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# Placer Sentinel

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First Issue of December 2014

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## Sierra Gold Chorus Presents "The Secrets of Christmas"

AUBURN, CA (MPG) - Did you ever have a secret that you couldn't wait to share? This is the time of year when we keep secrets about a certain gift that we give to a special someone. Well, it is no secret that Sierra Gold Chorus, the Auburn Chapter of Sweet Adelines International, is presenting "The Secrets of Christmas." The chorus can hardly wait to share this special performance with you on Saturday, December 13th at 2 p.m. at Calvary Chapel of Auburn, 1101 Auburn Ravine Road, Auburn.

The Sierra Gold Chorus, under the direction of Ron Black, promises to reveal the many "Secrets of Christmas" while singing traditional and contemporary Christmas songs. The members of the chorus will be joined by 14 Christmas Chorus ladies who perform with the chorus just for this show. Several quartets and a double quartet will add to the musical delight.

The featured quartet is the 2014 Regional 2nd place winner, Surprise!, which is comprised of four multi-talented women: Jennifer Mayhew (Tenor) from Santa Rosa, Melany Schmitt-Huston (Lead) from Santa Rosa, Roxanne Kolbe (Baritone) from Cloverdale, and Janet Eisen (Bass) from Fairfax. These women were "just going to sing a love song," but when they heard their sound ... well, it was a delightful surprise to them all, and Surprise! was born.

Some might say that Sierra Gold Chorus is one of Auburn's best kept secrets, however, past audiences always look forward to this annual show. This is the 19th Annual Christmas Show and a very popular family event which has been a sellout in recent years, so get your tickets early. The best buys are presale tickets: adults \$20, youth (16 and under) \$7. Tickets at the door will be \$25 for adults and \$7 for youth. Tickets may be purchased from any chorus member or online at [www.sierragoldchorus.com](http://www.sierragoldchorus.com).



The featured quartet is the 2014 Regional 2nd place winner, Surprise! These women were "just going to sing a love song," but when they heard their sound... Well, it was a delightful surprise to them all, and Surprise! was born. Photo courtesy of Sierra Gold Chorus

eventbrite.com.

Every September, Sierra Gold Chorus invites women of the community to join the Christmas Chorus in singing at the Annual Christmas Show. However, women are welcome to attend rehearsals throughout the year on Monday evenings at 6:45 p.m. at

Burback Hall, DeWitt Center, 11577 E Avenue, Auburn. For more information about the chorus or show, call (888) 625-3430 or visit [www.sierragoldchorus.org](http://www.sierragoldchorus.org). To schedule a performance anytime of the year, call Jacque (530) 888-6657.

The Sierra Gold Chorus was

formed in 1993 by a group of women who loved to sing and wanted to perform in the community. The chorus became affiliated with Sweet Adelines International in 1995 and sings a cappella in four-part harmony, barbershop style.

Source: Sierra Gold Chorus ★

### DMV Extends Office Hours

SACRAMENTO REGION, CA (MPG) - The California Department of Motor Vehicles (DMV) announced that it is extending office hours and adding appointment opportunities to support the issuance of all original driver licenses, including licenses that will be issued under Assembly Bill (AB) 60 starting on January 2nd, 2015.

"DMV is committed to providing excellent customer service to all Californians," said DMV Director Jean Shiomoto. "Customers with appointments have much shorter wait times, and now all customers seeking new driver licenses will have extra appointment opportunities."

DMV anticipates processing approximately 1.4 million additional driver license applications during the first three years after implementation of AB 60. The DMV will be offering the following additional services:

Extended Saturday office hours by appointment for all new driver license applicants at up to 60 DMV field offices across California starting Saturday, January 3rd, 2015.

Increased number of available appointments in many field offices that will hire additional staff.

New driver license applicants will be able to schedule appointments with the DMV up to 90 days in advance, double the current 45-day window.

Starting December 1st, 2014, all first-time driver license applicants must make an appointment to visit their local DMV office. However, four new driver license processing centers will continue to offer both walk-in and appointment services: Lompoc, Stanton, Granada Hills (all opened November 17th, 2014) and San Jose (opening December 1st, 2014). Appointments are recommended.

These additional services will be available to all customers seeking an original driver license, the applicant's

Continued on page 4

## Yosemite Sustainability Conference Announced

YOSEMITE NATIONAL PARK, CA (MPG) - Yosemite Gateway Partners is hosting the first Yosemite Sustainability Conference in Yosemite National Park December 8-10, 2014. The conference is a three-day learning and networking forum dedicated to helping local and state businesses, government agencies, and non-profit

organizations transition to economic, environmental, and social sustainability through best practices.

The conference will provide information about some of the most impactful environmental issues such as climate change, greenhouse gas reduction, water management, energy management, waste stream reduction and transportation fuels. Attendees will learn about implementable solutions, tools, resources, and best practices from experts in the fields of water, energy, waste

management and air resources.

The event will provide information and demonstrations of existing Yosemite sustainable systems and processes. Attendees will also have the opportunity to interact with industry professionals and hear from experts on some of the world's most intriguing environmental concerns and sustainability practices, as well as emerging technologies to deal with these concerns.

Among the keynote speakers is Tim Carey, Senior Director for Sustainability and

Recycling at PepsiCo. Other speakers include Debbie Freidel, Director of Sustainability for Delaware North Companies Parks & Resorts; Dan Jensen, President of Delaware North Companies Parks & Resorts at

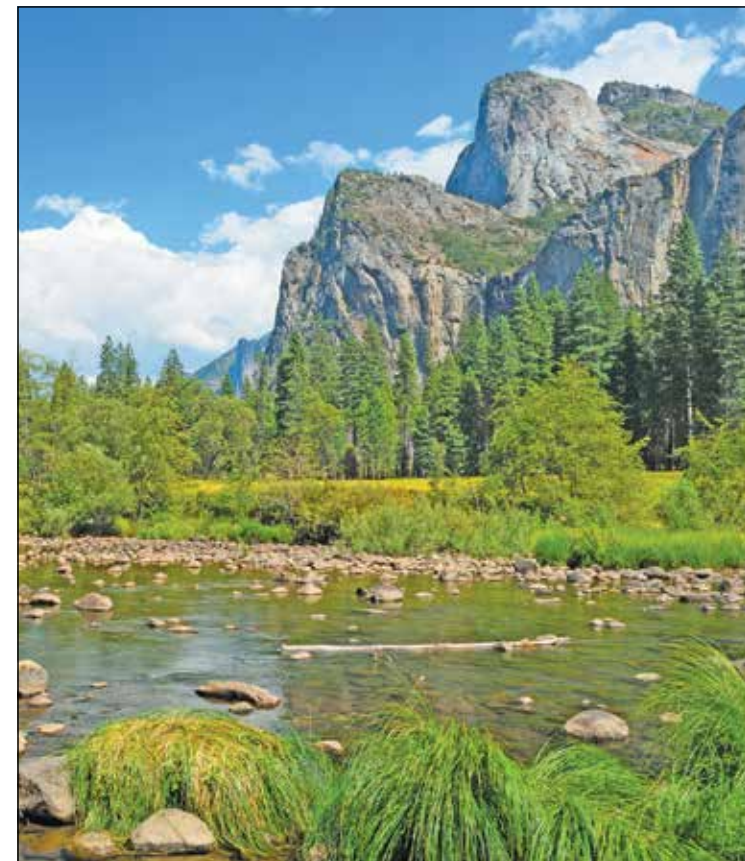
Yosemite; Don Neubacher, Yosemite National Park Superintendent, National Park Service; Ann Krcik, Director,

Brand Communication & Outdoor Exploration, The North Face; Dorene D'Adamo Member of the State Water Resources Control Board.

The Yosemite Sustainability Conference is designed for individuals who manage sustainability as part of their job or have an interest in sustainable practices. Anyone from governmental agencies, public land management agencies, private business, tribes and those wishing to learn better sustainable and environmentally friendly practices will benefit from this conference.

