. “Our approach places the patient at the center of care and coordinates all of the support necessary to improve the patient’s wellness.”

The project is being funded through the Rural Community Assistance Corporation (RCAC) with a USDA loan guarantee. Additional community support will be allocated to specific programmatic needs or improvements to health center technology and educational resources.

To provide an understanding of the need for the new building, Western Sierra Medical Clinic reports that two hundred new patients join the practice every month at Miners Family Health Center.

For More Information Contact:

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Happy Whole Body Health

Kristen Snell

Are you seeking fitness, health-boosting fun and a connection with community? You can find all three at **“Happy Whole Body Health,”** a series of free classes for all ages hosted by the North San Juan Senior Center. Each unique session addresses different ways to wellness, whether through examination of a specific function of the body, a sharing of nutrition and lifestyle suggestions, engaging exercises for all ability levels or an evening of coordinated movement at a line dancing class.

Our March class schedule is as follows:

Every Monday in March 9 am, **Forever Young Fitness** with Shari Brookler

Friday, March 22nd 7-8 pm, **Line Dancing** with Shari Brookler

Tuesday, March 26th 1-3pm, **Diet & Lifestyle** with Skyler Myers

When asked what they hope people will get out of taking the Happy Whole Body Health classes, Activity Coordinators responded from the heart. Tom Wade said, “I hope they get a really big smile on their face and find more enjoyment in the life that they’re living.” Instructor Shari Brookler added, “Simply, I hope people have a good time getting some exercise and are inspired to do more good things for themselves and others.” Activ-

ity Coordinator Skyler Myers shared, “That they may make better informed choices as to what they allow into their bodies through all five senses.”

While the classes are offered free of charge, donations to benefit the North Gold Senior Mountaineers are greatly appreciated. The classes are offered on a drop-in basis and registration is not required.

Should you have any questions about the Happy Whole Body Health series, the best way to reach us is via email: northsanjuanseniorcenter@gmail.com.

REBEL RIDGE ORGANICS

WE ARE OPENING WEDNESDAY MARCH 6TH, 10AM TO 5PM.

We are looking forward to Spring, a season of gardening to start.

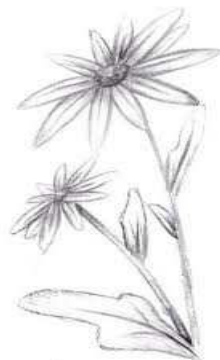
Come on in, tell me what you might need and I will be happy to get it for you if I don't already have it in stock.

Remember: Garden Organically, it's good for the environment and great for your health.

Shop locally it keeps our community vibrant.

Hope to see you soon!

Jessi Mullins

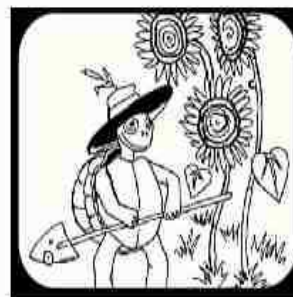


Feb 19-March 20

Pisces

In order to gain the level of confidence you want, you have to stop focusing so much on what other people think. Does that sound counterintuitive to you? It shouldn't. Only insecure people base their status on what other people think. You need to stop trying to impress other people and start trying to impress yourself! Don't get carried away in other people's dramas and expectations. Do something that will make you proud of yourself -- and your ego will take care of itself.

