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California Capital Airshow Celebrates 10th Anniversary

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Placer - Caroline - Ca

Volume **26** • Issue **18**

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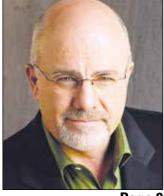
September 18, **2015**

JONI MORRIS IN "LEGENDARY LADIES OF COUNTRY MUSIC"



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See Critically Acclaimed Grateful Dead Tribute Act



Grateful Dead tribute act Dark Star Orchestra returns to Grass Valley with a concert expected to pack the Veterans Memorial Auditorium on

GRASS VALLEY, CA (MPG) - Grateful Dead tribute act Dark Star Orchestra returns to Grass Valley with a concert expected to pack the Veterans Memorial Auditorium. On September 25th, Dark Star Orchestra will perform at 8 p.m. in a show presented by the Center for the Arts.

For 15 years, Dark Star Orchestra has toured the nation clocking in over 2,200 shows. The band's determined commitment to "raise the Dead" has drawn national media attention. Dark Star Orchestra's critically acclaimed shows are based on a set list of Grateful Dead songs, a 30-year catalogue from extensive touring.

Music fans both young and old follow shows from coast to coast and internationally. The band performs Grateful Dead classics in the same way that an orchestra interprets music of classical composers. Players capture the excitement and innovation of the original performances and compositions.

A Dark Star Orchestra show is like stepping back in time. The band adapts their stage positioning, vocal arrangements, specific musical equipment, and instruments to fit the era of the show they are performing. Five original members of the Grateful Dead

have played alongside Dark Star Orchestra. "Playing with Dark Star Orchestra is

something that feels just exactly like it felt when I was playing with the Grateful Dead," said Donna Jean Godchaux-McKay, Grateful Dead vocalist.

Tickets cost \$30 for members and \$34 for non-members. To purchase, either call the Center Box Office at (530) 274-8384 ext. 14, call the BriarPatch Co-op Community Market at (530) 272-5333, or buy tickets online at the Center for the Arts' website, www.thecenterforthearts.org. The Veterans Memorial Auditorium is located at 255 South Auburn Street, Grass Valley, 95945. To find out more about Dark Star Orchestra, visit www.darkstarorchestra.net.

Coming El Nino May Not End Historic Drought

SACRAMENTO REGION, CA (MPG) - State Climatologist Michael Anderson issued the following statement on potential El Niño conditions:

"California cannot count on potential El Niño conditions to halt or reverse drought conditions. Historical weather data shows us that at best, there is a 50/50 chance of having a wetter winter. Unfortunately, due to shifting climate patterns, we cannot even be that sure."

The current drought has resulted in observations of new, record-high temperatures and record-low snowpack for California. Five of the lowest 10 snowpacks on record have occurred in the last decade, including the past four years. The seasonal snowpack is a key element to California's water resources management, modulating winter precipitation into spring runoff for beneficial use through the dry summer.

As California heads into a new water year (October 1st to September 30th) with a potential fifth year of drought and expectations of El Niño impacts in play during the winter, questions mount on what can be expected of winter temperatures, precipitation, and snowpack for California.

Unfortunately, a historical look at past years with similar El Niño conditions as currently forecasted provide little guidance as to what California might expect this winter. Of the seven years since 1950 with similar El Niño/ Southern Oscillation (ENSO) sig nals (1958, 1966, 1973, 1983, 1988, 1992, and 1998) three were wet years, one was average, and three were dry (with water year 1992 perpetuating a drought). Past years were cooler than the temperatures we are experiencing now, which will impact the rain/snow boundary for any storms that materialize this winter.

For more details and information on the unpredictable nature of the El Niño phenomenon, visit http://water. ca.gov/waterconditions/docs/Drought_ENSO handout4.pdf.

Source: California Department of Water Resources ★

Hear "Big Fish" Stories by Bassjack Naves

AUBURN, CA (MPG) - The Rooster Tails Fishing Club's monthly breakfast meeting will be held on Friday, September 18th at the Auburn Elks Lodge, 195 Pine Street at Lincoln Way, Auburn, 95603. The doors to the Lodge open at 7 a.m. with a quality \$13 buffet breakfast served at 8 a.m. The Rooster Tails are delighted to host Bassjack Naves, a fisherman extraordinaire, who will present a special river salmon fishing seminar beginning at 9 a.m. Members and guests should arrive early to secure a good seat. The breakfast meeting is open to the general public; no reservations are necessary to attend.

Seldom does the club have repeat guest speakers for our breakfast meetings. Bassjack is an exception. What makes Jack so special? He has made fishing a science through research, experimentation, and hundreds of hands-on hours applying what he has learned. What also is unique about Jack's passion for fishing is that he is not selling anything; he is not asking you to buy anything from anyone, nor is he sponsored by any

fishing company. However, Bassjack is well-known and respected by the fishing community for his expertise.

Jack is a third-generation prodigy of over 30 years of fishing. He has indepth fishing knowledge for striped bass (his obvious moniker), trout, sturgeon, landlocked salmon, bass, shad, and for landing dozens of trophy river salmon. As colder overnight temperatures cool local river waters, salmon will begin to hold in traditional locations that Jack will identify. During his salmon seminar, he will present updated trolling and jigging techniques, proper rigging of plugs, spinners, spoons, and a strategy for targeting holding salmon. He will also include a brief segment on night fishing for salmon.

The 30-year-old, 200+ member Rooster Tails Fishing Club of Northern California, Inc. is a nonprofit organization that meets the third Friday of each month to educate, entertain, and enhance the fishing experience. Unlike many bass and fly fishing clubs that concentrate on very specific types of fishing, the Rooster



Bassjack Naves holds a fish. Photo courtesy of Rooster Tails Fishing Club

Tails Fishing Club provides a balanced mix of fishing techniques presented by fishing experts targeting a variety of fish species in multiple types of waters. For more information, contact Jim, club chairman, at (530) 887-0479 or visit the club's website at www.roostertailsfishingclub.org.

Source: Rooster Tails Fishing Club ★

Award-Winning Documentary to Screen at State Theater



A screen capture from the film shows the tough terrain. Photo courtesy of Protect American River Canyons

AUBURN, CA (MPG) - Join Protect American River Canyons (PARC) on September 24th as they present All the Time in the World, an inspiring multi-award-winning documentary (won Best of Festival at the 2015 Wild & Scenic Film Festival). The film will screen at the State Theater in Auburn

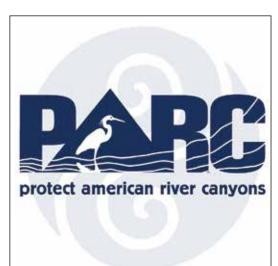
In search of a new perspective, a family of five leave the comforts of home to live remotely in the Yukon wilderness during the long northern winter and amidst the surprises that the rawness of nature provides. The parents leave their jobs and take their three children, ages 10, eight, and four, to spend nine months living in a small cabin with no road access, no electricity, no running water, no internet, no

TV, no phone and, most importantly, no clocks or watches.