The event cost is \$395 (includes meals). Discounted lodging rates are available. For registration and more information, visit [www.yosemitegatewaypartners.org](http://www.yosemitegatewaypartners.org) email [info@yosemitegatewaypartners.org](mailto:info@yosemitegatewaypartners.org) or call (209) 962-7990.

Source: Sierra Business Council ★



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## Placer High School Music Department Holds Annual Christmas Tree Sale



The Music department receives only \$1,000 annually from the school district to fund all of the activities of the 150 students who participate in marching band, concert band, wind ensemble, choir, chamber choir, jazz band, drumline, and pep band for the entire year. Photos courtesy of Leslie Rogers

**AUBURN, CA (MPG)** - Please support Placer High School Music Department by purchasing your fresh-cut Christmas trees and wreaths at their tree lot located on the Placer High School campus (corner of Finley and Orange). The lot is open Monday through Friday from 3 p.m. until 8 p.m. and on Saturday and Sunday from 9 a.m. until 8 p.m. The lot is staffed by the music department students and parents who can assist with tree selection as well as carrying and loading in your vehicle. The Music department receives only \$1,000 annually from the school district to

fund all of the activities of the 150 students who participate in marching band, concert band, wind ensemble, choir, chamber choir, jazz band, drumline, and pep band for the entire year. The Christmas tree lot is one of their major fundraisers throughout the year and is necessary to raise the \$20,000 annually that provides for uniform repair and replacement, instrument repair and replacement, sheet music, affiliation dues, competition fees, transportation, coaching stipends, etc. Community support is critical to their fundraising efforts and they appreciate you thinking of them

first when it comes to finding that perfect Christmas tree. The Placer High School Music Department's Winter Concert will be held on Wednesday, December 10th at 7:30 p.m. at the Placer High School Auditorium. Admission to the concert is free. This festive concert will feature performances by the Placer High School choir, chamber choir, concert band, wind ensemble, and jazz band. Please join them in celebrating their talented music students! For more information, please visit [www.placermusic.org](http://www.placermusic.org) or call (530) 820-5022. *Source: Leslie Rogers* ★

## Local Crafters Featured at Show of Hands Holiday Fair

Story and photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - St John the Evangelist School's annual blowout, A Holiday Show of Hands, will ensure a crafty Christmas to more than 10,000 shoppers. Holiday and entrepreneurial spirits annually soar as crafters install wares for the first December weekend at the Carmichael campus. In its 36th year, the three-day fundraiser jams Locust Avenue and surrounding streets with shoppers' cars. Wares are too diverse to list. Suffice to say that whether hand-knitted, jeweled, hammered, or turned from a potter's wheel, if it is tooled with artistry and love, St John's is the place to find it. The fundraiser began when organizer Pat Holbus had seven children at St Johns and supported the school's struggle to keep costs down for working families. That tuition fees are still among the lowest of Sacramento Catholic schools speaks to the event's continuing success. The 1976 debut event hosted 20 vendors. Booths now sell out at 150 spaces and

prospective crafters are juried so merchandise is not duplicated. "Every year, we want a good variety of goods and new vendors to keep the show fresh," explains Holbus. Folsom's Noelle Lask, for example, tools steam-punk trinkets. Placerville's Dianne Newman will offer unique scarves and hats. From Roseville, Catherine Davin markets repurposed glass and ceramic items. Sallie Gereg (The Mad Tatter) brings hand-work from Fair Oaks. Dawn Trew produces hand-painted glass in her Orangevale studio. Mary Donnis is a Christmas crafter from Granite Bay, and Diana Boud annually sells out her much sought Maus Haus line of hand-stitched critters. Contributing vendors also journey from Loomis, Lincoln, Eldorado Hills, Elk Grove, and Citrus Heights to make the fair a holiday treasure trove. Holbus now has 12 grandchildren, most of whom have attended St John's. Three daughters and friend Carole Czimskey help with year-round fair preparations. Old fashioned goods aside, keeping the Show of Hands in tune with the times is the organizers' mission. ATMs are available

on fair days, and when temperatures dip, sophisticated hot toddies revive the weary. Because hungry customers are not happy customers, volunteer cooks offer homemade lasagnas and tamales as winter warm-ups. The fair's own hubble-bubble of industry is heartwarming, too. Knitters' needles click in tempo with Andy Williams—it's the most wonderful time of the year for hat and mitten purchases. "Even if it's cold or raining, customers are determined to enjoy themselves," says Holbus. "They come from all over Northern California; some even drive from out of state. For many, our Holiday Show of Hands is part of a tradition for friends to shop together. It's a weekend that says: hey, it really is Christmastime." The fair is held at St John the Evangelist School, 5701 Locust Avenue, Carmichael. Hours are 9 a.m. to 7 p.m. on Saturday, December 6th; 9 a.m. to 3 p.m. on Sunday. Admission is free. Doors open on the evening of Friday December 5th, allowing preview shopping for a \$3 donation. For further information, call (916) 481-8845 x 216. ★

## Holiday Craft and Gift Faire

**AUBURN, CA (MPG)** - On Sunday, December 7th, the Auburn Recreation District is hosting a Holiday Craft and Gift Faire from 10 a.m. to 4 p.m. at Recreation Park Gym, 123 Recreation Drive, Auburn, CA 95603. The Holiday Craft and Gift

Faire will feature over 30 vendors from throughout the foothills. This event will offer crafts, gifts, art, holiday decorations, ornaments, jewelry, candles, fun items for kids, and so much more. You will also have the opportunity to enjoy holiday music, a kid's craft

room, and Santa will be available for photos so be sure to bring your camera. Admission to the Faire is free. For more information, please call (530) 863-4615 or visit [www.auburnrec.com](http://www.auburnrec.com). *Source: Auburn Recreation District* ★

## Festival of Lights Parade

**AUBURN, CA (MPG)** - On Saturday, December 6th, the Festival of Lights Parade will be held from 5:30 p.m. to 8 p.m. The parade will begin at 5:30 p.m.

at the upper end of Lincoln Way and will proceed down to the Fairgrounds. This fun event will put everyone in the holiday spirit!

For more information, call the Auburn Chamber of Commerce at (530) 885-5616. *Source: Auburn Chamber of Commerce* ★



Pat Holbus (center) has organized the Holiday Show of hands fair at St John the Evangelist School for 36 years. Her volunteers include (kneeling left and seated far right) daughters Christine Bagley and Amy Swanson, school principal Tosha Tillotson (left) and Carole Czimskey. Bottom photo: Loud sweater alert. From Fair Oaks, knitter extraordinaire Gerry Kaye Ryden (center) will offer distinctive Holiday apparel.

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**Publisher's Statement:** It is the intent of the Placer Sentinel to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

**Publisher Paul V. Scholl**

# Janice Forbes Dedication Honoring a Local Philanthropic Leader

**AUBURN, CA (MPG)** - Auburn leaders gathered on Thursday, November 20th to dedicate a memorial to Janice Forbes at the Auburn School Park Preserve, where a monument was erected to commemorate her contributions to the community. Forbes was known as an active community leader; as the founding chairman of the Placer Community Foundation, she was committed to philanthropy and the good impact it has on the community. Forbes led the Board of Directors at the Placer Community Foundation in support of the Auburn School Park Preserve and community garden, she and worked toward the project's completion for 15 years.

"It's fitting that this tree and plaque memorialize Janice and her many contributions to the public and the environment," Bob Gilliom said during the dedication. "Her fight to create this park epitomizes her secret to success: perseverance, confidence that she knew the right thing to do, steady pressure on the public and decision makers to do what's right, and all with a grace."

Supporting the restoration of the Auburn School Park Preserve was in perfect alignment with Forbes' values as an environmentalist and her keen appreciation for the heritage of the community. Without her tireless leadership, the park would not exist today.

Forbes will also be honored and remembered as the leading force in establishing Placer Community Foundation. A long-time board member of the private Auburn Community Foundation (ACF), she had a vision for local philanthropy in Placer County.

