

What's New This Year at the Gold **Country Fair**

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Placer

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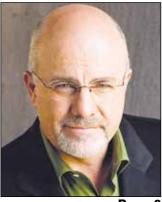
September 4, 2015

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Music Festival for All Ages



American River. Photo courtesy of Matt Semo

COLOMA, CA (MPG) - The south fork of the roots music festi-American River winds throughout the Coloma-Lotus Valley where the Gold Discovery State Park is located. In 1849, gold was discovered, which began the great

migration to California. Over the last century, much has changed in the valley. Gold is no longer the valley's principle draw. In recent times, whitewater sports on the river have become world-renowned.

As summer moves to fall, a recent addition to the community gives reason for visitors to return to the valley. The Coloma-Lotus community will become the host to the American River Music Festival from September 18th-21st. Now in its ninth year, it has become one of the premiere

vals in Northern California.

The hub of the Festival is the

Main Stage festivities at Henningsen-Lotus Park, located on the banks of the South Fork of the American River. One couldn't ask for a nicer location. We're talking all green grass, lots of shade, a great swimming beach, fun kids activities, an artisan market, fresh food and beverages, and much more. The main stage operates from 11 a.m. to 6 p.m. Saturday and Sunday, and afterward, the festivities continue throughout the

Coloma-Lotus community. The American River Music Festival brings some of the best roots music

performing artists to the valley. The Infamous Stringdusters, Nicki Bluhm and the Gramblers, Dangermuffin, Shook Twins, David Luning, and Songs of the Fall are just a few of the artists who will be appearing onstage this year. The festivities include dances, revivals, and jamming within the fest's campgrounds.

Become a part of the Community Spirit of the Coloma-Lotus Valley and celebrate roots music at its best. Come as a stranger, leave as part of the live music family.

Source: American River Music Festival★

Stand Up Placer Awarded \$15,000

PLACER COUNTY, CA (MPG) - Blue Shield of California Foundation announced a grant of \$15,000 to Stand Up Placer to strengthen their capacity to provide critical services and shelter for survivors of domestic violence in Placer County. These core operating funds offer the flexibility to respond to changes and challenges as they arise so that vital community organizations like Stand Up Placer can continue to reach many of the most vulnerable Californians.

"It is a privilege to partner with and support California's network of domestic violence service providers, including Stand Up Placer," said Peter Long, president and CEO of Blue Shield of California Foundation. "Their role in the community is absolutely essential, and we are committed to ensuring they have the resources they need to continue serving domestic violence survivors and their families."

The foundation understands the importance of unrestricted core operating funds, which can help domestic violence agencies cover important organizational costs during a time when public resources remain scarce.

"It is an honor to be awarded this grant and to be recognized for the work Stand Up Placer does every day to serve thousands of survivors of domestic violence and sexual assault in Placer County," said Micelle Coleman, executive director of Stand Up Placer.

This funding is part of a group of grants designed to empower California's domestic service providers and help them continue to make a difference in the lives of thousands of women, children, and families across the state. Join Stand Up Placer and stand up against domestic and sexual violence. Visit www.standupplacer.org for more information.

Source: Stand Up Placer

Enjoy a Classic: Theodora Goes Wild

AUBURN, CA (MPG) - The Silver exposes the skeleton in his Screen Classic Movie Series continues on Saturday, September 5th with a naughty screwball comedy from 1936 called Theodora Goes Wild. Theodora, an author in a small town, anonymously publishes sexy yarns that everyone in town privately loves but publicly denounces. Michael—the interloper, the illustrator, the out-of-towner—schemes to

Theodora Goes Wild September 5th 1 p.m. - 4 p.m. Auburn Library 350 Nevada St., Auburn

expose Theodora, and he's convinced that the townspeople's reactions will prove to her that she needs to leave town (with

him, of course). But what's good for the goose is good for the gander. Shouldn't he accept similar