Filmed off the grid for over nine months without an external crew and featuring the unique perspectives of children, All the Time in the World explores the theme of disconnecting from our hectic and technology-laden lives in order to reconnect with each other, ourselves, and our natural environment—parents connecting with children, children connecting with nature. After the screening, don't miss American River Canyon news and updates.

Adult tickets cost \$8 and students cost \$5. Tickets will be available at the door. For more information, go to http://allthetimeintheworld.ca/.

Source: Protect American River Canyons ★



Holy Smokes!

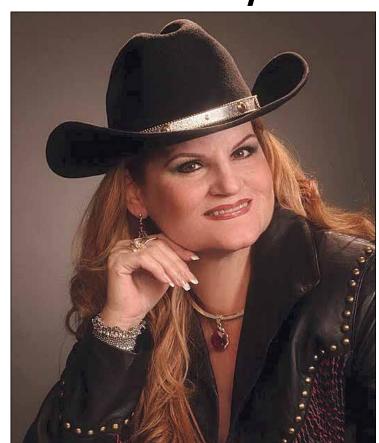
Guess what I

just learned?

COMFOR

SPECIALIS

Joni Morris in "Legendary **Ladies of Country Music"**



Playing to sold-out crowds from coast to coast for over 20 years, Joni Morris' performance is solid and authentic, featuring true showmanship, elements of comedy, dazzling costumes, and a distinct connection with the audience. Photo courtesy of Auburn Placer Performing Arts Center

AUBURN, CA (MPG) - Nationally acclaimed entertainer, songwriter, and recording artist Joni Morris will perform at the State Theatre on Saturday, September 19th in a show called "Legendary Ladies of Country Music." Accompanied by the After Midnight Band, Morris will be presenting the unforgettable hit songs of Kitty Wells, Loretta Lynn, Dolly Parton, and Tammy Wynette, with a special tribute to the queen of country music, Patsy Cline.

Playing to sold-out crowds from coast to coast for over 20 years, Joni's performance is solid and authentic, featuring true showmanship, elements of comedy, dazzling costumes, and a distinct connection with the audience. It will transport them back to the late 50s and early 60s when soul-stirring songs like "Crazy," "It Wasn't God Who Made Honky Tonk Angels," and

"Stand By Your Man" were at the top of the charts.

Joni's album Heartsongs has been well-received since its release, and she includes a few of her own original songs in every show. Joni touches every audience in a special way with her extensive repertoire, charm, humor, and unlimited love for music. Receiving rave reviews wherever they go, Joni Morris and the After Midnight Band is a show no country music fan should miss.

The show will be at 7:30 p.m. at the State Theatre, located on 985 Lincoln Way in Auburn, 95603. It will run for approximately two hours. Admission costs \$24 in advance and \$28 on the day of show. For more information or to buy tickets, visit www.livefromauburn.com.

Source: Auburn Placer Performing Arts Center



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Society for the Blind Expands Low-Vision Clinic

ROSEVILLE. CA (MPG) - Society for the Blind has expanded its low-vision clinic services in Sacramento to include vision rehabilitation and pediatric eye care, including an occupational therapist and a second office in Roseville.

"We believe in empowering people with vision challenges to live life to the fullest," said Shari Roeseler, executive director of Society for the Blind. "We know kids are quick to adapt, so if we can reach them when they're young, we can empower them with the tools needed to do anything they want to do in life."

Expanded pediatric services at the Sacramento nonprofit also incorporate Braille classes for children and monthly support groups for parents that include childcare for both low-vision and sighted children in the family. The purpose of the groups is to give parents the chance to sit down and share experiences and solutions. One of Society for the Blind's partners, pediatric ophthalmologist Dr. Mary O'Hara with UC Davis Eye Center, remembers the crushed look on parents' faces when she would refer their children with vision challenges to a clinic in Berkeley. Many did not have the means to travel there from the Sacramento

a wonderful resource," O'Hara said. "Up until three years of age, children with low vision can receive services through the state. Now we have a local facility where we can refer families of children ages three and up. Families are such an important part of treatment and support for children with low vision. If parents feel empowered, they will be better at helping a child feel empowered.

The clinic expansion took place when Society for the Blind acquired the practice of a retiring ophthalmologist this year. Prior to the expansion, the clinic provided low-vision evaluation for adults, evaluating the person's current functional vision and prescribing magnification aids. Society for the Blind's managing optometrist Dr. Caitlin Walsh, OD, had prior experience with pediatrics, and when occupational therapist Toni Boom was hired, the clinic was able to expand.

"Working at Society for the Blind is ideal as an optometrist providing care for the visually impaired," Walsh said. "Individuals often benefit from services other than glasses and magnifiers, and we offer comprehensive services in one location. I love that I can call upstairs and arrange mobility training,

"Society for the Blind has been computer classes, Braille instruction, and more for my patients. As a team, we help clients use their remaining vision effectively and learn non-visual techniques for daily living. This will empower many kids and adults for their future."

Society for the Blind will host an open house for the expanded clinic on September 26th as part of its yearlong 60th anniversary celebration. For more information, call (916) 452-8271.

For 60 years. Society for the Blind has created innovative ways to empower individuals living with low vision or blindness to discover, develop, and achieve their full potential. Society for the Blind has grown from a dedicated group of volunteers that included the Lions Clubs of America to a nationally recognized agency and the only rehabilitative teaching center for a 26-county region of northern California. The nonprofit provides low-vision eye care, life and job skills training, mentorship, and access to tools to maintain independence for 6,000 youth, adults, and seniors experiencing vision loss. For more information or to make a donation, visit www.societyfortheblind.org.

Source: Kristin Thébaud Communications

Assistance League Thrift Shop Grows

AUBURN, CA (MPG) - Assistance League Thrift Shop, located at 1263 Grass Valley Highway in Auburn, has outgrown its walls. Members recently voted to expand into an adjacent shop in Fiddler Green Plaza on Hwy 49 in Auburn. The Thrift Shop is staffed entirely by volunteer members and is stocked with donated clothing, household items, and furniture. The new location has more space and more storage for those items waiting to be displayed. Proceeds from the Thrift Shop are returned to the local communities in Placer County through Assistance League's philanthropic programs. Your support as a donor or shopper is greatly appreciated.