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Cougar Basketball 2012-2013 Team Roster

5th Grade

Mikynna Aguirre #3, Miya Garcia #5, Kyle Ledson #4, Ashlee McDaniel #22

6th Grade

Logan Lopez #12, Gia Mizener #13

7th Grade

Brandon Aguirre #15, Justin Dondono #25, Reid Pearcy #24, Noah Williams #33

8th Grade

Robert Thomas #11

Head Coach

Adrayan Aguirre

Assistant Coach

Nehemiah Elliott

Our 5th – 8th grade Cougar Basketball team included a combination of veteran and first time players this year. The offense was led by seventh grade player, Brandon Aguirre, whose quick hands and powerful shot earned him over 136 points this season. Another team leader, seventh grader Reid Pearcy, was aggressive on his drives down the court, and excelled at passing and shooting. Noah Williams complimented the offense with solid defensive skills, great reach, and communication. Justin Dondono set an uncompromising defense while also improving his shooting attempts. Although eighth grader, Robert Thomas was sidelined with a foot injury, his height and rebound attempts helped throughout the season. Logan Lopez, a latecomer to the team, added greatly with his determination and down-court speed. Sixth grader Gia Mizener was definitely in the running for most improved player as she learned how to put defensive pressure on opponents in her tenacious style. Fifth grade players, Ashlee, Kyle, Mikynna, and Miya surprised coaches with their ability to cover and push through opposing team players who at times towered over them by more than a foot.

The Cougars are grateful to their amazing coaches, Adrayan and Nehi, who showed endless patience, dedication and skill in instructing these young people. Improvements in the level of play, teamwork, cooperation, and sportsmanship, made the season a positive, successful experience for all of our players.

Sandy Ross



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KIDS CORNER

Lady Bug Facts:

1. Adult ladybugs hibernate in large groups.

As winter approaches ladybugs will nest together under bark, and leaves at the base of trees and even at the bottom of a home in a sunny spot. Ladybugs gather by the thousands to seek shelter and warmth.

2. Ladybugs are cannibals.

When times get tough and there is no food available ladybugs will turn to cannibalism and eat new young soft shelled siblings. Eggs are another option for starved ladybugs who have ran out of other food sources.

3. Bleeding defense mechanism.

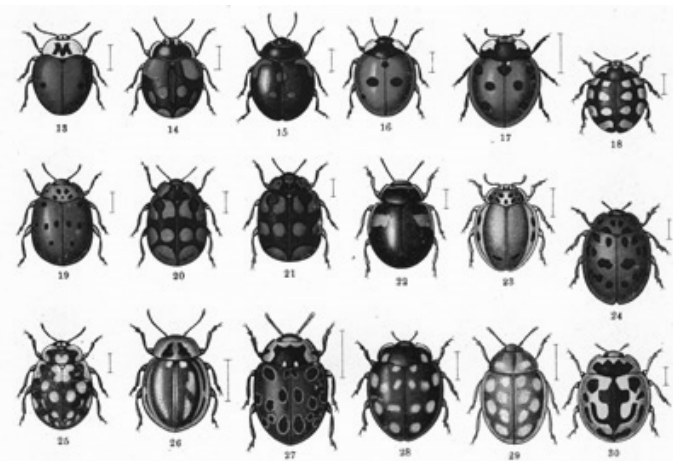
If a ladybug is startled it will secrete blood from it's knee joints. The blood is not only toxic but also a foul smelling fluid.

4. Ladybugs don't bite!

Ladybugs don't bite like mosquitos or even a flea. Ladybugs use their mandible's (row of rake-like teeth) to pinch in self defense.

5. Lifespan and reproduction.

A ladybugs average lifespan is between 2-3 years. In a female's lifetime she will lay over a thousand eggs. Sometimes she will lay infertile eggs with her fertile ones, that way if her newly hatched larvae run out of food they can eat the non fertilized eggs. Newly hatched larvae



