

Wednesday
March 29,
2006

Siskiyou Source



A People's Paper for Positive Living

WWW.SISKIYOUSOURCE.COM

Vol. 1, No. 12

Feel Good For Only

Serving All of Siskiyou County with Our Home in the Heart of Scott Valley

50 cents
Tax Included

Mobile Art Studio for Siskiyou County Children

MOUNT SHASTA - The Arts Bus Project is a mobile art studio in a retrofitted school bus that will travel throughout Siskiyou County offering professional art instruction for children through a project with the Siskiyou Arts Council.

Come learn about the Arts Bus Project's happenings and meet the other volunteers on April 8th from 10am - Noon at the Siskiyou Arts Bus Project office, 310 North Mt Shasta Blvd, Suite 4. The Siskiyou Art Council invites all Arts Bus Project enthusiasts to attend this monthly meeting.

The Arts Bus is a mobile art studio with a conducive work space with children in mind. The Arts Bus Project focuses on children who have had very little expo-



sure, or no exposure to the arts, and who are offered no art-related after-school programs. With helpful and skilled instructors, these disadvantaged youth can create, explore and find inspiration and will also benefit from the tutoring and mentoring relationships developed through the program.

The children come on board the bus for: painting, ceramics,

sculpture and many other fine art experiences. An outside area under the shadow of The Arts Bus provides a stage for theatre arts, music and movement mediums.

February 11th, 2006 marked the first date the bus appeared in public delivering a wonderful afternoon of fine arts in Mount Shasta. Art teachers, Brooke Nuckles, Debbie Blackwell,

Kimberly Schneeman and Carla Glinka along with art assistance from project coordinator, Pamela Newman, Constance Diaz, Jonathan Joshua and Johanna Kais helped create colorful, take home beautiful art. Over 60 children attended and left the bus smiling with their colorful projects in hand. The organizers thank Berryvale Grocery for hosting the event.

The programs works with local art instructors, experienced in teaching art and science, to work with children with respect of their uniqueness and creative nature, and the program is always looking for volunteers to support its efforts. For more information, visit www.siskiyouartsbus.org or call (530) 938-0130 or (530) 926-1909.

Scott Valley Bank Tennis Tournament

ETNA - Scott Valley Bank will host an Open Tennis Tournament April 7, 8 and 9. Matches will be played at Etna High School and Scott Valley Junior High School.

Friday

Morning: High School Mix Doubles
Afternoon: High School Singles
Late Afternoon & Evening: Adult Singles

Saturday

Morning: Adult & High School Singles
Afternoon: Adult & High School Doubles

Evening: Singles & Doubles Finals

Sunday

Adult Mix Doubles Starting at Noon
The entry fees are \$8 for Singles, \$12 per Doubles Team and 1 can of balls per event entered. Entries must be received by Tuesday, April 4th. All proceeds go to the Etna High School Tennis team. Entries can be picked up at Etna High School or Scott Valley Bank. Players may enter up to 3 events. For information, please call Bill Birch at (530) 467-3299.

Local Lion Robeson Roars Toward District Governor

ETNA - The 2006 Lions Clubs International District 4-C1 Convention will be held in Ashland Oregon April 20-23, 2006 where current Vice District Governor Steve Robeson will seek to move up to the District Governor's position.

Approximately 200 delegates representing the 57 Lion Clubs in the 4-C1 District will gather to elect new officers and present awards for the accomplishments of various Lions Clubs International members and clubs in their district. The district extends from Arbuckle, CA to the Oregon boarder, including Redding, and it's part of the district governor's responsibilities to visit each one of the clubs in the district during their 1-year term of office.

Steve Robeson joined the Etna

Lions Club in 1983, where he has had perfect attendance since joining. He has served in most capacities as the club level: 100% President twice, Secretary 12 years (100% 5 times), and numerous committee chairs. He has been Zone Chair, Region Chair, and Cabinet Secretary. Also, he has served as District Awards Chair, Nominations and Elections Chair, Long Range Planning Co-Chair, and District Convention Committee Member. He has been on the MERLO Team, serving as Leadership Chair for several years. He has served on the District Humanitarian Foundation for 4 years, 1 as Pres. He has served for 10 years on the District Health Foundation the last 2 as

President. In January 2005, Steve attended LCI's Senior Leadership Seminar. He has been on the MD-4 Lioness Committee for two years, serving as the Chair for the past year.

He has been Club Lion of the Year, and has received several other awards: 6 DG's Appreciation Awards, 2 International President's Certs, of Appreciation, International President's Leadership Award, 2 Extension Awards, 4C-1 Humanitarian Found. Life and Fellow Awards, 4C-1 Health Found. Pryde, Story and Eaton Awards and MD-4 Student Speaker Found. Harry Asian Award.

The process to become district governor starts with a

See **Lion Robeson**, Page 3 >

Siskiyou
Source
A People's Paper for Positive Living
WWW.SISKIYOUSOURCE.COM

We'd like to say
Welcome to our New Readers
&
Welome Back
to our Siskiyou Source
Supporters

Siskiyou
Source
A People's Paper for Positive Living
WWW.SISKIYOUSOURCE.COM

American Library Association Declares April 2-8 "National Library Week 2006"

YREKA - The American Library Association has announced April 2-8 as National Library Week. The Siskiyou County Library System actively participates in celebrating National Library Week and wants to remind you about the valuable contribution of our libraries, librarians and library workers.

"National Library Week is the perfect time to come in and see how we can help you change your world," says Betsy Emry, Siskiyou County Library Director. "Whether you're looking to make a small change in your life or a big change in the world, the Siskiyou County Library System has the books and magazines, databases and free

Internet access that can help you get it done."

Siskiyou County Library has a network of branch libraries spread across the county. Each location is a goldmine of books, magazines, movies, CD's, and other forms of information or entertainment. Every local branch honors the Siskiyou County Library card and applying for a library card is simple and free. All branches share resources to provide people in Siskiyou County a large selection of materials to choose from. Visitors to any of the County libraries during April 2-8 will receive a commemorative bookmark to celebrate National Library

Week.

"Libraries have always been places of opportunity and one of the best values in the community. The librarians and library staff are there to help you find what you're looking for so you can achieve your goals," adds Emry.

For more information about National Library Week, visit a Siskiyou County Library, call 841-4175, or browse the library's website at www.siskiyoulibrary.info, where you can search the catalog, request books, check your account, or even ask a librarian a question.

Change Your World at Your Local Library

Upcoming Events at the Etna Library for the 5th National Library Week April 2 - 8, 2006

ETNA - The Friends of the Etna and Fort Jones Libraries would like to remind our patrons that there is something for everyone at our branches and encourages all Scott Valley residents to support their local libraries.

Once again, it is time for the American Library Association's National Library Week. A time to celebrate the contributions our libraries, librarians and library workers, including volunteers, have made to their communities and schools.

