

Wednesday
March 22,
2006

Siskiyou Source



A People's Paper for Positive Living

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Vol. 1, No. 11

Feel Good For Only

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Bridging Our Community's Cultural Divide

EHS students and local Hispanic families share stories in Spanish

ETNA - Last week, the Spanish III students from Etna High School (EHS) taught by Jeffy Marx shared Spanish storybooks and a pizza dinner with local Hispanic families that actually were the focus of the EHS student stories. A few weeks ago, the EHS Spanish students went to the homes of local Hispanic families to speak with the children in Spanish and create a story based upon what the children shared.

The EHS students could only use Spanish when speaking with the children, and because some children only spoke English, the parents in numerous cases interpreted the ques-



tions in Spanish for the children and shared the responses in Spanish with the EHS students.

This created a wonderful opportunity to engage the entire family in the project and to develop

communications between cultures and generations.

Over the course of the last few weeks, the EHS students took the information they had gathered and created a story based upon what the child had shared during the home visit. The EHS students designed and constructed creative and colorful books with stories in Spanish and pictures to help convey the story being shared.

Once all the storybooks were completed, the families and Spanish students got together to share what each student's book was about and a bit about the child that the story was written

See **Bridging**, Page 3 >

Madrone Hospice Easter Basket Contest

Madrone Hospice is sponsoring an Easter Basket Contest to make baskets that will be delivered to the Madrone Hospice patients to help them celebrate Easter. The winner will receive a \$25 gift certificate from The Hospice Shop at 209 West Miner Street in Yreka.

The deadline to enter a basket is March 31st, and suggested items include: candy, protein bars, dried fruit, protein drinks, lotions, toiletries, and books (no perishable items please). For further information, contact The Hospice Shop at 842-6025.

Leadership Siskiyou County hosts www.volunteermatch.org Collaborative, creative solutions match volunteers and programs

The LSC Class of 2006 project is "Lend a Hand, Need A Hand", a volunteer matching project for Siskiyou County service groups who need a hand and people who want to volunteer. With your support we believe that our project will be a great success and will benefit our entire County.

Leadership Siskiyou County is a program of the Shasta Regional Community Foundation. Its role is to engage current and emerging leaders of diverse backgrounds, provide a broad range of information about Siskiyou County, facilitate the development of leadership skills, and support relationships to build community strength. With over one hundred alumni, we have great resources in developing and facilitating programs to meet the changing needs of the community.

Leadership Siskiyou County, a community based leadership development program, is in its ninth year of "building community strength, one leader at a time." Classes provide a resource-rich learning environment that challenges participants to explore collaborative solutions.

Our class decided not to reinvent the wheel so we are promoting www.volunteermatch.org. The web site can be localized by entering your zip code. This San Francisco based organization has been operating for 7 years and has more than 30,000 volunteer opportunities listed by community service organizations (nonprofit and tax-exempt) throughout the country. There are a variety of ways to find a volunteer or volunteer opportunity that's right for you.

We are proud to be partnering with them because Volunteer Match has been recognized by the White House, M.I.T., the Smithsonian Inst. They received the Grand Prize in 2004 from the Yale-Goodman Sachs Foundations in the nonprofit business plan competition. They also received the Webby Award for "activism" and "services".

Through out the month of March we are encouraging service organizations to register on this site. April, being volunteer month, is a perfect time for us to promote volunteer signups.

With your support we believe this will benefit the entire county and that our project will be successful.

There are a variety of ways to find a volunteer opportunity that's right for you. To get started, follow these instructions:

See **Leadership**, Page 3 >

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County Clerk's Corner

Information from the Siskiyou County Clerk's Office



Clerk's Office which ballot they want to vote. How and when will this happen? If you go to the polls to vote, then on election day you will be given the opportunity to choose either a non-partisan ballot or a ballot from one of the three above-mentioned political parties.

If you are a non-partisan voter who votes by mail because you are a permanent absentee voter or live in a mail ballot precinct, you will be mailed a letter from the County Clerk's Office beginning March 24th. The letter will provide you with the opportunity to choose which ballot you want to have mailed to you. So, if you receive this letter, please respond so that we can be sure to mail you the ballot that you want. If you don't respond to the letter, you will automatically receive a non-partisan ballot in the mail by mid-May.

Your registration status as a non-partisan voter will not change regardless of which ballot you choose to vote in the primary election.

If you are a voter registered with recognized

political party (in California, we have seven recognized political parties - Republican, Democratic, American Independent, Natural Law, Peace & Freedom, Libertarian, Green) you will be automatically be provided with your party's ballot, either at the polls or through the mail.

As I said in the beginning of my article, California's primary system is confusing at best, and I encourage anyone with questions to stop by the County Clerk's Office at 510 N. Main Street, Yreka, or to phone me at 842-8084 or toll-free 1-888-854-2000, ext. 8084.

The Clerk's Office has been at its new location, 510 N. Main Street, Yreka, for about a month. If you haven't stopped by for a tour, be sure to do so soon!

Colleen Baker

Siskiyou County Clerk

510 N. Main Street

Yreka, CA 96097

530.842.8084

cbaker@co.siskiyou.ca.us

Fax: 530.842.8093

The California primary election process is unique (I say confusing!) in that it allows voters registered non-partisan or voters registered with a non-qualified political party to vote either a non-partisan ballot or a ballot from a political party that allows cross-over voting.

For the June 6, 2006 Primary Election, there are three political parties that will allow cross-over voting by non-partisan voters: American Independent Party, Democratic Party and Republican Party. Non-partisan voters will have to tell the

Flood Assistance Information Update

After Contacting FEMA to register for assistance, applicants should complete and return SBA Loan Application

SACRAMENTO, Calif. - Victims of California's December-January flooding who receive a loan application from the U. S. Small Business Administration (SBA) should take the time to fill it out - even if they don't want a loan, urge disaster recovery officials from the Federal Emergency Management Agency (FEMA) and the Governor's Office of Emergency Services (OES).