Assistance League members have accomplished many acts of caring and commitment in 2015. They provided 1,369 children with new clothing and

ALTHRIFT SHOP Assistance League of Greater Placer Thrift Shop has expanded. Photo courtesy

of Assistance League of Greater Placer

shoes through Operation School Bell; provided 2,420 children with new backpacks and school supplies; awarded \$8,000 for community college scholarships; supplied 2,000 teddy bears to hospitals and California Highway Patrol for traumatized children; and enjoyed 1,200 hours visiting senior care

residents. Members donated a total of 36,479 service hours and touched the lives of more than 11,660 people in Placer County communities. For more information, visit www.greaterplacer. assistanceleague.org.

Source: Assistance League of Greater Placer

Placer Community Foundation to Celebrate 10 Years

AUBURN, CA (MPG) - Placer Community Foundation is celebrating "10 Years Bold"—its 10 year anniversary—this month by making a \$10,000 gift to the community. With a grant to PlacerGROWN, the Community Foundation will be at the Foothill Farmers' Markets in Auburn (9/19), Granite Bay (9/20), and Roseville (9/22), where representatives will hand out \$10 vouchers for use toward produce at the market that day. There will also be a drawing for a chance to have the Community Foundation donate \$500 to the winner's favorite local charitable cause.

"This special means of observing our history of local philanthropy is a good way for us to say thank you to members of the community while at the same time highlighting Placer County's farmers and their incredible harvests," said Veronica Blake, Placer Community Foundation CEO. "And it's also an opportunity for all of those who love Placer County to learn more about the Foundation and what it means to give back right here in our community."

With roots reaching back 67 years to 1948 when Auburn Community Foundation was created as a private foundation by the Beecher family, it was restructured in 2005 and became Placer Community Foundation to broaden its mission of growing local to benefit the community. Placer Community Foundation helps identify and meet emerging needs within our community by encouraging and increasing responsible and effective philanthropy by and for the benefit of all who live, learn, work, and play in Placer County.

The Foundation resides in a 150-year-old Victorian building that was originally dedicated in 1855 as Placer County's first hospital.

"A dedicated group of people came together 10 years ago and, by pooling their various resources, expertise, and talents, created an organization that will engage and serve the entire community far into the future," said Jessica Hubbard, the Foundation's philanthropic services manager. "It demonstrates what good we can accomplish in our communities when we work together and contribute what we can. We're excited about this 10-year milestone and hope people will come out to meet us at these three farmers' markets this

Source: Placer Community Foundation

New Clean Energy Technology Debuts in Placer County

AUBURN, CA (MPG) - A new technology for converting forest waste into renewable natural gas was demonstrated for the first time ever in Auburn.

The process, developed by Canadian firm G4 Insights, converts scraps and small trees from forest-thinning projects into a renewable natural gas called biomethane. In its first public demonstration, G4 used gas produced on-site to fuel an unmodified Placer County truck.

"G4 is pleased to have the opportunity to partner with Placer County, California Energy Commission, Southern California Gas Company, and U.S. Endowment for Forestry and Communities to make this project a great success," said G4 Principal Matt Babicki. "This project demonstrates the potential for G4 PyroCatalytic Hydrogenation technology to transform forestry waste into high-value, low-carbon fuel, and support forestry communities with long-term jobs to collect biomass and operate G4 renewable natural gas plants."

Renewable natural gas produced from forestry waste could serve a helpful role in alternative energy production, especially in heavily forested areas. Typically, forestry waste is burned where trees are felled to reduce wildfire hazards, which increases air pollution locally. Converting it into natural gas instead would reduce air pollution and increase the supply of sustainably produced

Cheryl & Randy Maki

clean energy. Future production facilities near large sources of waste have the potential to provide jobs and other economic benefits to rural, forest communities.

"Continuing to build a sustainable energy future in Placer County means using every kind of alternative energy we can," said Kirk Uhler, chairman of the Placer County Board of Supervisors. "This could turn out to be an important part of that, and at the same time, have a significant role in reducing forestry waste that can present a wildfire hazard."

In the Foresthill area of Placer County alone, there are an estimated 20,640 tons of forestry waste produced annually a year. A single ton of forestry waste could produce enough natural gas to drive from Lake Tahoe to Anchorage, Alaska. In the United States, there is enough current available and sustainable tree thinning and forestry industry waste to fuel more than 40,000 natural gas fleets the size of Placer County's.

"Forest waste is one of the largest sources of potential waste resources for biofuels and bioenergy in California," said California Energy Commissioner Janea A. Scott. "Bringing more technologies like the G-4 Insight technology, which can sustainably convert waste materials from forest restoration activities into low-carbon transportation

fuels online, would be a significant achievement."

The G4 technology uses raw, untreated forestry waste that otherwise has no commercial use. Competing technologies require clean wood chips (stripped of bark) from harvested trees that could be used for other purposes. The gas it produces is of the same quality as conventional gas, and can be used for any of its purposes, not just vehicle fuel. The G4 natural gas reduces fossil emissions by 86 percent compared to standard gasoline.

'We're excited to see the results of this demonstration," said Tom Quinn, forest supervisor for the Tahoe National Forest Service. "The Forest Service is willing to look at all potenenough to fuel 4,926 cars for tial economic options that can assist with the region's ecologi cal restoration mission to reduce hazardous fuels, thin forests, reduce wildfire intensity, and improve resistance to insect/disease outbreaks."

G4 received a \$1.2 million grant from the California Energy Commission in 2011 to develop the demonstration plant. Placer County provided G4 with forestry waste from Tahoe National Forest, workspace and logistical support at its transportation yard in North Auburn, and assisted with the planning, coordination, and preliminary environmental permitting for a potential largerscale pilot facility in Placer County.

Source: Placer County



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Great Balls of Fire!

California Capital Airshow Celebrates 10th Anniversary



SACRAMENTO REGION, CA (MPG)

- It's been 10 years, and it is time to celebrate...with a BANG! The California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, has announced the addition of the Airshow After Dark on Friday, October 2nd. The hottest ticket in town is on sale now, and tickets are expected to sell out fast!