Georgia Wright, President of the Friends of Etna Library and Leslie Burkhart, President of the Friends of the Fort Jones Library both agree that if you are in search of books, magazines, newspapers, videos, CDs, internet access, our libraries have something for everyone.

As part of National Library Week, the Etna

Library will celebrate it's 6th birthday, at it's present location, on Wednesday, April 5th, with live music and refreshments at the 11AM Story Hour, performed by Annie Kramer and Rick Perkins, Etna's Branch Manager Librarian. The celebration will continue throughout the afternoon until closing at 5PM. Plan on stopping by!

The Fort Jones Library will hold it's annual Open House and Writing Contest finale from 5PM to 6PM. All writing contestants who submitted stories for this year's theme, "Monster Under My Bed," are invited to read. Rick and Annie will open and close the festivities with their performance of two very special "Monster" songs. Special recognitions for the authors will be announced and prizes awarded. Refreshments will also be provided. Plan on stopping by!

Be a library advocate! There are lots of opportunities to help, including joining the Friends of the Library memberships, volunteering, reading to children, donating books, and helping in the fundraising with book sales and other events.

No Foolin'!

Fools Invade Avery on April 1st

The Etna High School Drama Department and the Scott Valley Theatre Company, will present an evening of drama and comedy Saturday April 1st at 7 pm!

The evening opens with dramatizations of student written and acted scenes followed by a fast paced comedy improv competition you don't want to miss!

Experience the energy, the talent and the charm of the Valley's most gifted writers, actors and comedians. All tickets are \$5 at the door. Advance tickets are now on sale 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.

Sengthong's Blue Sky Room hosts Jazz Concert Series

DUNSMUIR - Sengthong's Blue Sky Room in Dunsmuir is proud to announce that The Ron Hoopes Trio and the Ted Taforo Quartet will be playing in the Blue Sky Room 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.

The Healthy Families Program Health Care Coverage for Kids

California now offers complete health insurance for your children and teenagers at a price you can afford.

Visit your local family resource center to fill out an online application today!!!
For more information call...

Yreka - 842-1313
Weed - 938-2426
Tulelake - 667-2147
McCloud - 964-3250
Montague - 459-3481

Dunsmuir - 235-4005
Mt Shasta - 926-1400
Scott Valley - 468-2450
Butte Valley - 397-3659
Happy Camp - 493-5117



WATERCOLOR PRINTS
by
CATHERINE G. McELROY
608 Main Street, Etna, CA 96027
(530) 467-5752
Gallery Hours:
11am-4pm Tuesday-Saturday
rubymcmetna@yahoo.com
www.catherinemcelroy.homestead.com

ROBERT L. MCNEIL
CERTIFIED PUBLIC ACCOUNTANT
INCOME, TRUST & ESTATE TAXES
P.O. Box 899
9945 N. Hwy 3
Fort Jones, CA 96032
530-468-2608 530-468-2521 FAX
mcneilcpa@sisqtel.net

Century 21
Pioneer Realty, Inc.
535 North Main Street
Yreka, California 96097
Business (530) 842-1234
Toll Free (800) 518-7428
Residence (530) 467-4000
amarsh@sisqtel.net

Anne Marsh
Sales Associate

Each Office is Independently Owned And Operated

Lion Robeson

>Continued from Page 1

formal letter of nomination by the nominees club after gaining club board approval. Then the nomination is reviewed at one of the 4 district cabinet meetings and approved for vote at the district convention. Though it's normally a natural progression from vice governor to governor, the candidate must be approved by popular vote by the delegates that attend the annual district convention.

District governors are then approved at the annual Lions International Convention, which will be held in Boston June 30-July 4, 2006. Approximately 30,000 Lions Clubs International members from all over the world attend the annual convention, and hold a parade of members each year that lasts nearly 4 hours due to the number of Lions club members that attend the annual event.

The Etna Lions Club, established in 1935, is the oldest, most successful service club in the Scott Valley. The Etna Lions Club is a group especially dedicated to the vision care and sight conservation of local citizenry. They provide free vision screening, free eye exams, and free glasses and lenses to persons in need. Additionally, they can refer patients from our own area to the Lions Eye Foundation of Northern California.

Historically, The Etna Lions Club has been

a major supporter of the following projects: Construction of the Etna Youth Ballpark, Construction at the Fort Jones Ballpark/Restrooms, Construction of the snack shack at Etna High School, Repair of the fence at the Fort Jones ballpark Fort Jones Elem. School playground equipment, Medical screening at the Fort Jones Christmas Parade, Etna City Park Barbeque Facility and Gazebo, Formation of the Scott Valley Lioness Club and Fort Jones Lions Club, and Two scholarships annually to graduates of Etna High School. Additionally, the Etna Lions provide physical and/or financial help to the following activities, services, clubs, organizations, and projects: Scott Valley Youth Baseball, T-Ball, Softball, and Pony Tail; Scott Valley Soccer; Highway 3 clean-up; Siskiyou County History Day; Northern California All-Star Football Game; Scott Valley Youth Tennis; Fort Jones Christmas Parade; Scott Valley Theater Company; Guide Dogs for the Blind/4-H Guide Dogs; Scott Valley Jr. High Track Meet; Scott Valley Wrestling Club; Madrone Hospice; Boy Scouts, Explorers, and Girl Scouts; Students Speakers Contest; Siskiyou Search and Rescue; Scott Valley Swimming Pool Youth Diabetes Camp; and Free Swim Days for Youth.

The major fund raisers at which the Etna

Lions labor together to earn community service funds are; Bingo at the Siskiyou Golden Fair, Hamburger Sales at two rodeos, Breakfast at the Scott Valley Bluegrass Festival, White Cane Sales, and Lion's Mint Sales.

Lions Clubs International was founded in 1917 in Chicago, Illinois and is the world's largest service organization. The club name LIONS is actually an acronym for "Liberty, Intelligence, Our Nation's Safety" (LIONS), and their motto is simply "We Serve" which is believed to express the true mission of The International Association of Lions Clubs.

The official colors of purple and gold were selected when the association was organized in 1917. Purple stands for loyalty to friends and to one's self, and for integrity of mind and heart. Gold symbolizes sincerity of purpose, liberality in judgment, purity in life and generosity in mind, heart and purpose toward humanity.

Nearly 1.35 million Lions members in approximately 45,000 clubs in 197 countries and geographic areas answer the needs that challenge the communities of the world. To find out more about Lions Clubs International, contact President Alton Turk at 467-3073, or Vice President Ben Rowe at 467-3379.

Truby Business Seminar Planned for April 10 in Mt. Shasta

MOUNT SHASTA - The Mount Shasta Chamber of Commerce is excited to partner with Truby Achievement Center to bring nationally a recognized seminar to the business communities of the north state.

A one day seminar will be held on Monday April 10th, at the Best Western Tree House Motor Inn in Mount Shasta. The seminar "How to Run (and Grow) Your Business... and Enjoy It", is designed to teach the basic ingredients necessary for business success. According to Bonnie Kubowitz, executive director of the chamber, "This seminar will provide you with a road map to know exactly what you need to do to run a healthy, stable, efficient business- and to grow it.

