

# Placer Sentinel

Plenty of highlights at this year's Capital Airshow

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Jane Rivar to perform for Friends of Hospice Benefit

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"Never give in except to convictions of honour and good sense"

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Volume 21 Issue 9

Serving Auburn and Placer County since 1987

First Issue of September, 2010

## Placer Resident Helps Bring Medical Care to the Arctic Circle



Placer County resident Michael J. Dailey was one of the members of the joint forces that supported Operation Arctic Care 2010 in Kotzebue, Alaska. The service members provided medical care to more than 3,000 patients over a two week period.

(Photo by Air Force Senior Airman Christopher Griffin)

By Air Force Staff Sgt. Jessica Switzer

Kotzebue, Alaska – The son of a Placer County couple braved the bitter cold and high winds of the past winter's last ragas to bring medical care to Alaskans living above the Arctic Circle.

Air Force Reserve Maj. (Dr.) Michael J. Dailey, son of Charles and Carolyn Dailey of Granite Bay in Placer County, is a dentist with the 940th Aerospace Medical Flight at Beale Air Force Base in California. He recently offered his expertise in support of Operation Arctic Care 2010.

"As a dentist, my duties are to

diagnose and treat dental problems. I do this by screening the kids in the schools to find the ones who have immediate dental needs, as well as treating adults who have signed up for an appointment," said Dailey, a 1988 graduate of Lincoln High School. He went on to receive his Doctorate of Dental Surgery degree from the University of Southern California in 2001.

During Operation Arctic Care medical, dental and veterinary teams from the Air Force, Army and Navy-national guard, reserve and active-duty -provided no-cost medical care to Alaskans living in remote villages who rarely get the chance to see a

medical doctor. This was the 16th year Operation Arctic Care was held in Alaska as part of the Department of Defense Innovative Readiness Training Program and the first time Air Force Reserve Command had the lead.

Arctic Care is important because these villages do not have access to regular dental care services and many of these people have been living with pain from bad teeth until we can get here to help them," said Dailey.

Dailey and the other members participating in Operation Arctic Care worked hard to make sure care got to everyone in the villages around Kotzebue. During the operation, the

teams saw more than 1,675 medical patients, treated approximately 1,400 dental patients, created and distributed more than 900 pairs of glasses, and vaccinated more than 730 dogs.

Residents of those villages made sure to show the teams their appreciation. Often, local communities held dinners and lunches for the service members, serving up local flavors including caribou stew, muktuk (whale blubber) and sheefish. They also demonstrated several sports activities that originally developed as survival techniques over centuries in the harsh arctic climate, as well as a number of native dances.

See *Bringing Medical Care* Page 3

## Taxpayers Can't Afford State Overspending

### State Senate to Take Up Dueling Budgets & Double Visions

Sacramento – Senator Sam Aanestad (R-Grass Valley) will not support any new taxes or additional burdens placed on state taxpayers to help close an estimated \$19 billion state budget deficit. The North State Senator made his position on the state budget clear after he learned that a vote on a state budget plan had been scheduled for next Tuesday – when two different budget plans will be taken up on the Senate Floor.

"Let me be clear with this – there is no budget agreement between Senate Republicans and the Majority Party," said Senator Aanestad. "The budget vote that has been scheduled for next week will show the true difference between those who want to increase the tax burden on all California families and those who believe that government should live within its means."

Senator Aanestad says he does not support the billions in new taxes that all Californians will be forced to pay under the complicated tax-switch plan that the Majority Party will bring to the Floor next week. Senate Republicans will instead counter with an amended version of the Governor's May Revision – which contains spending cuts and other reforms that will ensure the State Legislature never spends more than it has.

"Hard working California families can no longer afford



Senator Sam Aanestad (R-Grass Valley)

Sacramento's ravenous overspending habits," said Senator Aanestad. "The Majority Party could have solved this budget impasse much earlier if they had taken action to curb spending and they didn't."

Senator Aanestad says the budget actions currently scheduled for next week will represent two different views for how California taxpayers should be treated.

"Senate Republicans believe in cutting spending and making government live within its means – not sock it to the taxpayer," said Senator Aanestad. "I would urge the Majority Party to come back to the negotiating table so we can continue to work on a spending plan that all sides can agree upon."

## Placer County District Attorney's Office Gets High Marks for Suspect Identification Policies

Placer County – A California group that investigates cases of wrongful convictions based on eyewitness misidentification has praised the Placer County District Attorney's Office for initiating policies to ensure innocent people aren't being prosecuted or convicted.

Northern California Project Innocence, based in Santa Clara, singled out the Placer office for adopting policies for photo lineups, live lineups and in-field showups.

In addition, the Placer office developed a training video to assist law enforcement agencies in how to conduct identification procedures, the group noted.

The policies, developed by Senior Deputy District Attorney Garen Horst, have been well-received by the Placer County Sheriff's Office and by police departments and other law

enforcement agencies within Placer County.

Maitreya Badami, supervising attorney for Project Innocence, said her group has requested identification policies from more than 400 law enforcement agencies in California for a survey. She said the best policies came from Santa Clara and Placer counties.

"You would expect Santa Clara to be in there because that's where our group is located and we've made a lot of noise about making identifications," Badami said. "We also liked Placer County because they sent us a power point presentation of their policies and later sent us a video that can be used for training."

"I also liked that at the beginning of Placer's presentation, Mr. Horst mentioned the goals of their identification policy. He said the most important goal was

accuracy, or the protection of the innocent.

"That's not necessarily the first thing that law enforcement agencies would think about. Most of the time, a police agency has identified a suspect and they're looking to prove the person guilty. I certainly understand that. But before you go too far, you have to make sure you are protecting the innocent."

Two other goals in the Placer presentation included producing admissible identification in court and the producing of identification that is persuasive evidence for a jury, Badami said.

Horst said Placer law enforcement agencies did not have a uniform policy on the identification of suspects. Each department had been operating with its own set of lineup procedures and policies, he said.

The differing policies had the

potential to make prosecution difficult for the District Attorney's Office, he said.

With encouragement from Roseville Police Detective Doug Blake, Horst developed policies to aid and instruct law enforcement agencies to conduct live lineups, photo lineups and in-field showups, in which a victim or witness might be able to identify a suspect at a crime or arrest scene.

After receiving the training from Horst, Detective Blake has been "instrumental in implementing the new procedures throughout the Roseville Police Department," Horst said.

Roseville Police Lt. Mike Doane said his department welcomes the new policies.

"The nice thing about this is that any of our local law enforcement agencies can go to the policies, and in every live lineup,

every photo lineup or every in-field showup, it will be done the same way," he said.

Horst also drew up admonition forms, which are to be used by victims and witnesses in the lineups. The forms stress that the victim or witness is under no obligation to pick someone from a lineup and that investigation into the crime will continue, regardless of whether the witness or victim can choose someone in the lineup.

Doane said witnesses sometimes feel that since they're in a police station and are being shown photos of suspects, they can't leave the station without selecting a photo for the officers.

"Crime victims want to cooperate with the police and they may feel the pressure to select someone from a photo lineup," Doane said. "The new policy

will help relieve some of that pressure, focusing on accuracy and reminding them that it's okay not to identify a photo."

In the training video, Horst urges officers not to influence victims or witnesses by their comments or conduct, and to watch out for inadvertent things that they might do that could be suggestive.

The new policies have also paved the way for a return to the old-fashioned police live lineup at a jail.

Until a month ago when Rocklin police employed a live lineup, veteran peace officers in Placer County couldn't recall the last time any of their agencies had used a live lineup so that a victim or witness could pick out a suspect.

See *High Marks for Policies* Page 3

# California Capital Airshow Announces Historic Gathering of P-38 Lightnings



support to help defray the costs associated with this opportunity, please contact CCA headquarters at (916) 876-7568.

The Airshow website will be updated regularly with news, attraction information and more. Established in 2004, the California Capital Airshow has become one of the largest and highly-respected

shows in the nation. As part of its community relations, the non-profit organization has awarded over 70 scholarships to deserving students from our region with an interest in aviation, aerospace, aeronautics and related fields. For more information about the California Capital Airshow, please visit [www.californiacapitalairshow.com](http://www.californiacapitalairshow.com).



The F-22 Raptor Demonstration Team is the highlight of this year's event. All photos courtesy of California Capital Airshow.

Airshow event will make aviation history, as there hasn't been this many P-38s in one location in over 60 years.

**Sacramento Region** – The California Capital Airshow (CCA) today, August 31st, announced that it will host every flying Lockheed P-38 Lightning remaining in the United States, as well as the pilots and ground crew who flew and cared for these rare aircraft on September 11 and 12, 2010. Drawing the attention and attendance of WWII veterans and their families from all over the United States and of photographers from seven countries, this is truly a historic event.

"The CCA is truly honored and humbled to be hosting such a remarkable event in partnership with Lockheed Martin ([www.lockheedmartin.com](http://www.lockheedmartin.com)), the Reno National Championship Air Races ([www.airrace.org](http://www.airrace.org)), the P-38 National

Association ([www.p38assn.org](http://www.p38assn.org)) and the 475th Fighter Group Historical Foundation," said Darcy Brewer, executive director of the California Capital Airshow. "We have set out to create an outstanding occasion to showcase the airplane and pay tribute to the designers, manufacturers, maintainers, and the brave aviators who trusted their lives to the 'Forked-Tailed Devil'."

There has not been such a gathering of Lightnings in over 60 years, and because of the high operating costs of the aircraft, coupled with the dwindling numbers of men and women originally associated with the P-38, it is very likely that such an event will not happen again.

P-38 pilots, F-35 Lightning II pilots, the Fork-Tail Devil's

organization and up-close and personal access to the P-38s, including 'Glacier Girl', '23 Skidoo', 'Thoughts of Midnight', 'Tangerine', 'Ruff Stuff', and Allied Fighters No. 981. Additionally, representatives and displays from Lockheed Martin, the company that designed and built the revolutionary P-38, will also be in attendance and available at the P-38 National Association pavilion.

This is a once-in-a-lifetime opportunity, and the attention it will generate will help provide the means to continue to tell the story of this unique aircraft, while reinforcing its significance as one of the most innovative and important designs in the history of manned flight.