10th anniversary with Airshow After Dark, an exclusive nighttime Airshow," said Darcy Brewer, executive director of the California Capital Airshow. "As the sun sets on Friday, October 2nd, the skies over Mather Airport will ignite with a feast for the senses as thrilling jets and aerobatic performers light up the sky with streaming flares, showers of colorful bursts from their wings, and thundering pyrotechnics. These phenomenal



Rockin' the runway at this year's daytime shows are the spinetingling USAFThunderbirds, Canadian Forces Snowbirds, and USN F-18 Super Hornet military jet demonstration teams as well as world-class aerobatics, pyrotechnics, barnstorming, and miles of entertainment. Photo courtesy of California Capital Airsho

performances will be skillfully choreographed to awesome concert quality music with a fiery grand finale—it's nothing like the Sacramento region has ever seen or heard before!"

Gates open at Mather Airport for the California Capital Airshow After Dark at 4:30 p.m. Flying begins promptly at 5:30 p.m. with a farm-to-fork dinner being served throughout the evening. Attendees can look forward to performances by the world-famous Canadian Forces Snowbirds, local favorite Julie Clark. Gene Soucy's "Fireflight," Matt Younkin's "Magic by Moonlight" taking place after the sun sets, and a "Big Rig Salute" dedicated to first responders. A wall of fire and mesmerizing fireworks will conclude this unforgettable evening. For more information, visit http:// www.californiacapitalairshow.com/ airshow-after-dark/.

The action doesn't stop there don't miss the fun on October 3rd and 4th as three military jet demonstration teams roar across the skies of Sacramento! Rockin' the runway at this year's daytime show are the spine-tingling USAF Thunderbirds, Canadian Forces Snowbirds, and USN F-18 Super Hornet military jet demonstration teams as well as world-class aerobatics, pyrotechnics, barnstorming, and miles of entertainment, music, food, and exhibits. This thrilling,

family-friendly, patriotic event has something for everyone! Visit http://www.californiacapitalairshow.com/lineup/performers/ for the 2015 performer line up.

The California Capital Airshow website is updated regularly with news, attraction information, and more. Fans can follow the Airshow on Facebook, Twitter (@calcapairshow), and Instagram (capitalairshow). Airshow tickets are on sale now at http://www. californiacapitalairshow.com/ buy-tickets/.

Established in 2004, the California Capital Airshow is an exciting, family-friendly, nonprofit event designed to honor the Sacramento region's rich aviation heritage and veterans. Using the power and magic of flight to inspire young people to pursue education and careers in science, technology, engineering, math, aviation, aeronautics, or aerospace while attracting visitors from all over the nation and beyond to discover what's special about where we live, work, and thrive. California Capital Airshow is a 501(c)3 nonprofit organization that gives back to the community through scholarships, charitable group donations, and a wide variety of community events and exciting educational programs throughout the year.

Source: California Capital Airshow





ARIES (March 21 to April 19) Although practical situations continue to dominate this week, there's time for the Lamb to indulge in the fun things in life -- like maybe taking a special someone out for a great

TAURUS (April 20 to May 20) This week favors relationships. Take time to renew old ones, and make time to go where new friends can be found. On a more practical note, expect news about a business

GEMINI (May 21 to June 20) You should be seeing some progress on that new workplace situation. Meanwhile, family matters might demand more attention, and you'll want to set aside time to deal with

CANCER (June 21 to July 22) A relationship suddenly might present some challenges you never expected. After talking things out, you might want to consider taking some time to assess what you've

LEO (July 23 to August 22) A disappointing response to a request might dampen the Lion's spirits. But you might want to ask the reasons behind it. What you learn can be of great importance in a future undertaking.

VIRGO (August 23 to September 22) A once-volatile situation should be settled by now, giving you a

chance to refocus on a project you've been planning for. Look for an interested party to rally to your

LIBRA (September 23 to October 22) A business matter that unexpectedly turns into a personal situation could create complications. Best to resolve the matter now before too much harm can be

SCORPIO (October 23 to November 21) Emotions can run high when they involve personal matters that no one really wants to talk about. But this could be a good time to create the means to a workable outcome.

SAGITTARIUS (November 22 to December 21) A positive response to a workplace request could lead the way to other long-

sought changes. Congratulations. A personal situation also takes a welcome turn.

CAPRICORN (December 22 to January 19) Patience pays off, as that once-overwhelming work situation continues to become easier to handle on a one-by-one basis. Look for positive news from a colleague.

AQUARIUS (January 20 to February 18) It might be a good idea to take more time to reassess your next move in working out a complex situation. You could benefit from a new perspective on the matter.

PISCES (February 19 to March 20) You might want to consider making time to discuss a change of plans with everyone concerned.

Be prepared to explain your actions. Also be prepared to listen to alternatives.

BORN THIS WEEK: You have a strong sense of what is right, and you try to work from that foundation. Friends see you as reliable.

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The name Samantha is thought by some to be a combination of the biblical name Samuel and anthos, the Greek word for flower. During Puritanical times the name became associated with witchcraft, causing a steep decline in its usage. When the TV series "Bewitched" premiered in 1964 -- featuring a witch named Samantha -- the name began steadily gaining in popularity. By 2009, it was the ninth most popular name for girls born in the U.S.

If you're in the state of Washington and decide to paint polka dots on an American flag, you should be aware that you're breaking the law.



"Spy" (PG-13) -- Melissa McCarthy stars as a CIA agent launched from her usual office-work into the field of high-stake espionage. Susan (McCarthy) normally watches over her CIA colleagues, feeding vital information from a secluded office. When all the more Bondlike agents fall, the Company's

COUCH THEATER

EDITOR'S NOTE: DVDs reviewed

in this column will be available in

"Marvel's Avengers: Age of Ultron" (PG-13) -- Genius inventor

and Iron Man, Tony Stark (Robert

Downey Jr.), creates a powerful

artificial intelligence that's sup-

posed to keep the peace. The pro-

gram, Ultron (voiced by James

Spader), concludes that peace on

earth starts with killing the Aveng-

ers. The Hulk, Captain America,

Thor, Black Widow, Iron Man and

Hawkeye demonstrate the value of

teamwork through a series of in-

tense battles with evil forces and

each other. Also joining the fray

are Scarlet Witch and Quicksilver,

super-powered siblings from the

These characters are more devel-

oped than the last time, and there

are more of them, but that doesn't

produce the same fun atmosphere.

What once was a box-office blast

starts to look like another "Ex-

pendables" sequel with brighter

colors. It's still an exciting flick,

X-Men world.

stores the week of Sept. 14, 2015.

PICKS OF THE WEEK

By Sam Struckhoff

best bet is to send in Susan, the last person the bad guys would suspect of being a spy. Jason Statham does an excellent parody of his usual badass character, and Rose Byrne nails it as a haughty Euro-villain who trades eloquent insults with the more grounded McCarthy.