Most of the people who register for assistance online at www.fema.gov or by calling 1-800-621-FEMA (3362) or (TTY) 1-800-462-7585 will receive a packet containing the SBA loan application.

"The loan application provides necessary information for determining the appropriate assistance," said Federal Coordinating Office Tom Davies of FEMA. "If the SBA is unable to make you a disaster loan, the applicant may be referred to FEMA's other needs assistance (ONA) program."

FEMA disaster assistance covers basic

needs only and normally will not compensate you for your entire loss. If you have insurance, FEMA may help pay for basic needs not covered under your insurance policy. Some disaster aid does not have to be paid back, while other help may come in the form of low-interest disaster loans from the SBA. The loans are available to renters, homeowners and businesses of all sizes in the 13 declared counties that were affected by winter flooding. Loan amounts and terms are set by the SBA based on each applicant's financial condition.

"We urge anyone who sustained losses in these floods to register for assistance and mail in the completed loan application as soon as possible," said State Coordinating Officer Henry Renteria, director of OES. "It's the first step in getting help."

Information on SBA loan applications is available by calling the SBA helpline at 1-800-659-2955 or visiting the SBA Website at www.SBA.gov/disaster.

Counties whose residents are eligible for disaster assistance are Contra Costa, Del Norte, El Dorado, Lake, Marin, Mendocino, Napa, Nevada, Sacramento, Shasta, Siskiyou, Solano and Sonoma.

Sweepstake Lottery Scam

NORCO, Calif. - On Wednesday, March 15, 2006, a citizen of Norco, California reported to responding deputies that she had received a letter indicating she was the winner of a substantial amount of money in the "Spanish Lottery". The letter stated that recipient had won an amount in excess of \$120,000. Included in the envelope announcing the winnings, was a small check made out to the "winner" with instructions to deposit the check intended to cover taxes and fees for the winnings.

The recipient of the letter was immediately suspicious as she had not entered into any such lottery, so she immediately contacted the Riverside Sheriffs Office. The citizen soon learned that the letter and check were part of a larger fraud operation designed to access unsuspecting victims' bank accounts.

Had the recipient of the check deposited the check, fraudulent access to the victim's bank account would have been available to the suspects.

Citizens should be aware that such scams are on the increase. The letter announcing the winnings contained errors such as misspelled words (including the word Sweepstake), improper grammar, punctuation, and sentence structure.

The Riverside County Sheriffs Department, Jurupa Valley Station would like to remind citizens to be wary of any unsolicited requests for money or information and to report any suspicious requests for information to local law enforcement.

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Leadership

>Continued from Page 1

1. Visit www.volunteermatch.org.
2. Click Search at the top of the page.
3. Enter your ZIP code in the ZIP code field.
4. Refine your search using the additional Search fields.

5. Click 'Search' to see a list of volunteer opportunities that match your criteria. Scroll through the search results for an opportunity that matches your interests. Click on a listing title for additional details and then click 'I Want to Help!' They'll send an e-mail to the nonprofit organization notifying them of your interest.

For more information or assistance Leadership Siskiyou County Class of 2006 contacts Michelle O'Gorman at 842-1313 or Lauri Sturdivant 235.4262 or www.leadershipsiskiyoucounty.org.

Leadership Class of 2006; Kathy Anderson, Jeff Butzlaff, Toni Bray, Idonna Cox, Brandon Criss, Colette Cross-Bradley, Nancy Driscoll, Julie Duncan, Michelle O'Gorman, Lauri Sturdivant, Connie Warren.

Sengthong's Blue Sky Room hosts Jazz Concert Series

DUNSMUIR - Sengthong's Blue Sky Room in Dunsmuir is proud to announce a jazz concert series featuring local jazz musicians. The Ron Hoopes Trio and the Ted Taforo Quartet will be playing in the Blue Sky Room March 24th and March 31st. The series will conclude with a performance on April 15th.

This jazz concert series will feature several great local jazz musicians and offers the citizens of Siskiyou County a unique opportunity to witness something truly magical in the local art scene.

Much of the material being performed is original, some is classical - all are played at a standard of artistic excellence and craftsmanship that we as a community can take pride in.

This concert series will be recorded live and will be later available from the artists.

Sengthong's Blue Sky Room is located at 5841 Dunsmuir Avenue in Dunsmuir.

For more information, please call 235-1046.

Bridging

>Continued from Page 1

for. Then, the students and families got together again individually, and each student read in Spanish the book they made and gave it to the child to keep.

The Hispanic families that took part in the program were all from Scott Valley, and the age of the children the stories were written for ranged from 3 to 10 years old. The stories shared varied from super hero adventures with characters like the Power Rangers, to one about a young boy who didn't think he would like preschool and devel-

oped quite interesting ways to avoid going. The children all showed sheer delight as the stories were shared that had been made for specifically for and about them, often times running around the room to show other friends and family members. The EHS students all did an excellent job in creating beautiful and meaningful stories that the children and families truly enjoyed both seeing and sharing.

Pictures from all the Spanish storybooks can be found on page A6, along with the related student and child information.

COMMUNITIES NURTURE, CHILDREN GROW.



**Kids spell love
T-I-M-E.**

- John Crudele

The simplest of things can mean so much in the life of a child. Here are just a few of the many things you can do with children today to make them feel so very special:

1. Go for a walk together
2. Read a story together
3. Play your child's favorite game
4. Have a party, just because
5. Cook your child's favorite meal together

Call your local Family Resource Center for more information

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Happy Camp.....493-5117	Scott Valley.....468-2450
McCloud.....964-3250	Tulelake.....667-2147
Montague.....459-3481	Weed.....938-2426
Yreka.....842-1313	

This message is brought to you by:





Siskiyou Community Services Council
Siskiyou County's
Child Abuse Prevention Council

To report suspected child abuse or neglect please call 911 or 842-7009

APRIL IS CHILD ABUSE PREVENTION MONTH

**The Healthy Families Program
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- Tulelake - 667-2147**
- McCloud - 964-3250**
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Snowflake Bentley, Peace and...Vuja de?