"Each one of these airplanes, and

the men associated with them, has a story to tell, and our venture will provide the opportunity for those tales of valor, sacrifice, and heroism to be shared with young and old alike, to make their honor and courage tangible to this generation and those to come. As you well know, sadly, the numbers of these honorable men and women are dwindling at an alarming rate. With over 300 P-38 veterans from WWII planning on attending, this event will ensure that their memory will never be forgotten," added Brewer.

To sponsor or provide financial



Flight crew of the F-22 Raptors stand at attention before a recent show.

## Placer Sentinel

Serving Auburn and Placer County since 1987



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## AARP Chapter Offers BoomTown Tour

**Auburn** – We are planning a day trip to "BOOMTOWN" casino on September 9, 2010, we have several pickup places around Auburn. The cost is \$25 and you get a bonus refund of \$10 cash and \$5 food. We stop at Gold Run for Donuts and Coffee and we play Bingo on the bus. If anyone is interested in joining us for a day of fun and a beautiful ride up highway 80 please call Diane @ 889-1680 for more information and to reserve your seat.

## Local Students Graduate from Whitworth University

**Spokane, WA** – Joshua Colwell of Grass Valley and Daniel Herve of Grass Valley have recently been awarded a BA degree, as they have graduated from Whitworth University.

Located in Spokane, Washington, Whitworth is a private, liberal arts university affiliated with the Presbyterian Church (USA). The university, which enrolls 2,700 students, offers more than 50 undergraduate and graduate programs.

## NARFE Meeting

**Auburn** – The National Association of Active and Retired Federal Employees (NARFE) will meet on Thursday, September 16, at the Sizzler Restaurant, 13750 Lincoln Way in Auburn. Guest speaker will be Wm. "Bill" Pettite, whose topic is "Those Were the Days". It focuses on people of historical interest who have lived in the Northern California area. The meeting/speaker will begin at 12:30 following a lunch/social hour. For information call 530-885-7320.

## RIVERCATS Catch the Feeling!



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# Bringing Medical Care



A girl gets her eyesight checked in Selawik, Alaska. Operation Arctic Care 2010 members handed out more than 900 pairs of glasses to people in several villages in northern Alaska. There was a team on site in Kotzebue that ground lenses, set them in frames and shipped them out to the other villages to make sure the people who needed glasses got them in a timely manner.

(Photo by Air Force Senior Airman Christopher Griffin)

Continued from Page 1

"My favorite part of being here is talking with the local residents and learning about their culture. It is amazing to learn how people live here

where it is so different from what I am used to," said Dailey.

Alaska is a cold, frigid place, but its people are warm and welcoming. Dailey and the other participants in

Operation Arctic Care experienced a side of the state few are privileged to see and it will certainly be a memory they treasure.

# Gaines Urges Governor to Sign IOU Taxpayer Protection Bill



Assemblyman Ted Gaines

Assemblyman Gaines is urging Governor Arnold Schwarzenegger to sign Assembly Bill 1506, which passed the Senate unanimously

recently and would protect taxpayers from "forced borrowing" should the state issue IOUs.

"Last year, Sacramento refused to accept its own IOUs, yet still demanded payments from and issued hefty fines against thousands of individuals, charities and businesses throughout California," Gaines said. "I encourage Governor Schwarzenegger to require Sacramento to do what it forces everyone else to accept IOUs as payment."

The bill, authored by Assemblyman Joel Anderson, R- La Mesa, protects taxpayers by allowing them to continue to play by the rules and pay their state taxes and fees on time. If signed into law, the state would be forced to accept its own IOUs as payment for

state taxes and fees.

Last year, California issued 450,000 IOUs totaling \$2.6 billion to individuals, charities and businesses. Recently, State Controller John Chiang said that he will soon be printing IOUs again if the Legislature cannot come together and pass a budget.

"Sacramento got itself into this mess by spending money it doesn't have and hardworking Californians shouldn't be held responsible for the Legislature's mistakes," Gaines said. "It's time the Legislature makes the difficult decisions necessary to bridge our \$19.1 billion budget gap and stops spending the people's hard-earned dollars on programs we can't sustain."

# High Marks for Policies

Continued from Page 1

On July 21, Rocklin used a lineup consisting of five possible suspects at the Placer County jail in Auburn. A witness, looking through a two-way mirror, identified a person whom police had pegged as their primary suspect.

Rocklin Police Detective Brad Alford said two witnesses previously had been unable to identify the suspect in a traditional photo lineup. The live lineup proved beneficial, he said.

"I definitely would do it again if a case came along where we were having trouble getting an identification," Alford said.

Also instrumental in making sure live lineups at the county jail are performed without a problem is the Placer County Sheriff's Office, Horst said.

"They were extremely cooperative and creative in modifying their facilities to accommodate a live lineup," Horst said, giving credit to Sheriff's Sgt. Rabinder Sandhu, who is the point person for the live lineups in the jail.

Horst developed uniform policies after reviewing the 2008 report of the California Commission for the Fair Administration of Justice and its recommendations.

The commission stated that mistaken eyewitness identification

was a factor in 80 percent of DNA exoneration cases. The exoneration prompted studies regarding the ability of witnesses to make identifications.

One misidentification in 2007 in Sacramento resulted in a 24-year-old man sitting in jail for 53 days for a crime he did not commit. Five witnesses using photo lineups picked the wrong man.

Badami said she hopes Placer County's identification policies will become an example for the state.

"California is not cleaned up. There are a lot of agencies falling short on their identification policies," she said. "We hope they take Placer's lead and get it done."

# Funk Box Derby Rolls into Auburn

Submitted by Keith Hentschel

Auburn – Back in 1982, Bob Jetter and a group of local businesses came together and developed the Auburn "Soap" Funk Box Derby. For 10 years the derby rolled thru the streets of Auburn and the young and old got involved and loved it! After 18 years with no event it again will take to the streets of Auburn, September 19, on Lincoln Way.

We lost the soap but the Auburn Funk Box Derby is back! Starting with a Sunday morning pancake breakfast, the Auburn Jeep Club will host a \$5 feast. The derby cars will "roll in", getting their very important safety check and then be paraded up Lincoln Way (near Community First Bank) before they roll-on down the hill. The derby will feature a number of home-made, creative, sculptured rolling relics that will tickle your funny bone.

It's not too late to build or sponsor, for more info look at [www.funkboxderby.com](http://www.funkboxderby.com) or write to [info@funkboxderby.com](mailto:info@funkboxderby.com). If you have any questions feel free to call Keith Hentschel, 530 308 1582.

Tellyourfriendsandbringyourfamily as it is an Auburn family friendly event!



George and son Aidan Dunham practicing for the Derby.

# Fishing for Salmon on the Sacramento River

Auburn – Brett Brady, Bare Bones Guide Service, will be the guest speaker at the SIR Rooster Tails Fishing Club breakfast meeting on Friday, September 17, 2010 at the Auburn Elk's Lodge, 195 Pine Street, Auburn 95603. The Lodge opens at 7:00 am with a large selection \$12 buffet breakfast served at 8:00 a.m. Free coffee, tea, and juice will be available. Members and guests are also invited to visit the Information Tables for free fishing information and samples.

Brett, (Bones to his friends,) has

been guiding professionally for eight years and has spent more than 35 years fishing local lakes and rivers. Brett will share his expertise on how to fish for salmon in the Sacramento River employing several techniques from working flat fish and Kiwki fish lures to using roe. RT members will launch at Discovery Park on September 21 to fish for salmon in the Sacramento River.

The members of the Rooster Tails Fishing Club is an activity of Sons in Retirement (SIR) Branch

37, a luncheon club of retired and semi-retired men. Monthly fishing events are held for the benefit of their members and guests on many local waters. The Rooster Tails meet the third Friday of every month for breakfast to provide education, entertainment, and enhancement of the fishing experience.

For more information on attending SIR Rooster Tails Fishing Club meetings, contact Jim Petruk, Club Chairman, 530-887-0479 or [petrukj@pacbell.net](mailto:petrukj@pacbell.net).

# Logue Investigation into Department of Consumer Affairs Produces Results

Sacramento – North State Assemblyman Dan Logue (R-Linda) has announced that his investigation into improper actions by the Department of Consumer Affairs has resulted in a moratorium on illegal property seizures. Logue was responding to reports that agents from the Bureau of Home Furnishings and Thermal Insulation were entering businesses without just cause and removing furniture for "testing" without compensation to the business owners.

John Maloof, the constituent who first contacted Assemblyman Logue regarding this issue, has received a personal call and apology

from Rick Fong of the Department of Consumer Affairs (Chief of the Home Furnishings Bureau).

"He offered the apologies of the BCA. He also told me the Bureau has suspended any further investigations of retailers involving the conduct I was subjected to, and that he anticipated legislative changes would be made to current regulations under which the Bureau operates," stated Maloof. "I was pleased to hear him acknowledge that basic Constitutional issues are at stake."

Assemblyman Logue has expressed his appreciation for the Department of Consumer Affairs' quick and decisive

action in this matter. When asked to comment, Logue stated "I'm glad that these unconstitutional practices have been stopped, and that Californians will have their rights protected. I also want to thank Bill Leonard, the Secretary of the Department of Consumer Affairs, for working with us in getting to the bottom of this."

"I will work to ensure that this does not happen again by any state agency," added Logue. Assemblyman Logue represents the 3rd Assembly District in the California Legislature, which includes the communities of Butte, Lassen, Nevada, Placer, Plumas, Sierra and Yuba.

## Simple steps to be Red Cross Ready



- ★ **Get a Kit:** Assemble disaster supplies like water, food, a flashlight, portable radio, and medication.
- ★ **Make a Plan:** Pick a place where family members can gather in a disaster and figure out in advance how you'll get in touch if communication is disrupted.
- ★ **Be Informed:** Find out what types of disasters your area is high risk for and how local authorities will contact you if a storm is headed your way.

Taking these steps could change a life, starting with your own!