Melissa McCarthy gets back on her feet after some flopular turns in less-funny movies like "Tammy." The laughs in this movie show that she hasn't hit the edges of what she's capable of. It's also another gold star for director Paul Feig, who worked with McCarthy on "Bridesmaids" and has my hopes up for the new "Ghostbusters" movie he's directing.

"Entourage" (R) -- As somebody who never watched the show on HBO, I wasn't sure if this was a movie or somebody's exercise in getting as many confusing cameos as possible. Of the characters who aren't cameos, there's a young actor guy named Vince (Adrian Grenier), and we're asked to care about the future of his Hollywood career. The poor, bland guy is just a few million short of finishing his terrible-looking Jekyll and Hyde remake, while the other characters around him -- all sporting silly bro-names as if being a man with friends makes you a fighter pilot -- confirm that it truly is a great movie worth making.

"Cop Car" (**R**) -- Two young boys running away from home come across an unoccupied police car and take it for a joy ride. It seems like fun because they don't know what's in trunk, or that the car belongs to a twisted sheriff in the middle of a deadly scheme. Kevin Bacon stars as the corrupt lawman, playing him as a dangerously devious villain with an unsettling spark of aggression in his eyes and mustache. From the start you fear for these boys -- even if they are mischievous and foul-mouthed -as they get in over their heads in scenic rural America.

TV RELEASES

"Outlander: Season One - Volume Two: Collector's Edition" "Grimm: Season 4" "George Gently, Series 7" "Bones Season 10" 'Vera, Set 5"

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by HEALTHY EXCHANGES

Microwave Peanut-Apple Crumble

Apples and peanut butter! One bite and you're a goner!

4 cups (4 medium) cored, peeled and sliced cooking apples

1/3 cup peanut butter-flavored chips

1/2 cup fat-free half & half 1/2 cup plus 1 tablespoon all-

purpose flour

1/2 cup quick oats 1/4 cup Splenda Granular

1/2 teaspoon ground cinnamon 2 tablespoons light margarine 3 tablespoons reduced-fat peanut butter

1. Spray a microwave-safe 8-by-8-inch baking dish with butter-flavored cooking spray. Evenly arrange apple slices in prepared baking dish.

2. In a 2-cup microwavesafe measuring cup, combine peanut butter chips and half & half. Microwave on HIGH for 60 seconds or until mixture is smooth, stirring every 20 seconds. Drizzle mixture evenly over apples.

3. In a large bowl, combine flour, oats, Splenda and cinnamon. Add margarine and peanut butter. Mix well using a pastry blender or 2 forks until mixture becomes crumbly. Sprinkle crumb mixture evenly over apples. Lightly spray top with butter-flavored cooking

4. Microwave on HIGH for 10 to 12 minutes or until apples are tender. Place baking dish on counter and let set for 5 minutes. Divide into 6 serv-

* Each serving equals: 240 calories, 8g fat, 6g protein, 36g carb., 161mg sodium, 47mg calcium, 4g fiber; Diabetic Exchanges: 1 1/2 Fat, 1 Starch/ Carb., 1 Fruit.

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 Plants that like acidic soil include azaleas, rhododendrons, hydrangea, gardenias, camellias, holly shrubs, crepe myrtles, calla lilies and pine trees. - Brenda Weaver

Sources: www.thegardenhelper.com; www.gardeningknowhow.com

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Placer_

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For home delivery in Auburn, subscriptions should be mailed to: Placer Sentinel, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$28 per year in Auburn. Some delivery restrictions may apply.

The Placer Sentinel is published twice monthly. Call (530) 823-2463 for more information. (ISSN # 1948-1918).

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PG&E and **Placer County Resource Conservation District Join Forces to Reduce Wildfire Risk**

PLACER COUNTY, CA (MPG) - With the money to complete five fuel The utility is conducting daily California in its fourth consecutive year of drought, Pacific Gas and Electric Company (PG&E) is partnering with CAL FIRE and local Fire Safe Councils to help prevent wildfires across Northern and Central California. The utility is providing almost \$2 million in funding to local Fire Safe Councils, including \$200,000 to the Placer County Resource Conservation District (RCD). PG&E provided more than \$5 million in funding to local Fire Safe Councils in 2014.

"The safety of the communities we serve is the top priority for PG&E and we are once again committed to support local wildfire prevention efforts in Placer County. This collaboration among PG&E, CAL FIRE, and the Placer County RCD will help ensure the communities we serve can prevent and are prepared for wildfires," said Andy Navarrette, senior manager of PG&E's Sierra division.

"The Placer County Resource Conservation District thanks PG&E for providing funding for these fuel reduction projects that will help protect our communities from the devastating effects of wildfire," said Elisa Noble of the Placer County RCD.

break projects. Currently, work is being conducted in the following areas: McElroy Road to Mary Lane, Pine Cone Lane, Park Hill Drive to Pine Forest Road (also removing dead trees), and Moody Ridge to Interstate 80. The final project will be completed early next week on Moody Ridge between I-80 near Dutch Flat and the North Fork American River.

CAL FIRE has already responded to more than 4,800 wildfires this year which have burned 128,000 acres, destroyed homes, and forced residents to evacuate. PG&E is funding 19 local Fire Safe Councils' projects to create fire breaks in and around communities, improve emergency access roads, and help low-income residents clear defensible space from around their properties to protect them from fire.

In addition to its already extensive vegetation management program, PG&E is conducting additional aerial and ground inspections around its power lines to help ensure that trees or limbs do not come into contact with equipment. PG&E is also deploying hundreds of tree workers to address Placer County RCD is using fire risks across its service area.

aerial fire patrols in key areas to detect early signs of wildfires and reporting what it finds to CAL FIRE and the U.S. Forest Service if smoke or fire is spotted on federal land. In 2014 and 2015, PG&E also funded the installation of 36 remote-sensing cameras in fire look-out towers in eight counties.

PG&E continues to partner with CAL FIRE on its "One Less Spark, One Less Wildfire" public safety campaign to minimize the frequency, size, and cost of wildfires started by human ignition. PG&E is spreading this message to its customers by putting the CAL FIRE "One Less Spark" logo on billing envelopes sent to 4 million customers. It also appeared on e-bill inserts for the utility's 1.7 customers who receive e-bills. Along with promoting safe outdoor equipment use and proper vehicle use and maintenance to prevent fires, CAL FIRE urges all Californians to learn more about debris burning and campfire safety. You can find out how, when, and what to burn safely and how to practice campfire safety and obtain a permit at One Less Spark, One Less Wildfire.