"Janice was like a brilliantly cut diamond with so many facets," said Justice Keith Sparks. "Placer Community Foundation and Auburn School Park



Auburn leaders gathered on Thursday, November 20th to dedicate a memorial to Janice Forbes at the Auburn School Park Preserve, where a monument was erected to commemorate her contributions to the community.

Preserve were just two aspects of her dedication."

Forbes, along with other key members, understood the impact giving could have on current and future needs throughout the county. She also believed strongly in honoring and sharing the legacy of those who have chosen to give back to their community. In 2004, she led the board in ratifying the decision to transform ACF into a public charity that could serve donors in directing their charitable intent to address a wide range of

causes. That decision created the Placer Community Foundation. Since 2005, the Foundation's assets have grown to \$12 million, and the Foundation has distributed nearly \$5 million in grants to local charities. Forbes was a true leader and passionate champion of many causes. It can be said that her unflinching work has contributed to the quality of life shared by all in this county.

Janice Forbes was a native of Auburn, CA. A proud Placer Hillmen, she attended Placer High School with some of PCF's

current and emeritus board members. At board meetings, it was common for members to address her affectionately by her childhood nickname, "Booie," a name she bore on her license plate frequently seen in Old Town Auburn where she worked in her office above Sierra Moon Goldsmiths. After high school, she attended Mills College in Oakland, was elected to the Berkeley Chapter of Phi Beta Kappa, and received her B.A. from the University of California, Davis.



Janice Forbes' work as a conservator of open space and her leadership with the Placer Community Foundation points to her long-standing commitment to preserve this region's unique assets for generations to come. She understood the importance of always keeping these resources in the forefront of Placer County's growth and development.

She was publisher of Sierra Heritage Magazine, a regional

magazine covering the Sierra Nevada mountain range, for 26 years and published the weekly community newspaper, The Sentinel, until 2010. She served several terms on the City of Auburn's Economic Development Commission and on numerous local boards including the Auburn Area Chamber of Commerce, the Auburn Symphony, and the Auburn-Placer Performing Arts Center. She was also a founding board member of the Sierra Business Council, a regional business organization.

Forbes' work as a conservator of open space and her leadership with the Placer Community Foundation points to her long-standing commitment to preserve this region's unique assets for generations to come. She understood the importance of always keeping these resources in the forefront of Placer County's growth and development.

Placer Community Foundation grows local giving to strengthen the community by connecting donors who care with causes that matter. Known for sound financial management and knowledge of the nonprofit sector, the Community Foundation continually monitors the region to better understand the nature of local needs, so that it can invest in areas such as arts and culture, education, health and human services, and the environment. The Community Foundation provides regular trainings and technical assistance for the many local nonprofits that are experiencing growing public demand for programs and services. To learn more about establishing charitable funds, visit [placercf.org](http://placercf.org), contact Veronica Blake at [vblake@placercf.org](mailto:vblake@placercf.org), or call (530) 885-4920.

Source: Placer Community Foundation

**SOCIAL SECURITY DISABILITY CLAIM**

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**SIERRA NEVADA energy watch**

**Are you interested in saving money on your Pacific Gas and Electric (PG&E) energy bill for your business?**

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Sierra Business Council (SBC), a local non-profit, is working with PG&E to provide rebates to businesses for upgrading outdated lighting to energy efficient lighting such as LEDs. Rebates are also available for energy efficient HVAC and refrigeration systems.

Call SBC for a no-cost energy audit to assess whether you can save on your commercial energy bill. Ask for the Sierra Nevada Energy Watch program.

For El Dorado, Nevada, Placer, and Sierra County, call SBC's Truckee office: 530-582-4800

For Alpine, Amador, Calaveras, Mariposa, and Tuolumne County, call SBC's Sonora office: 209-532-7200

**2014 rebates are limited, so call to schedule your no-cost appointment before the rebates are gone!**

This program is funded by California utility customers and administered by PG&E under the auspices of the California Public Utilities Commission.

## BOE Finds Placer County Assessor's Office Meets State Standards

**PLACER COUNTY, CA (MPG)** - On Monday, November 24th, the Board of Equalization (BOE) released a report stating that most properties in Placer County are properly assessed. Second District Member of the California State BOE George Runner announced the overall quality of the assessment roll, representing approximately \$51.9 billion in value, meets state standards.

The Placer County Assessment Practices Survey Report addresses the quality of the 2012-13 Placer County assessment roll

and presents eight recommendations for improving the Placer County Assessor's programs. It also includes the assessor's responses to the recommendations, which are available in the report online.

These reports provide an overview of how well the assessors' duties are performed in California's 58 counties and identify where improvements should be made. Every assessor is required to identify and assess all properties located within the county, unless specifically exempt, and maintain a database

or "roll" of the properties and their assessed values.

Surveying the state's 58 county assessors' practices fulfills the BOE's mission of promoting statewide consistency in property tax assessment. During a five-year cycle, the BOE reviews each county's property tax assessment practices and publishes a report.

For more information on the BOE assessment practices survey program, please visit [www.boe.ca.gov/proptaxes/apscont.htm](http://www.boe.ca.gov/proptaxes/apscont.htm).

Source: California State Board of Equalization ★

## Old Town Auburn Holds Annual Old Fashioned Christmas

**AUBURN, CA (MPG)** - Old Town Auburn will be hosting the 28th annual Old Fashioned Christmas celebrations on December 13th and 20th. Downtown merchants, restaurateurs, crafters, and artists invite the Auburn community to join in the festivities.

All shops will be holding holiday open houses, and there will be great food and entertainment for everyone to enjoy. Have your picture taken with Santa, shop Old Town Auburn's unique gift shops, get a bite to eat and a glass of wine, or savor a craft

beer at one of the many quality eating and drinking establishments. Most of all, share in the holiday fun with your neighbors.

For more information visit [www.oldtownauburn.com](http://www.oldtownauburn.com).

Source: [oldtownauburn.com](http://oldtownauburn.com) ★

## Kindred Siena's Volunteers Provide Joy and Friendship to Residents

By Linda Harper

**AUBURN, CA (MPG)** - During the great depression in the early 19th century, people would often hear, "Hey buddy, can you spare a dime?" Today, the question is, "can you spare some time?"

As America's charitable organizations face a serious challenge in their fundraising efforts due to a struggling economy, volunteerism is especially important. The fabric of our society depends on the efforts of citizens to voluntarily reach out to those in need and lend a helping hand. Volunteers can create positive benefits not only to those they serve, but also to themselves. There's no better feeling than the one you get when you realize your efforts have changed someone's life.

There are many avenues available for volunteering in Placer County, from working as a mentor to at-risk children to enriching the life of an older person or making a shelter animal feel loved. The opportunities are countless and diverse.

Although non-profit organizations desperately need help, volunteerism has added another facet to its sparkling crown of generosity—the private sector

has begun to find that volunteerism can play a vital role too. One of those businesses that supports volunteers is Kindred Siena, a transitional care and rehabilitation facility located at 11600 Education Street. The dedicated staff of doctors, nurses, therapists, and support individuals care for various type patients, from short term rehabilitation to traditional long term care. The Auburn facility is part of the Kindred Healthcare network (based in Louisville, KY), the largest diversified provider of post-acute care services in the nation.

Kindred Siena offers a wide variety of skilled nursing, rehabilitation, and other services, enabling patients to receive the medical care they need, the restorative therapy they require, and the support their families deserve. Another crucial element to Kindred Siena's program is "heart." The Kindred staff is kind, caring, and respectful toward their residents. In addition, extra attention, joy, and friendship from selfless volunteers truly make a difference in the lives of older people while at their home away from home.

Volunteers are special people. They come from all walks

of life, finding something within themselves that motivates them to serve those in need, never expecting notoriety or payment. Kindred Siena needs more volunteers to spread warmth and delight among their residents. volunteers can participate by adopting a grandparent; coming in to play a round of cards or a board game with an adult patient can be very rewarding, and in some instances, educational. After all, older people do have a bit of life experience under their belts to share. For seniors, reading a book, serving meals, or just plain visiting as a volunteer can foster great friendships. If you've considered serving something that could be part of your life, call Joan Murtellucci at Kindred Siena, (530) 889-0707 X 202 or email her at [joan.murtellucci@kindred.com](mailto:joan.murtellucci@kindred.com). To learn more, visit [www.kindredsiena.com](http://www.kindredsiena.com).