Ask a Librarian



by Rick Perkins

Greetings readers! This week brings us an eclectic mix of questions, which upon being presented with the answers, will surely prepare you to be a winning contestant on Jeopardy. Well, maybe not, but you will certainly be in command of some really nifty trivia with which you can truly amaze or bore your friends! Here we go! Just in time for spring, Antonia asked, "How do people know that no two snowflakes are alike?" I myself have laid awake at night imagining a Federally funded program with a highly paid university scientist employing an army of unpaid graduate students carefully collecting snowflakes by the gagillions in order to provide fodder for a highly regarded published paper in Scientific America. They are wasting their time, Snowflake Bentley beat them to the punch!

It seems that back around the turn of the last century, not Y2K the one before, a New England scientist, with lots of time on his hands, began collecting and examining snowflakes under the microscope. He continued his work for the next forty years taking 5000 photos of snowflakes and working up a system for categorizing 80 different types of flakes. This earned him the nickname Snowflake Bentley. Apparently he never found two alike! He did find that flakes come in all sorts of

shapes and sizes. Does this prove that no two flakes are alike? Probably not, however for you statistics lovers out there, further research revealed that a snowflake is composed of over 180 billion molecules and, therefore, the odds do not favor any two having exactly the same shape. Antonia, you may find peace of mind imagining that someone is still out there looking for the elusive twin flakes!

And speaking of peace...Abby asked, "Who invented the Peace Symbol?" The symbol so widely used during the Vietnam War era and mocked by some as the footprint of a chicken, was invented in England, in 1958, by Gerald Holom upon request of Lord Bertrand Russel. Russel was head of the British campaign for nuclear disarmament and a primary sponsor of protests and the peace symbol became the badge for the "direct action committee against nuclear war." The peace sign was actually designed from the naval flag code for the letters N and D (nuclear disarmament), N being two flags stretched downward at a forty-five degree angle and a D formed by two flags, one straight up and the other straight down. When a circle was drawn around the combined flag symbols the Peace Sign was born! The Peace Sign was adopted in the United States by Bayard Rustin, a friend of Martin Luther King Jr., and Dr. King began using it during civil rights marches. The symbol went on to become a rallying sign for ending the Vietnam War. Hmm, am I the only one who has the strange feeling that we've been here before?

Our last question for this week is from Michelle. She asked, "What causes Deja Vu?"

The concept of Deja Vu is when a person seems absolutely convinced that a first visit to an area or place is already familiar and known. One possible medical cause for this phenomenon may be that the optic and neural paths from our two eyes may

be slightly different. Or that our "newer" and "older," in some cases "much older" brain processing might be the explanation for the feeling of deja vu. Then, of course, there is the past life, reincarnation school of mystic thought theory to explain the feeling, but the scientists will tell you that there is absolutely no studies to support the existence of deja vu. I have to admit that I have experienced this phenomenon upon several occasions and know of a number of people who have but then again maybe it's just an old brain misfire! This week's "win a cup of joe on Rick," from Wildwood Crossing, will go to the first person who can tell me who came up with this parody on deja vu. "Do you ever get that strange feeling of vuja de? Not déjB vu; vuja de. It's the distinct sense that, somehow, something that just happened has never happened before. Nothing seems familiar. And then suddenly the feeling is gone. Vuja de."

The winner of last week's "cup of joe on Rick" was Madeleine Ayres who came up with the correct author, Ken Kesey, for the "on the bus..." quote. According to Bartlett's this ditty is from his 1968 work The Electric Kool-Aid Acid Test.

This week's sources came from the following web sites. The information for Snowflake Bentley was acquired from www.starryskies.com. The Peace Sign answer was gleaned from www.designboom.com. The explanation for deja vu came from

<http://mb-soft.com/public/dejavu.html>.

Got a question? Ask a Librarian at etnalibrary@yahoo.com

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The Siskiyou Source is a weekly publication meant to be a collaborative endeavor to gather and share positive and informative information about issues in our communities. That's why it's called "A People's Paper for Positive Living". If you have something to share, send it in. If it fits the format, we'll put it in and give you credit for your contribution. Content includes any stories, pictures (like photographs or drawings for the back page collage) as well as positive sayings, recipes, funny stories, book reviews - really anything similar to what you already see in the Source or anything new you think is a good idea to share is the stuff we want to hear about.

Maybe you're an expert in something and would like to share some of your expertise, or even just a funny family story to share - if you send it we'll see about getting it in there. The Siskiyou Source is also here to help any city, county, state and federal agencies, as well as local groups and organizations to assist in informing the public, so please send us any press releases or information you wish to share.

Email is the easiest and quickest way to share with the Source. Please see the subscription form for contact information.

Gadget Girl Media & Technology World



Need to find something on the web...Fetch it on Dogpile.com

Dogpile.com is "All the best search engines piled into one". It searches all the most popular search engines to retrieve the best combined results, including Google, Yahoo Search, MSN Search, Ask Jeeves, About, MIVA, LookSmart and more.

Dogpile.com was created to deliver more comprehensive and relevant results because different search engines often return different results for the very same term, meaning more results were found the more search engines searched.

The idea behind Dogpile.com is to retrieve results from all the top search engines, remove duplicates and ensure the best search results using a metasearch technology specific to Dogpile.com.

Companies have the ability to pay for their ranking on search engines, and this can often make it very difficult to sift through all the advertising links to find what you are searching for on the Internet.

Dogpile.com also has an all-new "Comparison View" feature that lets you compare results from the leading engines with the click of a button, and they even provide a demo to show you how this feature works.