Source: PG&E

Game Plots

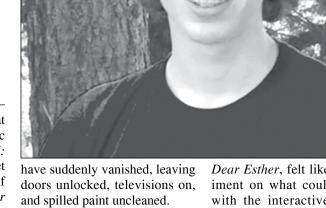
Discovery and Sorrow Abound in Rapture

By Noah Howard

There are plenty of games that might make you cry. The tragic ending of The Walking Dead: The Game, To The Moon's sweet love story, and even the relief that comes with The Witcher 3'sfinal revelation (assuming you earned the "good guy" ending, of course), all come to mind. But rare is the game that will not only make you cry, but do so more than once. Even rarer is one that can make you cry a total of four times (yes, I counted). And one-of-a-kind is the game that can compress all that dehydration into just six hours.

Everybody's Gone to the Rapture is a special game, a somewhat short game, a moderately expensive game, and the closest thing to fine art that gamers have experienced in years. It resembles the best paintings in its variety of possible interpretations, its concision and dedication to a message, and the imbued meaning of every tiny

In fact, Rapture is a game entirely about details. As an unexplained, disembodied presence you explore a small English town in the countryside, interacting with the world around you only by opening and closing doors, listening in on radios, and flicking the occasional light switch. The catch? Everybody's, well, gone to the rapture, or something like it. All the inhabitants of the village of Yaughton



Rapture shows us how what we own is who we are, and how much of ourselves we will ultimately leave behind. Exploring every messy house, dingy pub, or empty farmhouse sadly reveals much about the people who once lived there. Their lives are laid out, waiting for you to decipher.

The lives of Yaughton's citizens aren't only shown through the detailed and nearly photorealistic world. As you explore the village, silhouettes of light appear and reenact important moments in the lives of Yaughton's inhabitants prior to and leading up to their sudden disappearance. These silhouettes are some of the most realistic, the most grounded, and the most painfully human figures ever seen in games. They are written with a naturalism that conveys emotion without ever delving into generics or forced quotables intended to be "deep." Terrific voice acting reinforces the brilliant scripting to create some of the most fleshed out and nuanced characters in all of interactive

It's clear that developer The Chinese Room knows what it's doing. Its previous game,

Dear Esther, felt like an experiment on what could be done with the interactive medium. Rapture similarly uses unique pacing only possible in video games to slow its story down to a perfect, calm pace. The game realizes it doesn't always have to be saying anything and that you don't always have to be doing something. It's unafraid to let you simply be; to enjoy the game-scape.

It's a shame that this is a Playstation 4 exclusive; Rapture is a game that everyone deserves to experience. Eventually, those who play it will unearth the cause of the vanishing (which, though melancholy, is neither religious—as the title would imply—nor sinister), but my guess is that they won't care all that much. The way that the game acts as a tour guide for subtle, complex characters is its main purpose. It leads you through a perfectly ordinary village, teaches you about the perfectly ordinary people who live there, and, as my tears attest, ensures that you will never think of "ordinary" in the same way again.

To respond to Noah's articles email him at digitalartsnoah@ yahoo.com

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Sudoku Puzzle on Page 9



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Crossword Puzzle on Page 9

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Senator Gaines' Privacy Package Bills Head to Governor

Drone-Related Bills Receive Unanimous, Bi-Partisan Support in Senate and Assembly

SACRAMENTO REGION, CA (MPG) - Senator Ted Gaines (R-El Dorado) announced on September 4th that two of his bills related to droneuse—Senate Bills 170 and 271—passed out of the Senate with unanimous, bi-partisan support and are now headed to the Governor.

"Privacy issues, especially in today's fast-paced internet and technology era, are among the most important policy issues facing Californians," said Senator Gaines. "We must protect the public's right to privacy and more importantly, their safety, from inappropriate drone-use. These bills address this new reality and I am hopeful the Governor will sign them into law."

SB 170 makes it a misdemeanor to fly a drone over a prison or county jail, impeding a drone operator's ability to drop contraband.

Keeping contraband out of prisons and county jails is critical to running safe and orderly facilities. With public access



Senator Ted Gaines (R-El Dorado)

to drones increasing, this issue is becoming even more of a challenge. As drones become smaller and easier to operate, virtually anyone will be able to use the device to drop contraband into a prison or county jail. Drones can also be used to gather sensitive information from inside of prisons. This information can be used for a variety of dangerous exploits, including inmate escapes and prison riots. Placing restrictions on the use of drones over

prisons and jails helps prevent these situations.

SB 271 safeguards children from kidnapping, harassment, stalking, or a host of other potential harm by making it illegal to fly drones over public schools, grades K-12, during school hours. The bill also makes it illegal to capture images of the campus during school hours or during extracurricular activities.

This bill is intended to stay ahead of the technological curve by providing a safeguard for children while they are at school and provides an important layer of privacy to students at a place that should be a sanctuary.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra, and Siskiyou counties.

Source: Office of Senator Ted



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Ellen Herrle

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Q&A with Buyers & Sellers

This column is here for you as a resource in sorting out buying and selling property. When you ask a question we answer here so everyone benefits. What don't you know about buying and selling property? *Let me help.*

It's easy, just email your *question to us and we share* the answer so everyone can learn from it. Email: ellenherrle@hotmail. com or leave a message at 916-761-2108.

My bride and I are still just getting started, but owning a home is our ultimate goal. We want to buy but aren't sure if our credit will let us borrow, or how much down

payment will be required. Can you help?

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: The market is as good as it is likely to get, especially for those with credit concerns. Right now, both buyers and sellers can make deals work with current low interest rates, especially if you are able to show a positive credit history and put 10% into the purchase. That coupled with recovering prices and growing inventory offer value, selection and opportunity...at present. When rates go up, credit rules tighten and some will be 'locked out' of their dream home. So, act now! As I write this, the Federal Reserve is thinking rates may rise this month, or soon depending on market and global influences.

For those who get in touch each month you'll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a dinner for two at one of our great Sacramento or Placer restaurants!

Don't spend more than you have too, or sell for less than you deserve by asking the expert first! Visit http://www. showcaserealestategroup. com or call us to help when you decide to buy or sell at 916-761-2108.

Next time: Scary mortgage and lending trend changes in the works!