In the words of America's most renowned boxer and off the cuff poet, Muhammad Ali:

**"Service to others is the rent you pay for your room on earth."**

Sources: [www.kindredhealthcare.com](http://www.kindredhealthcare.com), [www.kindredsiena.com](http://www.kindredsiena.com), [www.brainyquotes.com](http://www.brainyquotes.com). ★

## Auburn Concert Band to Perform Two Christmas Concerts



The Auburn Concert Band will perform two Christmas Concerts in the Auburn area with a variety of music including traditional Christmas favorites, jazz selections, and classical and European Christmas Carols. Included in their performance will be the popular Hallelujah Chorus. The programs are designed to entertain the entire family, from children to adults, with a varied musical selection. Both concerts begin at 7 p.m. Photo courtesy of Auburn Concert Band

**AUBURN, CA (MPG)** - The Auburn Concert Band will perform two Christmas Concerts in the Auburn area.

The concerts are scheduled for December 3rd at Bowman School, 13777 Bowman Road, and on December 17th at the State Theater, 985 Lincoln Way in Auburn. Both concerts are free to the public with donations accepted. Both concerts begin at 7 p.m. The Auburn Concert Band will perform a variety of music which will include traditional Christmas favorites, jazz selections, and classical and European Christmas Carols. Included in

their performance will be the popular Hallelujah Chorus. The programs are designed to entertain the entire family, from children to adults, with a varied musical selection.

The Auburn Concert Band is actively involved in the Auburn community as a whole, performing in small groups for various Auburn schools and educating students about musical instruments and group performances. The band has performed at Auburn Cruise Night, Auburn Air Show, Pearl Harbor Memorial, Mother's Day concert at Eisley Nursery, the

Carmichael Band Festival, and performs 3-4 formal concerts a year for the community. On December 17th, the band will perform in the newly renovated State Theater in Auburn.

Band members are drawn from the Auburn area as well as the surrounding cities of Sacramento, Folsom, Roseville, Nevada City, and Grass Valley. Ages of the players range from high school to retired persons. Many are professional musicians who play with various musical groups in the area. The band is conducted by Tom Candish.

Source: Auburn Concert Band ★

## Silver Screen Classic Movies: The Wind

**AUBURN, CA (MPG)** - On Saturday, December 6th, Silver Screen Classic Movies presents *The Wind*, starring Lillian Gish; this is one of the last great silent movies with live piano music.

This fun movie event will be held at the Auburn Library, 350 Nevada Street, in the Beecher room. Show times are 1 p.m., 2 p.m., and 7:30 p.m. This is a free event.

For more information, please visit [www.silverscreen.com](http://www.silverscreen.com) or call (530) 878-7938.

Source: Auburn Chamber of Commerce ★

## DMV Extends Office Hours and Adds Appointments for First-Time Driver License Applicants

Continued from page 1

first license received in California, whether under AB 60 or otherwise. Customers applying for an original driver license will need to do the following:

Make an appointment to visit a DMV field office up to 90 days in advance (or walk-in or appointment at the temporary driver license processing centers in Lompoc, Stanton, Granada Hills, or San Jose).

Study for the driver license exam

Complete a driver license application form (DL 44) available at the DMV office

Provide DMV with either

(1) social security number and proof of identity and legal presence, or (2) proof of identity and California residency under AB 60. (Last week, DMV posted the list of documents that applicants will need to bring to DMV to obtain a new driver license under AB 60. Details regarding these documents are available on the AB 60 webpage at [www.apps.dmv.ca.gov/ab60/index.html](http://www.apps.dmv.ca.gov/ab60/index.html).)

Pass a vision test, TouchScreen knowledge (written) test, and if applicable, a road sign test

Give a thumb print

Have a picture taken

Schedule a future appointment for the behind-the-wheel driving test

Applicants under 18 applying for an original driver license will also need to submit proof of driver education completion. For further information about obtaining a new driver license, refer to the California Driver Handbook or visit [www.dmv.ca.gov/portal/dmv/dmv/dl/driverhandbooks](http://www.dmv.ca.gov/portal/dmv/dmv/dl/driverhandbooks).

It is easy to make an appointment to go into a DMV field office; you can make an appointment online, use the DMV now app, or call 1-800-777-0133. Appointments are available up to 90 days in advance for new driver licenses and 45 days in advance for other services.

Source: California Department of Motor Vehicles ★

## Looking for Volunteers! 18+

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## Dare to Live Without Limits

### Self-interest vs. Selfish



**Self-interest:**  
• a concern for one's own well-being

**Selfish:**  
• concerned excessively or exclusively with oneself: seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others  
• arising from concern with one's own welfare or advantage in disregard of others

Self-interest is essential for your happiness and well being. It enables you to provide food and shelter for you and your family. Self-interest is necessary for your economic and career success. If you are not concerned about yourself, who will be?

Selfishness is different than self-interest. Selfish people tend to be exclusively concerned about only themselves. They don't care about anyone else and have no regard for other people. Selfish individuals may act in a manner that's detrimental to others.

Having a healthy self-interest doesn't preclude caring about others. Actually, a strong self-interest is a core component of those who are most concerned about other's welfare. If you don't care about yourself, how can you care about others?

There is often confusion because the terms self-interest and selfish are erroneously used interchangeably. As a result, you may feel guilty about acting in your own self-interest. The reasoning is that taking care of your

needs will invariably have a negative impact on someone else.

When you feel guilty about taking care of your self-interests, you wrongly assume that someone else's situation will somehow improve by your deprivation. Making sure that you are OK does not cause anyone else to suffer.

A common example is doing well financially. Some try to assign a stigma to economic success, incorrectly asserting that economic success can only occur at the expense of others. If you are acting in your own self-interest, you are compensated financially for providing a desirable service or product. Therefore you prosper as the result of helping other people.

Selfish people don't care what they have to do to get money. They have no ethics, morals, or standards. Their main focus is only what's in it for them. Although selfish individuals may at times appear to profit, it's only in the short term and not sustainable.

If you find you have been selfish, now is a good time to change. Past behavior does not have to dictate your future actions. You have free will and can improve at any time. If you are not happy with how you have been acting, make corrections.

When you act in your own self-interest you help others not only by what you produce but also by what you consume. Whenever you spend the money you earn, it gets spread

throughout the economy causing a positive ripple effect. The more you spend, the more many others benefit. Conversely, if guilt prevents you from living as well as you would like, you have much less of a positive impact on others.

Construct a list of what you want from life. Think big. Dream big. There's nothing wrong with reaching all of your dreams. Your success is good. There is nothing to be ashamed about. The more you give out, the more you get back in return.

Don't listen to those who disparage your motives. Their situation won't improve if they are successful in discouraging you. Life provides limitless opportunity for all. Whether or not someone avails them self of this potential is their choice.

It's good to act in your own self-interest. Have high aspirations. Work hard. Apply yourself. Ignore any criticism implying that you are selfish. Some will be jealous of your success. There's nothing you can do about how they feel. So focus on your needs.

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2009 Bryan Golden. ★

## Holidays in the Hills

# A Win-Win Wine Event

**PLACER COUNTY, CA (MPG)** - The fifth annual Holidays in the Hills winery event, benefiting the Marine Toys for Tots Foundation, will take place on December 6th and 7th. The event is hosted from 11 a.m. to 5 p.m. on both days by 20 Placer County Vintners Association wineries. In exchange for a toy donation for a child in need (cash donations will also be accepted in lieu of a toy), event guests will enjoy free wine tasting. Several locations will also feature hors d'oeuvres, live music, winery tours, and discounts on purchases. All participants will have the chance to win raffle prizes.