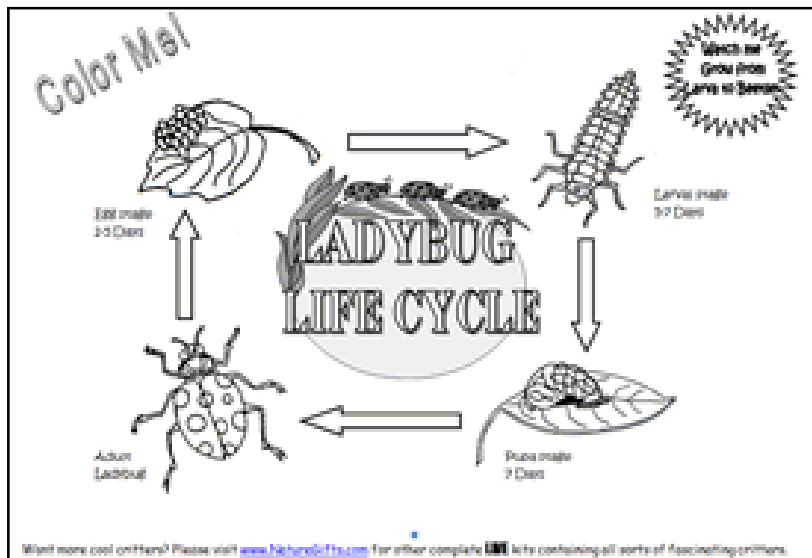
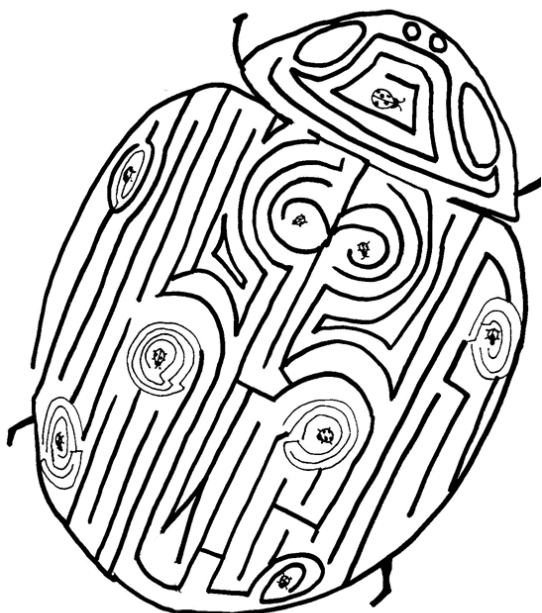
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resemble alligators when looked at up close.



LADYBUG ACTIVITIES



All campgrounds are in winter status, which means no services and no fees. For up to date information on the status of the snow trail system feel free to call the ranger station, [\(530\) 478-6253](tel:5304786253). We have plenty of free Winter Recreation maps to help you enjoy some winter fun.

Fishing in Sierra County Rivers and streams is closed. Fishing in the lakes and reservoirs is open year round. Brochures are available at the ranger station.

With the arrival of spring, I would like to remind everyone to work on their defensible space. The Public Resource Code requires 100 feet of clearance around all structures on your property. This is a great time to clear your property and burn piles before summer sneaks up on us. Remember, you are ultimately responsible for your fire, and the liability could potentially be detrimental. There has already been an escape debris pile that caused significant damage in the month of February, so please keep safe burning tips in mind:

1. Maintain adequate clearance around your piles
2. Have water and tools near the site
3. Stay in attendance of your pile, and always be sure they are dead out!

For more information on clearance and burning, you can visit the CALFIRE website at www.fire.ca.gov, or come by the Yuba River Ranger District for more information.



CalFresh

California's nutrition supplement

program to find out if you're eligible and to fill

out an application please contact the Resource Center:

288-9355

You do still need to check with the Department of Air Quality for burn day status. During business hours, you can call the Yuba River Ranger Station for burn status information. After hours or on weekends please call the appropriate county:

Sierra County	289-3662
Nevada County	274-7928
Yuba County	741-6299

**THE CAMPTONVILLE
SCHOOL
ANNUAL READING
MARATHON**



Our 2013 Annual Reading Marathon is going strong after a fantastic kickoff on February 22nd featuring a visit from local, young-adult mystery novelist, Sean Thomas Odyssey. This year's theme is "Reading Takes You Places," and students are reading past Hollywood, San Francisco, Sacramento, and Yosemite by car, boat, airplane, and on foot. In conjunction with Read Across America, this is a chance for Camptonville students to earn money for classroom or school field trips, assemblies, enrichment activities, or specialized projects. Students accomplish this by obtaining five or more sponsors from people outside of school employees. While school staff will continue to sponsor readers, students are asked to spread their enthusiasm for reading by asking family members, friends, work colleagues, and neighbors to pledge their support.