We are fortunate to have the Truby's bring this opportunity to our business community." Donna Parsons a Dunsmuir motel owner who attended the seminar in November said, "I thoroughly enjoyed this seminar. Bill is a thoughtful presenter, and he made the entire day interesting and informative. Because of what I learned at the seminar, I was able to establish better communication with my employees, which has created a teamwork attitude."

Bill and Joann Truby have worked exten-

sively throughout the world to teach personal, interpersonal, business and organizational success. Bill Truby has a Masters Degree in Psychology, and Joanne is an experienced consultant, speaker, trainer, facilitator, and leadership coach whose clients include architectural engineering and related design professional firms; manufacturing companies, dental and medical offices, hospitals, wineries, insurance companies, schools, health clubs, and various product, service and sales organizations.

The Truby's say that clients will walk away with tools, systems and methodologies to implement immediately for quick and measurable results.

The November 7th "Grow Your Business" seminar created success strategies for over 20 Mt. Shasta businesses. The Chamber's sponsorship enabled the Mt. Shasta business community to take advantage of information and training the Truby Achievement Center offers to businesses around the nation...and pay less than 2% of what those national businesses pay.

Each participant received books and assessment tools that actually valued at MORE than their registration fee. Additionally, the fast-paced day gave each

business unique and practical tools to run their business more efficiently. A powerful focus was on marketing and growth strategies.

The content fulfilled the advertised promises. Each business owner walked away with tools, methodologies and models to help them design efficiency systems, create more effective marketing messages, develop strategic business plans, organize so nothing slips between the cracks and (maybe most importantly) how to retain, lead, manage and grow the most powerful asset any business has...it's people.

Participants reported, "The all day seminar seemed to fly by. My interest never waned. It seemed like a few minutes went by - that is until I realized how much information I had. We're lucky to have this kind of seminar in Mt. Shasta."

You can see for yourself what these people experienced. The Chamber is sponsoring another round of this same seminar on Monday, April 10. Sign up now...! To register for this seminar contact the Mount Shasta chamber office at 530-926-6004 or www.mtshastachamber.com.

Rickey
Home & Garden Design
Specializing in Custom Design
Stone Work, Water Features,
Arbors, Irrigation
Full Line of Landscape Construction Services
CA Landscape #816468
467-4182 or 598-7847 Cell

YREKA FAMILY RESOURCE CENTER
201 S. Broadway St.
P.O. Box 206
Yreka, CA 96097
(530)842-1313

Yreka Children & Families

Family Activity Nights	Healthy Families & Medi-Cal for Children
Parent Education	After-School Enrichment Program
Lending Library	Car Seat & Helmet Programs
Computer Lab	Young Children's Play Area
Sketch Classes	Resource and Referrals
Karate Classes	Drug and Alcohol Prevention
Teen Center	Anger Management Classes
Bingo	Broadway New To You - Thrift Store

It's that time of year again
M & M Tax Service
(530) 467-5757
P.O. Box 457
Etna, CA 96027
* Pick up and Delivery Available *

Yawns, Birthdays and the Quahog Controversy!



Ask a Librarian

by Rick Perkins

Yes my Readers, it is another exciting week for questions and if "yawning" deters you from reading on have no fear I am sure you will be enthralled. And, no the Quahog Controversy is not a new movie starring Tom Hanks but an ongoing quest for truth in the wide wild weird wired world of web searching. So, once again here we go!

Our first question is from Allison asked, "Are yawns really contagious, if so why?"

According to the enlightened folk at faculty.washington.edu, way back, back before wireless phones and MTV, yawning served to coordinate social behavior of a clan or group. Apparently, the yawn served to signal an event, like jumping into a mosh pit perhaps, so that when one member of the group yawned all the other members confirmed the message by yawning back! My source claims that yawns may be contagious because of some leftover response, what they call a "vestigial response" that is no longer in use. The think tank at washington.edu qualified their assumptions regarding yawns by stating that, "none of this has been proven true." The fact is that everyone yawns - babies, kids, teenagers, adults as do some birds, reptiles and most mammals also yawn. I agree with the "faculties" conclusion that "yawns are still one of the mysteries of the mind." Just for fun, here is a bit of "yawning" trivia from the "faculty" to baffle your buddies with! "The average duration of a yawn is about 6 seconds. In humans, the earliest occurrence of a yawn happens at about 11 weeks after concep-

tion - that's BEFORE the baby is born! Yawns become contagious to people between the first and second years of life." And you thought yawns were boring! On to birthdays!

Some of you may have noticed that back on Monday, March 13 2006, Etna celebrated its birthday. I ran into Sydney at Wildwood Crossing and she was perplexed regarding the proper date for this auspicious event. Someone told her to ask the Library Guy so she did. Sydney asked me, "So, when should we celebrate Etna's birthday?" Well Sydney here is what I found out!

According to the History of Siskiyou County by Harry L. Wells, our Etna of today used to be known as Rough and Ready, however the post office used yet an older town name, Aetna Mills, later dropping the "A" explaining our usage today of Etna. Yes, this did cause some confusion which was not helped by the fact that "Rough and Ready" was already in use by a town in Nevada. By 1870 most people in town were using Etna and by an act of the state legislature on March 13, 1874 the town name officially became Etna. Now, one would think that this settled the birthday question and the 1874 date does appear on Etna's Community Calendar however another date is a strong contender for the birthday celebration prize. Apparently on March 13, 1878 the town of Etna became incorporated by a second act by the state legislature. I suppose, if I had to make the decision which day would be the official birthday of the City of Etna, and I'm glad I don't, I would pick the incorporation date of March 13, 1878. I sort of look at "incorporation" as the official designation for a town. Seeing as how both acts of the State Legislature occurred on March 13 it probably doesn't matter and the latter incorporation date makes Etna younger than the former date. I suppose that if one prefers the town to be older then go with 1874, if we'd like a younger town then the 1878 date works. Maybe we need an act by city hall to clarify the matter. Or...maybe not!

There is one controversy that City Hall won't have to worry too much about and that is the Quahog mystery! Last week

when I checked my email I found a very interesting rebuttal to my response to what creature lives the longest from Walter. He writes, "Greetings Mr Rick Perkins, As someone is tossing these free issues of 'Siskiyou Source' on everyone's lawns this weekend, I thought that I would glance through it out of curiosity. Well, this is interesting.....Vol. 1, No.9 Page A4 the word 'Quahog caught my attention. Being a 'transplanted' Rhode Islander I had to read on to see what our 'State Animal' was into now. Imagine my distress to read that there is just a little misinformation being given out to readers of your column. I quote...." The Quahog, a deep sea clam, tops the list at a 220 year span!" He states, "I don't think so.....".