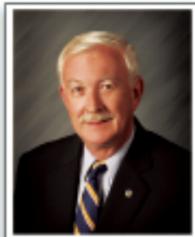
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# POPPOFF!

with Mary Jane Popp

for mammograms to colonoscopies.  
 2) Vaccinations are just for kids... Vaccines have medical value throughout our lives and should not be forgotten when childhood is left behind.  
 3) Doctors don't play favorites... that's what you think. There are disparities based on gender, income level, race, and more. It's imperative to find the right doctor and demand respect.  
 4) Only old people get heart disease and strokes...High cholesterol, diabetes, high blood pressure, stress, lack of exercise, and obesity all lead to heart disease and stroke at any age.  
 5) We're losing the war on cancer... We know more about cancer than ever before and treatment is shifting away from, not just trying to cure it but control it as well.  
 6) Natural means safe...Natural substances can be dangerous or even deadly.  
 7) You can just snap out of mental illness...Mental disorders like depression and anxiety are illnesses, and you are no more responsible for them than you would be if you had diabetes.

a natural compound that can increase levels of artery-clogging LDL cholesterol in your blood. How about donating blood may reduce your risk of heart disease. It actually helps rid the body of excess iron. Ladies, listen up to this one. Bone density tests may be relatively worthless. Tests are not reliable enough yet. Feed a cold, but don't starve a fever. Your body needs nutrition at all times for healing. Remember mom saying don't read in dim light because it can ruin your eyesight? I do, but Dr. Snyderman told me dim light has no permanent effect. Where is your medicine cabinet? Is it in the bathroom? Well, maybe you should move it because humidity and temperature changes can age medicines prematurely.

There are so many more enlightening tidbits that can change your life and lifestyle. With some thirty years experience as a physician, Dr. Snyderman brings us not only knowledge, but practical application from the questions she had from her own patients. You can also check out her website at [www.bewell.com](http://www.bewell.com) and look out for those "Medical Myths That Can Kill You." I sure will!!!

Join Mary Jane for the KAH1 Noon News Monday-Friday and then again for POPPOFF 10 PM-Midnight.

There's lots more in the book too, like unfiltered coffee can clog your arteries. Seems that filtering removes

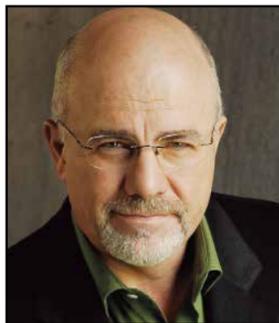
## MEDICAL MYTHS THAT CAN KILL YOU

Getting the right kind of information seems to be swimming in a sea of misinformation these days, so when I had the opportunity to interview Dr. Nancy Snyderman, NBC's Chief Medical Editor on the POPPOFF Radio Show, I was all ears and taking notes as fast as I could. From the Today Show, Dr. Snyderman sets the record straight in "Medical Myths That Can Kill You" and the 101 Truths That Will Save, Extend, and Improve Your Life. And the truths she passed on to me really had me going.

Here are some of the myths that are really surprising:

1) Annual Checkups are Obsolete... Dr. Snyderman explains the importance of seeing your physician on a regular basis. She provides charts for men and women, and yes, they are different like regular screenings

# Dave Says



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers - *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

## Finish Baby Step 3 First

Dear Dave,  
 When is it okay to buy toys for the lake - things like boats and jet skis - when following your plan?

- Anonymous

Dear Anonymous,

I'm a lake guy, too. So, you've hit a soft spot with me on this question. Still, you have to be an adult about these things, and here are a few rules.

First, you should be completely debt free except for your house. Second, you need to have your fully funded emergency fund—that's three to six months of living expenses—in place. In other words, I want you to

have completed the first three Baby Steps. And remember, no matter how shiny and cool it may look, buying a Sea-Doo is *not* an emergency! Save up and pay cash for your toys.

Remember this rule of thumb when it comes to toys. With the rare exception of collectibles, anything with an engine goes down in value. You should never have more than half of your annual income tied up in the total of all your vehicles. It would be pretty stupid to make \$60,000 a year and have \$40,000 tied up in cars, boats and other toys. That's way too much money tied up in things that go down in value the wrong way.

Always make sure your family is well taken care of before you go out buying toys!

- Dave

## Military Investing

Dear Dave,

My wife and I are both active duty Marines. She's planning to get out in a few months, but I'm staying in for the long haul. You recommend saving 15 percent for retirement, but how does that apply in my case when I'll be getting a good pension after 20 years?

- James

Dear James,

I'd like to see you do both. Just imagine the money you guys would have for retirement with your military pension and a big pile of cash from having saved 15 percent of your income over the years!

Having options is a great thing. Think about all the things you could do down the road if you save for retirement and have your pension in place. You could pay cash for a home,

or even open a business when you retire from the military. And these are things you probably wouldn't be able to do working with just your service pension.

You've got a great future if you'll just keep plugging along and saving, James. Let the military do its thing, and you guys keep pumping 15 percent of your income into Roth IRAs and other pre-tax retirement plans. It's going to be pretty cool!

- Dave

## Financing a Small Business is Risky

Dear Dave,

What's the best way to finance a business I want to buy?

- Anonymous

Dear Anonymous,

When you borrow money to start a business you're introducing a huge risk factor into the equation. I don't borrow money, so I really can't recommend that you go into debt. Saving up and paying cash is the best way to go.

The only other thing I would consider doing that would lower your risk would be an owner-financed deal. The current owner finances the transaction, and your pay to them is based on the profitability of the business. That way, if there's no profitability you're not bankrupt!

Some people will go out and borrow \$500,000 or more to start a business. Then, if the business doesn't do well and you can't make the payments, you're bankrupt. There's really no in-between, and that's a bad deal!

It's just a dumb idea to do these "all or nothing" business deals. Even if owning a business is your wildest dream, there's no point in taking risks like that. It's just not necessary!

- Dave

For more financial help please visit [daveramsey.com](http://daveramsey.com).

# Hospice of Grass Valley Holds Benefit



Jane Rivar, International Musical

Grass Valley - Be sure and join Friends of Hospice and honorary chairperson LaVonne Amaral in celebration of the opening of the new Hospice Compassionate Care Home at their September 11th spectacular event Side by Side.

Friends of Hospice has worked "side by side" with Hospice of the Foothills fundraising for the last 29 years and we are honored to present this evening of good fellowship, the delight of incredible food and the joy of fantastic music.

It will be held at the River Highlands Ranch & Vineyards where Jane Rivar,

international musical star will be in concert.

The fantastic auction offered will include three, one week vacations in exciting locations like Kauai, Palm Desert and Orlando. A boat party for 12 on Lake Wildwood with stops at elegant homes for great food, a plane ride for two to Monterey including lunch and a sumptuous dinner for 8 prepared in your own home by award winning chef Antonio Ayestaran. Tickets are \$75, reserve early as there is limited seating.

For info call 274-5121 view [HOFO.org](http://HOFO.org).

## THE VOICE OF THE FOOTHILLS AM 950 KAH1 Community Involved

Live at AM 950-Live at [www.KAH1.com](http://www.KAH1.com)

Tune into KAH1 Radio each weekday for seven hours of locally produced and locally focused programming plus the best in nationally syndicated talk radio programming.

KAH1 is also the foothills home of Sacramento Kings Basketball, Oakland A's Baseball, San Jose Sharks Hockey, and Oakland Raiders Football.

### Weekdays

- 6am-9am: The KAH1 Morning News with Barry Stigers and the KAH1 News Team
- 9am-Noon: The Laura Ingraham Show
- Noon-1pm: The KAH1 Noon News Plus with Mary Jane Popp and the KAH1 News Team
- 1pm-4pm: The Dave Ramsey Show
- 4pm-7pm: The KAH1 Afternoon News with Dave Rosenthal and the KAH1 News Team
- 7pm-10pm: Into the Night with Tony Bruno
- 10pm-12am: Poppoff with Mary Jane Popp

Thursdays 7pm - 9pm: Thursdays with Bassil

### Saturdays

- 6am-7am: A Time for Seniors
- 7am-8am: The Swap Shop
- 8am-9am: The KAH1 Corral
- 9am-10am: The Garden Guru
- 10am-11am: Medically Speaking Radio
- 11am-12pm: Retirement Catch-Up
- 12pm- 8pm: Big Cletus Country Music
- 8pm - 9pm: Rewind with Jimmy Jay

### Sundays

- 7am-7:30am: Bayside Auburn Church Service
- 7:30am-9am: Cruisin' Garage & Swap Meet
- 9-9:30am: Auburn Grace Community Church
- 9:30-10am: On The Money
- 8pm-9pm: Hearts of Space

Most of our locally produced programs are available for replay or podcast download at the 'Audio On Demand' page at [www.kahi.com](http://www.kahi.com).

## THURSDAYS WITH BASSIL

Thursday Evenings from 7 to 9pm



Iraqi native Bassil Kamas banter with his guests. It's a war of the one-liners as they yak about current events covering everything from "White House policy" to "growing tomatoes in your living room"! It's a radio recipe to satisfy any appetite.



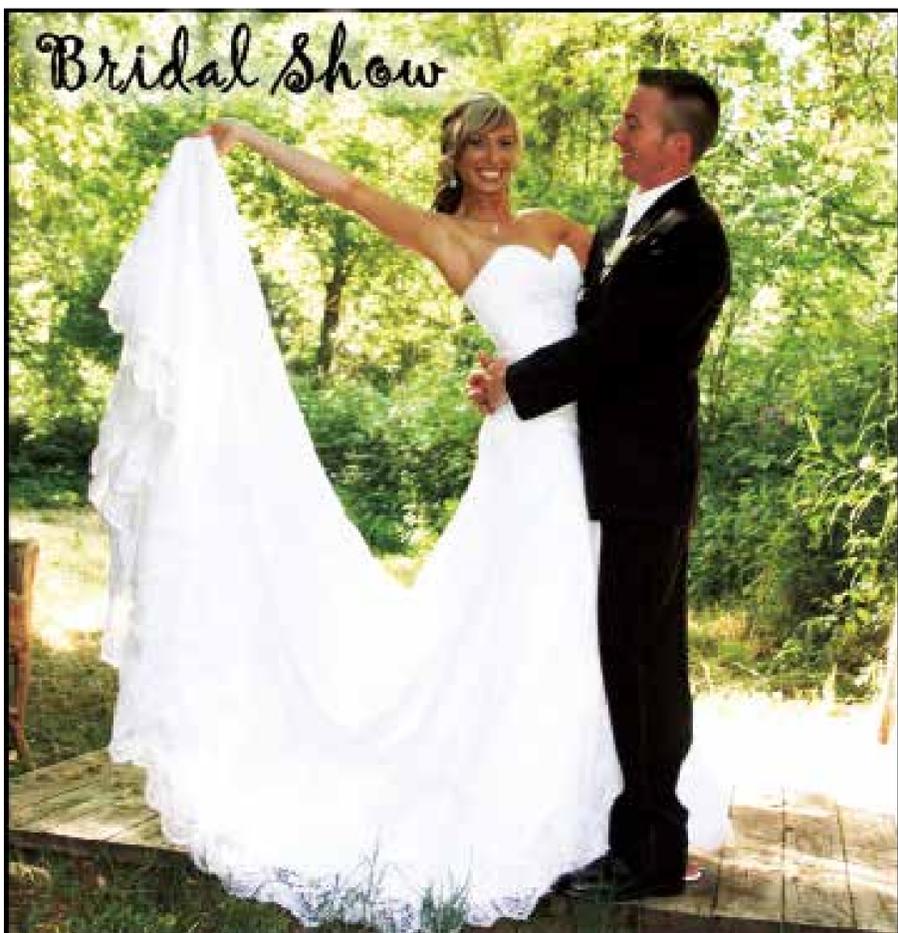
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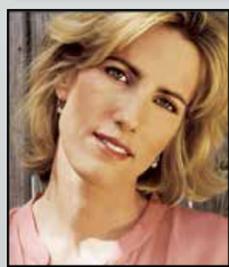
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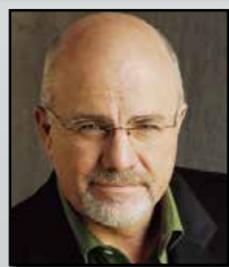