If you are not connected with a student at Camptonville School, but would like to support the noble cause of "Love of Reading," we would greatly appreciate

your sponsorship of a reader who is having difficulty obtaining sponsors.

What will students be doing in return for your support???

READING, READING, READING!!!

...as well as recording the number of books and pages they read. Each student must also meet the requirements for reading that are established in their classrooms in order to be able to attend a special surprise destination field trip on Tuesday, April 16th. There will also be a special presentation at our April 3rd Awards Assembly to honor students for their participation in the Reading Marathon Program.

Please give me a call at 288-3277 if you are able to sponsor a child.

Thank you in advance for your support.

Mrs. Ross



ANSWERS FOR FEBRUARY SUDOKO

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

5-Ingredient Dessert

Nicole Mizener

5-Ingredient White Chocolate Mousse

Ingredients

- 7 ounces white chocolate, chopped into very small pieces
- 2 egg yolks
- 2 tablespoons sugar
- 1/4 cup heavy cream, plus 1 cup
- 12 fresh blackberries, for garnish

Directions

In a large glass bowl, place the chopped white chocolate and set aside.

Add the egg yolks and sugar to a small bowl and whisk until pale in color.

In a saucepan, over low heat, bring 1/4 cup of the cream to a simmer, and slowly add the cream into the yolk and sugar mixture. Pour the creamy mixture back into pan and stir with a wooden spoon until it coats the back of it.

Pour hot mix into a fine mesh sieve placed directly over bowl with the chopped chocolate. Stir until completely smooth.

In another bowl, whip remaining 1 cup of the cream to almost stiff peaks. Fold half the whipped cream into the white chocolate mix to lighten and then fold in the remaining whipped cream.

Spoon the white chocolate mousse into 4 serving cups and refrigerate until set, approximately 1 hour. Garnish with blackberries before serving.



Walk With Ease- Downieville

Brandy Kolmer

Join other community members working to improve their health by registering for the Western Sierra Medical Clinic **Walk with Ease** program. This new six-week series is designed to help individuals go "from couch to walking" at a self-monitored pace.

The classes meet three times a week on Mondays, Wednesdays and Fridays beginning Monday, March 4, and are held from noon – 1 pm. Participants will meet at the WSMC conference room and walk to areas around downtown.

Walk with Ease was created by the Arthritis Foundation and is ideal for novice walkers, those wishing to begin a fitness program, or those slowed down by pain.

Classes will be led by Hannah Lucchesi, who was trained as an instructor in this program and has received her CPR certification. Each class includes brief educational talks on topics such as proper form and health benefits, followed by warm-up stretching, a self-paced walk and a cool down.

"This program can help individuals regain some of their mobility while reaping

the many health benefits of walking," says Danielle Yantis, Registered Dietician at WSMC, who is also a Walk with Ease leader. "I see it as an important tool for individuals embarking on a weight loss program or interested in finding other individuals who have similar health related goals."

Participants will be supported to gradually increase their walk-time from 10 minutes to 30 minutes throughout the series. A program guidebook is available with customized walk-for-fitness routines, stretching exercises, and heart-rate monitoring techniques.

This program is funded by the California Arthritis Partnership Program. Pre-registration is requested and can be made by contacting Hannah at 289-3298 or emailing hannahd@wsmcmed.org. The walking sessions will run through Wednesday, April 10.

For information about Western Sierra Medical Clinic, visit www.wsmcmed.org.