Holidays in the Hills takes place on the Placer County Wine Trail at these participating wineries:

- Bear River Winery: Guests can sample newly released wines and a flight of Barbera paired with assorted chocolates and holiday cookies. Meet the winemakers and enjoy half- and full-case discounts.
- Bonitata Boutique Wine: In addition to wine tasting, Bonitata Boutique Wine will offer a holiday atmosphere and wine-infused chocolate truffles paired with a 2009 Barbera and 2009 Cabernet Sauvignon.
- Cante Ao Vinho: Guests

will sample olive oils, pesto, and gourmet taffy while sampling a selection of wines. A complimentary art show will provide beauty to the holiday atmosphere.

- Casque Wines: Visitors will sample the winery's all-new "Sargent" port, which will be introduced for the first time, and receive a holiday-case discount.
- Davis Dean: While enjoying complimentary wine tastings, visitors will enjoy music and tasty snacks.
- Dono dal Cielo: Visitors will groove to live music by Two Barrels Shy and Double Shots, in addition to enjoying complimentary wine tasting.
- Fawnridge Winery: Fawnridge will offer flavored popcorn and will be pouring new releases at the winery.
- Green Family Winery: Attendees will enjoy complimentary tastings, Christmas music, and heart-healthy snacks. The first 50 guests will also receive a free Green Family wine glass.
- Lone Buffalo Vineyards: Celebrate the holidays with three new wine releases. Visitors can capture the moment in DIYLove's Vintage Photo Trailer, peruse jewelry and art vendors, and enjoy delicious

barbeque. Complimentary Lone Buffalo logo glasses will be given to the first 50 visitors to arrive each day.

- Mt. Vernon Winery: Visitors to Mt. Vernon will enjoy live music, appetizers, and wine tastings inside the cave.
- PaZa Wines: PaZa will have live music, appetizers, and barrel tasting in the cave. Guests can enjoy wood fired pizza and peruse offerings from multiple local vendors.
- Secret Ravine Vineyards: Visitors will sample Christmas treats, shop for gifts, listen to holiday music, and taste the newly released 2012 Montepulciano.
- Viña Castellano Winery: Guests can win a Varietal Food and Wine Pairing Chart as well as sample hot wine cocktails: Sangria Caliente and Spiced Cider Wine paired with spicy chocolate treats.
- Wise Villa Winery: Guests will enjoy complimentary beef crostini with caramelized onions, along with a tour of the vineyard, winery, and barrel cellar.

For a complete list of participating wineries, venue details, and directions, please visit [www.placerwine.com](http://www.placerwine.com).  
Source: Merlot Marketing, Inc. ★

## Auburn Area Republican Women Federated December Luncheon

**AUBURN, CA (MPG)** - The Auburn Area Republican Women Federated will host their December luncheon on Friday, December 12th from 11:30 a.m. to 1:30 p.m. at the Sizzler located at 13570 Lincoln Way in Auburn.

Michael Babich will be discussing "How free is 'free' enterprise in drug discovery?" Topics will include why there are obstacles or delays in the FDA approving, for example, a drug currently used in France to effectively treat multiple sclerosis.

The public is invited to attend this informative event. Lunch is \$17 at the door. Check-in time is 11:15 a.m. For reservations, please call (916) 751-1892.

Source: Auburn Area Republican Women Federated ★



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## Placer County Releases First Inmates Due to Prop. 47

**PLACER COUNTY, CA (MPG)** - Nine people, both men and women, were released from the Placer County Jail on Monday, November 17th as a result of the voter's approval of Prop. 47.

Sheriffs across the state immediately began implementing Prop. 47 after it passed. Criminals who were initially arrested for felony offenses like fraud, petty theft, or possession of small amounts of drugs (which might be cocaine, heroin, and methamphetamine)

could have their charges reduced to misdemeanors. Changing the crimes to misdemeanors makes the inmates eligible for immediate release from jail.

Supporters of the proposition say it will save the state hundreds of millions of dollars in incarceration costs. Many law enforcement agencies say it could result in an increase in crime as the inmates are reintroduced back into the general public.

Other counties, including

Sacramento County, have already released eligible inmates. Approximately 400 Sacramento County Jail inmates are expected to be freed while they await trial on reduced charges.

Under the Prop. 47 initiative, savings will be diverted to rehabilitation programs intended to reduce crimes. The savings won't be calculated until 2016, and it will take more time to divide the money among rehabilitation programs.

Source: [www.KAHI.com](http://www.KAHI.com) ★

## Granite Bay Man Runs from Police Tries to Hide at Elementary School

**LINCOLN, CA (MPG)** - A Placer County Sheriff's deputy witnessed a man driving recklessly and at a speed of 75 mph in a 40-mph zone. The incident occurred at 11:45 a.m. on Tuesday, November 18th near Twelve Bridges and Joiner Parkway in Lincoln.

The deputy made an attempt to pull over the suspect, Justin Matthew Roe (21), in front of Twelve Bridges Elementary right before the school lunch period was to begin.

Roe ran from his car, jumped a fence, and ran onto the school grounds. The deputy immediately called for a lockdown of both the elementary school and nearby middle school. The total lockdown time was about 30

minutes while police searched the campus and surrounding area for Roe.

The California Highway Patrol (CHP) and the Rocklin and Lincoln police departments also joined the search. A CHP helicopter spotted Roe off campus about 30 minutes later on Gatehouse Lane where he was taken into custody. The suspect had taken off his pants and was wearing shorts and a sweatshirt to deter officers. Roe was not armed at the time of the apprehension.

Roe was booked into Placer County Jail on charges of resisting arrest and a parole violation for burglary.

Source: [www.KAHI.com](http://www.KAHI.com) ★



**Justin Matthew Roe (21) was witnessed speeding and driving recklessly. When a deputy pulled him over, Roe ran from his car, jumped a fence, and ran onto the school grounds of Twelve Bridges Elementary. The deputy immediately called for a lockdown of both the elementary school and nearby middle school.**

## PCWA Moves Forward on Watershed Remediation

**AUBURN, CA (MPG)** - In the aftermath of the massive King Fire, the Placer County Water Agency (PCWA) is taking emergency steps to prevent and manage the runoff of fire debris and erosion into the Rubicon River and PCWA's Ralston Afterbay.

In a report on Thursday, November 20th to the PCWA Board of Directors, Engineering Services Manager Jeremy Shepard outlined the effort that is being mobilized in advance of winter rains.

He said there is high potential for debris from the steep Rubicon River canyon to wash down the river into Ralston Afterbay where there is a strong possibility of impacts to water storage and hydroelectric power production.

According to Shepard, while the U.S. Forest Service is planning some erosion control in the area, PCWA is activating a three-part effort to protect Ralston Afterbay. It includes log booms to trap and divert debris that

flows into the reservoir, grappling equipment to remove floating debris, and equipment on Ralston Dam to steer floating logs through the gates of the dam without damaging it.

Additional longer-term efforts are being planned to remove sediment that is expected to deposit on the floor of the afterbay.

The debris management effort is being undertaken by Syblon Reid Contractors of Folsom, hired under a \$400,000 emergency contract. Shepard said the firm is mobilizing this week and will be prepared to operate next week.

The King Fire burned 97,000 acres of Sierra watershed from September 13th through October 9th. About 40,000 of these acres are along the Rubicon River watershed, a source of the PCWA Middle Fork American River Project.

In other business, PCWA directors reviewed and hosted a public hearing on the agency's proposed

\$108 million budget for 2015. The overall budget includes an Agency-wide operating budget of \$2.2 million, Power Division operating budget of \$23.5 million, Water Division operating budget of \$39.8 million, and Combined Capital budget of \$42.5 million. Board Chairman Joshua Alpine continued the public hearing and budget review until December 8th when final budget consideration is anticipated.

The PCWA Board of Directors will next meet in adjourned session at 2 p.m. on Monday, December 8th at the PCWA Business Center, 144 Ferguson Road in Auburn. PCWA board meetings are open to the public.