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Laura Ingraham



Dave Ramsey



Mary Jane Popp

# Dollars and Sense

by James J. Scherer, MBA, CPA

## Is a Roth IRA Conversion in Your Future?

Congress desperately needs tax revenue to pay for their spending habit. For tax year 2010 they tweaked the Roth Conversion rules by allowing those with modified gross income greater than \$100,000 to make the conversion. You will normally pay income tax on the converted amount at ordinary income tax rates. However, Congress is helping out a little by allowing you to spread the tax bite over two years.

### Potential Benefits ...

- A larger sum to bequeath to heirs. The required minimum distribution rules do not apply for Roth IRAs. Therefore, at age 70 1/2 and beyond, your Roth can remain invested, which may grow and become a larger sum to leave to your heirs.
- Tax-free withdrawals on qualified distributions. Withdrawals

from a Roth IRA are tax-free for those who have had the money invested for five years or more and have reached the age of 59 1/2, or have attained another qualifying event.<sup>1</sup>

### ... and Drawbacks

• The tax bite. Investors who convert assets from a traditional IRA to a Roth IRA are required to pay taxes on the amount that is rolled over. If you have a nondeductible traditional IRA, investment earnings will be taxed but the amount of your contributions will not. The conversion will not trigger the 10% penalty for early withdrawals.

### Which Is Right for You?

- If you are considering a Roth conversion please see a tax professional. You can also review the income tax implications with a

Roth conversion calculator. One such calculator is at <http://finance.yahoo.com/calculator/retirement/qua04>.

• IRA account holders (both traditional and Roth) may make qualified withdrawals before age 59 1/2 only if they meet specific criteria established by the IRS (disability, qualified first-time home buyer and others). Consult [www.irs.gov](http://www.irs.gov) for additional information.

*This article is not intended to provide specific accounting, tax or investment advice for any individual. If you have specific questions consult your accountant, tax or financial advisor. Jim practices in Roseville, CA. You can reach him at 916-797-118 or [james.scherer@scherrertax.com](mailto:james.scherer@scherrertax.com). His web page is [www.scherertax.com](http://www.scherertax.com).*

# Kiwanis Fundraiser for Hugs 4 Kidz

Auburn - Please Come to Chevys in Auburn on Wednesday September 15 from 11AM to 10PM to support children at UCD, Shriners, Shriners Burn Camp and Kiwanis Family House. Coupons can be obtained at our web address is <http://auburnkiwanisca.org> or on Facebook



A coupon MUST be presented to the server or when paying for your meal. Take out qualified as well.

Hugs 4 Kidz is a project that Auburn Kiwanis started in May, 2010. We have no children's facilities in the Auburn area, so the local children from Auburn and surrounding areas, have to be treated at UCD,

and Shriners'. This reaches out to UCD Pedi. Infusion Center, for children with cancer and other blood disorders, and Shriners' Hospital, to the children in the burn unit. The gifts which are distributed to the children, symbolizes love, we hope to help ease the distress and pain of these

children and their families. This gift bag is the only thing these children are given that does not involve needles or pain. Our goal is to put a smile on each and every child's face, to let them know they are not alone in their journey.

Kiwanis is a service club and our mission is helping children. We meet Wednesday Evenings at the Sizzler Auburn at 6:30PM.

*Come join us and serve the children of our community. Questions to Pat Thomas, Auburn Kiwanis President - Email: [iforpat@sbcglobal.net](mailto:iforpat@sbcglobal.net) Phone: 530 888-0784. Send an email and a coupon will be sent.*

## Rocklin Company Gutterglove Gets Highest Score By Consumer Reports

Rocklin - In an impressive lineup of 19 different gutter guards tested and reviewed by Consumer Reports, Rocklin manufacture company Gutterglove Inc gets the highest rating with an overall score of 89 points on its core product Gutterglove Pro.

Gutterglove is a gutter protection system, commonly known as a 'gutter guard', utilizing a fine stainless steel mesh supported by a hardened anodized aluminum frame for keeping out leaves, pine needles and even tiny roof sand grit from entering your gutter. Once Gutterglove is installed on your gutters, you will never have to clean out your gutters again. Consumer Reports announced

in their 2010 September magazine issue that, "We tested professionally installed and do-it-yourself products sold at Home Depot, Lowe's, and other major retailers to see how well they kept out maple leaves, pine needles, and other gutter-cloggers."\*

The testing took place over a 16 month period. The judging criteria was how well the gutter guard filtered rainwater into a standard home raingutter and how well the gutter guard naturally shed debris off itself. An array of mini roof structures with gutters under a grove of trees was the home of the testing grounds for Gutterglove and 18 other competitors for a year and a half.

To test the ability of the gutter guard to filter rainwater through itself and into the gutter, Consumer Reports technicians simulated heavy flow and severe flow rainfall into each of the gutter guards. These rainfalls represented between 3.5 and 7.5 inches per our. Gutterglove received three full red circles of excellence for its ability to filter rainwater and shed debris better than the rest.

Co-founder and inventor of Gutterglove was surprised to know that his gutter cover was being tested. "It was pretty exciting to get the phone call from Consumer Reports a couple months ago notifying me that they had secretly purchased and installed Gutterglove for testing and review back in 2008," said Robert Lenney. "It was actually a dream come true for me."

Several different types of gutter guard designs were tested including reverse curve (surface tension), foam inserts, screens with large holes and screens with fine mesh like Gutterglove. The fine mesh design of Gutterglove, of which received a US Patent in 2007, is a technology that Lenney developed in the early 2000's, was the highest ranking gutter cover of choice by the Consumer Reports judges.

Gutterglove Pro can be professional installed by your local Gutterglove Dealer for between \$14 and \$18 a foot. Homeowner's can also buy it for \$8.95 a foot and install it themselves.

To learn more about the Gutterglove product line, visit their award winning website [www.Gutterglove.com](http://www.Gutterglove.com) or call (877)662-5644.

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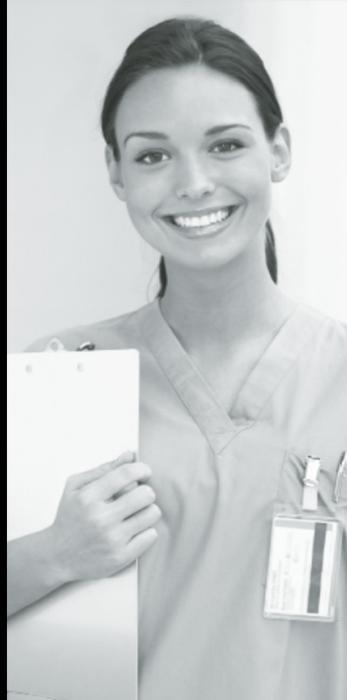
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# "Cinema at the State" Third Thursday Special Event

Auburn – The Auburn Placer Performing Arts Center (APPAC) presents the 1982 film "Blade Runner – The Director's Cut" on Thursday September 16 at 7PM. A 5 PM VIP reception will precede the screening with guest of honor Actress Sean Young, Harrison Ford's co-star in the film (schedule permitting). Nominated for 2 Oscars in 1983 and directed by Ridley Scott, the film was a recent winner in an online poll as the top rated science fiction film of all time. Harrison Ford in the lead role is a Blade Runner, a cop who specializes in terminating "replicants", artificially created humans. Also starring Rutger Hauer and Sean Young, the

film examines how man's obsession with creating a being equal to himself has backfired and has confused the lines between what is and isn't human. Two types of tickets are available: A limited number of VIP Tickets for the 5 PM VIP reception are available online only at: www.LiveFromAuburn.com. Tickets are \$30 and include your film ticket, hors d'oeuvres from Auburn's newest restaurant- Max's, a complimentary beverage, a chance to win Blade Runner memorabilia, and an opportunity to mingle with Sean Young and other VIPs. Movie-only admission is available at the door for \$8. Plan to arrive

early to guarantee seating or buy a VIP ticket in advance. A question-and-answer session with Sean will follow the screening, hosted by actor Perry King, and is open to all ticket holders. Joining Sean and Perry will be Don Baker. One of the top Visual Effects Supervisors in Hollywood until he retired, Don worked on Blade Runner early in his career (and is now the owner of the popular Auburn restaurant Awful Annie's). To see the entire Third Thursday film schedule for the rest of 2010, look for our colorful posters displayed at area merchants or go to the APPAC website: www.LiveFromAuburn.com.



## ROCK DOC

By Dr. E. Kirsten Peters

The disaster in the Gulf has been plenty grim. I don't envy paymaster Kenneth Feinberg who has now taken over BP's \$20 billion compensation fund. Feinberg is no stranger to trying to compensate those who have lost much, including the families affected by September 11th and a somewhat lower-profile project to compensate victims of the shootings at Virginia Tech. But the magnitude and complexity of the Gulf disaster is second to none. From what I can see, there's just no good way to distribute the money to those who have lost so much in different ways in various places. Still, there's some good news. Since petroleum stopped flowing from the Deepwater Horizon site, oil at the surface has been harder and harder to find. And microorganisms look to some scientists as if they may be poised to eat up a lot of the underwater oil quite quickly. According to ScienceNOW, the first peer-reviewed study to come out of the Gulf indicated the natural oil-loving "bugs" weren't doing as much as might be hoped. But the second one published last week looked at the microbes themselves and found much more reason to be optimistic.