Dogpile.com has a toolbar that allows you to instantly search all the popular search engines, as well as yellow and white pages, public records, and horoscopes. It has been awarded the PC Magazine Editors choice for 2 years in a row and even allows you to highlight keywords and block pop-ups.

Dogpile's toolbar won PC World's Best of the Web Browser Toolbar Plug-Ins last year, and also took top honors with SearchEngineWatch.com for Best MetaSearch Engine winning both the popular vote and with the SearchEngineWatch's editors a couple of years ago.

One of Dogpile's main benefits are the smart 'Refine your results' links, which let you narrow your results using additional search terms that the site assumes in an effort to help you find what you're looking for.

Dogpile.com also has a canine mascot named Arfie, who resembles a Dalmatian and whose main job is to retrieve the best results from the leading search engines for you. He follows you throughout the Internet and gets dressed in different costumes to celebrate various holidays and occasions. You can see Alfie's Photo Album under his bio on the website.

Arfie never sleeps or begs for food, he just patiently waits for you to give the magic words "GO FETCH!" and he's off. He loves helping people save time and effort by searching multiple search engines, and enjoys spending time with others having a good laugh enjoying jokes and horoscopes. Alfie is also very magnanimous supporting national charities that help the well being of communities across the country, and loves creating new ways that motivate others to get involved.

Next time you need to find something on the Internet, give Alfie a try at www.dogpile.com.

Classifieds

Help Wanted

Madrone Adult Day Health Care seeks Drivers, Caregivers, CNAs Yreka and Weed Centers For information, call 842-3160

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Misc

Looking for a Piano?

We have a very nice 1940 Gulbransen upright spinet piano that would really like to be played. If you need a piano our spinet might be just right for you. We are not selling our piano for cash but are looking to trade it for something you might have that we could use. A cord of wood perhaps? Or, a portable keyboard, stringed musical instruments, a powered sound mixer, our fields of approximately two or three acres mowed, or...we'll consider all offers? If interested please contact Rick Perkins at the Etna library Tuesday, Wednesday or Thursday between 12pm and 5pm in person or call 467-3551.

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Kelly Anne Jones
Tony - Age 2 1/2



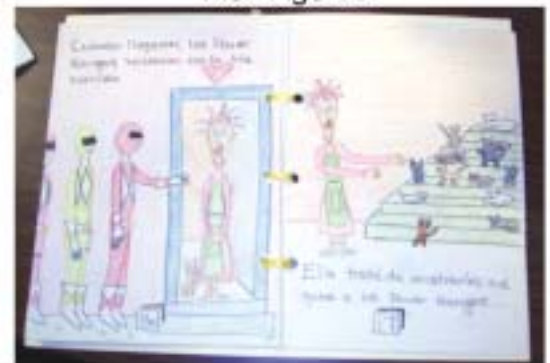
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Iris - Age 10



Allison Sturges
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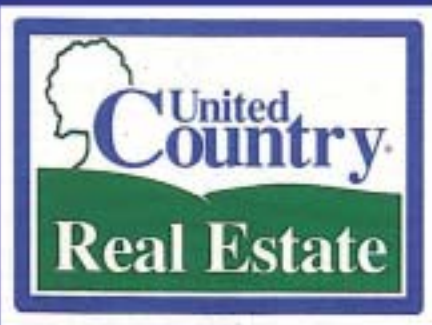
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MANUFACTURED HOME IN YREKA ON 2.7 ACRES, 2 bedroom, 2 bath, monitor heater, extra room off of master bedroom, small workshop, nicely landscaped yard, **\$119,000** (#90732)



MAGNIFICENT PROPERTY 80 ACRES, creek, timber, meadows, privacy. Very comfortable home featuring large living room with fireplace, office, kitchen with custom oak and walnut cabinets, large utility and storage rooms. 24 x 24 bedrooms with huge walk-in closet. **\$649,000** (#88764) **REDUCED!**



MANUFACTURED HOME BY PALM HARBOR, 3 bedrooms, 2 baths to be set on permanent foundation. Nice lot on quiet street in Fort Jones. List of options and features in office, **\$239,000** (#89959)



LOVELEY CUSTOM HOME ON 5 LEVEL ACRES, scenic & private, this 3 bedroom, 2 baths is bright and cheerful. Gorgeous hardwood flooring in the very nice kitchen, breakfast area, dining room, den/office, large master with walk-in vanity, cozy fireplace, view from every room. Three sources of heat, redwood deck adjoins the above ground pool, **\$389,700** (#90443)



ONE OF A KIND GEM in the #1 mountain village in the West, ETNA!! You won't believe the superb condition of this majestic, grand olde country home. Modern upgrades, but retains the old country charm. Each room of this 3 & 2 has been meticulously redone. Pride of ownership from foundation to attic to luxuriant landscaping! Expansive summer decks to gorgeous landscaped yard. Beautiful pond with cascading waterfall, 9 fruit trees, and rock lined pathways with opulent gardens, sprinkler system, and hedgerow. Quiet and private. Complete!! All done! This knockout beauty is ready to move into! She's a one of kind, must see! Asking **\$349,000** (#89702)



PERFECT RETIREMENT PROPERTY, 2 bedrooms, 2 bath 1,715 sq. ft. home, custom features including recessed lighting, tile in kitchen and baths. Kitchen range has electric oven and gas top. 1,380 sq. ft. garage/shop is insulated and dry walled and also has a bath and laundry room. RV/Port is 31'X 16'. Property is on city water and has own well system for watering landscaping and garden area. **REDUCED! \$309,000** (#89146)



2 PARCELS KRCE AREA, easy road access, views, some trees, 3/4 Acre **\$14,500** (#87854), 2.5 Acre **\$28,000** has Perk on file (#87852)



BEAUTIFUL VIEWS from this nearly level 640 acre property west of Dorris. Has well, electricity available, barbed wire fencing, **\$499,000**. (#89624)



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April Fools Invade the Avery!