Walter goes on say that if anyone found a 220 year old quahog that it would have certainly made the news. He then questions other animals' alleged longevity such as the Bowhead whale. He does provide web sites to document his position on the clam. Go to this site if you'd like to see one Walter's sources <http://seagrant.gso.uri.edu/factsheets/fsquahog.html>

Well, I checked around and there are a number of other sites that support the quahog as the winner of the longevity game. The Sacramento Zoo weighs in on the side of quahog as does the BBC. You can take a look at what the Sacramento Zoo has to say by visiting <http://www.saczoo.com>. Or if you are inclined call, mail or fax them at 3930 West Land Park Drive, Sacramento, CA 95822 Phone: 916-264-5888 Fax: 916-264-5887. The BBC also supports the quahog and bowhead whale as being long lived, they state that, "One deep-sea clam called the quahog can live for as long as 220 years. Bowhead whales aren't far behind. Professor Jeffrey Bada of the Scripps Institution of Oceanography has used a molecular ageing technique on them and come up with a figure of 200 years." If you'd like to visit their page go to the BBC at <http://www.bbc.co.uk/radio4/science/lifespans.shtml>.

Enough on the clam! This is much more important...

Vicki M. Krueger won the cup of joe on Rick by coming up with George Carlin as the originator of Vuja de!

This week's "win a cup of joe on Rick," is a reference to Allison's "yawning" question. What 17th century literary figure had this to say about yawning? "Why doth one man's yawning make another yawn?" You can email your guesses to etnalibrary@yahoo.com!

Siskiyou Source
A People's Paper for Positive Living
WWW.SISKIYOUSOURCE.COM

6 months - \$15
1 year - \$25
\$5 Senior/Student Discount
(530) 467-5220
P.O. Box 722, Etna, CA 96027
437 Main St, Etna, CA 96027
info@siskiyousource.com

Name _____

Address _____

City/State/Zip _____

Referred By: _____

Please Mail to: P.O. Box 722, Etna, CA 96027 - Make Checks Payable to: Siskiyou Source - Thank You!!!



OFF TO THE MOVIES
DVDs, Videos and Gifts
Open 7 Days a Week
(530) 467-5600

433 Main Street, Etna
P.O. Box 550, Fort Jones, CA 96032
Brenda Mendenhall (Owner)

Gadget Girl Media & Technology World



Photo By Daniel Jolliffe and Jessica Larva

Have something to say... you have One Free Minute

Check out Daniel Jolliffe's "One Minute Free" at www.onefreeminute.net. Call now and leave a message on one of their trans-global answering machines. They'll transfer your message to the sculpture (that's in the picture), and play it back randomly during future performances:

(408) 916-1033 San Jose, California

To speak live, email them at info@onefreeminute.net and they'll send you the live number a day or so before the next performance. They also accept MP3 files for public broadcast: just send them to the same email.

Here's more on the subject from Bruce Stewart's article in Make: Volume 04.

Designed to promote anonymous public speech, One Free Minute allows calls to the cellphone inside the sculpture to be connected for exactly one minute to a 200-watt amplifier and speaker. The results can be empowering, funny, touching, and downright loud. The speech produced by Jolliffe's sculpture can be heard clearly for more than 150 feet.

The 41-year-old Canadian artist created One Free Minute for his master's thesis project at Ohio State University. It's attached to a bicycle for easy movement, and he's taking it on tour throughout the U.S. and Canada.

There's clearly a political aspect to One Free Minute. By creating a tool that allows anonymous free speech in public places, Jolliffe hopes to let activists speak without fear or recrimination at a time when

governments everywhere are increasingly vigilant of who is saying what and where.

The sculpture was designed in Rhino CAD, which offers a wide range of visualization options. Once Jolliffe settled on the look he wanted, he used a process similar to building a wooden boat, creating the shell out of fiberglass and epoxy and then sanding - lots of sanding.

The electronics turned out to be the easy part. Jolliffe assembled the embedded controller by hand, threw in an off-the-shelf car stereo amplifier, a couple of gel cell batteries, a 200-watt compression driver, and a serially controlled MP3 player. The sculpture was ready to make some serious noise.

From the woman who called to say she had pancreatic cancer and wanted to tell her children she loved them before she died, to political ranters, to silly singers, Jolliffe credits them all. "The people who call up and lay their guts on the line, saying what they really think - this piece was built for them and they are the real creators of what is good about One Free Minute."

If you want to speak live, send email to info@onefreeminute.net and you'll receive the live number before the next performance. You can also call a number anytime to record your message (see website for other numbers) or send MP3 files for public broadcast.

-Bruce Stewart

"Speak Your Mind" *Make: Volume 4*
makezine.com/04/made

Classifieds

Help Wanted

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

Autos

1998 Buick LaSabre - \$6300
25mpg city/34mpg highway. In excellent condition - has only 65,000 miles.
(530) 467-3406

1986 Ford Ranger 4x4 Pickup Runs, but needs clutch work. Has new Alternator and Battery, and 2nd set of mounted studded tires - \$750 OBO
467-3086

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.

Pets

Miniature Beagle Puppies 6-weeks old and ready to go! 4 left- 2 female, 2 males
Call 530-467-4202

Motivated Entrepreneurs Part time or Full time

Help introduce new line of Natural Skin Care from the Rainforest Easy to learn, fun to share, profitable. Complete training, immediate income. Must be willing to learn and grow in a professional positive environment.

Contact Claire Gaillard 530-459-3923



Sengthong's Restaurant

5855 Dunsmuir Ave, Dunsmuir
530-235-4770
Authentic Vietnamese and Thai Cuisine

Sengthong's Blue Sky Room

5841 Dunsmuir Ave, Dunsmuir
530-235-1046
Quality Food, Spirits, and Entertainment
Every Thursday Night is Neighborhood Night
(Discount Dinners & Beverages)

Sengthong's Market

437 Main Street, Etna
530-467-3390
Jewelry, Clothing, Foods and other products from Thailand



210 HILT ROAD
HORN BROOK, CA 96044

530-475-3483

I-5 FWY & EXIT 796

Discount Liquor, Great Burgers & Awesome Shakes (Best in the North State!!)

We do special orders for liquor as well... don't see what you want...we can find it!!

MONDAY-SATURDAY 8AM - 7PM
SUNDAY 9AM - 6PM

4H Photo Collage

There are several categories in the 4H Presentations program including: Illustrated Talks, Prepared Speeches, Impromptu Speeches, Demonstrations and Educational Displays

The 4H participants seen here are demonstrating Educational Displays. The judges for the Etna 4H Demonstrations on 3/13 were Keith Taylor, Demetri Iannios, Ben Besoain, Aubrey Freckman, Ryan Pehl, and Henry McBroom.

The judges for County Presentation Day at Fort Jones on 3/18 were Rita Walsh, Cliff Munson, Suzann Dickinson, Gail Schmidt, Vicky McEwen and Tyler Sweet.