# Hardy Bugs are Eating Up the Mess

Some bacteria in the seas have evolved over time to make a living on the seepage of oil that has always occurred naturally on the sea floor. The ScienceNOW website quotes NOAA marine ecologist Alan Mearns on the matter. "With all of the seepage, including the 40 to 50 million gallons a year that seep naturally into the Gulf, we'd have oceans covered with oil slicks if they weren't naturally degrading," Mearns said. The bacteria in question consume hydrocarbons and oxygen, producing carbon dioxide as waste. The most recent study is based on samples of ocean water from a depth of more than 3000 feet, both in an oil plume and outside it. The good news is that the study reports the concentration of the bugs inside the plume is twice as dense in the water as outside it. And the bugs in the plume have more of the genes needed to eat up the oil. It's still an open question exactly at exactly what rate the bugs are consuming the oil in the underwater plumes. Crude oil is a complex soup, made of many different types of molecules. The encouraging study concentrated on the alkanes, a type of molecule that's generally among the first to naturally degrade. Another factor is that the petroleum mixes with water in complex ways. The term for the globs of oil in the water you've seen in the news is "emulsion." Emulsions are what results when two liquids that won't mix in chemical terms are physically blended together. You make an emulsion each time you shake up vinaigrette salad dressing, blending the oil and vinegar. Homogenized milk is a mix of fat and water so thoroughly

emulsified that it's permanently mixed together, with no separation down the road as in the vinaigrette case. In the Gulf of Mexico, crude oil and seawater have been mixed together in a messy emulsion in the weeks following the disaster. What we don't know is how readily the globs of the emulsion will now break apart. We should keep our fingers crossed that they do so, because smaller and smaller bits of oil will give the bacteria a greater chance of being able to quickly eat up the crude. One worry has been that, as the microbes in the Gulf go to work, they might use up the oxygen in the waters around them. That would create a "dead zone," like having too much fertilizer escape into waters with resultant algal blooms. Dead zones in the Gulf would be disastrous for fish that blundered into them. But the two scientific reports to date don't show that the oxygen has fallen to dangerous levels. Considering the magnitude of the spill, the current scientific news from the Gulf is really quite good. Marine ecologist Mearns is hopeful that the oil plumes will be gone quickly. "We're talking days to months," he said. But I suspect Feinberg's headaches are only beginning.

*Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Sciences at Washington State University.*

## Widowed Person's Association of Auburn

Auburn – Widowed Person's Association of California will hold its monthly luncheon meeting on Fri. September 17, 2010 at 12:00 PM at the Sizzler Restaurant in Auburn. All Widowed People are invited to

attend three activities of this organization prior to joining our membership. For reservations call Jeanette at 530-888-6880 by September 13. We are going to have a surprise speaker, so come and join us. Koffee Klatch

will meet at Auburn Breakfast Club at 356 Elm Shopping Center, join them at 9:00 AM. For a free newsletter call 530-878-1728. For one on one grief support call 530-885-8298.

## Time to Sign up for the Placer County Sheriff Office's Community Awareness Academy!

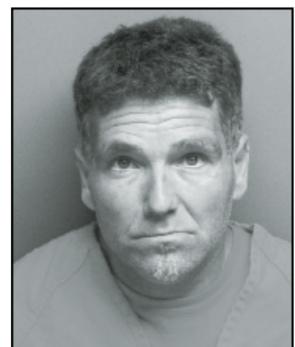
From the Office of Sheriff Edward N. Bonner

Auburn – It's time to sign up for the Placer County Sheriff Office's popular Community Awareness Academy, which offers an inside look at the law enforcement agency. Attendees are asked to attend all eight classes, each of which covers a different topic. Classes are held Tuesday and Thursday evenings, beginning Oct. 5 and ending Oct. 28. Participants will hear from members of the department's special units and take "field trips" to the Placer County Jail and morgue, 911 dispatch center,

as well as the air operations hangar. Classes will be held in the Community Room at the Placer County Sheriff headquarters in the Auburn Justice Center. The center is located at 2929 Richardson Drive in north Auburn's Dewitt Center. Classes are scheduled from 6 p.m. to 9 p.m. The academy will kick off with a welcome by top sheriff's administrators and an overview of how the department works. On subsequent nights, presentations will be made by air operations, Search and Rescue, the bomb squad, the Special Enforcement Team, the marine unit, investigations, hostage

negotiators and the drug task force. There will also be a demonstration by members of the K-9 team. The academy is intended to provide the citizens of Placer County with an overview of the Sheriff Office's functions, policies and procedures, as well as getting them involved in their community. The goal of the academy is to provide a greater awareness and understanding of law enforcement's role in the community. Attendees must be at least 18 years of age. To reserve a spot, call Community Services Officer Lynn Harrison at (916) 652-2419 or mail her at lharrison@placer.ca.gov.

## Residential Burglary in Granite Bay



David Schuster, 41, of Orangevale

From the Office of Sheriff Edward N. Bonner

Placer County – Placer County Sheriff's deputies responded to a residential burglary in Granite Bay on Thursday night at 10:47 p.m. after homeowners on Lakeshore Drive discovered a suspect inside their house. David Schuster, 41, of Orangevale then fled the residence. A perimeter was established with the assistance of California Highway Patrol Air Support. Deputies located Schuster riding a bicycle on Mooney Road. The homeowners from Lakeshore

Drive identified him as the person who was in their home and woke them up. Schuster was in possession of an ignition key that belonged to an unreported stolen vehicle parked on Mooney Road. That stolen vehicle was taken earlier from a residence in Sacramento County. The victims from that theft met with deputies in Granite Bay and were able to retrieve their stolen vehicle. Schuster is being held at the Placer County Jail in Auburn for burglary, possession of a stolen vehicle and impaired driving (DUI) on a bicycle. His bail is set at \$155,000.

## Public's Help Needed in Identifying Possible Woman Burglar



From the Office of Sheriff Edward N. Bonner

Placer County – Placer County Sheriff's detectives are asking the public's help in identifying a woman who may be involved in a large-scale burglary from a Roseville home in July. The woman was photographed in a Best Buy store in Natomas on July 5, the day after burglars entered the home in the unincorporated area of Roseville. She was seen buying items with a check stolen from the

home. She used a California driver's license for identification, however, it was later discovered that the license did not belong to the suspect. The woman is heavy-set and has brown hair. She has a large tattoo of an eagle on her left upper arm and small bird footprints tattooed on top of her right shoulder. She was wearing a green tank top. The home was burglarized sometime between the evening of July 3 and early July 4. Thieves made off with shoes, clothing, jewelry,

make-up, sunglasses, purses, an Xbox 360 with games, televisions, a gun, the checks and a 2002 black Harley Davidson motorcycle. Detectives believe there are multiple suspects in the burglary. Anyone with information on this crime is urged to contact Placer County Sheriff's Detective Jason Doolittle at (530) 889-7844. To remain anonymous and be eligible for a cash reward for information that leads to an arrest or arrests, call Placer County Crime Stoppers at (800) 923-8191.

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# Giant Flea Market to be Held

## More Vendors Wanted

Auburn – The Auburn 49er Lions Club is looking for vendors. On Saturday, October 9, 2010, from 7 am to 2 pm, the Auburn 49er Lions Club will be hosting a giant Flea Market at the Auburn Gold Country Fairgrounds upper parking lot. Buy, sell, trade, and

barter your old items, news items, antiques, collectables, and treasures. Vendors may rent a 15'x30' space for \$35.00 each. There are also limited 20'x40' spaces for \$50.00 each. Space choices are on a first-paid basis. Vendor set-up is from 5:30 to 7 am. For

space reservations, call 530-878-3888. There will be no food vendors other than the Auburn 49er Lions Club. If you wish to learn more about the Auburn 49er Lions Club, contact them at auburn49erlions@gmail.com.

# AAUW Invites You

Auburn – The Auburn chapter of American Association of University Women invites you to our fall brunch meeting and presentation to be held Saturday, September 11 from 10am to Noon. The buffet brunch meeting is hosted by our branch board members. The four girls sponsored by the Auburn chapter to attend

Tech Trek on the Stanford campus will be in attendance to share their camp experience from this summer. New and prospective members of AAUW are encouraged to attend. There will be displays to illustrate the many ways you can get involved with our service group. Additionally, old members will be

on hand to answer questions and welcome you to the group. Come learn about the exciting programs planned for this year and find out how you can be part of the Auburn Chapter. For additional information and to reserve you spot for the brunch call Danielle at (530)305-5153.

# Youth Supporting Youth to Create Positive Change in the Community

Placer County – The Grants Advisory Board for Youth (GABY) is now accepting applications for their 2010/2011 Youth Hope Grant program. Grants ranging up to \$1,500 will support youth-led projects that seek to create positive change in the community. Past Youth Hope grant projects include:

- Oakmont High School - Teens for Humanity Club's Summer Splash Program - A school readiness program aimed to help successfully bridge the gap between junior high and high school.
- Rocklin High School - Peer

Friendship Day Event - Brings students from different groups and backgrounds together with the goal of fostering tolerance and respect for each other.

- Chana High School - Education Options' After School Program - Provides a safe, learning and interactive environment for students.

To access complete application guidelines, including a full list of possible youth-led projects, visit the Grants Advisory Board for Youth page of the Placer Community Foundation's website at placercf.org.

**About GABY**  
The Grant Advisory Board for Youth (GABY) gives youth ages 12 to 19 opportunities to make a positive difference in the community, both by serving on the board and by recommending funding for youth-led projects. Coordinated by the Placer Community Foundation, the GABY program works to foster philanthropy for our next generation. To learn how you can help continue the work of the GABY program, contact the Placer Community Foundation at (530) 885-4920.