behavior from her? When she

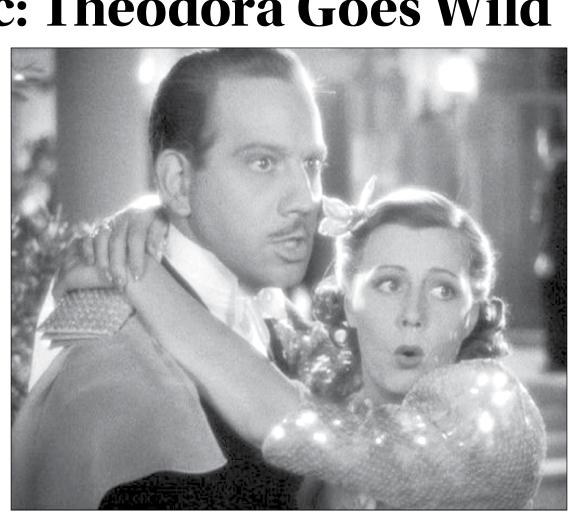
closet, he does a lot of snorting and the laughs are tripled. "Delightful," said Leonard Maltin of this movie. "Lots of funny twists in this engaging farce.'

This movie is shown at 1 p.m., 4 p.m., and 7:30 p.m. in the Beecher Room of the Auburn Library, 350 Nevada St. in Auburn. The cost to attend is free.

Many more classic movies will be shown at the library this year. On October 3rd, Silver Screen will show Alfred Hitchcock's classic Strangers on a Train, an adventure-mystery about two strangers who meet on a train. For a full list of upcoming films, see auburnsilverscreen.com.

Source: Silver Screen Classic Movies

A screen capture from the film. Photo courtesy of Silver Screen Classic



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2 • Placer Sentinel September 4, 2015

What's New This Year at the Gold Country Fair



Delight the whole family with this electronic, 13-foot T. rex that roars and looks very real!

AUBURN, CA (MPG) - This year, the Gold Country Fair boasts loads of exciting new entertainment. From new bands and strolling entertainers to motorcycle and remote car races, there's something for everyone. All entertainment is free with fair admission with the exclusion of the Demolition Derby. Below are just a few of the scheduled events.

Legends of Motown All-Star Tribute Show

Featuring tributes to music greats including Stevie Wonder, Al Green, The Four Tops, Lou Rawls, Michael Jackson, Marvin Gaye, Tammi Terrell, Gladys Knight and the Pips, The Marvelettes, The Temptations, and more! Friday night.

Dinosaur Sightings

Delight the whole family with this electronic, 13-foot T. rex that roars and looks very real! Take advantage of the photo opportunities scheduled at the Upper/Armory Road photo op location. Daily.

Gold Cup Motorcycle

Speedway Championships Our best 16 motorcycle riders shoot it out on the tricky oval with a full night of speedway action at the Fast Fridays Speedway located in the McCann Stadium. Year after year, Fast Fridays Motorcycle Speedway has attracted the best speedway racers in America and is the top motorcycle speedway track. The Gold Cup will include such top speedway icons as Billy "The Kid" Janniro, Charlie "The Edge" Venegas, Auburn's own Bart "Simpson" Bast, "The Barracuda" Bryan Yarrow, and "Inside Outside" Tommy Hedden. Friday night.

Creedence Clearwater Revival Tribute Blockbuster

The concert will feature all of your favorite songs including "Born on the Bayou," "Who'll Stop the Rain," "Bad Moon Rising," "Down on the Corner," "Have you Ever Seen the Rain," and more. Saturday.

Remote Car Invitational Races

This exciting race includes the super cool remote cars and trucks. The contestants race toward the finish line over hurdles and obstacles. Saturday.

Carnival Rides

New this year, our European 1001 Nachts ride is a spectacular bright ride on the midway and is a thrill to fairgoers. It is a platform ride that goes completely up and over in a circular fashion.

Also new this year, Windsurfer is an exciting ride manufactured by Wisdom Industries, and is the very first of its kind. Windsurfer has eight cars, each with a sail and a two-person capacity seat. Each wing is controlled by the riders so the seat flies up and down. The center of the Windsurfer tips and lifts to simulate the swooping action of windsurfing on ocean waves

Another popular attraction is the Dragon Wagon, a kid-sized coaster from Michael Jackson's Neverland Ranch. Riders travel in an undulating circle around a raised track.

The coaster cars are themed like a dragon.