Information on PCWA board meetings may be obtained through the Clerk to the Board at (530) 823-4850 or (800) 464-0030. For drought updates and water conservation information, please visit [www.pcwa.net](http://www.pcwa.net).

Source: [Placer County Water Agency](http://Placer County Water Agency) ★

## Watch Out for Wildlife on the Roadways

**PLACER COUNTY, CA (MPG)** - Caltrans and the California Department of Fish and Wildlife (CDFW) are cautioning motorists about an unusually high number of collisions between drivers and wildlife on mountain highways this autumn. The increase has been particularly notable on Interstate 80 and U.S. Highway 50 in Placer and El Dorado counties.

"There were an unprecedented 23 incidents involving large animals on Highway 50 and I-80 in just six days from November 14-19," said Caltrans Director Malcolm Dougherty. "Drivers need to use caution and watch out for wildlife as they travel through the Sierras and other rural areas."

"Motorists need to be on the lookout for animals on or near roadways, particularly deer and bears," said CDFW Director Charlton H. Bonham. "It's not only dangerous for the animals, but drivers and their passengers can be injured or killed if they hit—or swerve to miss—an animal."

Caltrans and CDFW offer a few tips for motorists:

- Be particularly alert when driving in areas frequented by wildlife, and give yourself more time than usual to react safely by reducing your speed.

- "Sweep" the roadway from side to side with your eyes as you drive. This increases your chance of seeing anything that might become a hazard.

- Pay particular attention when driving during morning and evening as wildlife are most active during these times.

- If you see an animal cross the road, know that another may be following it.

- Don't litter. Odors from all kinds of products may entice animals to venture near roadways.

There are probably several factors behind the animals' increased movements near highways. One is the deer rut, or mating season; bucks are always more active this time of year. Recent wildfires in the mountains and foothills also destroyed a considerable amount of vegetation, forcing wildlife to travel farther than usual to forage. The drought has stressed existing vegetation, likely reducing its normal nutritional value and forcing animals to eat more than usual. Bears are getting ready for hibernation and are foraging far and wide to get enough nutrition to make it through the winter.

Wildlife corridors constructed under some highways have helped reduce wildlife-related

incidents. Caltrans recently completed construction of a wildlife crossing on State Highway 89 in Sierra County and has two others planned for construction next season. The district also built a wildlife crossing on Highway 50 and has a project programmed for next season to study wildlife activity near state highways.

In addition, Caltrans has wildlife warning signs posted in key areas along its state highway system and will be installing more with help from CDFW and other partner agencies. Caltrans will also be using its electronic message boards to alert motorists of increased wildlife activity.

Caltrans District 3 is responsible for maintaining and operating 4,385 lane miles in 11 Sacramento Valley and Northern Sierra counties. CDFW's North Central Region is responsible for managing California's diverse fish, wildlife, and plant resources across 17 counties.

Please visit the Living with Wildlife website at [www.wildlife.ca.gov/Living-with-Wildlife](http://www.wildlife.ca.gov/Living-with-Wildlife) for more information and to report a wildlife incident or dead or injured wildlife.

Source: [California Department of Fish and Wildlife](http://California Department of Fish and Wildlife) ★

## In Memory of Deputy Danny Oliver and Detective Michael Davis



**Congressman Tom McClintock**

**HOUSE CHAMBERS, WASHINGTON, D.C. NOVEMBER 18, 2014**

Mr. Speaker:

On October 24, Sacramento County Sheriff's Deputy Danny Oliver and Placer County Detective Michael David Davis were wantonly gunned down in one of the most cold-blooded rampages in the history of either county.

By all accounts, these were exemplary law enforcement officers, fathers, husbands, sons and neighbors.

Deputy Oliver spoke his last words as he approached a car in a parking lot for the simple purpose of asking if he could help a couple who appeared to be lost. "How's it going?" he said.

The gunman and his female accomplice next gunned down a bystander who was too slow in turning over his car keys as the couple hijacked his car. Miraculously, the bystander survived a gunshot to the head—but vividly remembers the smile on the gunman's face as he pulled the trigger.

The next victim was Detective Michael Davis. You may have heard of him. On the very same date 26 years earlier, Michael Davis's father was killed in the line of duty as a Riverside

County Sheriff's Deputy. Davis was 16 years old at the time.

Mr. Speaker, I wish there were some words of consolation to offer these grieving families of Danny Oliver and Michael Davis, but there are limits to our language and words fail us when they are needed most.

But I know this: the esteem and gratitude that our communities hold for these two officers—and the sympathy we feel for the terrible loss their families have sustained—could be seen most vividly and eloquently in the solemn faces of literally THOUSANDS of ordinary citizens who lined the funeral route for these officers or who stood silent vigil outside the church where they were mourned.

As I looked at the law enforcement officers from throughout the country who came to honor these fallen peace officers at their funerals, it occurred to me that Deputy Oliver and Detective Davis and their many brothers and sisters in law enforcement—are the business end of all the highest principles of this amazing Republic of ours—a society that proudly proclaims itself a nation of laws.

We often speak of the rule of law—but who among us is willing to lay down our lives for it? Michael Davis was. Danny Oliver was. Because of their sacrifice, this rampage ended without a single civilian death.

They protected us, but did we do everything we could to protect them? Their assailant had repeatedly entered this country illegally. While here, he had been apprehended for committing other crimes and repeatedly deported, only to easily re-cross the border without even being

challenged.

That is a subject for another day. On this day, we should reflect on the agony of the Oliver and Davis families who have lost devoted husbands and fathers. We should reflect on the extraordinary courage of our peace officers who bear tremendous and growing risks every day to protect the peace we too often take for granted.

Michael Davis's brother Jason Davis eulogized his older brother. Jason is also a Placer County Deputy, who was on the scene only minutes after his brother had been shot. Their third brother, Christopher, had died in 1998 in an accident as he, too had been preparing for a career in law enforcement.

And Jason, who had been present 26 years before when his mother was told of his father's death; who 16 years ago informed their mother of Chris's death and who had days before told her of Michael's death, looked at his grieving mother then asked the question if all their pain justified their family's commitment to law enforcement. Without hesitation, he answered, "Yes."

I don't know where we get men like Danny Oliver and Michael Davis, but I know what we owe them. Of course we owe them our gratitude and every honor we can bestow on them. But most of all, we owe it to them, to their families, and to their fellow officers, to be just as devoted to the rule of law as they were.

If we, the People, will do that, then we will have proven Jason Davis right—that their extraordinary devotion to these principles is as justified as it is noble. ★

## Congressman Tom McClintock's Response to the President's Immigration Speech

**WASHINGTON, D.C., (MPG)** - (Thursday, November 20th), the President asserted a power to nullify existing immigration law by ordering the executive branch to ignore it. Further, he has ordered 34 million green cards to make possible the employment of illegal immigrants despite federal law that makes their employment a crime. This is a direct violation of his responsibility under Article II

to "take care that the laws be faithfully executed," and a usurpation of legislative authority which Article I grants solely to Congress.

The rule of law established in our Constitution forbids the President from selecting which laws he will enforce and which he will ignore or from choosing who must obey the law and who is above the law. It explicitly forbids him to make law by

decree. This is the fundamental difference between a nation of laws and a nation of men.

Fortunately, the American Founders provided a variety of checks available to both the legislative and judicial branches. I expect these will begin now to be invoked.

Source: [The office of Senator Tom McClintock](http://The office of Senator Tom McClintock) ★

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By Gerry Mifsud

“Talk to your doctor and ask questions. By doing this you become proactive in your recovery (health);” in the final analysis, that is what my Doctor and I determined after my major colon surgery. Here is my personal testimony of some of the things that went wrong.