3/13 Etna 4H Demonstrations



Jackie Zediker with Tyler Murphy - Etna 4H "Activities of a Branding"

Photos and Information Courtesy of Janet Vreeman

3/18 4H County Presentation Day Fort Jones



Judge Cliff Munson with Zane Allen - Grenada 4H "How to Hatch"

Photos and Information Courtesy of Janet Vreeman



Vicole Vreeman
Etna 4H
"Lay Off!"



Lance Taylor
Etna 4H
"10 Commandments of Gun Safety"



Becky Bishop
Etna 4H
"Hippity Hop"



Zachary Fleener
Etna 4H
"Gun Safety"



Eric Dowling
Etna 4H
"A Recipe for Pigcess"



Sarah Vreeman
Etna 4H
"Laying Hens"



Gerrit Vreeman
Etna 4H
"Shoot Safely"



Tyler Murphy
Etna 4H
"Activities of a Branding"



Tianna Besoain
Etna 4H
"Hey Everyone, It's Chocolate 101"



Emma Morris
Etna 4H
"Lamb Care"



Jordyn Ellorin
Strawberry Valley 4H
"A Healthy Horse"



Jeffrey Kanawyer
River Valley 4H
"No Rotten Eggs"



Kyle VonTickner
Table Rock 4H
"History of the Suffolk"



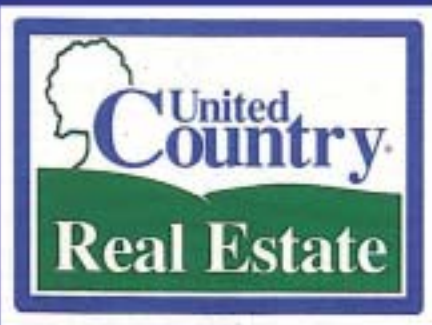
Cody Ohlaw
Grenada 4H
"Breeding Your Mare"



Sam Wallace
Grenada 4H
"Wrangling Your Wrabbit"



William Wallace
Grenada 4H
"Here is the Correct Cavy Confirmation"



Marble Mountain Properties

407 Main Street
Etna, CA 96027
(530) 467-3500
www.unitedcountry.com/etnaca

11800 Main Street
Fort Jones, CA 96032
(530) 468-4454
www.unitedcountry.com/fortjonesca

1914 Fort Jones Rd
Yreka, CA 96097
(530) 841-0374
www.marblemtn.com



TUSCAN STYLE HOME ON 113 ACRES, 2 bedroom, 2 bath featuring Travertine marble floors in baths and Cast Stone counters through out. Interior walls are of plaster with Brazilian Cherry wood floors, cabinets and doors. 2 wells, seasonal reservoir, detached guest room with bath. Shop building and equipment shed. Appliances are high end models, home to be completed soon, **\$904,500.** (#90619)



UNIMPROVED 1 + ACRE IN KRCE, nice views, seasonal run off, no Perk on file, **\$17,500** (#90818)



PERFECT FOR EVERY SEASON! Beautiful hardwood flooring invites you into this bright cheerful 3 bedroom and 2 bath custom home on 5 private acres. The kitchen sparkles with tiled counters and gorgeous hardwood cabinets and then opens out to the covered deck which wraps around the above ground pool. Perfect for summertime entertaining. For those frosty winter nights you will be nice and snug relaxing by the fireplace in your spacious and cozy master bedroom. The sunny office area is a perfect retreat for some quiet time. This home has it all, including a woodstove, F/A heat & air-conditioning, monitor, views, fencing, landscaping and charm. Don't let another moment or season pass you by, **\$389,700.** (#90443)



PROPERTY CORNERS ARE STAKED & FLAGGED, on these 5.79 acres in KRCE, currently being perked and witched for well, **\$58,500.** (#89962)



NEWER HOME ON 5 ACRES, 3 bedroom, 2.5 bath with vaulted ceiling in living room, large master suite, bay window, walk-in closet, laundry room, garden area, seasonal ditch runs through, huge, workshop/barn, **\$389,000** (#90225)



BEAUTIFUL LAKEFRONT HOME & FARMSTEAD - located on Copco Lake this 4 acre, 3000 square foot home contains 3 bd/2 ba, fireplace, 2 kitchens, lots of closet space, and is superbly insulated. It has surrounding deck, gorgeous views, private dock, landscaped yard, 20X60 barn, irrigation ditch and pond, workshop/office space, 23X23 2-car garage, greenhouse, garden area, and fruit trees. This home is a must see! **REDUCED \$675,000** (#90353)



HISTORIC BUILDING IS SOLID AS GILBRALTER! This 80 year old building, is in great shape. Newer roof, some new vinyl windows, shop office, ground floor is split, one 900' store/office area. Shop/Garage is 2300', basement is 1540 sq. ft. Street parking and parking in rear. Slab & wood floor, 48 ft. of work bench. Has been Machine/Shop/Garage 80 years, 28 with present owner! This service center includes 3/2 Mobile Home Rental that overlooks the very tranquil Mill irrigation ditch just below. All located on a prime main street location. Perfect auto repair shop or multitude of other uses. Check out the Towing Business that is For Sale also. Perfect compliment to the auto & pickup repair. Owner May Carry. **\$295,000** (#88614)



RECENTLY REMODELED HOME IN ETNA, 3 bedroom, 2 bath, on corner lot, in town conveniences, monitor, older garage and storage/shop included, **\$225,000** (#90620)



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)



BEING COMPLETED, 2 story, 3 BR & 2BA on .45 country acre. Pick your own cabinets and appliances. Home features large utility room, covered porches and French Doors opening to 2 story balcony. Nearly 2,000 sq.ft. And contractor built. Ask **\$279,000.** (#89335)



73 ACRES WITH PANORAMIC VIEWS, private, power available, trees, sale subject to completion of boundary line adjustment. **\$239,000** (#86842)



**"No One Knows The Country Like We Do"
We Sell Country Properties Just Like Yours**



Grandmothers Empowerment Gathering

YREKA - A Grandmothers Empowerment Gathering is scheduled for the Yreka area for Saturday, April 8th at 3:00 P.M. If you are interested in attending the event on April 8th, please contact Elaine Matthews (530) 842-7116 or email elainemattews9@sbcglobal.net for the specific location and other details.

Energy is and has been out of balance for several centuries and as a result today we find ourselves depleted, feeling as if we are running on empty. There is now an opportunity to become part of the solution to this problem.

The solution lies in bringing a balance to the masculine and feminine energies on the planet. How can this be achieved? The answer can be found in a group of beings who call themselves The Council of the Grandmothers.

The Grandmothers say, "We have come to empower women so that each one so empowered can begin to bring the great imbalance on earth into balance." This balance that they have come to bring is for all people, although it must begin with women. The feminine principle of energy must be reestablished to its rightful place. Each woman who receives the Grandmothers empowerment is helping infuse the much-needed energy of yin into the earth by herself embodying this consciousness.

This infusion of energy gives a woman a feeling of peace and security. It increases the power of love in her, and as she goes about her daily life she becomes a blessing to others.

More information about the Grandmothers Empowerment message can be found at www.grandmothersspeak.com or contact Elaine Matthews at (530) 842-7116.