Kid Town

This is your chance to see what it's like to live in the wacky world of your favorite cartoons. Kid Town attracts kids and adults of all ages on a walk through a funhouse with many exciting obstacles. Kid Town also has a video camera set up on the inside that the kids can stand in front of and they will appear on the screen on the front of the ride for all to

The fair runs from Thursday, September 10th through Sunday, September 13th. The fair hours are Thursday, September 10th – 4 p.m. to 11 p.m.; Friday, September 11th – 4 p.m. to midnight; Saturday, September 12th – 11 a.m. to midnight; and Sunday, September 13th – 11 a.m. to 10 p.m. If you are parking at the fair, please go to the public parking entrance at 303 Sacramento Street, Auburn, CA 95603. Parking will cost \$6.

Source: Gold Country Fair ★

Dispute Leads to Pursuit, Accident

COLFAX, CA (MPG) - A verbal dispute ended in a short vehicle pursuit and a traffic accident on the afternoon of August 20th.

The Placer County Sheriff's Office was called to a verbal dispute at a residence in Colfax at 3:10 p.m., where it was reported that a male had been causing a disturbance. The man had left the home in his car with a female passenger before deputies arrived at the home.

The person who called in the disturbance said the man was Jason Singer, 40, and it was determined that he was a wanted parolee-at-large and was listed as armed and dangerous. A deputy observed Singer's vehicle enter westbound Interstate 80 and Singer pulled over. Before the deputy made contact with him, Singer drove off. He drove erratically and at high speeds, passing cars on the inside shoulder and in excess of 110 mph. One mile into the pursuit, Singer crashed his car into trees as he attempted to take the West Paoli Road off-ramp. A tree fell onto a power line, causing a dangerous

situation as the power line was suspended over the car. The car was leaking gas and both occupants were trapped inside, 40 feet down an embankment. PG&E employees deactivated the power line and rendered the area safe for rescuers to enter.

The female was able to climb out of the car, but the male had to be extricated by fire personnel. Both were airlifted to Sutter Roseville Medical Center. The female was treated and released and Singer remains hospitalized with non-life-threatening injuries.

The female told deputies that Singer struck her in the head with his fists prior to the pursuit and took her against her will. Once released from the hospital, Singer will be booked at the Placer County Jail and charged with felonies to include domestic violence, kidnapping, false imprisonment, evading law enforcement which resulted in injury, and violation of parole.

Source: Placer County
Sheriff's Office ★



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Thursday, September 10 • 4:00 pm to 11:00 pm

Rocky and the Revellettes – 50's Rock Mark and the Martinis Tribute to the Rat Pack

Friday, September 11 • 4:00 pm to Midnight

A Day to Remember: 9/11 Tribute to America Gold Cup Motorcycle Speedway Championships Legends of Motown – Blockbuster Concert

Saturday, September 12 • 11:00 am to Midnight

Junior Livestock Auction

Remote Car Invitational Races

Beatles Tribute

Creedence Clearwater Revival Tribute Blockbuster Concert

ZZ Top Tribute

Sunday, September 13 • 11:00 am to 10:00 pm

Gold Country Fair Parade

Demolition Derby (ticketed)

 $Country\ Artist\ Tribute\ and\ Left\ of\ Centre$

Special Promotions

Family Hun Day brought to you by Magnussen Chrysler Dodge Jeep Ram – Thursday (9/10): Two for Ten Promotion. Adults – 13 and older and seniors get in two for ten dollars. Kids 12 and under are FREE every day.

Five Dollar Friday Friday (9/11): All Adults 13 and older get in for \$5.00. Kids 12 and under are FREE every day.

Sunday Demolition Derby brought to you by Black Bear Diner. Sunday (9/13) at 5 pm. Derby tickets: Adults \$10, Kids 6-12 \$5 Kids 5 and under FREE.

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Doll Show Coming to Placer County Fairgrounds



An example of the kinds of dolls you might see at the show. Photo courtesy of Dorothy Drake

ROSEVILLE, CA (MPG) - Looking for a fun dolly day activity? The show in Roseville is family-friendly and a wonderfully fun day with treasures at every booth. This is a lighthearted show and sale for collectors, admirers, and the curious. Doll and teddy bear evaluation and repair advice are available with industry experts. John Port, world teddy bear expert, will be at the show to appraise your teddy bears. Marshall Martin—as seen on Antique

Roadshow—will be appraising dolls. Bring up to two of your mystery treasures for verbal appraisal.