GROUPS & MEET UPS

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Meet: Second Thursday of each month at Sizzler, 13570 Lincoln Way, Auburn, CA 6:00 p.m. 7:00 p.m. Club Meeting Info: www.motherlodemodelt.com

Roamin Angels

Meet: Gearhead Breakfast: Weekly, Friday Monrings at IHOP on Taylorville Road, Grass Valley

Gearhead Evening: 1st & 3rd Wednesday at Roundtable Pizza, Sutton Way, Grass Valley 6:00 p.m.

General Meeting: 4th Monday of each

month, Salvation Army, Grass Valley 6:00 p.m.

Info: roaminangelsinc.com

The Roadents

Meet: Cars -n- Coffee Every Saturday at Daily Donuts, 117 W McKnight Way, #B,

Grass Valley 8:00 a.m. - 10:00 a.m. Info: facebook.com/ROADENTS

Auburn Region-Vintage Chevrolet Club

Meet: Board Meetings first Monday of the month at Sizzler on Lincoln Way in Auburn 7:00 p.m.

Info: arvcca.com (Contact for more information)

Northern California Region Classic Car Club of America

Meet: Cars & Coffee first Sunday of the month, Blackhawk Automotive Museum, Danville 7:00 p.m. Info: norcalccca.org

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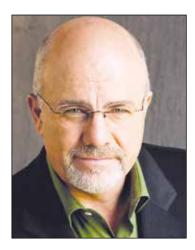
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No need for professionals

Dear Dave,

My wife and I moved to Washington, D.C., about a year ago, and we'd like to put our old place in North Carolina that we've been renting on the market. We'll be asking around \$140,000 for it, so do you think we should consider professionally staging the home?

- Ben

Dear Ben,

It would make a lot of sense if you were talking about a million-dollar house, but with a less expensive home like that I'd just make sure it's really clean and neat and nice - especially the front area with the sidewalk and bushes. We're talking curb appeal here. Make sure the front door, trim and porch area are all cleaned or painted, too. All this is like a first impression on a job interview.

Dave Says

There shouldn't be any bad smells in the house, and everything inside should be crisp and clean as well. You can stage it yourself with a few pieces of nice furniture and such, if you have it available. And try this old realtor's trick to make things a bit more homey: Put few drops of vanilla extract on an eye of the stove while it's heated. It will make the whole house smell like you've been baking cookies.

But no, I wouldn't pay to stage a \$140,000 house.

—Dave

Going to extremes is unhealthy

Dear Dave,

I've heard you talk about extreme spenders and extreme savers. Exactly what do these terms mean?

- Marianne

Dear Marianne.

Some people have a tendency to live in the moment, while others think more about the future. Financially speaking, those who live in the moment tend to be spenders, while the other type tends to be savers. When you take these kinds of behaviors

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to unhealthy extents, you have extreme spenders or extreme savers. Either one can be an unhealthy thing.

Extreme spenders may need to slow down, grow up and learn the value of money by living on a budget, setting savings goals and working to meet these goals. Extreme savers often operate out of fear and uncertainty. In some cases, they may have an even worse spirit in their lives greed. They have to learn that it's okay to have a little fun spending and to give generously.

When it comes down to it, there are only three uses for money: spending, saving and giving. You have to do some of all three in order to have a truly happy and healthy life!

-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. **Windows & Patio Doors**

POPPOFF! with Mary Jane Popp



Be Happy 95% of the Time

Can you be happy all the time? How about 95% of the time? Sounds like a plan to me, and it did for Dr. Doyle Staples. He has been changing lives for more than 30 years. His journey into selfdiscovery began as a young adult when he suffered from stress, anxiety, and depression. So he went in search of finding ways to overcome negativity. He went on to become an Air Force Officer, a career diplomat, a corporate executive, a college professor, and a respected author with books like Think Like a Winner and May the Healing Begin.

Now comes Be Happy 95% of the Time, his new book featuring three simple ways to overcome depression and feel content almost all the time. It explains how our attachment to our ego can only create dysfunction and suffering in our lives, resulting in fear, guilt, regret, depression, and despair. He contends we need to awaken to a new consciousness and experience a new beginning. According to Staples, each stage in our development corresponds to an equivalent stage in the level of our consciousness or awareness. This expands as we discover new truths and experience new

things. Our education is a mixture of inputs from our upbringing and environments, from parents and teachers to books, the internet, TV, movies, and travel. We're all on a grand journey. It's like going through several phases of our own reality show. Happy 95% of the Time describes in detail the three primary ways to overcome low self-esteem, stress, anxiety, and depression.

1) COGNITIVE BEHAVIORAL **THERAPY** This is an example of

Western, left-brain analytical thinking.

2) PRACTICAL SPIRITUALITY. This is an example of Eastern, right-brain mystical thinking.

3) MINDFULNESS MEDITATION. This is an inner-body, contemplative approach designed to manage our internal thought processes in order to calm the mind.

He had some thought-provoking ways to think about life. "We have to know imperfection before we can know perfection. We have to be hurt before we can heal. We have to be broken before we can know bliss. It's a journey many of us are forced to take." Staples gave me some powerful strategies to overcome depression and despair.

- 1. Self-Talk/Affirmations (I'm Worthy and I Can)
- 2. Visualization/Positive Imaging
- 3. Quiet Contemplation (Spending Time In Nature)
- 4. Regular Sleep Habits

- 5. Daily Exercise (Walking/ Running/Paddling/Etc.)
- 6. Diet and Nutrition (Natural and Home-Cooked)
- 7. Learn (Apply Critical Thinking)
- 8. Practice Regular Mindful Meditation
- 9. Understand/Develop/Respect Your Spirituality (E.G. Being At One With Nature)
- 10. Develop A Personal Interest/ Hobby/Activity
- 11. Engage in Outdoor Recreation (E.G. Hunting/Fishing)
- 12. Read Articles, Books, and **Personal Anecdotes About Despair/** Depression, its Causes, and How to Manage and Overcome it

It's beginning with 12 drugfree, self-administered ways to stop depression and find happiness. The goal is to help manage and control your thoughts, mood, and feelings. Here are a couple of the 50 memorable quotations from Happy 95% of the Time. "It is always your mind, and only your mind, that gets you into trouble; it follows that only your mind can get you out of it." And this one is my favorite: "Most people believe that the next moment is more important, and will be more interesting than the present moment, the moment at hand. This, it could be argued, is the greatest curse of humankind."

I'll finish with my own thought. Enjoy today. It's the best present you can give yourself!

