

Summer safety for kids

Summer is a great opportunity for families to spend quality time together. Whether it's playing in the park, hiking or building sandcastles on the beach, summer days can create memories that last a lifetime. But the hot season can also put young children at greater risk of injury.

To help parents protect their children from potential dangers, First 5 Trinity reminds you to always supervise young children and offers the following summer safety tips:

► **Be sun smart.** A young child's skin is sensitive to the summer sun so be sure to avoid sunburns. Apply sunscreen with at least 30 SPF (sun protection factor) on your child's skin 15 minutes before going outside and apply again every two hours — especially right after your child has been in water or is sweating. Encourage children to play in the shade as much as possible, especially during peak sun hours between 10 a.m. and 4 p.m. Make sure your child wears lightweight clothing, a wide-brimmed hat and sunglasses that offer 100 percent UV (ultraviolet) protection. Keep babies younger than 6 months of age out of direct sunlight.

► **Watch out for water dangers.** According to the Centers for Disease Control and Prevention, drowning is the second leading cause of death for children. As a parent, be water wise. Swim with your child in calm water without waves, and always know where the nearest lifeguard is before getting in the water. Don't completely rely on flotation devices like

life vests or floating baby seats to keep children safe; they can shift position, lose air or slip out from under a child. Never leave children unattended near water, as kids can drown in just a few seconds, even if they know how to swim.

► **Survey the playground.** Kids love playing on swings and slides, but parents should first look for potential safety hazards. Playground equipment often warms up in the sun and can burn a child's skin. Before your child plays, touch the metal bars and surfaces to make sure they aren't too hot. Check playground equipment for rusted parts and loose splinters. Be careful on slides. Make sure your child holds the slide's rails when climbing the ladder or sitting at the top. Also look for split or cracked plastic that could break if your child sits on it.

► **Banish the bugs.** Insects can be really annoying; their bite can be painful and even dangerous sometimes. Parents can help protect their child by using insect repellants. Only use products that are approved for children; follow the instructions carefully and wash off the repellent once your child is back inside. Avoid using scented soaps or lotions on your child because perfumes can attract insects. Dress your child in light-colored clothing — it doesn't tend to attract bugs.

First 5 Trinity encourages all parents and caregivers to learn about local resources that can help their young children. For more information, call (530) 739-3159 or First5@coek12.org.

From the North 40

By BOB BRYANT coptrainer@tds.net



Fred and Roberta Boring attending their retirement celebration at the Coffee Creek Community Church.

Sunday services at Coffee Creek Community Church were both joyous and somber as 80-year-old Pastors Fred and Roberta Boring officiated their final Sunday service. Seven years ago, Fred and Roberta took the helm of CCCC. They thought they retired at that time, but a higher power had other plans for them. During the past seven years Fred and Roberta made many friends. Fred made it clear he wasn't retiring for any reason other than it being time to retire and do other things.

After services, during which many accolades were voiced by church members, a celebration was held in the church's new multipurpose building. Fred and Roberta are moving to Willow Creek where Fred will have time to go through his rocks and get back to making jewelry. Ro-

berta has her glass moved already and will be working on her stained glass.

The Trinity Center Volunteer Fire Department Barbecue was well-attended despite thunder, lightning and rain just hours before serving time. An hour before festivities were set to begin, the rain stopped and the fun began. Thanks to the many people who helped make the annual barbecue happen.

Looking for something special for Dad on Father's Day? CCVFD Fireflies are having a Father's Day Pancake Breakfast from 9 a.m. to 12:30 p.m. Sunday, June 21, at the CCVFD Fire Hall. Sunday's menu will include pancakes, eggs, sausage, fruit, juice and coffee. The cost is \$10 for adults, \$5 for children under 6 years old.

The Trinity Center School awards have been announced. The following students qualified for high honor/honor roll the last trimester of the year:

High Honor Roll recipients include Ana Niskanen-Alanis, Holli Ehlerding, Naomi Dungan, Alexandria Dunham, Daniel Harrison, Antonette Brito-Bersi, Tiffany Wood and Whitney Wood. Listed on the Honor Roll are Cedar Stewart, Jeffery Heinig, Theresa Dungan, Kayla Harrison, Olivia McClellan, Roy Councilman and Jesse Miller.

Perfect Attendance awards went to Tiffany Wood and Antonette Brito-Bersi.

Have a great, safe summer, kids!

A Senior's View

By BARBARA TALVOLA (530) 623-2984 Fax 623-4428

Let us not criticize anyone willing to forfeit his/her lifestyle for a good cause. Military sacrifices and presidents do! Let us not breed hate but create love. Kindness and understanding leads us to fulfill our purpose on earth.

We cannot build by destroying the builders.