Even in asking questions I found major problems. I had seven different doctors who ultimately confused and bewildered me. For 30 days, I continually saw the ER doctor, three hospital doctors (hospitalists), and my private doctor with his two associate doctors, making them the “misguided seven.” Some of these well-intentioned doctors neglected to check my chart at the nurses’ station to get updates from the other doctors. Other doctors had forgotten to properly note their visits with me, impeding the other doctor’s understanding of my case. Differing doctors meant conflicting diagnoses and prescriptions. Being prescribed oxycontin by one doctor was met with outrage from another doctor, who changed the prescription to a much less powerful medication. One doctor prescribed stool softeners while another removed that

# NEVER GIVE UP

## Doctor, Doctor, Doctor

prescription immediately because it would have had an ill effect on my colon surgery.

I left the hospital only to return twice within the next two weeks, indicating a possible premature discharge. I had seven doctors who did not confer closely enough with each other regarding my recovery plan or discharge date.

RNs do a tremendous job and spend the most time caring for you. When looking for veins, however, some RNs lacked confidence. They proceeded to make my arm black and blue with several failed attempts at placing the IV. Before they poked me, they told me that the #1-RN vein finder was available just in case they couldn’t find a vein. Instead of letting them pulverize me, I should have demanded the #1 RN.

Another eager RN misread my chart and subsequently awoke me at 3 a.m. to prepare me to be moved to a private care facility that morning. I was shocked because none of my seven doctors recommended that. It took her a while to realize her mistake, while I was traumatized for a couple of hours. She was very apologetic afterwards.

Upon my release, the discharge nurse disagreed with the instructions I had already received on changing my dressing. Because of her insistence that I use her technique, which was different from what I’d already been taught, I

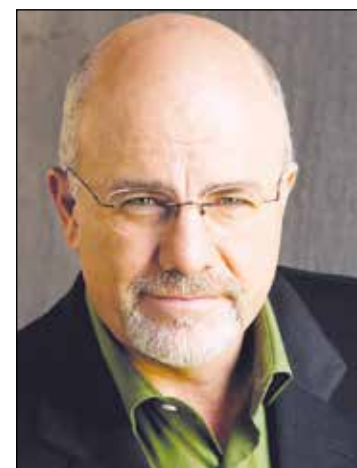
developed a serious infection around the operation area. The infection eventually went away, but not from my memory.

In making his goodwill rounds, the CEO of the hospital came into my “Arctic Climate” room. With the out-of-control AC unit blowing on his head, we laughed as I brought notice to it as well as more important concerns. He listened very attentively and promised to make corrections where needed and speak to the staff about their attitudes and procedures.

Three months after the 30-day hospital stay, I cautiously returned to the hospital for seven days. I had only four doctors to contend with this time, and all the IV shots were given with pin-pointed precision. The room climate was warm, and was warmed even more so by the harpist and her healing music that she brought to my room.

I do wonder though why the hospital put me in the last room at the end of the hall, while there were plenty of available beds closer to the RN’s station. I am so grateful for the many good doctors and health providers I had. A second opinion doesn’t hurt, especially if you are still hurting and have doubts in your doctor. As for asking your questions to your doctor, NEVER GIVE UP.

Gerry Mifsud, TV Host and Senior Activist. ★



## The Wrong Half of the Month!

Dear Dave,  
My husband and I are following your plan, and we’re trying to reconcile our on-paper budget with what’s going on in our bank account. Most of our bills are due the first half of the month, but we receive most of our income during the second half of the month. Can you help us figure out what to do?  
- Kathy

Dear Kathy,  
If you’re actually making a budget and sticking to it, what you’re describing is a cash flow bind. You are in charge of your budget until it’s on paper. Once it’s on paper, it has to accurately represent reality. In your reality, that means a cash flow strain on the first checks and extra money on the second checks.

You won’t be able to fix this in just one month, but there is a long-term solution. Move some of the money from your second checks into the first half of the next month. By doing this, you’ll start running from the fifteenth

# Dave Says

to the fifteenth instead of from the first to the first. It will help you stay ahead and avoid getting pinched.

The second part of this equation is that you are in charge of your budget. The budget does not become the boss of you until you get it done. When everything is written and agreed on by you and your husband, that’s when the budget becomes the boss. You can’t come home with a new shirt or a new purse and hope it fits into the plan. The budget has to be the plumb line by which you build your finances straight and true!  
- Dave

## School Cost Versus Salary

Dear Dave,  
My husband and I both work two jobs. Together we make about \$53,000 a year, and we’re trying to get out of debt. We have \$35,000 in debt, and most of that is on our truck. I’d like to go back to school and become an ultrasound technician, so we’ll have more money. Do you think this is a good idea?  
- Sarah

Dear Sarah,  
Getting more education is always a good idea. For starters, I’d begin doing some research to find out what ultrasound technicians in your area are earning. Then, look into the cost of training at a nearby school.

But I would only recommend starting school *after* you guys have done some work and cleaned up your finances. You’ve got a bunch of debt hanging over your heads, and the truck you mentioned is a big part of the problem.

Sell the truck and move down to something very inexpensive to drive for a little while. Then tear into the remainder of the debt and get it paid off as fast as you can. After that, save up a bunch of money so you can go to school debt-free.

I know that may seem like a long time before you can start school, but chances are you can get this done in less than two years. And trust me, going to school debt-free will feel a whole lot better than having another bunch of payments buzzing around your heads for years to come!  
- Dave

\* Dave Ramsey is America’s trusted voice on money and business. He has authored five New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover*, *EntreLeadership* and *Smart Money Smart Kids*. The *Dave Ramsey Show* is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★



## BEAUTIFUL HOLIDAYS

Okay, we’re into now ladies...the wonderful and yet tormenting holidays! So do you want to come out of them happy and healthy and looking good, or frustrated, overweight and afraid to look in the mirror? I will assume the former. So I checked in with **Dr. Susan Smith-Jones**, who is an internationally known expert in nutrition and author of some 25 books, to give us some basics on how to handle the holidays to look and feel younger. Her latest book is *“Walking on Air.”* She asked me what beautiful means to me? HUH? She told me beauty does not begin on the outside. “Beautiful is what you are made of. Beautiful people spend time discovering what they love—what sings to them—and they make time each day to fill themselves up with that beauty. Authentic beauty is an alchemy of radiant physical health and glowing self-esteem.

# POPPOFF!

with Mary Jane Popp

When one feels happy and fulfilled, their outlook and contentment is reflected in their face and overall appearance.” She added, “to combine emotional and physical nourishment is, in her estimation, the truest and most time-honored beauty SECRET.”

So let’s get to the *Tips for Looking Younger No Matter Your Age:*

1) **EXERCISE:** Regular, vigorous exercise supports healthy circulation and detoxification, with visible benefits for the skin. It also releases endorphins that makes you feel happier and less stressed. The skin takes on a rosy glow that no makeup artist could duplicate.

2) **SLEEP:** If you are not well rested, your skin will let the world know because your face will appear pale, drawn, and blemished. Sleep is when most of the body’s repair work and maintenance are completed. Thus, getting deep sleep nightly is essential for maintaining beautiful skin. While you sleep, blemishes are being healed and new skin cells regenerate.

3) **DIET AND WATER:** Emphasize lots of high water content foods in your daily diet, such as raw fresh fruits and vegetables. These foods are rich in antioxidants, which help give you glowing, youthful skin.

Make sure you drink between 6-8 glasses of purified water daily, too. If you are dehydrated, as most people are day in, day out, this creates wrinkles (like how a grape turns into a raisin) and accelerates aging.

4) **JOY-FILLED LIVING:** Reveling in life’s simple pleasures at least once a day will not only keep stress and wrinkles at bay, but will also enrich your life immeasurably. For example, spending time in nature or with your pets will boost your mood. Laughter quells stress and activates the immune system. Your skin glows with joy when you put on a happy face.