ETNA - The Etna High School Drama Department, in conjunction with the Scott Valley Theatre Company, will be showcasing an evening of drama and comedy Saturday April 1st at 7 pm!

The evening will open with dramatizations of student written and acted scenes followed by a fast paced, madcap romp that is comic improv competition at its very best!

Don't miss this opportunity to experience the energy and talent of the Valley's most gifted aspiring thespians and comics.

All tickets are \$5 at the door. Advance sale tickets will be available at Etna High, Etna Public Library, Off to the Movies, and the Scott Valley Banks in Etna and Fort Jones. Get your tickets early, this show could very well be a sell out! For information regarding this event contact Rick Perkins at 467-3551.

COWBOY PRIDE-IT'S TIME TO RIDE!

May 7, 2006 Rodeo Parade Contest Winning Theme

ETNA - The theme for the May 7, 2006, Rodeo Parade is COWBOY PRIDE-IT'S TIME TO RIDE! The winning entry was submitted by Gary Lockrow of Etna, and should be a fun one to inspire entries in the annual parade held at 10:30 a.m. on rodeo day.

New categories have been added this year, and we are hoping for a bigger and better parade. Entry forms can be picked up at local banks, or you may call Susan at 467-3905 to have one mailed to you.

Entries can also be submitted by e-mail to etnaenthusiasts@yahoo.com. The deadline for entering to be judged in the parade is Friday, May 5.

Thank You from Etna Ski & Snowboard Team

The Etna Ski and Snowboard Team would also like to thank, Joy Isbel (Assistant Coach), Toni Friden (ex-coach), Judy Davis (exercise guru), Margie Genter, the children at the Elementary School for the Banner, Craig of Scott Valley Co-Op and all the Parents that participated directly or indirectly

Madrone Hospice Grief Support Group

Madrone Hospice will begin hosting a weekly support group for "Adults Experiencing Grief and/or Loss" every Wednesday from April 5, 2006 - May 10th at 3-4:30 pm at the Fort Jones City Hall/ 11960 East Street. Karyl White, MS will facilitate the group and pre-registration is recommended, though there is no fee for attendance.

For more information please contact Madrone Hospice 842-3160.

Travel Opportunity Offered by Rotary

Are you looking for travel, adventure and want to be an ambassador for Siskiyou County, California and the United States?

The Rotary Clubs of Scott Valley, Yreka, Shasta Valley and Montague are seeking applications for their Group Study Exchange Program. This is an international educational/travel opportunity which is sponsored by Rotary. Travel expenses, room and board are paid by Rotary. This year two opportunities will be offered, one exchange will go to India and the other will go to Bolivia. The departure time will be unique for the India trip leaving just before Christmas 2006 and travel will be approximately 4 to 5 weeks. The Bolivia trip will leave mid April of 2007. The program is designed to develop professional and leadership skills among young men and women in the initial years of professional life to better prepare them to address the needs of their communities and increasingly global workplace.

Applicants for team members must be between the ages of 25 and 40. They must have been in their profession for a minimum of two years. They cannot be Rotarians nor can they be related to a Rotarian by blood or marriage.

Applications are being taken now for the India trip. Interviews for participation will be conducted by each club and additional interviews by the 5110 District.

Additional information and application materials may be obtained from the District 5110 Rotary Web Site at district 5110.org with links to committees and GSE. If you are interested and wish further information you may contact Vinnie McNeil at 530-468-2608 or the above Rotary Clubs.



"PURR-ANGELS" FEATURE PET

Marmalade is a girl who knows what she likes. She is a 9 month old female DSH "calico" tabby that was rescued. She likes to be petted but prefers not to be held or confined. She is quite playful. You will wonder where she is as she likes to find a cozy spot of her own to tuck away for a nap or two. Come visit Marmalade and others at www.purr-angels.petfinder.com or call 842-0717 / 842-0830

To learn about the cats and kittens currently available for adoption, visit www.purr-angels.petfinder.com and use the link for "Our Adorable Pet List".

Please call for adoption fee information at 841-0717 or 842-0830. Adoption fees are tax deductible as they are a non-profit organization.

Monthly Group Meetings

Etna Lions

Etna Lions meet at Bob's Ranch House in Etna every 2nd and 4th Thursday at 6:30pm for dinner and a program

Fort Jones Lions

Fort Jones Lions meet at The Fort Bowl restaurant in Fort Jones every 2nd and 4th Tuesday at 6:30am for breakfast and a program

Scott Valley Lioness Lions

Scott Valley Lioness Lions meet on the 3rd Monday at Bob's Ranch House in Etna at 6pm for dinner and a program

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Fort Jones Fire

Department stands ready

Much has been said and written lately about Fire Departments responding to medical calls. There has been a lot of confusion and mis-information among Scott Valley residents.

The issue of the Fire Department responding to medical aid calls is an issue affecting Yreka residents only and is a matter for the Yreka City Council and the Yreka Volunteer Fire Department.

With about a dozen skilled and certified Emergency Medical Technicians and more in training, the Fort Jones Fire Department stands ready and willing to step up to the plate whenever fire or a medical emergency arises and we will continue with our 125 year old commitment of service to our valley citizens.

The issue in Yreka is part of that painful process which unfortunately occurs when a burgeoning city outgrows the effectiveness of volunteer services and is faced with exploring other options. Fortunately for the Valley, we will not be faced with this dilemma for many, many years.

Chris Baker

Chief, Fort Jones Fire Department

Etna Library News

I am pleased to announce that Etna Library's Wednesday morning story hour is back on a regular basis! We have come up with enough readers to provide an hour of stories and crafts each Wednesday morning from 11:00 am until noon.

This free program will resume on Wednesday, March 29! And, don't forget that Annie Kramer and I play children's music every first Wednesday of the month!