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.

Sober Grad Night Raffle Tickets Now Available

Etna High class of 2006 are selling raffle tickets for their Safe and Sober Grad night. Prizes this year are fabulous and include a Craftsman riding lawn mower, a 26" flat screen television, a Premium Kenmore Gas BBQ, a Stihl Chainsaw, a Shasta Sunset Dinner Train Trip, two \$500.00 cash prizes and many more prizes. Check out the prize display at Sears in Yreka where you can also purchase tickets. In Scott Valley, tickets can be purchased from any senior parent or at Etna High, Scott Valley Bank, Scott Valley Florist, Etna City Hall, Country Bakery, and Premier West Band in Greenview. McClean's Country Store in Montegue also has tickets. Prices are \$5.00 per ticket or 5 tickets for \$20.00 and the drawing will be held on Rodeo Weekend in May.

Scott Valley Emergency Food Pantry

The Scott Valley Emergency Food Pantry is here to provide basic food assistance to families who need help. It is sponsored by the Fort Jones Community Church and staffed by volunteers church members.

All those interested need to do is come to the pantry, register, and receive a food box once a month. They can also come to the pantry on any Wednesday or Saturday and choose any perishable food that is available, in addition to their monthly food box.

The food comes from many sources. During the harvest season, local residents often drop off fruit and vegetables to be shared. The food bags that are filled by residents of Scott Valley are given to the mail carriers and then to the food pantry. Members of other churches in the valley also donate food, and some food is received from Siskiyou Food Assistance in Weed.

There are quite a few volunteers to thank: George McPherson, Billye McPherson, C.J. Reichard, Patricia Cooper, Louise Kelly, Chuck Kelly, Kirk Muse, Rhonda Muse, Dale Messenger, Margie Clemons, Jim Clemons, Gene Lilly, Margo Lilly, Mike LaLonde, Rita LaLonde, Bill Hall, Margie Hall, and Loren Opgenorth who picks the fish up and brings it to the pantry.

Scott Valley Emergency Food Pantry
For residents of Scott Valley and Salmon River
Location: 107 Newton St. Fort Jones
Hours: Wednesdays 2 p.m. to 4 p.m. and Saturday 10 a.m. to 12 noon
Closed on holidays.



"PURR-ANGELS" FEATURE PET

Rescued-Leo is a dashing 3 year old plus male DSH brown tabby with white. He's a very chatty man and likes his attention. A nice cat that gets along well. Neutered and up to date with shots. Come visit Leo 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

Mountain Village RV Park

THE NORTHERN GATEWAY TO THE TRINITY ALPS IN HISTORIC ETNA, CA BEHIND SHELL STATION
P.O. Box 30, Etna, CA 96027 • (530) 467-5678 • Fax # (530) 467-6402
• Email: etnarvp@siskiyou.net • www.etnarvp.com

ENJOY CLEAN AIR AND PANORAMIC VIEW OF MAJESTIC MOUNTAINS IN A STATE OF THE ART PARK

- New Park with 50' Pull-Thrus
- 44 Spaces with Full Hook-ups
 - 20A/30A/50A
- Electric, City Water, Sewer
- Handicapped Accessible Rest Rooms
 - Hot Showers & Laundry
 - Phone Available in All Sites
 - Pay Phone
 - Modem Friendly



- RV Dump Station
- Propane • Gasoline
- Diesel Local Activities:
- Hunting and Fishing
- High Mountain Lakes
 - Backpacking
 - Whitewater Rafting
 - Gold Mining
 - Site Seeing

CTPA ARVC
All major Credit Cards Accepted

For Reservations Call Toll Free: 1-877-386-2787 (1-877-ETNA RVP)

Now Available, Fully Furnished Cabin for rent \$99.00* per night plus tax.

This includes two adults and two children. Everything is provided including, linens, dishes, BBQ, shampoo and towels. There is a fully equipped kitchen, queen bed, two bunk beds, hide-a-bed, full bathroom with shower/tub, TV/DVD player. Decorated in a cabin theme with ducks and deer.

Great place to reserve for family and friends visiting this summer or to have a romantic getaway. For an appointment to tour the cabin or for more information

530-467-5678 or 1(877)386-2787



California's Oldest Independent Bank
Etna Fort Jones
424 Main St. 11906 Main St.
467-3211 468-2242
www.scottvalleybank.com

Wedding Announcement

Wilson and Kirkpatrick

Wedding June 4, 2006



Sarah Wilson and Keith Kirkpatrick plan to exchange wedding vows on June 4, 2006 in Pope Valley, California with Pastor Sam Alexander performing the ceremony.

Sarah is the daughter of Laura and Wes Wilson of Etna. She attended Etna High School and is a RN at a Santa Rosa Hospital.

Keith is the son of Brad and Elgie Kirkpatrick of Pope Valley, California.

The couple plan to honeymoon in Maui, Hawaii before returning as a married couple to make their home together in Pope Valley, California.

Neighborhood Watch Column

by Al Ferguson

This week we're going to talk about methamphetamine, also called meth, speed, crystal or tweak. This drug is now spread throughout the world, and in places is taking the place of heroin as the prevalent drug abused there. Parents need to be aware of the danger, signs of usage, and how to handle the problem if one of their children does begin using it. Bear in mind that this piece is not all inclusive on the subject, but simply meant to provide some basic information.

This man-made drug is a product of illicit labs using inexpensive over-the-counter ingredients. Labs may be found anywhere, including within moving vehicles and abandoned structures. Signs of a lab include chemical smells in the air, especially in the late evening when the air is still. Often the left-overs of the process are dumped along roadways or in vacant lots. For that reason, if you see various chemical containers dumped such as lye, Coleman fuel, or a 2 liter soda bottle with tubes from the top of it, LEAVE IT ALONE. Stay well away, keep others away, and notify the sheriff. These sites have to be cleaned up by a haz-mat crew wearing protective clothing.

Meth users, after they have used for a while, may get to the point that they have to use just to appear and act normal. This

extremely addictive drug not only causes the usual agitation/excited behavior, but actually alters the brain structure permanently. Many youth find it difficult to believe this. Long term use leads to true psychosis, much like schizophrenia. Meth users are very prone to violence, often attacking even close family. Another sign is compulsive behavior. I have found styrofoam cups filled with tiny pebbles all the same size, a classic indication of a tweaker.

If you suspect your child or a close relative is using, immediately get some help from a professional. There are volumes of information on the drug and addiction to it. Anyone with questions may contact me at any time. If I don't have an answer, I will find one.

This week's preparedness tip: register your love ones with the National Next of Kin Registry. If you don't have a computer with internet access, ask a neighbor or use one in the library.

The site is: www.pleasenotifyme.org. Another resource allows folks to create an online medical record which can be accessed only by those designated by the person. Go to: <http://tinyurl.com/oummm> Both of these are free to use.