I hope this is not being done in our community. Golden Age Center board members are trying in every way they know to improve and help GAC grow. People in Trinity County 60 and older are members of the Golden Age Center, Roderick Senior Citizen Center or Southern Trinity. Board members are volunteers elected by the general membership. They care or they would not give so much for so little.

Making mistakes is a human failure, but mistakes are teachers for all lives. If they were not made, how could anyone learn what is right?

Board meetings are public meetings. Complaints should be brought to the attention of the board, otherwise nothing is accomplished and rumors spread. Go to the source for true facts. Here's some good advice for anyone attending a board meeting: "You cannot be an impressor by ignoring the impressee! (I was taught that by adding "ee" to the end of a word signified who or

what received the action — i.e., mortgagor and mortgag-ee.)

The election of four board members started Monday, June 15, and will continue until 2 p.m. Friday, June 19. Unless there are write-ins, it is ridiculous to even have an election! The four candidates are Jerry Hurlbert, Vic Cuny, Carlos Millan and Lynn McElroy. It will be the fourth term (8 years) for Carlos and Lynn! Carlos has suffered two strokes and Lynn's husband is not well and still they have stepped up to the plate.

There are more than 3,000 seniors in Trinity County. Only five are willing to donate their time and energy to maintain a service that cares whether those good supporters have food to eat!

I take this personally because my meals are delivered five days every week. There are many others in the same situation and 50 or more seniors eating at the center every weekday. They also play bingo, bridge, take computer classes and enjoy each other. There are many ways to help. Volunteers are needed to help setting up and serving, working at the Blue Barn, etc. If you don't have time then pledge a monthly donation. This is your community. Help wherever you can.

Mapping new career paths with Shasta College

The Shasta College Economic and Workforce Development Department announces free orientation meetings providing information about current training programs, prerequisites, financing options for a new career.

Representatives are available to answer questions. A few of the careers being covered include Medical Billing, Optical Technician, Pharmacy Technician.

These meetings are set for Red Bluff and Redding on Saturday, July 11.

The meeting in Red Bluff will be from 11 a.m. to 12:30 p.m., in room 7802, at the Red Bluff Campus (900 Palm St.).

The meeting in Redding

will be from 8:30 a.m. to 10 a.m., in room 8220, at the Shasta College Health Sciences and University Center (1400 Market St.).

Seating is limited, so early reservations are encouraged. RSVP at www.shastacollege.edu/ewd, and click on "Pathways Online Catalog," click on "Healthcare Occupations." For more information, call the EWD office at 530-225-2770. Reservations must be made by July 7.

So. Trinity News

By WANDA LEVITT 707-574-6536
sunshine95552@yahoo.com

Cell Tower Update: Back in May, at Pickett Peak, the pad was poured, the tower was erected and the solar panel framework was constructed. First week of June, full mobilization of Pickett Peak with Manual Brothers installing the ice bridge from fairgrounds storage, preparing to move Craig Brown's downed radio tower, securing the races and equipment ladders on the tower and patching the small foundation divot. Verizon contractor excavated their shelter footings and placed their grounding rings and ran conduit from the tower to their foundation, on to our shelter foundation. As you can see, the project is moving forward. No one wants to predict on the timeframe, simply because there are variables that could affect that. Thanks to Cell Tower Specialist Sandy Bechtold and Supervisor Wendy Reiss for all the information.

The Southern Trinity Volunteer Fire Department purchased a fire truck last week. The fire truck will be stationed at Ruth, lot 77, when the building is

finished. If you are in the neighborhood, stop by and take a look at the progress that is being made with the new fire station. So many people are involved with this project; we truly appreciate the hard work and many hours that are donated. At a later date I will have more information.

Don't forget about the First Annual Red, White and Blue Barbecue, from 4 to 9 p.m. Saturday, July 11, at the Barlow Campground. On the menu: tri-tip, chicken, baked beans, potato salad, green salad and garlic bread. You may buy your dinner and raffle tickets in advance. Dinner tickets are \$12 for adults and \$8 for children 7 and under. Raffle tickets are three for \$5 or \$2 each. Proceeds benefit the STVFD. For more information, call Jim White at 574-6168, Eric and Camille Rossen at 574-6522, or Jack Levitt at 574-6536.

AARP Six Rivers Chapter No. 3351 will hold its monthly luncheon and meeting this coming Friday at noon. They are always looking for new members, so stop on by.

Attention Please! This is a public and formal apology to my community and loved ones. My addiction to alcohol had put the community in danger. From the bottom of my heart, I thank God nobody was hurt. Since April 20, 2009 I have given up alcohol for the sake of each member of our great community in Trinity County. Today I don't drink and drive in consideration of each of you and your safety. I pray that one day you might be able to see it in your hearts to forgive me and accept my apology. Thank You.
Sincerely, Douglas Sean Smith.