# Mike Holmes Campaign Sets Fundraising Social at Bootleggers Restaurant, Old Town Auburn

Auburn – Mike Holmes kicked off his campaign for re-election to the Auburn City Council with a festive BBQ at ARD Recreation Park last Wednesday, September 1. Enthusiastic supporters enjoyed burgers and all the fixings prepared by Virgil Traynor and volunteers from the Auburn Area Cancer Endowment Fund. Holmes plans to make a contribution to the fund. Holmes was very happy with the

successful event, commenting "It makes me proud to have such ardent supporters. I promise to continue my effort to keep Auburn financially sound and a wonderful place for families to live and prosper." The campaign moves into high gear this month. A fundraising social is scheduled for Monday, September 20 from 5:30 to 7:30 pm at Bootleggers Restaurant in Old Town Auburn.

Refreshments include scrumptious hors d'oeuvres, wine, beer, and soft drinks. Entertainment will be provided by David Swart on keyboard. The cost is \$50 per person, \$90 per couple. To RSVP, call Pat at (530) 889-1207 by Friday, September 17. To learn more about Mike and the issues, and how to help his campaign, visit Mike's website <http://www.holmes4auburn.com>

# ARD Board hopeful Scott Holbrook Fundraiser

Auburn – On Friday September 10th Starting at 5:30, Auburn Area Park and Recreation District (ARD) Board hopeful Scott Holbrook to support his re-election bid, will be hosting his first ever FUNdraiser & Happy Hour on the patio of the Ridge Golf Course & Bar & Grill. Suggested

Donation for this event is \$20.00. Your donation will include a beer or non-alcoholic beverage along with a selection of appetizers. Fun is the focus of the evening. Music will be provided by Halie O'Ryan, as well as The Bob Woods Band, along with several other local

musicians joining in from time to time. The Ridge is located just off Bell Rd & New Airport Rd at 2020 Golf Course Way, Auburn CA 95602. Contact Scott @ 530-906-7441 or email auburnscott@netscape.net for more information

# Placer County Museums Exhibit: Fashioning a New Identity

Auburn – She was independent. She wore a short dress that hung loosely from her shoulders and her arms were bare. Her hair was cropped short (bobbed) and she wore makeup. She frequented speakeasies where she drank illicit alcohol and smoked cigarettes. She drove a car and even voted. Her youthful enthusiasm was in shockingly stark contrast to her Edwardian mother and Victorian grandmother. She was the Flapper. No decade in recent history has seen as much change in the status and style of women as the 1920s,

sometimes called the Roaring Twenties. The Placer County Museum is proud to announce the opening of our newest exhibit: Fashioning a New Identity. On display are examples of Flapper dresses and accessories from the 1920s. You are invited to attend the opening reception on September 9th at 5:00 p.m. In the spirit of the Roaring Twenties, Latitudes Bistro across from the Historic Courthouse in Auburn will be transformed into a speakeasy, the Cat's Meow, for the evening. This no host affair will follow the opening of the new

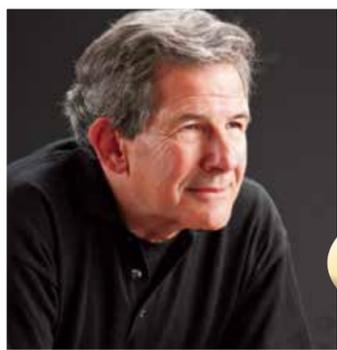
exhibit. To discover the secret password that gains your entrance to the Cat's Meow, join us at the exhibit opening. Please visit the Placer County Museum to learn more about how Flappers fashioned their new independence and became the icon of the roaring twenties. The Placer County Museum is located on the first floor of the Historic Courthouse at 101 Maple Street in Auburn. The museum is open every day except Holidays from 10:00 to 4:00. For more information, please call 530-889-6500.

# Business & Service Directory

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9249 Folsom Boulevard • Sacramento, CA 95826



**#1 New York Times Bestselling Author**  
**Gary Zukav**  
*Presents Life-changing Seminar*  
*at Christ Unity Church*

**SPIRITUAL PARTNERSHIP:  
THE JOURNEY  
TO AUTHENTIC POWER**

Gary Zukav, author of 4 consecutive New York Times bestsellers including *The Seat of the Soul*, is making a rare visit to Sacramento for a presentation on *Spiritual Partnership: The Journey to Authentic Power*, the title of his latest work. Zukav's life-changing seminar will be held at Christ Unity Church (CUC) on Sunday, September 12 at 2:00 PM at 9249 Folsom Boulevard, (one block east of La Riviera Drive). "Gary Zukav is one of the nation's leading thinkers and empowering speakers," said Kevin Ross, CUC's Senior Minister. "We are honored to host him in the Sacramento region."

"Spiritual partnerships are not exclusively for couples in marriage or relationships," explains Zukav, who says relationships of substance accelerate spiritual growth. "They can be created in families, between friends, in the workplace – anywhere two or more individuals decide to create a relationship as equals." A frequent guest on the *Oprah Winfrey Show*, Zukav has six million copies of his books in print and translations published in twenty-four languages.

**Who:** An afternoon with **Gary Zukav**, New York Times bestselling author  
**When:** Sunday September 12th, 2010 from 2:00 – 4:00 PM  
**Where:** Christ Unity Church, 9249 Folsom Boulevard (off Highway 50 and Watt Avenue and East of La Riviera).  
**Why:** Christ Unity Church generously shares portions of the proceeds of ticket sales with Frances House and Youth at Risk, as our commitment to empowering our community.

**Tickets: Available at Christ Unity Church and online at [www.christunity.com](http://www.christunity.com) or at the door.**  
**General admission - \$35**



By Lisa West

Sir Winston Churchill said, "Never give in—never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy."

What strikes me about this statement is he said 'never give in' – he didn't say 'never give up' which seems to be a more common phrase. So what did Churchill really mean by choosing the word 'in' instead of 'up'.

I'm sure it's only me – and you may come to a completely different conclusion, but I take his words to mean not to give in to ourselves –

# Never Give In

to selfishness, self-centeredness, and most of all to self-doubt, which has plagued me for way too long.

Churchill was more than just a British politician – he served in the military, he was an artist and writer. He was a brilliant statesman and his speeches were inspiring. He won the Nobel Prize for Literature and the list goes on and on.

But Churchill didn't start out any different than you or I. In fact, he had many obstacles to overcome including a speech impediment. He was sent away to school and rarely saw his parents. And as an adult he and his wife lost their three-year old daughter, Marigold.

I can safely say I am no Churchill, but I don't have to be. If I decide to never give in to self doubt—if I decide never to give in to negative thinking, I can be as successful as Churchill in my own individual way – and more importantly, **so can you!**

There are so many voices telling us what we can't do—that things will never change—that life is too hard or that one person cannot make a difference. I have listened to those voices and given up on myself time and time again – but **no more.**

Churchill was just one man, but he made a difference. He was

a man of convictions, honor and good sense. He refused to yield to force and to the apparently overwhelming might of the enemy. He spoke out and stood fast against fascism and he brought his country back from the brink of destruction.

I don't believe our country is on the brink of destruction—not yet. But if we stand by and do nothing, it will be there soon. The first thing that has to change is the way we talk to ourselves. We cannot waste time beating ourselves up over our past mistakes or dwelling on things we should have done differently. We have to start fresh each day with new perspectives and a greater resolve.

A good friend gave me an affirmation I try to say to myself at least once each day. It goes like this, "Every day in every way I'm getting better and better". If I'm getting better—inside of me, then other things can get better too – including things outside of me. All I have to do, all you have to do is 'never give in - never, never, never, never.'

Lisa West is a freelance writer from Northern California featured at [www.reveretimes.com](http://www.reveretimes.com), a website dedicated to thoughtful, committed citizens. She can be reached at [reveretimes@surewest.net](mailto:reveretimes@surewest.net).

## UNSEAT THE INCUMBENT

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# Keep Our Kids & Water Drug-Free

**Medication Take-Back Day**  
**FREE - Drop Off Unused and Expired Medications**  
**Saturday, September 25th, 10 am–2 pm**

**7 of the 10 most commonly abused drugs by teenagers are prescription medications.**

Non-medical use of prescription drugs ranks second only to marijuana as the most prevalent category of drug abuse in the United States.

Nearly ¾ of abused pharmaceutical drugs are obtained from family and friends. Teens get dangerous drugs from family and friends—and their medicine cabinets.

Parents who once child-proofed their house now must teen-proof them by locking medicine cabinets and disposing of unwanted prescriptions.

### 12 Locations County-Wide

<b>Woodcreek High School</b> 2551 Woodcreek Oaks Blvd., Roseville, CA 95747	<b>Oakmont High School</b> 1710 Kirby Way Roseville, CA 95661	<b>Roseville High School</b> 1 Tiger Way Roseville, CA 95678	<b>Granite Bay High School</b> 1 Grizzley Way Granite Bay, CA 95746	<b>Colfax Sheriff Sub-Station</b> 33 N. Main St. Colfax, CA 95713	<b>S. Placer Sheriff Sub-Station</b> 6140 Horseshoe Bar Rd. Loomis, CA 95650
<b>Antelope High School</b> 7801 Titan Drive Antelope, CA 95843	<b>Sierra College</b> Parking Lot D Rocklin Rd. side 5000 Rocklin Rd Rocklin, CA 95677	<b>Whitney High School</b> 701 Wildcat Blvd., Rocklin, CA 95765	<b>Auburn City Hall</b> 1255 Lincoln Way Auburn, CA 956903	<b>Lincoln Police Dept.</b> 770 7th Street Lincoln, CA 95648	<b>Kings Beach Clinic</b> front parking lot 8665 Salmon Avenue Kings Beach, CA 96143

### ACCEPTABLE

- ✓ Prescriptions—including controlled substances (Mark out personal information)
- ✓ Over-the-counter medications
- ✓ Veterinary medications

### UNACCEPTABLE

- ✗ No needles or lancets
- ✗ No medical waste
- ✗ No illicit drugs
- ✗ No inhalers, hydrogen peroxide

### Protect our Water and Wildlife

Medications disposed of down the toilet or in the trash end up in our water supplies and damage our environment.

Treatment removes and reduces some types of pharmaceuticals, but not all, and some aquatic species are sensitive to extremely low levels of medications.

For information on future collection events or methods of disposal, visit [NoDrugsDownTheDrain.org](http://NoDrugsDownTheDrain.org)

**For more information: 530-889-7238**  
**[www.CoalitionForPlacerYouth.org](http://www.CoalitionForPlacerYouth.org)**  
**[www.LiveSewerSmart.com](http://www.LiveSewerSmart.com)**

A collaborative effort of local law enforcement, water quality, and public health entities as well as local schools; the Coalition for Placer Youth, Placer County HHS and Youth Commission; the U.S. Drug Enforcement Agency; and Gold Country Media.