Thoughts for your Home and Garden

You've been thinking and picturing flowerbeds, lawns, and other creative features. What to do with this yard! You've put some thought into the vantage points so that you're looking out at garden and the beautiful scenery beyond. Now, I want to talk about some basic rules that will help your design endure and prevent hassles in the coming years. These are my opinions and should not be used as a substitute for technical, legal, or psychiatric council.

First, you need to figure out where the water is going. Does the landscape slope toward your house? If so, you need to redirect it by either changing the slope, or by creating a drainage system before water reaches the house. A French drain may be the best solution if you live in a wet area or the terrain has a depression that collects water. Also, you need to be

aware that hard surfaces, like concrete and compacted dirt driveways, collect water and deliver it down hill. Too much water makes an unhealthy planting area, as well as destabilizing the local terrain. Adding sand and gravel may be necessary in the entire planted area to add drainage. The important thing to keep in mind here is that water should not be allowed to pool in the garden, nor should it be allowed to collect at the footing of your house.

Next, every feature should have a "place setting" but should not get lost in the landscape. This is a difficult combination because I want to tuck things in to the landscape so they look like they've been there a while. But I also want those features to be seen. I usually make rock work at least eighteen inches high, so that as it settles, in six years it will still be visible.

Place things in their proper setting. If you found an old wheelbarrow for example, and you want to fill it with flowers, make sure you settle it comfortably into the soil a few inches and make a section of old rail fence behind it. Develop the setting so that the "things" in your garden have their place, and plant so that you won't be hiding any of your work. Flower beds around trees get lost because the tree trunk gets bigger, so plan on expanding the flowerbed later. Sometimes trees look better alone. Pretty little rocks get lost. Any rock under twelve inches should be placed on something, at or above the surface. Large rocks should have a foundation of rock underneath so they don't sink any deeper. Three properly placed rocks are better than ten in most cases. Remember, plan simple and visible

*Courtesy of Kevin Rickey
Rickey Home & Garden Design*

SISKIYOU DOMESTIC VIOLENCE & CRISIS CENTER

When violence hits home
We are here to help you!

Crisis Intervention
24-Hour Hotline
Emergency Shelter
Sexual Assault Advocacy
Legal Advocacy
Individual Counseling
Group Counseling
Accompaniment
Information and Referral

**TOLL FREE 24-HOUR HOTLINE
1-877-842-4068**

"Offering a helping hand to victims of domestic violence and their children."

MEADOWLARK A Community of Care & Support
Assisted Living & Memory Care Community

Meadowlark is a community designed for senior adults who need assistance with personal care to complement their independent lifestyle. We also offer a safe and secure environment for those with Alzheimer's and other dementia-related illnesses.

- Affordable monthly rates
- Warm and caring staff
- Individualized care plans
- 3 nutritious meals served daily
- Scheduled transportation
- Life enriching activity programs

Enjoy all this and more! Call today for your personal tour and join us for complimentary lunch.

(530)842-4300

351 Bruce Street - Yreka, CA. 96097 - www.MeadowlarkALF.com Lic. No. 475001224



Tracks Across Our Heart by Cody Creek Tracks

Dear Readers,

Last week I promised to tell you how to make some healthy treats for your trusty pals. Mom makes these for us and we would do just about anything - even lie - to get them. For instance, we will swear to her that we are starving to death, are faint with hunger and haven't eaten in at least a week, when in fact, we have just had dinner. (Bad doggies - LOL). Tracks' Treats: All you have to do is get some very lean ground meat, such as ground round or ground chicken or turkey breast, etc. (Venison works for me - WMTO). The less animal fat, the better, because even though you will store these in a refrigerator or freezer, fat gets oxidized and rancid very easily. Mix in 1 tablespoon of extra virgin olive oil per pound. The mixture should be kept cold. Moisten your hands and form the meat into small ropes about a scant ½ inch diameter by rolling it between your palms, or roll it into 1-inch balls and flatten them to about ¼ inch thickness between sheets of waxed paper using a rolling pin. You can always break them up into smaller treats later. If you are fortunate enough to have a "jerky shooter" or a Jerky Press™ for ground meat, use it; it will make the job will be a piece of steak for you. Liver, ground or minced, can be added and it makes these even more nutritious and delicious. You might even tempt one of those finicky 'Morris' types of the feline persuasion with them. Kitties tend to love liver.

For doggies, you can also add a little Spirulina, which is very good for us, and/or you can use fresh or dried herbs, such as oregano, rosemary, thyme, poultry seasoning and/or garlic to give extra nutrition and digestibility. Some folks are saying not to feed garlic to pets, but dog owners have been doing it for years, and Mom feeds it to us occasionally - in small amounts, of course - as flavoring. The concern is that garlic is in the onion family and contains the same substance that makes onions toxic. I found warnings about garlic, but no cases of garlic poisoning, so use your own good judgment. Cats are more sensitive to onion than dogs, so it would be better to leave the garlic out of cat food or treats. They don't need it anyway, (except to make their breath smell better.) LOL Terrible Terrier! Remember that as the treats dry, they shrink, so everything is concentrated. Use any herbs, etc. sparingly. Your treats can be dried in a food dehydrator. Follow the manufacturer's directions for jerky. If you don't have a dehydrator, you can dry your dog yummys in the oven. Spray a cookie sheet lightly with oil and set the oven at 150 to 165 degrees. Prop the oven door open about an inch with a non-burnable item so that the moist air can escape. The treats will need to be turned over at least once so they dry thoroughly. The treats are done when they break when they are bent. If they are so



limber that they bend without breaking, they are not done yet. Don't get them so done that they are hard and crunchy; these are jerky-type treats, not chew toys. When they're done, seal them in as airtight a package as you can. Store the extras in the freezer and the ones you're going to use right away in the refrigerator. There are no chemical preservatives - or salt and sugar - in these treats, so take care that they don't mold. Then (this is the important part), bring one by for me to check and I'll tell you if you did a good job. WMTO and LOL!

Here's a way to make some chewies for your kitty that will help clean his/her teeth. Splurge on a wild salmon filet. Use a sharp knife to slice it into about ¼ inch slabs. You can leave the skin on. Spray the racks with oil and dry the same as the doggie treats except these will get pretty tough.

Note: Dad says he's never heard of a case of salmon poisoning in doggies from smoked or dried salmon, but if you're worried about your doggie snitching your kitty's yummys, freeze the salmon at zero degrees for a few days and then thaw it and carry on with no worries. (Kitties don't get salmon poisoning, as I'm sure you know.)

The reason to use wild salmon is this: farmed salmon is cheaper, but it is contaminated with PCB's, which are pollutants that cause cancer, fetal brain damage and immune system damage. Farmed salmon may contain up to 40% more PCBs than any other protein food source. Also, farmed salmon are a whopping 52% fatter than wild, but the fat contains 35% fewer omega-3 fatty acids - (the good stuff). Scientists found a total of 158 pollutants in both farmed and wild fish and the farmed fish tested higher in 151 of them. I'll bet you thought I was going to tell you they feed farmed fish chicken litter, didn't you? Nah, if they did that, what would the McCattle eat? They feed meal made from ocean fish to salmon. The fishmeal is contaminated; so the more the salmon eat, the more bad stuff builds up in their stored fat and the more fat they store. Pretty soon, they're too fat to flop and too polluted to care. Then they're ready to go to market - and isn't that special? I found this and more information on this website:

www.ewg.org/reports/farmedPCBs/part2.php.