The show takes place at Placer County Fairgrounds in Roseville at 800 All American City Blvd. on September 12th from 9:30 a.m. to 3:30 p.m. Whether you're a doll collector or just interested in finding out more, you won't want to miss this event.

Source: www.dolls4all.com

See Steel Magnolias at Blacktop Comedy

ROCKLIN, CA (MPG) - The Alternative Arts Collective (TAAC), incorporated in September 2010, is celebrating its fifth anniversary with a production of Steel Magnolias in collaboration with Blacktop Comedy in Rocklin. TAAC Artistic Director, David Blue Garrison, first directed Steel Magnolias in 2007 for his high school senior project. The show was a request of his mother and it quickly became a favorite of Garrison's.

The story is about six southern women and the close bonds they have created while getting their hair done in a converted garage salon. There is a lot of laughter, snark, and tears. The play is based on the true story of the playwright's mother and sister. Inside the cover of the script, it states, "The women in this play are witty, intelligent, and above all, real characters."

"I know this is a strange show choice for TAAC, but the dialogue is fast-paced and witty. It's capable of evoking some big laughs," said Garrison. "Most people think of Steel Magnolias as a happy-go-lucky comedy, but it actually covers some deep and dark subjects."

TAAC's anniversary also coincides with TAAC's Executive Director, Hazel Stream, leaving Sacramento to move to Indiana. Stream, who has been TAAC's fairy godmother, mother hen to its players, and a beloved fixture in the Sacramento theatre community, wanted Steel Magnolias to be her final play with the company.

The show will run for six performances, opening September 4th and closing September 12th. Opening and closing nights will be gala nights, including hors d'oeuvres, wine/beverages, and a prize drawing. The donated prizes total nearly \$1,000 in value, and include such items as a one-night stav at the Embassy Suites in Old Sacramento or a one-night stay at the Citizen Hotel with dinner for



Tickets for the gala nights are \$25; all other performances \$15. Photo courtesy of Smith Moore and Associates

two at the Grange.

Blacktop Comedy is located at 3101 Sunset Blvd. in Rocklin. Tickets for the gala nights are \$25; all other performances \$15. Tickets are available on Brown Paper Tickets at http://

www.brownpapertickets.com/ event/2181632. TAAC invites you to join them in re-imagining our world through the power of art.

Source: Smith Moore and Associates





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Furnace Tune-Ups Save Time and Money

AUBURN, CA (MPG) - When you think of September, you probably don't think of your furnace. But A & P Heating and Cooling is insistent that it's the perfect time to think about a furnace tune-up.

When cold weather arrives, an illworking or failed furnace can cause undue stress on the family and the pocketbook. This is also the time when a little repair, when left undetected or addressed, has the chance to become a catastrophically expensive repair or replacement.

"I have seen it happen that way thousands of times over the course of my career," said Steve Carruth of A & P Heating and Cooling. "It is no fun for any of us to have to deal with that kind of stress. As a technician, it is also hard for us to be the deliverer of bad news. Believe me, it's not fun."

A & P recommends people be proactive and have their furnace looked at early in the fall. If there are concerns detected and found early in the season, there will still be time to prepare to budget for repairs or a replacement. The average life of a furnace is between 12-15 years, mostly due to the internal corrosion that takes place in any gas or propane-burning furnace.

Now is also the time when HVAC equipment manufacturers are offering great incentives or rebates for replacement. A homeowner can save substantial money compared to what it costs during the winter. The Energy Star people of the Environmental Protection Agency, Sacramento Municipal Utility District, and Pacific Gas and Electric all have articles on their websites that support the need for early inspection, detection, and tune-up.

"The month of September marks the beginning of fall. Sometime in mid to late fall, your furnace is likely to be called into action to keep you warm and comfortable," said Carruth. "It's also the time when every good heating and air conditioning company is busy, which means you might have to wait to be warm or pay too much to be comfortable."

The holidays can become expensive, and most people certainly don't need an unexpected expense to hit them during this time. The pain of an unexpected





expense can halt vacation plans, trips, and other activities. This is the season when everyone wants to enjoy the holidays by getting together with family and friends; it is not the ideal time to think about a furnace issue if you can

A & P is trying to keep customers from this fate by recommending a "prove it to you" tune-up. A "prove it to you" tune-up is how A & P distinguishes themselves within the heating industry. They have certified and trained craftspeople who can perform a tune-up and show you the before and after results. They can show you the results in real time while the unit is functioning. They can prove that the performance of the furnace is improved by using some of the leading test meters in the industry right before your eyes. The use of these tools and the training costs involved to properly understand what is taking place within the furnace are what most heating and cooling companies are not willing to invest in. "The test meter alone costs well over \$1,200 per tech," said Carruth.