# Arts and Entertainment Calendar and Other Fun Things to do!

## Coloma Hosts American River Music Festival



Coloma - The 4th Annual American River Music Festival, held throughout the friendly river community of Coloma, is September 17, 18 and 19. The Festival features over 30 Americana, Folk and acoustic Blues performances and workshops in 11 locations including our main stage, our three riverfront campgrounds, a white-water river trip, a guided river front hike, and local eateries.

This year we are proud to present Jesse Winchester (a legendary folk singer and lifetime achievement recipient from the American Society of Composers, Authors and Publishers), Slaid Cleaves (a nationally renowned troubadour), Karla Bonoff (known for

her chart topping songs such as "All of my Life", "Personally" and "Please Be the One", as well as many other performers coming from throughout the country.

The festival has music jams, an artist showcase night, "live" art performed during the main stage music, a sandy main stage swimming hole on the river, an art market, great kid's activities, food, beverages and much more.

Main stage tickets are \$35-A, \$15-Y(8-17) and free-Y(7 and younger). Camping music tickets are \$99-A, \$49-Y(8-17) and free-Y(7 and younger). Tickets and the complete schedule can be found at [www.americanrivermusic.org](http://www.americanrivermusic.org) or call 530.622.6044. Thanks for supporting LIVE MUSIC!

## "Celebrating Women's Wholeness Retreat"

Cool - Ancient healing techniques combined with western science create an ideal balance for healing and transformation. Mariscela Alvarez, Certified Hypnotherapist, Shamanic Healing Practitioner, and Tracy Klasna RN, Vedic Master have teamed up

to offer you a "Celebrating Women's Wholeness Retreat". From October 1-3, we will return to our essential nature with scenic hiking trails, gentle exercises, life transforming spiritual journeys, healthy vegetarian meals and optional aromatherapy massages.

Our retreat center is located in the rolling foothills of the Sierras, in the city of Cool, California. If this sounds enticing to you, please contact Mariscela @ 530-863-0003 or Tracy @ 530-613-1284. Details and registration at [www.fyspirit.com/EventsClasses.htm](http://www.fyspirit.com/EventsClasses.htm).

## Auburn Recreation District

123 Recreation Dr. • Auburn, CA 95603-5427 • (530) 885-8461  
info@auburnRec.com • <http://auburnrec.com/adultprograms>

### Have fun and play proper volleyball

55+ Men 50+ Women

Men age 55 and older, Women age 50 and older are welcome to join this moderate-impact program at the Recreation Gym for players who have played before and want to improve their skills, have fun and play proper volleyball. This is not a beginner program. Players must have moderate experience and be willing and able to play three-touch volleyball according to U.S. Volleyball Assoc. rules. If you haven't played in a while and are a bit rusty, that's okay. Teams are selected at each meeting before daily play. The facilitators are Cherry Delany & Roy Klegger Fee Varies session to session. See below for sessions/days.

Activity#	Session	Fees	Days	Time
6080 F1	10/5-10/29	\$12R/\$15NR	Tues/Fri	9am-noon

### Understanding Long Term Care Insurance

Ever wonder how long term care insurance works and why it might be important to have? Instructor Charlene Miskimen will discuss the basics of long term care insurance including deciding on the right monthly benefit amount, facilities (select my own or be assigned by someone else) and asset protection. What are the chances you might need this type of care, what is important for your family to know and what really happens if you don't have it when you need it? This free class will leave with a better understanding of the regulations and shocking statistics, and armed to make a better decision (CVCC, Sunset Room). Please sign up so the instructor knows how much material to bring.

Activity#	Session	Days	Time
7157 F1	Sept. 15	Wed.	5-7pm

### Sutter Auburn Faith Hospital Special Programs

Sutter Auburn Faith Hospital is one of the newest partners with ARD and the Passport to Better Health program. Each guide will feature classes and programs open to the public that are sponsored by the hospital. These are the first of many.

#### SMOKING CESSATION PROGRAM

Sutter Auburn Faith Hospital offers a seven-week program for anyone who wants to learn how to quit smoking. A facilitator will guide the class through the Freedom from Smoking program, designed by the American Lung Association, using behavior modification techniques that emphasize trigger identification, pharmacotherapy assistance, relapse prevention and a healthy living, smoke free life style. For more information call Sutter Auburn Faith Hospital at 530-889-7067 or 530-888-4530.

#### LOOK GOOD...FEEL BETTER

This is a free hands-on workshop to help women offset appearance-related changes due to cancer treatment. Patients in various stages of treatment will receive make-over tips and personal attention from professionals trained to meet their needs. Professional advice is provided on wigs, scarves and accessories. For more information on this class that is organized by the American Cancer Society, please call 800-395-5665.

## Local Events Calendar

### Take in Artist's Beauty at Auburn Show!

Auburn - Local Rocklin artists will show their work at the Auburn City Hall show to be held September 1-30. The free Rocklin Fine Arts exhibit will be held at 1225 Lincoln Way, Auburn during regular business hours Monday thru Friday 8a.m.-5p.m.

The artists' reception will be held from 1-4p.m. Saturday, September 11. Meet the artists, talk about what you see, and enjoy refreshments. The works shown are in a variety of mediums - acrylics, oils, pencil, pastel, watercolors, ink and photo.

If you're interested in learning more about the Rocklin Fine Arts group, the group meets every third Friday of each month at 10a.m. at the Rocklin Sunset Center, 2650 Sunset Blvd. You don't have to live in Rocklin, or be a professional artist to join, although both are present in the lively membership. Guests are welcome. There are painting demonstrations from well-known local artists and lots of cultural conversation. For more information, go to [www.rocklinfinearts.org](http://www.rocklinfinearts.org).

### Nevada City Hosts Festive Parade and Celebration

Placer County - The 44th Annual Constitution Day Parade tops a full weekend of festivities Sept. 11-12 in this colorful Gold Rush town. Nevada City's Constitution Day Parade has been a local tradition since 1967 and is reported to be the oldest and largest Constitution observance in western America.

The 2 p.m. Sunday parade features about 100 entries and caps a number of other activities including Civil War reenactments in Pioneer Park, the Gold Country Duck Race on the rapids of Deer Creek and a free outdoor big band concert featuring the Nevada County Concert Band in the downtown historic district.

For more information and a complete weekend schedule of events, contact the Nevada City Chamber of Commerce, 132 Main Street, Nevada City, CA 95959. Call the chamber at (530) 265-2692 or (800) 655-NJOY or see [www.nevadacitychamber.com](http://www.nevadacitychamber.com).

### Inaugural Auburn Community Golf Classic

Auburn - The inaugural Auburn Community Golf Classic will be held on Friday, Sept. 17 at the Auburn Valley Country Club. The Auburn Chamber of Commerce and the Auburn Symphony, who have ties dating back to 1988, have joined together to raise much needed funding for the two local organizations. Community 1st Bank is the title sponsor.

The four-person scramble format tournament begins with lunch at noon, followed by a 1 p.m. shotgun start. The cost also includes green fees, range balls, cart, tee prizes, raffle, silent auction, and a dinner that will be highlighted by a special Travel Sweepstakes Raffle with an opportunity to win a week's vacation in Puerto Vallarta (condo/travel included). The Early Bird Special cost is \$135 if registered before Sept. 1 and rises to \$155 after that date.

The Chamber and the Symphony will be reaching out to the community for additional sponsorship participation, golfers, and contributions of silent auction items to raise funds for both organizations. To register or for more information about getting involved and helping to support the Auburn Symphony and Auburn Chamber of Commerce, email Bruce Cosgrove at [bruce@auburnchamber.net](mailto:bruce@auburnchamber.net) or call the Chamber office 530 885-5616, ext. 226.

### 2nd Annual KidsFirst Golf Classic

Lincoln - Please join KidsFirst (formerly the Child Abuse Prevention Council of Placer County) and our Honorary Tournament Chairs from Placer County; D.A. Elect Scott Owens, Superintendent of Schools Gayle Garbolino- Mojica and Sheriff Ed Bonner as we "play a round" in the 2nd Annual KidsFirst Putting Fore Kids Golf Classic. All proceeds benefit KidsFirst and the vision that all children live in safe, healthy and nurturing homes. Our mission is to end child abuse in Placer County, and YOU can help! We'll see you on the links at Lincoln Hills Golf Club, 1005 Sun City Lane, Lincoln on Friday, October 1. Registration, \$125 per single golfer, is at 7:30 a.m. and the shotgun start is 8:30 a.m. Lunch will be served at 2:00 p.m.

Sponsorships start at \$100 with an Exclusive Title Sponsor \$3,000 (Limit 1). Lunch only is \$25. Register or sponsor at: [www.kidsfirstnow.org](http://www.kidsfirstnow.org) or call Allen Archuleta, 916-772-2272.

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# Nevada City Hosts Festive Parade & Celebration Sept. 11-12

Nevada City – The 44th Annual Constitution Day Parade tops a full weekend of festivities Sept. 11-12 in this colorful Gold Rush town.

Nevada City's Constitution Day Parade has been a local tradition since 1967 and is reported to be the oldest and largest Constitution observance in western America.

The 2 p.m. Sunday parade features about 100 entries and caps a number of other activities including Civil War reenactments in Pioneer Park, the Gold Country Duck Race on the rapids of Deer Creek and a free outdoor big band concert featuring the Nevada County Concert Band in the downtown historic district.

The parade through the heart of downtown Nevada City includes floats, antique autos, equestrians, politicians and perennial crowd favorites such as the Ophir Prison Marching Kazoo Band and the Famous Marching Presidents of Nevada City. At least seven marching bands will participate in this year's event.

Nevada City is known for its classic small town spirit and unique events. With an official population of just 3,001, Nevada City swells to thousands more on Constitution Day.

Celebrants should plan to arrive about an hour before parade time to get a good vantage point along the parade route. Out-of-town visitors should book local accommodations early.

Sunday parade-goers may park for free at the Nevada County Government Center on Highway 49 and ride an event shuttle to the downtown parade. All-day fares (10am-6pm) are \$3 per individual or family, and free to those in historical costume and youth 12 and under.