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Janis Keipper Kluge

Jan, 65 years old from Sparks, NV, peacefully lifted to heaven January 25, 2013. from the Hospice Green House in Peoria, AZ after a 18 month battle with cancer. She and husband Steven Kluge have been "snow birds" wintering in Sun City, AZ for the last 5 years and recently for health treatments at the CTCA. Jan, the only child of Paul & Gertrude Keipper, was born November 27, 1947 in Milwaukee, WI and raised in Menominee Falls and Sheboygan WI. Other places called home include Albuquerque, NM, Camptonville, Willow Creek, Santa Maria & San Mateo, CA, Stevens Point, WI and Springfield, MO. Jan was a teachers aid and positive energy source for study hall at Reghetti HS in Santa Maria. She also was a teachers aid at the Camptonville Elementary School where she helped organize a school library and published the C-Ville News on an old AB Dick offset printer. She also held movie night showings in the gym, popcorn sales and fundraisers to help support the library. Jan graduated from the College of Santa Fe in 1992. She was a teacher in the mental health unit at the Los Lunas, NM correctional facility for 5 years. Jan was a loving wife, devoted mother, and an avid Packer Backer with Green and Gold running thru her veins. She lived life to the fullest with gusto, spunk, sparkle and grit - a true positive energy source overflowing with joy, humor, wit and love. She is survived by Steve, her husband of 44 years, daughters Gretchen Parker, Rachel Boettger, Laurel Kluge, and son Nicholas Kluge along with grandchildren Steven and Liberty Boettger, Zack and Abby Parker, and Laurel's children Anna, Marc, Shaila, and Josh, along with friends and relatives across the country. A celebration of Jan's life with reception to follow will be held at 1:00 PM, this March 16 at the American Lutheran Church in Sun City, AZ (623-974-2512). Donations can be made in Jan's name to Arizona Assistance In Health Care, POBox 5157 Goodyear, AZ 85338 (623 207-3009) www.arizonaassistanceinhealthcare.com, or to Bethesda Lutheran Communities 600 Hoffmann Dr, Watertown, WI 53094 (920-206-4480) www.BethesdaLutheranCommunities.org.

Second, pollution is putting a hole in the ozone layer. Wikianswers.com states that "2006 was the record year for the size of the hole in the ozone layer. It was 27 square kilometers, (10.5 square miles), roughly centered on the South Pole. That area was the size of North America." If the hole gets bigger, the sun will shine through on the earth more so it will get very hot. All the plants will shrivel up and die. So the food crops would most likely die, and that's where some of our food comes from.

Next, littering is making the earth looked trashed. Yes, things do decompose, but, it takes many years to do so. Paper takes 2-4 weeks, orange peels take 6 months, aluminum cans take 80 years, a glass bottle takes about 500 years, and Styrofoam never decomposes. There is also a fine for littering, it is also pretty high. So do you really want to get fined and waste you're money for something that would take you a couple of seconds to do? I think not!

These are only three of the many reasons why we should save the planet. For example, we should also clean the waters for oil or soda cans, plastic wrappers, and we should not pollute the air. I hope we can stop or slow down the growing hole in the ozone layer, stop polluting as much so the ice caps won't melt, and stop littering.



PROTECTING THE EARTH

Ariana Bonfiglio

Our earth will die if we don't take care of it right. It is a very terrifying thing if you think about it. Protecting the earth is a serious problem. Like most people I would like to keep the earth healthy, not polluted, and dirty. I have 3 reasons why we should protect the earth.

First, global warming is melting the ice caps. According to nrdc.org "The average temperature in the arctic region is rising twice as fast as it is in elsewhere in the world. The polar ice caps as a whole are shrinking." If the ice melts it will affect the whole world by making the water levels rise. The people who live by the ocean, their houses will be under water and the land size will shrink. Another reason why this is bad is the animals that live there can't live there anymore because it will be too hot without the ice.