On another note...The Friends of the Etna Library Literary Tea was a great success and on the behalf of our library and the patrons we serve, I would personally like to thank Janis Lee, who organized this wonderful event, and Cathy McElroy, who graciously opened her beautiful home for this occasion.

I would also like to express my appreciation to all the Friends who helped out, and the community members who supported this event by purchasing tickets and participating in the silent auction, my heartfelt thanks! Our library would not be what it is without your considerable time, effort and support!

Sincerely, Rick Perkins

Neighborhood Watch Column by Al Ferguson

This week we're going to talk a bit about neighborhood watch. This column is here for the community it serves, and as such, comments and questions are welcomed. They can be e-mailed to: etnaareanighborhoodwatch.com

A local resident living a short distance outside of Etna recently told me of someone taking decorative rocks from along a driveway. When I encouraged reporting this to law enforcement, the reply was that it was too minor a theft. That is not the case however, and all incidents should be reported. Our law enforcement rely on these reports to know where new problems are beginning, old ones reappearing, or even that a particular person or group are becoming active in an area.

Many years ago a concept was put forth in law enforcement called the "broken window theory". Simply defined it's that a vandalism or crime ignored will grow, as the crim-

inals believe no one cares; one broken window leads to all being broken out. This has been repeatedly proven in dealing with gangs, drug dealers, graffiti taggers/vandals and other habitual criminal types. Make those reports and let the officer decide if it is minor or not.

In coming weeks, we'll discuss crime prevention through environment design, identity theft, internet fraud, and any other topics that you, the ones we serve, ask to read. And each week's column will end with one preparedness thought to remember; no test to pass, just the safety of your family to consider. This week's:

PASS-in using a fire extinguisher, remember Pull the pin, Aim the extinguisher at the base of the flames, Squeeze the handle, and Sweep the flames. Remember this, talk with your kids about it, and be prepared if needed.

MENTAL ILLNESS IN SISKIYOU COUNTY

What is mental illness, and how does it affect us, our families, friends and neighbors? Mental illnesses are disorders of the mind, mood, emotions or personality that affect our lives. According to the National Institute of Mental Health, 26% of Americans, or one in four, experience a diagnosable mental illness in a given year. One in seventeen Americans, or 6%, will be diagnosed with a serious mental illness. Anxiety and depressive disorders are the most common of all mental illnesses. Approximately 19 million Americans will experience depressive disorders, and another 19 million will experience anxiety disorders.

Early recognition and treatment of mental illness has resulted in expanded treatment opportunities for children and teenagers. However many forms of mental illness do not exhibit until later in life. The median age of onset for mood disorders (major depression, dysthymic, bi-polar) is 30 years of age. Schizophrenia first exhibits in men in their late teens and early twenties, and in women in their late twenties and early thirties. Early treatment of children will have no effect on these mind and mood disorders.

Mental illness is treatable. Even severe and persistent illnesses respond to medication and therapy. Recovery is not only possible- it happens all the time. Old attitudes toward mental illness are changing. The

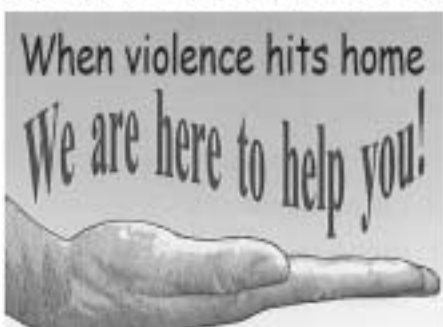
idea that the mentally ill are dangerous and cannot care for themselves has been chipped away as more people from all walks of life seek treatment for disorders. The mentally ill have been shown to be no more likely to commit acts of violence than any other segment of society. However, people with mental illness are more likely to be imprisoned due to lack of treatment, due largely to lack of effective treatment.

What does this mean to the citizens of Siskiyou County? Look outside your door. Count your neighbors' houses. When you get to five, it means one of the houses is likely to have been touched by mental illness. Perhaps it is your own home. What are the opportunities and barriers to treatment? One of the biggest barriers is stigma. Out of shame, embarrassment and guilt, many people avoid taking the first step toward freedom and health. If you need help, or know of someone who does, there is a group called the National Alliance for the Mentally Ill (N.A.M.I.) for your assistance. The Siskiyou County N.A.M.I. affiliate meets on Tuesdays at the Public Works Building in Yreka at 6:00 p.m. The meetings are open to all who are interested in learning more about treatment options, or finding support for themselves or loved ones.

Submitted by: Michael Pitts

Michael Pitts is a long-time resident of Siskiyou County whose life has been touched by mental illness. He has served over eight years on the County Mental health Board, is a review team member for the State Department of Mental Health for 7 years, and is currently Vice-President of the Siskiyou County affiliate of the National Alliance for the Mentally Ill.

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Tracks Across Our Heart by Cody Creek Tracks

Dear Readers,

I'm in rare form today, y'all. Can ya tell I've picked up a lil' bit of a southern accent? It's easy when yer watchin' them fishin' tournaments on TV. Them ol' boys have a funny way of talkin' and I pick up on that purty easy. There's a lot o' fishin' shows on TV these days, so I'm a happy dawg. There's just one thing I can't figger out and that's why they call some o' them fish 'hogs' (only they say, "hawgs"). Now, I know what a hog is, 'cause I've seen 'em on TV, an' them wet, floppy, scaly things ain't it! Whatever - it's still fun t' watch 'em. I tried barkin' with a' accent and everybody laughed at me, so I gave that up quick. I'd fairly well wither away with shame if'n that dang squirrel heard me barkin' southern style and thought it was funny. Unless he laughed until he fell outta the tree. Hmmmmmmmm..... I'll hafta give this some more thinkin'.

Well, I've got some serious food for thought for you today, so I'll ditch the accent and put on my 'Dogter' hat for awhile.