Nevada City is located on the forested western slope of the Sierra Nevada mountains midway between Sacramento and Lake Tahoe. From Sacramento, take east-bound Interstate 80 to Auburn and Highway 49 north to Nevada City. From Reno, take westbound I-80 and westbound State Route 20.

For more information and a complete weekend schedule of events, contact the Nevada City Chamber of Commerce, 132 Main Street, Nevada City, CA 95959. Call the chamber at (530) 265-2692 or (800) 655-NJOY or see [www.nevadacity-chamber.com](http://www.nevadacity-chamber.com).

## Constitution Day Weekend Events in Nevada City

### SATURDAY, Sept. 11

Pancake Breakfast  
Seaman's Lodge, Pioneer Park,  
7-10:30am, \$6

Gold Country Duck Race  
"The KenDucky Derby"

Deer Creek, Downtown  
Nevada City, 11am-3pm

Civil War Reenactments  
Pioneer Park, 1pm and 4pm

Nevada County Concert Band,  
Free Concert  
Pine Street, 5:30-7pm

Classic Cars & Hot Rod Cruise-In  
Broad Street, 5:30-8pm

### SUNDAY, Sept. 12

Pancake Breakfast  
Seaman's Lodge, Pioneer Park  
7-10:30am, \$6

Civil War Reenactment  
Pioneer Park, 11am

44th Annual Constitution Day  
Parade  
Broad Street, 2pm

# 44 American Presidents Convene in Nevada City



The five living U.S. Presidents, pictured in Nevada City last year, will return along with the 39 late U.S. Presidents to march in the 44th Annual Nevada City Constitution Day Parade.

Nevada City – All 44 presidents in the history of the United States, from George Washington to Barack Obama, will gather in the picturesque Sierra foothills village of Nevada City, California on Sunday, Sept. 12, to march together in the town's 44th Annual Constitution Day Parade.

This is believed to be the singular time and place on the planet where all American Presidents gather together, partisan politics aside, to celebrate the U.S. Constitution and

American way of life.

Accompanied by their First Ladies and cadres of trench-coated secret service agents, the Marching Presidents are made up of citizens from all walks of life. They have been entertaining crowds at the Nevada City parade for 23 years. It is their only annual appearance, although they have received several requests to march in other parades.

The 44th Annual Nevada City Constitution Day Parade moves a down a flag and bunting-draped

Broad Street through historic downtown Nevada City at 2 p.m. on Sunday, Sept. 12. The Marching Presidents are among more than 80 entries.

The Marching Presidents is a fun-loving and educational group that portrays all 44 U.S. Presidents with reverence, good humor and varying degrees of historical accuracy. To learn more about the group, see [www.marchingpresidents.org](http://www.marchingpresidents.org). For reliable information on U.S. Presidents, see [www.americanpresident.org](http://www.americanpresident.org).

# What and Where is North Park?



There are questions surrounding the funding of improvements of North Park. Photo provided by Scott Holbrook.

## Commentary by Scott Holbrook

Auburn – Your local Auburn Rec District Board member Scott Holbrook here, again sharing another personal view on how our Supervisors & county management are handling local mitigation fees. While this is a personal opinion, I have a feeling most if not all on the board share my thoughts on this issue. I have attempted on numerous occasions to contact "County Recreation Area 5" representatives to the board of supervisors Holmes and Montgomery, but they have chosen to not reply to questions and suggestions on this issue. The money has not been spent yet, and I am hopeful that folks will encourage their representatives on the Board of Supervisors to re-think this expenditure, it is not too late.

The Board of Supervisors has approved \$75,000 in local park development fees, to apply a rubber surface to the playground at North Park. What & where is North Park you ask? Well it is a small neighborhood park located in North Auburn, just up the street from ARD's Regional Park. This and Plaza Park are the 2 "parks" within the County Recreation Area 5 / ARD boundaries that the County maintains. (What is Plaza Park you ask again—look behind Big 5)

Recently some \$13,000 + dollars was spent at this park to address 49 Fire damage. I supported this 100%—It was a great and needed project. Local service clubs & neighbors also donated a great amount of labor. This was a perfect use of mitigation fees for rehabilitation purposes. And note the special State of California Approved "Bark" (refined wood-chips) were part of the rehabilitation! These chips have a life expectancy of around 5 years. This is just one more reason to re-think the \$75,000 rubberizing project for this park, which now brings recent funding up to \$86,000 for this little neighborhood park. Again while nice, there are some 55,000 residents served by these mitigation fees!

I think the county needs to take a better look at meeting the true needs and wants of "Area 5". While I know county facilities puts a priority on their wants, they need to remember the residents of "Area 5" overwhelmingly voted to create the ARD to serve their recreation wants & needs. The County board and staff needs to respect the residents wishes, and allow for the funding of the ARD as intended.

There is a project application to rehabilitate the Meadow Vista Park, pending with them they cannot fund at this time. This project will allow hundreds of local kids now banned from organized play at the park to use the field, yet the county feels putting a rubber surface in North Park is a priority for "Area 5" / ARD residents??

The money tree in Placer County is struggling for life; funds are trickling in at best. It will likely take 2 or so years to collect enough new mitigation fees to replace this \$75,000. No, this is not a good use of public funds & we need to stop this project & the county should return the funds to the "pool" for consideration for projects that will truly serve the greater community. While this amount of money may seem trifle to the big guns at the county, it is a huge amount for your local rec district. During tough times priorities need to be reconsidered this \$75,000 is one of them.

Sorry to ramble, but I am increasingly getting frustrated at the way "our" (taxpayer) funds are being handled. I am hoping that be it this \$75,000 or maybe a multi-million dollar project elsewhere that folks will speak up and demand "they" (The county in this case) stop wasteful spending & do all they can to get the most out of our money.

Well there is my rant d'jour - What say you? Share your voice - be heard! [bos@placer.ca.gov](mailto:bos@placer.ca.gov)

As always...Keep Smilin',  
Scott Holbrook,  
Member ARD Board of Directors



# 21st Annual Polish Festival

Roseville – The public is invited to attend the 21st Annual Polish Festival on Saturday, September 11, 2010, from 12:00 p.m. – 6 p.m. in Roseville, California. Sponsored by the Polish American Club of Greater Sacramento, the festival will be held at the Polish American Clubhouse and grounds, located at 327 Main Street in Roseville.

The festival offers authentic Polish food such as pierogi, golabki, potato pancakes and homemade Polish pastries. There will be live Polka music, Polish Folk Dancers, games for children and much, much more! Admission is free. For directions and more information, go to [www.polish-club.org](http://www.polish-club.org) or call (916) 782-7171.

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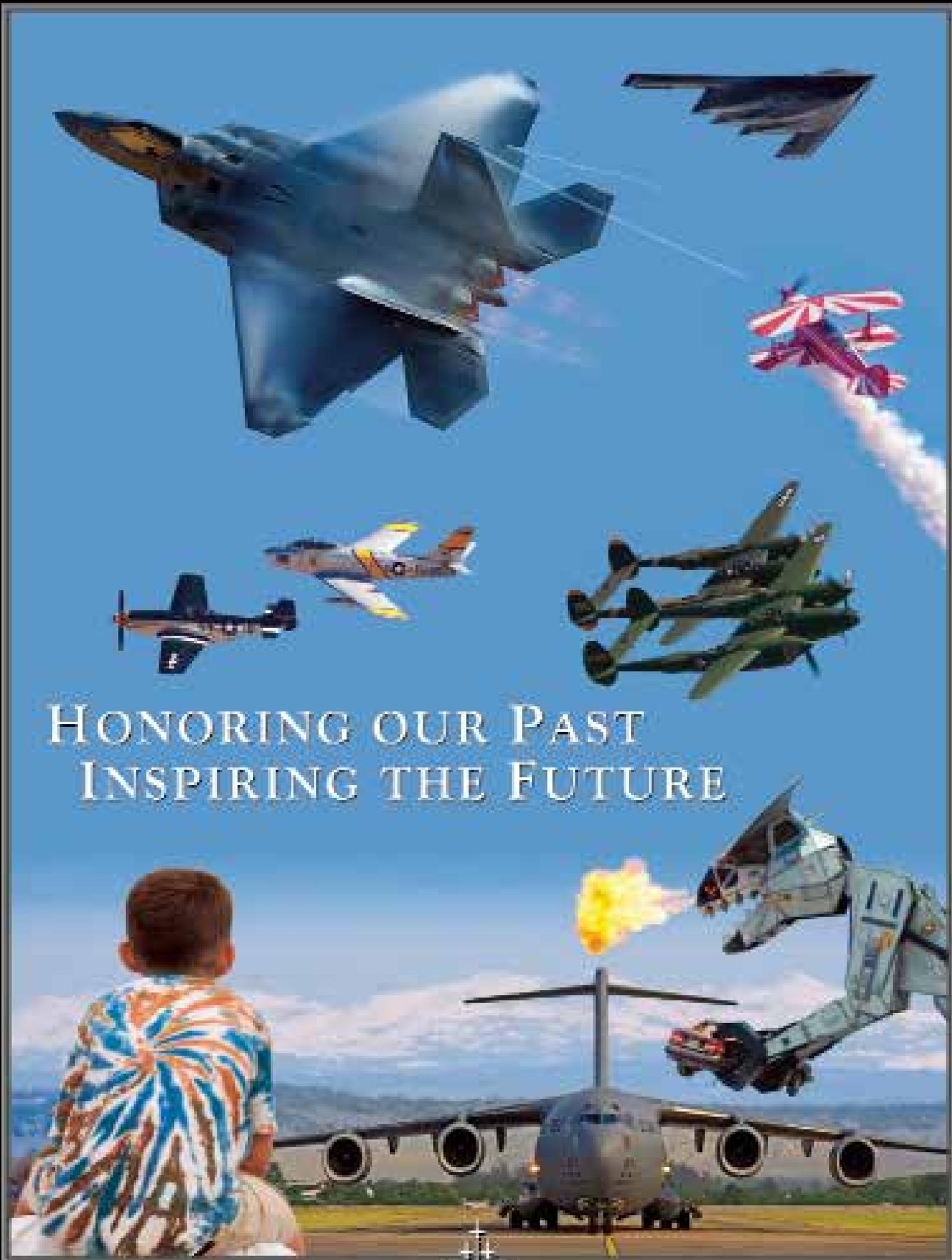
Call 916.383.LION (5466) or text "Molo" to 82442 for tickets and information.

[sacmountainlions.com](http://sacmountainlions.com)



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