Draft Master EIR for Trinity River Restoration Available

Work planned near Cemetery Hole late this summer

In collaboration with the Trinity River Restoration Program (TRRP), the Bureau of Reclamation and the California Regional Water Quality Control Board, North Coast Region (Regional Water Board) announce the availability of a Draft Master (Programmatic) Environmental Impact Report (DMEIR) that evaluates proposed Trinity River restoration and sediment management activities at future TRRP channel rehabilitation locations. A second part of the document serves as a combined site-specific Environmental Assessment/Draft Environmental Impact Report (EA/DEIR) to review specific impacts of currently planned channel rehabilitation and sediment management activities.

The DMEIR and EA/DEIR, in combination with the 2000 Trinity River Mainstem Fisheries Restoration Program Final Environmental Impact Statement, meet National Environmental Policy Act (NEPA) and California Environmental Quality Act (CEQA) requirements. When certified by the Regional Water Board, the Final MEIR will provide programmatic level review from which site-specific project reviews may tier.

The mechanical channel rehabilitation and sediment management activities evaluated by the DMEIR were identified in the Department of the Interior Secretary's December 19, 2000, Record of Decision (ROD) as a necessary step towards restoration of the Trinity River's anadromous fishery. The TRRP's objective is to increase habitat for all life stages of wild salmon and steelhead. The activities described in the DMEIR would create additional fish and wildlife habitat at various locations and would increase habitat as riverine processes are restored. Activities include re-contouring bank and floodplain features, processing gravel, planting, and conducting in-river gravel placement and grade control removal. The DMEIR-EA/DEIR also evaluates impacts of reoccurring activities, such as gravel addition during high spring flows and dredging of fine sediment from Grass Valley Creek ponds. Construction this year near the Cemetery Hole at Sawmill site is planned to begin in late summer 2009.

A 45-day public review period will be held from June 5 to July 28, 2009 to allow for comment on the document alternatives, impacts analyses, and general content. The documents are available on the Reclamation website at http://www.usbr.gov/mp/nepa/nepa_projdetails.cfm?Project_ID=3138 and on the TRRP website at <http://www.trrp.net/implementation/remainingPI.htm>. Hard copies are also available in Weaverville, California, at the TRRP Office, 1313 South Main Street (by Tops grocery) and at the Trinity County Library, 211 N. Main Street.

For further information or to request a copy of the DMEIR and/or EA/EIR, please contact Mr. Brandt Gutermuth at 530-623-1806. Comments must be received by close of business, Tuesday, July 28, 2009, and sent to Mr. Brandt Gutermuth, Trinity River Restoration Program, P.O. Box 1300, Weaverville, CA 96093 or e-mailed to hgutermuth@mp.usbr.gov.

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• Gifts • Gift Baskets

We Deliver

515 Main Street, Weaverville
623-8630

Skinfluence

has moved to the Post Office Complex in Weaverville. I made this move in the hopes of serving you better. I keep my retail hours so you can stop by for your skin care products, but please remember, appointments may be made 7 days a week. I will continue to adjust my business to the needs of my customers. I am so appreciative of each and every customer who walks through my door and thank all of you who have supported me for the past 3 years. I invite all of you to come in and see how I can help you with your skin care needs.

Services

**Skin Cancer Screening
Facial/Peels/Brows
Skin Treatments
Laura's Line
Lotions, Oils Creams,
Soaps, Mineral Make-up**
Designed to improve many skin conditions including psoriasis, eczema and acne.

Skinfluence

Offers physician-line skin care products. To learn more visit skinmedica.com

Retail Hours

Mon - Wed - Fri
Noon to 5

Appointments

7 days a week
210 S. Miner St.
(post office complex)
530-623-5800

Love You Mom!

Free Workshop! How to Build an Earth Oven at

The Young Family Ranch

A COMMUNITY TRUST AND AGRICULTURAL RESOURCE PROPERTY
260 Oregon Street, Weaverville

Saturday, June 20, 10 a.m. - 2 p.m.

Earth ovens are great for baking pizzas and breads. Constructing an earth oven is more fun than it is work, so it's the perfect project for learning how to build with cob. What's cob? It's a durable mixture of clay, sand, straw and water. It's fun and easy to work with, and has an amazing array of uses. This hands-on workshop is from 10:00 a.m. to 2:00 p.m.

Plus, a nutrition workshop from 11:00 to 1:00 on bread baking will feature the use of solar ovens while the earth oven is constructed!

EVERYONE IS WELCOME! (no pets please)

For more information
623-6004 or
623-3746