What would it mean to you - and your pet - to put off that terrible day, possibly by years, when the decision has to be made to say a final good-bye? Well, today I want to tell you how you can help your precious pets to live longer, happier, healthier lives with less disease and stronger immune systems. I'm howling about the benefits of calorie restriction (CR) in your pets. There are a host of health problems that CR can prevent, delay or help, so this is important stuff!

There have been many studies in everything from yeast to rats that have proved that CR extends life span. Now there has been a study that proves it does the same thing for doggies. In this lifelong study, conducted by Purina® over 14 years, there were 48 Labrador Retrievers. They were divided into two groups: the CR group and the control group. The study started when they were 8 weeks old. There were 7 litters of puppies and they were paired in their litters according to gender and body weight and then they were put in one of the two groups. What this means, basically, is that they took, for example, two female pups of the same weight from a litter and put one in each group. This pretty well eliminates the possibility that genetics would play a part in the results. The only difference in the care of the two groups was the amount of food that was fed. The dogs were fed Purina® brand food - first puppy food and then an adult formula. The control group was allowed to eat an unlimited amount of food that was offered for 15 minutes daily. The CR group was fed 75% of the amount that was eaten by the control group. In other words, in each pair, the CR dogs were fed 25% less than their control group littermate, so it was very precise.

The dogs were weighed once a week. At 6 years old, the dogs began getting yearly check-ups to record their body condition scores. They were given scores according to the Purina Body Condition System™ (BCS), which is a standard used by veterinarians to assess a pet's weight

and health. Also recorded at that time were scores for body fat mass, lean body mass, bone mass, glucose, glucose and insulin use, and cholesterol and triglyceride levels. These scores helped the doctors evaluate the dogs' health.

By the time the dogs were 10 years old, 3 of the CR group had died. In the control group, 7 of the dogs had died - more than twice as many. At the end of the 12th year, 11 of the CR dogs were still going and there was only 1 control group dog left. 25% of the CR dogs were still alive at 13.5 years, but all of the control group dogs were gone.

The short version of this reads: it is possible to have your pets live, on average, 15% longer (about 2 years longer for Labradors), and delay and reduce the incidence of degenerative disease, if you will restrict their calories by 25% of what they would eat if you free-fed them for 15 minutes a day. If this doesn't excite you, please stop reading immediately and check yourself for a pulse.

A very interesting thing came to light during the first 2 years of the trial. It was found that the CR group of puppies had much better hip joint development than the control group pups. Now think about that. Chubby little puppies are cute, but what is that baby blubber doing to their joints, even at that young age? (Human moms could probably learn something from this, too. How many folks do you know that have had hip or knee replacements?) The CR pups were healthier and, overall, ended up living longer, in addition to having better hip joints and, no doubt, better joint health all around. During the study, the most common health problem was osteoarthritis. Not surprisingly, the control group had the problems sooner and the conditions were more severe than in the CR group. The CR dogs had lower blood pressure and lower pulse pressure. Their immune systems were better for a longer time, and they had less insulin resistance.

In another study, conducted for 8 months at Texas A&M University, overweight dogs with osteoarthritis were put on a reduced-calorie diet and a specific daily exercise routine. The dogs were tested for their ability to exert force on their affected limbs and for ease and speed of movement. As the dogs lost weight, they were able to put more force on their limbs and they moved more quickly since they experienced less pain. The people that were owned by these dogs noticed improvement in their pet's mobility, such as improvements in the dogs' ability to jump into a car or truck, (or onto the furniture LOL), go up and down stairs, and make turns when walking. They also saw less morning stiffness and more signs that their doggies were comfortable rather than painful.

The study also revealed that excess body fat reduces insulin sensitivity, so cells don't absorb glucose from the blood like they should. When glucose and insulin are left in the bloodstream, the whole body and its organs function poorly. This can lead to a host of health problems, such as diabetes. The dogs didn't have to resemble beached whales to show insulin resistance. Dogs that were only 20 to 25% overweight were beginning to have this problem. That is like a man that should weigh 180 pounds, packing around an extra 36 to 45 pounds. What you should learn from this, dear ones, is that even being slightly overweight will affect your pets' health and may even shorten their lives.

Nationally, 6 out of every 10 pets are overweight. Using the 9-point Purina Body Condition System™ (BCS), a score of 4 to 5 is ideal for dogs and 5 is ideal for cats. A score of

6 indicates a moderate to severe overweight condition. 45% of owners whose animals scored 6 - or higher - on the BCS scale (hello - they were FAT) thought their pets' weights were ideal. (BCS = Buried Cranium Syndrome)? HOL. You can learn to judge your best pal's condition yourself. Get a copy of the BCS scale for dogs and/or cats online at: <http://www.purina.com/dogs/health/BodyCondition.aspx>, or: <http://www.purina.com/cats/health/BodyCondition.aspx>. It has explanations and nice color drawings for each score. For those who want more details on the CR study, that is on the website, also.

Suggested alternatives for helping pets regain their youthful profiles, included (1) increasing exercise, (2) switching to a veterinary weight loss diet and (3) feeding less food overall.

Now, you are going to get the "Tracks Take" on all of this. WMTO (Wagging My Tail Off). You know how I like to go back to the coyotes and squirrels for reference. Coyotes may not eat Purina Dog Chow, but they do OK. They're certainly not on the endangered species list. (They must shut their eyes when they drink, though, or their own reflections would scare them to death.) LOL. Coyotes get plenty of exercise, and they eat lean, species-appropriate food. You may think those squirrels look fat, but have you ever eaten one? (Sorry Boss!) Well, ahem, I must say, without bragging of course, that I am somewhat of an expert in this area, and I can tell you that under those bushy tails are some lean, tight buns that any cowboy or cowgirl would envy. (Oh yeah, they would look good in Wranglers! HOL) Remember, dear readers, the only difference in the care of these doggies was the amount of food they were fed! Would the results have been even more astounding if the CR dogs had received fresh, whole food, antioxidants and essential fatty acids? I'll let you decide, but you know what I think! Now, I must admit that I like goodies as well as the next person's pet, although dog biscuits are not exactly tops on my list, if you get my drift -(sorry again, Boss). But, if I'm begging for food and Mom or Dad suggest a hike, or game of tug-o-war, Frisbee, or any other activity, thoughts of food go right out the window, and I'll bet your pets are the same, so play together and you'll both feel better. You know what Dogter Laura would say!