I guess I liked her conclusion that choosing a healthy lifestyle will make you glow and be beautiful throughout your life. So, the secrets are really just practical application of the basics. Of course, you need to make the best of all those incredible edibles that will be dangling in front of your face smothered in chocolate and all the delectable that come with the holidays. So, take it easy, don’t stress, and enjoy yourself...and don’t get all #!\$#!\$. Crazy and whiny doesn’t help! Take it one day at a time, and enjoy every minute of it with family and friends! HAPPY AND BLESSED HOLIDAYS!!! ★

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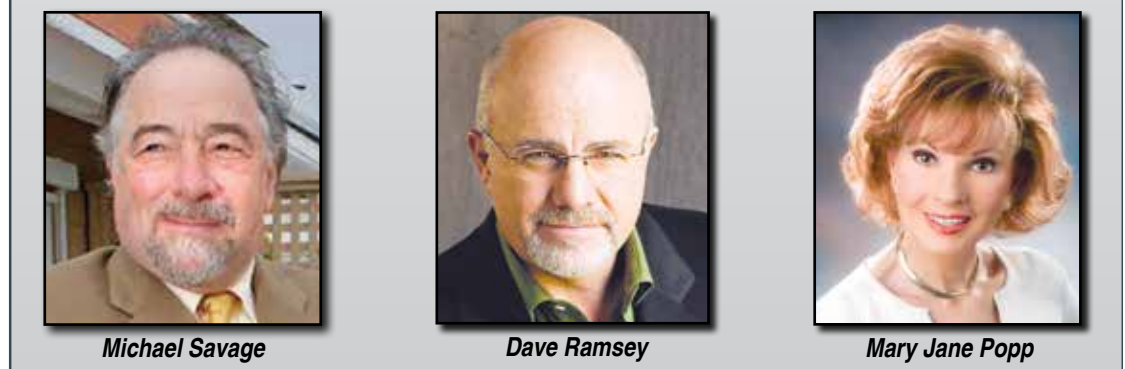
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# This Holiday, Create a COLORFUL FEAST

**FAMILY FEATURES**

As you prepare for this season of celebrations, consider recipes that offer a fresh approach to the traditional holiday menu.

With its sweet simplicity and vibrant color, a garnish featuring California grapes can make your meal presentation even more enticing. Keep those mealtime traditions intact by serving favorites like Brussels sprouts, but pair them with sweet California grapes in a salad for the perfect balance of flavor and crunchy texture.

A beloved side dish, such as cornbread dressing, will exceed all expectations with ingredients like red and green grapes, butternut squash, walnuts and pancetta. Complete the meal with a new twist on a trifle that results in a rich dessert worthy of any gathering for the holidays and beyond.

For more ways to increase the freshness and flavor of your holiday meals, visit [GrapesfromCalifornia.com](http://GrapesfromCalifornia.com), [Facebook.com/GrapesfromCalifornia](https://www.facebook.com/GrapesfromCalifornia) and [Pinterest.com/GrapesfromCA](https://www.pinterest.com/GrapesfromCA).

**Helpful Tips for the Perfect Holiday Turkey**

- When shopping for your turkey, look for one with a pop-up timer.
- To thaw your turkey, keep it in the refrigerator based on its weight. For example, it should remain in the refrigerator for 24 hours for every 5 pounds. To thaw quickly, place it in the sink and cover with cold water, changing the water every half hour per pound.
- Once the turkey has thawed, always refrigerate or cook immediately.
- When you're ready to cook, baste the bird with extra virgin olive oil. Place turkey with the breast up on a rack in a shallow roasting pan in an oven preheated to 325°F. Loosely cover turkey with foil to prevent over-browning.
- The turkey is done cooking when the meat thermometer reads 180°F, or if the red stem on the pop-up timer is up and the drumstick feels soft or moves easily.
- Always allow the bird to rest for at least 20 minutes for easy carving.
- Present your turkey on a platter with a fresh and colorful garnish, such as California grapes.

**A Tasty Tradition**

A Spanish custom spanning back to 1895, those who practice "the twelve grapes of luck" are said to be provided with a year of prosperity. Add this festive ritual to your celebration by eating a grape with the ringing of each bell at midnight on New Year's Eve.



**Raw Vegetable and Grape Salad**

- Servings: 6
- Salad:**
- 2 cups shredded or very thinly sliced Brussels sprouts
  - 1 cup shredded carrots
  - 1 cup thinly sliced fennel
  - 1/2 cup cooked, chopped bacon (6 slices)
  - 4 cups green and red seedless California grapes, halved
  - 1/2 cup sliced green onions
- Dressing:**
- 3 tablespoons balsamic vinegar
  - 2 tablespoons extra virgin olive oil
  - 1 teaspoon minced garlic
  - 1/2 teaspoon salt
  - 1/4 teaspoon pepper

Toss all salad ingredients together in large bowl. Whisk together all dressing ingredients in medium bowl and drizzle over salad. Toss until ingredients are well coated with dressing.

**Nutrition information per serving:** 226 calories; 14 g fat (4 g saturated fat); 55% calories from fat; 8 g protein; 19 g carbohydrate; 3 g fiber; 17 mg cholesterol; 516 mg sodium; 471 mg potassium.

**Peanut Butter and Grape Trifle**

- Servings: 14
- 1 (16-ounce) container nonfat vanilla Greek yogurt
  - 8 tablespoons creamy peanut butter
  - 2 tablespoons honey
  - 1 (8-ounce) container lite whipped topping, divided
  - 1 (16-ounce) store-bought pound cake, sliced into 1-inch cubes
  - 3 cups red seedless California grapes, plus more for garnish
  - 3 cups green seedless California grapes, plus more for garnish
  - 1/4 cup honey-roasted peanuts, chopped (optional garnish)

In medium bowl, stir together yogurt, peanut butter and honey until well combined. Gently fold in half of whipped topping. Set aside.

In clear glass trifle dish or bowl, layer half each of pound cake cubes, peanut butter mixture, red grapes and green grapes. Repeat layers a second time and top with remaining whipped topping. Garnish with additional grapes (sliced in half) if desired, and chopped peanuts, if desired.

**Nutrition information per serving (with peanuts):** 313 calories; 15 g fat (5 g saturated fat); 42% calories from fat; 8 g protein; 38 g carbohydrate; 1 g fiber; 73 mg cholesterol; 197 mg sodium; 206 mg potassium.



**Cornbread Dressing with Roasted Grapes, Walnuts and Pancetta**

- Servings: 12
- 2 cups red seedless California grapes
  - 2 cups green seedless California grapes
  - 2 cups cubed butternut squash
  - 1 1/2 tablespoons olive oil
  - Salt and pepper, to taste
  - 6 ounces diced pancetta
  - 3/4 cup sliced celery
  - 1 large onion, chopped
  - 2 cloves garlic, minced
  - 5 cups coarsely crumbled cornbread (either store-bought or prepared from a mix), toasted
  - 3/4 cup coarsely chopped walnuts, toasted
  - 2 tablespoons chopped fresh sage
  - 1 cup reduced-sodium chicken broth
  - 3 tablespoons butter, melted
  - 3 tablespoons white balsamic vinegar
  - 1 egg, beaten

Preheat oven to 400°F. Toss grapes and squash cubes together in large bowl with oil, salt and pepper, to taste. Spread in single layer on baking sheet and roast for about 20–30 minutes, until grapes have begun to slightly shrivel and squash is tender. Set aside.

Heat large nonstick skillet over medium-high heat and cook pancetta until it begins to brown slightly. Add celery and onions and cook until tender and onions are translucent, about 5–6 minutes. Add garlic and cook for one minute more. Remove from heat.

In large bowl, combine cornbread, pancetta mixture, grapes, squash, walnuts, sage and salt and pepper to taste, if desired. Set aside.

In medium bowl, whisk together broth, butter, vinegar and egg. Pour over cornbread mixture and toss well to combine.

Spray 9-by-13-inch baking dish with cooking spray. Spoon dressing evenly into dish. (At this point, you can either bake immediately or cover and refrigerate overnight to bake the next day.)

Bake, covered with foil, at 350°F for 20 minutes. Uncover and bake another 20 minutes, or until warmed through and golden brown.

**Nutrition information per serving:** 442 calories; 18 g fat (4 g saturated fat); 37% calories from fat; 14 g protein; 54 g carbohydrate; 2 g fiber; 75 mg cholesterol; 1103 mg sodium; 475 mg potassium.

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