S.O.A.P (Save Our Ailing Planet)

Nicole Mizener

Over the past year I have become more attuned to “clean” living: eating organic foods, reducing my sun exposure, and so forth. And through this transition I have become aware of the products I use to clean not only my skin but also the products I use for my household as well. We use some sort of cleaning product multiple times per day, whether it’s for washing our hands, cleaning our home or even doing laundry.

What we put on our skin often ends up in our body, and it is just as important as what we eat, drink and breathe. Our grocery stores are lined with beauty and cleaning products that have been linked with chemicals that disrupt our hormones, have been known to cause cancer, shown to cause allergies, and even damage your skin.

Thankfully I came across a small shop in Nevada City that supplies SAFE products for your body and home. S.O.A.P. (Save Our Ailing Planet) is owned by the charming Laurie Larnet and offers products that contain no parabens, phalates, or phosphates and are biodegradable. S.O.A.P honors the Safe Cosmetics Pact and carries all local and regional products that are shipped minimally in small freights.

Laurie’s shop not only provides SAFE products to use on your body and your in home, but also helps to reduce the carbon footprint of her store and the carbon footprint of her customers. She encourages you to bring in clean and dry reusable containers such as glass jars or even your old detergent jugs. This way you reduce your waste by recycling your containers, and this prevents single use containers ending up in the landfill. S.O.A.P. offers most products in bulk, or you can have your hand in mixing up your own concoction. Laurie and her staff are available to help you with recipes and questions. Often you will find when shopping at S.O.A.P that you spend con-

siderably less than when purchasing other potentially harmful cleaning or beauty products at your local store.

S.O.A.P. carries products by BioKleen, Earth Friendly, EO, Kiss My

Face, SHIKAI, California Baby and many more. You find everything face cleansers, lip gloss, salts, body sprays, lotions, body oils, shampoos and conditioners, as well as products for the home such as dish-washing gels, laundry detergents, toilette cleaners, all purpose cleaners, oil absorbents and even other items such as Himalayan Salt Lamps and jewelry.

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Camptonville School March Calendar

March 4: Site Council Meeting (3:00) *Rescheduled from February 25*

March 6: Awards Assembly (8:45) Minimum Day Dismissal (12:45)

March 11: School Board Meeting (6:00)

March 20 – Reading Marathon Ends – All money and sponsor sheets due

March 25-29: Spring Break (No School)

*******ECRWSS 22B001**
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MARCH Community Calendar

Annual Cemetery Clean up.....	Saturday, March 9th, 10am at the Camptonville Cemetery
CCP Board Meeting	Third Monday, 5 to 7pm, Resource Center
CCSD Board Meeting.....	Third Monday, 7 to 9pm, Camptonville School
Camptonville History Society Meeting	Tuesday, March 19th, 7pm at the Masonic Lodge
Camptonville Prepared!.....	Wednesday, March 20th, 7pm
Courier Deadline	Wednesday, March 20 th
Courier Fold	Thursday, March 28th
Diet and Lifestyle	Tuesday, March 26th, 1-3pm
Food Bank (Federal).....	Third Thursday, 8am, Lake Francis Grange, Dobbins
Food Bank (Local).....	Other Thursdays, 1pm, Lake Francis Grange, Dobbins
Forever Young Fitness.....	Every Monday in March starting at 9am NSJ Senior Center
Guest Chef.....	Saturday, March 23rd at The Mayo
Line Dancing	Friday, March 22nd, 7-8pm at the NSJ Senior Center
NSJ Senior Center Lunch	Every Tuesday and Thursday, noon to 1pm
Open Read	Wednesday, March 13th, 6pm at the Madelyn Helling Library in Nevada City
WSMC Mobile Health Services	Tuesdays, 10am to 3pm, Masonic Lodge
Yoga—Camptonville.....	Tuesdays, Camptonville School Gym, 5:30 to 6:30pm
Yoga—Willow Springs	Every Tuesday, 10 to 11:30am (nourishing and gentle yin yoga)

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