Sadly, I will bet there are some people that read this who will not do it for their pets - won't even consider it - though it wouldn't cost them a thing and might even save them a lot of money on pet food and vet bills. I hope I'm wrong - but that's not a Jack Russell trait. LOL. See, I've been there when Daddy Doctor has told that nice, elderly couple that their pet needs to lose weight. I've seen the glazed look come over their eyes and the silly grins steal across their faces. I know right then that he might as well be talking to the exam table. Doggies understand these things. I'll leave you to 'stew' on this until next week. I'll tell you about the lean, healthy treats that Mom makes us and easy ways to improve your doggies' diets, among other things.

The Equine First Aid for Trail Riders is ready to go. You can stop at Scott Valley Veterinary Clinic and pick up your copy, or email me and I will send you one that you can print yourself.

I love to hear from you! When my mailbox is empty, my little tail droops. Please send me your comments, criticisms, or questions: AskTracks@siskiyousource.com or P.O. Box 603, Fort Jones, CA 96032



Cindy Says

boundless creativity.

Thank you Tracks for taking time out of a busy squirrel-chasing schedule to share all the wonderful fun facts for our four-paw friends and their families and friends. I think most people would guess that Tracks gets the most fan mail every week - that's totally great!!!!

Thank you to ALL the wonderful advertisers, sponsors and supporters whose contributions help to provide the pages where we share our information and experiences.

Fan Mail

Dear Siskiyou Source,
You left some of your newspapers on my doorstep. So I brought them in and read them. I really enjoyed them.

I really like Ask Tracks the Jack Russell. So I am enclosing a check for one year.
Patsy Hatcher

p.s. I hope you bring it to my house.

Dear Patsy,

I'm so glad you got the papers I delivered to your home. Thank you for taking the time to share that you enjoyed the Siskiyou Source, and I'm certain Tracks will love to know that you especially enjoyed what she shares each week in her column "Tracks Across Our Heart".

I did come by your home this last week, but unfortunately you must have been out at the time. Your little dog is very cute and I can understand why you would enjoy Tracks' column. I hope you got the paper I left for you, and hopefully we will meet each other soon.

Thank you for your time and support.

Sincerely,
Cindy Summers
Siskiyou Source

I think something wonderful is happening...

There are many people starting to be aware and to share in the Source. It's very nice to hear that people are appreciating sharing the "Good News".

We had a snowstorm last week. When I checked my email the next morning, several people had emailed beautiful photos for the Source to share. It's wonderful to see that people are choosing to use the Source to share their experiences and information.

Speaking of sharing information...

Many individuals coming together are behind what brings the Source to you each week. A few have been regulars and supporters from the beginning, and I would like to take this moment to acknowledge their significant contribution in making this all happen.

Thank you to Rick "Ask the Librarian" Perkins for his amusing and informative question and answer column. I personally find it to be very clever and always gain some interesting knowledge from the information shared and questions answered each week.

Thank you to Nicole Vreeman for all the wonderful stories and pictures shared in "Nicole's Notebook". Nicole often amazes me with the information she chooses to share and her

Recipe of the Week Meringue Drops\Kisses

3 egg whites whipped
1/8 tsp salt
3/4 cup sugar
1 tsp vanilla

DIRECTIONS:

In a medium mixer bowl beat the egg whites and salt together until soft peaks form (about 1 minute).

Slowly add the sugar and vanilla, beating at high speed until stiff glossy peaks appear (about 4 minutes).

Drop onto slightly greased cookie pan - size of 1/2 dollar.

Bake at 300 degrees for 15 minutes (for color), then turn oven down to 250 degrees for about an hour.

Remove from oven, let cool then serve.

*Recipe Courtesy of Nicole
Vreeman
4H project recipe*

Look for more info on Nicole's and other students' 4H projects in next week's issue.

Nicole's Notebook

5th Grade Student - Etna Elementary



Friday was St. Patrick's Day, and there was green everywhere! Almost everyone was wearing green, but the people who didn't have green didn't get pinched because Mrs. Fasenfest wouldn't allow it.

Instead of math, we did follow the leprechaun to his pot of gold; we had to add, multiply, subtract and divide and put the final answer in the pot of gold.

Then we colored. At recess, I saw a little loquacious dart under my desk, and it

started throwing things like crumpled paper and erasers out from under my desk. I tried to lure it out by holding three shiny green necklaces in front of my desk and standing on my chair. It didn't work though, when the bell rang I looked away from my desk and it got away.



Monday and Saturday were 4H demonstration nights. We had our display boards (fold-up boards) for judging. We had three judges each and we had to talk about our demonstrations really good to get high points. Well, that was fun!

Hope you're looking forward to my next article!

Word of the Week

verisimilitude (noun)

Definition: The quality of appearing to be true or real; something that has the appearance of being true or real.

Your intention
sets the universe
in motion

The happiest of people don't necessarily have the best of everything; they just make the most of everything that comes their way.

How does one slow time?
Listen to every second....
For infinity.

*Haiku is from the upcoming book,
"Secrets to the Universe"
by Wit Woliczko <http://www.iwit.biz>*

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Photos above Courtesy of Laura Wilson



Photos above Courtesy of Dick McKee



Photos above Courtesy of Dana Spencer



Photos above Courtesy of Janet Vreeman



Photos above Courtesy of Jennie Lorensen