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ACROSS

- 1. HR concern 6. *Like TV's Oscar and Felix
- 9. Roofed colonnade 13. *Where Hawkeve
- was stationed
- 14. Luau dish 15. Use elbow grease
- 16. Are not
- 17. Tiny toiler 18. Haul up 19. *Hair trend-setting friend
- 21. *Lady Mary or Lady Violet 23. Immeasurable period
- 24. Herring-like food fishes
- 25. Commonwealth of
- Independent States 28. Gaspar, Balthasar and
- Melchior
- 30. Opposite of lead
- 35. Burden 37. *Most of the characters
- 39. Sound of a fast move
- 40. Harbor ill feelings 41. Greyish brown
- 43. South American monkey 44. Army doc
- 46. Good earth 47. State of irritation
- ____ Trail 50. Functions
- 52. Fraternity 53. Stir fry pans
- 55. Indefinite degree 57. *Gandolfini's character
- 61. Ancient theaters 64. Not our 65. Found at the end of a
- series 67. More wry
- 69. What sitcom did
- 70. _ Zeppelin
- 71. Opener 72. Recipe direction
- 73. Sometimes they just pop up 74. City in North Rhine-Westphalia

DOWN

- 1. Calvoso cousin 2. Unit of pressure
- 3. a² of a square 4. Made of pickets
- 5. 6 feet, to a captain 6. "Because of Winn-Dixie"
- protagonist
- 7. *Mad Man 8. Dine and 9. Flat-bottomed boat
- 10. Work hard 11. English river, of Virginia Woolf fame
- 12. Bohemian 15. What Peter Pan lost
- 20. Perform in a play
- 22. Luftwaffe's WWII enemy
- 25. *Given name of Seinfeld's
- neighbor
- 24. Like a curvy line
- 26. Lay to rest 27. Blue fabric in Elvis song

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29. Guarded by Hope Solo

31. Land parcels 32. Under fig leaves?

33. Plural of ostium 34. *a.k.a. Heisenberg

_ of whiskev 36

38. R&R destinations 42. Make corrections

45. English playwright Noël

51. *The youngest Griffin

54. Aussie bear

57. Bayonet wound

58. Home to Columbus

60. Cambodian money

61. Horse's chances

3

5

1

49. 4 ____ Blondes, rock band

56. French brass, pl.

59. Prefix with scope or meter

62. Things to pick 63. Dehydrated 66. *Eddard Stark, for short 68. *He played Opie Taylor

9 Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

5 8

6

3

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7 - 10pm:

6 – 7am: A Time for Seniors 7 - 8am: The Swap Shop The KAHI Corral 8 – 9am:

The Garden Goddesses 9 - 10am: 10 – 10:30am: The Good Life for Seniors Reverse Mortgage Show

10:30 – 11am: The Solar Minute 11am-7pm: Sinatra & Friends Music 7 – 8pm: A Way With Words 8 – 9pm: Rewind with Jimmy Jay

Sundays

12 - 6pm:

7:30 - 9am: Cruisin' Garage & Swap Meet 9 – 9:30am: The Crossroads Radio Show 9:30 - 10am: The Newcastle Show 10 - 10:30am The Green Guys Radio Show 11am - 12pm: The Dew Sweepers Golf Show

Sinatra & Friends Music

A Way With Words 7 - 8pm: 8 - 9pm: Hearts of Space



Dave Ramsey

Mary Jane Popp

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2



BC by Mastroianni & Hart



Frank and Steinway by Wil Panganiban









Hole Molé by Rick Hotten



NO, I WAS JUST WONDERING IF IT WAS GOING TO RAIN ARE YOU SAYING THAT I'M A PART OF NATURE? FOMORROW

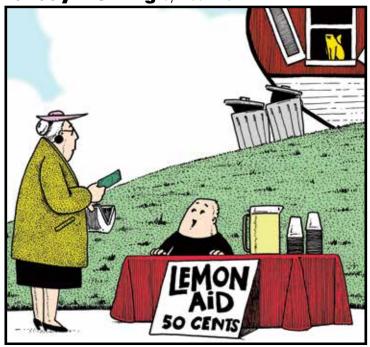
Cranky Girl by Crystal Jones



Tundra by Chad Carpenter



Funday Morning by Brad Diller



"I'M RAISING MONEY TO BUY CLOTHES FOR THE LADIES ON MY DAD'S LAPTOP."

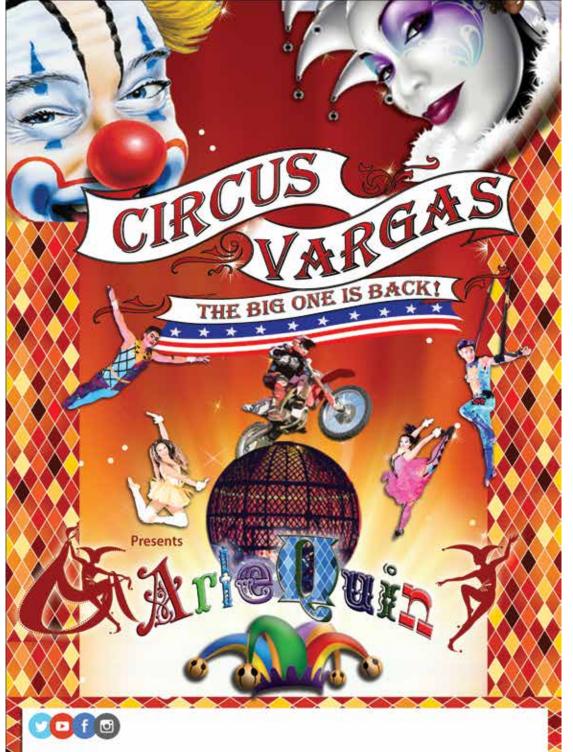
Speckticles by Bill Abbott



"We start your sleep apnea training tonight. Are you familiar with Pavlov's dog?"



Ornithologist, Doug Beakman, unlocks the language of the birds.

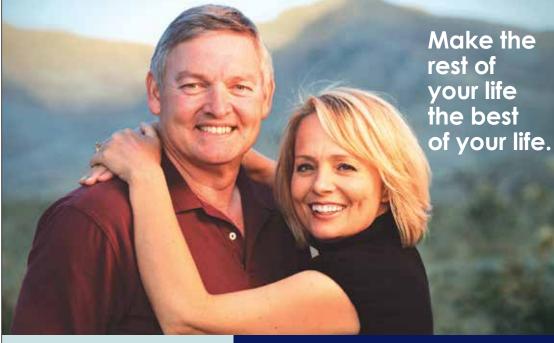


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- Send and receive private messages
- Chat online with instant messenger
- See who's looked at your profile • Add multiple photos to your profile
- Video chat
- Create and read dating diaries
- Create and watch video profiles

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