Tracks' Tip: Wild Alaskan salmon is the lowest in all types of pollutants.

Mom gives us other little treats that are healthy for us, too. Some of us had to learn to like them, (competition is the best teacher for a Jack Russell). Sometimes we get little pieces of fruit like apple, pear, melon, or berries. (No grapes or raisins, remember, they are very toxic to doggies.) We like carrots and little bits of some kinds of veggies and sprouts. Doggies and kitties have very short digestive tracts compared to people and vegetarian animals, so we aren't able to make good use of fibrous foods. So, Mom usually purees our fruits or veggies for us in the food processor or blender, or you can make juice for us. We can only handle small amounts of these types of foods at a time, or we could get diarrhea, so give your doggies small servings. Did you know? Cruciferous veggies such as broccoli, kale, collards and cauliflower are very nutritious, but they contain a substance that can suppress thyroid function if they are frequently eaten raw. Steaming them very lightly solves the problem. (It's OK to feed them raw occasionally.) Tracks' Trivia: There is such a thing as broccoli poisoning - in cows. If broccoli makes up 25% or more of Bossy's diet, she's toasting her teats to the sun - permanently. I guess Bossy needs to practice moderation when it comes to broccoli. (I'm told - constantly - that moderation is a good thing, but personally, I don't have much use for it.) HOL

How many of you went to the Purina website to learn how to score your pet's body condition? I'll share my treats with the ones that did. You should be able to easily feel your doggie's ribs with your hand flat against the chest wall. You can come by and feel my ribs - if you rub my belly, too.

Tracks' Abbreviation key: WMTO - Wagging My Tail Off; HOL - Howling Out Loud; LOL - Laughing Out Loud; JRT - Jack Russell Terrier (or Terrorist)

There's a rude rumor going around that I don't write my own columns, so Mom took a photo of me while I was doing just that. I love to get emails or snail mails from you. Please AskTracks@siskiyousource.com, or P.O. Box 603, Ft. Jones, CA 96032. You will make my tail sail!



Cindy Says

Word of the Week

fantabulous (adjective)
(fan-TAB-yuh-luhs)
Definition: (slang)
Marvelously excellent.
(Blend of fantastic and fabulous.)

Next week will feature the various services provided by Madrone Hospice, which has actually been around for over 20 years and continues to touch lives and enhance the services it provides to our communities every year.

I spoke with a friend who recently had the need to use Madrone Services when a family member became terminally ill who said the Madrone representatives were wonderful and made a tremendous difference with their assistance in the situation.

Oops...sorry

Last week Nicole told a very cute story about a leprechaun and included a wonderful color drawing of the leprechaun, a rainbow and a pot of gold. I loved the beautiful, vibrant colors and thought it would not show through if I put the picture in black and white in Nicole's Notebook. I decided it would be best to put it in the collage so that everyone could see the beautiful colors, but neglected to do so when I put all snow photos in last week's collage. Nicole's picture is prominently displayed in the lower center of this week's collage, and I feel works wonderfully with all the other color photos submitted this week by Source supporters - Thank You!

Spring is finally here...

That means it's time for baseball and softball again. I really look forward to this time each year because I coach a team of 8-12 year-old girls, the Scott Valley Bank Stars (Purple Power!), in the Scott Valley Youth Softball League. I really do enjoy playing with the kids, whether in practice or in a game, and encourage anyone in Scott Valley who does not have a child enrolled in SV Youth Baseball/Softball to come out and have some fun with local families and their friends.

Reminder...

Madrone Easter Basket Contest

You could win a \$25 gift certificate to the Hospice Shop, but more importantly you could brighten the Easter celebration of a Madrone Hospice resident. For further information, contact The Hospice Shop at 842-6025.

I'm happy to promote Madrone Hospice, especially because of all the wonderful programs they have in our community and outstanding individuals contributing to these programs.

Recipe of the Week

Artichokes with Fresh Goat Cheese

- 4 medium artichokes, cut in half lengthwise
- 1 lemon, juiced
- 4 ounces fresh goat cheese, such as Montrachet
- 4 ounces nonfat Quark (a spreadable German cheese found in most grocery and health stores)
- 1 tablespoon chives, chopped finely
- 2 small tomatoes, chopped finely
- 1 fennel sprig, chopped finely, or teaspoon dried dill weed

Rinse the artichokes, cut the stems and arrange the artichokes in a large pot, adding enough water to cover them halfway. Season liberally with salt and pepper and add the lemon juice, then bring to a boil. Cover the pot tightly and reduce the heat to simmer; cook 22 minutes or until the artichokes are soft. Drain off the liquid and let the artichokes cool; scoop them out and remove the stems. (If preferred, the artichokes can be steamed, which will keep them drier.)

In a small bowl, use a fork to mix the goat cheese, Quark, 4 tablespoons of the vinaigrette, chives, fennel, salt and pepper. Fill each artichoke with the mixture, sprinkle with chopped tomatoes and pour a teaspoon of vinaigrette over each artichoke half; serve.

Vinaigrette

- 4 tablespoons canola oil
- 1 tablespoon wine or raspberry vinegar
- ½ teaspoon Dijon mustard
- Salt and freshly ground pepper to taste

Combine ingredients and whisk until well-blended; set aside.

Courtesy of "Pace of Provence" a cookbook by Yolande Matoré Hoisington, available on her website, <http://www.harmoniecooking.com>.

Nicole's Notebook

5th Grade Student - Etna Elementary



4H Fun

I've been in 4H for 3 years and this is my 2nd year doing demonstrations. Everyone who did a demonstration got a certificate and a seal. Those who got a blue or gold seal at the 4H Demonstrations in Etna on Monday, March 13, 2006 got to go on to the County Presentation Day in Fort Jones on Saturday, March 18, 2006.



4H members who got a gold seal in Fort Jones on County Presentation Day go the next level of competition in Susanville, California.

I got a blue seal from my demonstration (Lay Off!) that showed the characteristics of eggs and how to cook with them.



Stormy day reminds We are only the tenants And not the landlords

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

Siskiyou Source

A People's Paper for Positive Living
WWW.SISKIYOUSOURCE.COM



Monarch



Tortoiseshell-Milbert's



California Sister

Photos above Courtesy of Narda Krum



Photos above Courtesy of Dana Spencer



Photos above Courtesy of Al Ferguson



Photo above Courtesy of Nancy MacGowan



Photo above Courtesy of Betty Petry



Drawing by Nicole Vreeman



Photo above Courtesy of Judy Silva