"I have been in this industry for over

40 years now," continued Carruth. "It is sad for me to say this, but it seems that the larger heating and air conditioning leaders and companies are just trying to train upcoming HVAC technicians to become great salespeople instead of teaching how to provide great service. Great service is done by teaching technical fundamentals of real life heating and air conditioning skill sets. Most technicians in the field have a larger sales book than tool bag."

While A & P performs testing and tune-ups, if they do happen to find issues of concern, they will give you rock-solid and credible repair or replacement costs that will keep you on track to have an enjoyable winter and holiday season.

A & P states that another overwhelming concern of theirs is hearing about companies who condemn the heat exchangers within a gas furnace without proper diagnostics. The heat exchanger is where the gas fire resides within a metal cavity that gets up to 2,200 degrees. The blower or fan unit blows air over the outside of the heated metal. "We get so many calls to perform our

free second opinion from people who think that are being taken advantage of or who were stricken with fear from a misguided and improperly trained technician during the fall and winter months," said Carruth.

If a homeowner does happen to be told that they have a breach, crack, or hole in their heat exchanger, Carruth said, "Make them prove it to you! They can prove it to you by disassembling the furnace and removing the heat exchanger from it. Put it in full view of everyone. It will be obvious if it is or isn't ruined. Just make sure that you ask if they know how to put it back together before they get started." If they are confident of a ruined heat exchanger, they should be willing to do this at no additional cost to you. It usually takes about one and a half hours or so to do this type of inspection.

If you cannot clearly see if you have a ruined heat exchanger, you can call A & P for a free second opinion. The biggest misconception is that a hole, crack, or breached heat exchanger will fill the house with carbon monoxide. That may happen, though it is rare. The real

concern is that a heat exchanger breach will allow pressurized air to blow back the flame into the heater and controls section and could start to overheat and melt the wiring and the controls. It could even create a fire in some vintage

A & P Heating and Cooling do not consider themselves to be the typical heating and air company because they don't do fancy gimmicks. They train craftspeople the "old way" by performing testing and then verifying results—plain and simple testing, adjusting, and verification that yields great results.

A & P Heating and Cooling Inc. has been a Sacramento-based company since 1953 and serves the Sacramento region. Steve Carruth is the general manager of A & P Heating and Cooling Inc. and has 43 years of experience in the heating, cooling, plumbing, engineering, design, ventilation, training, sales, and indoor air quality business within the Sacramento and Northern California regions.

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Holy Smokes!

Guess what I

just learned?

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SPECIALIS

Did you know that the average home furnace operates up to 20% less efficient than it can?

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That's right! This makes your furnace wear out before it should! Why are we talking about this now?

BEING PROACTIVE PAYS OFF!

The month of September marks the beginning of the fall season. Cold weather is going to be here soon. This is the time when you will be starting your heater for the first time of the year. Many of you know that familiar "burning smell" when the unit first comes on or will see the burnt dust along your white ceilings at the air vents. (This can't be good... YUCK)!

That first cold day is when you will need that furnace the most! If it is not ready to function, it could become a real problem for you and your family. It is nearly impossible to schedule a quick repair or a checkup when you need it the most.

Here is where being proactive pays off, call the expert craftspeople at A and P Heating and Cooling Inc., to schedule a PRESEASON furnace tune up and get a full safety and health evaluation included at the same time. This takes up to 1½ hour- 2 hours in order for us to be completely thorough. This is a \$178 value that we are offering to you for our cost of \$74.67! (Yup...we sharpened our pencil to get this cost to you).

We are Sacramento's "real" trades and service people. Our technicians can actually show you the before and after efficiency and operation of your furnace to prove that you got a real tune up and not just a checkup sales pitch like most other companies do.

To schedule your furnace (or cooling) tune up and to receive the safety and health evaluation for \$74.67.

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needs more time to grow, and

more time to study before you

can plunge in and make some

tience is best for wise Pisceans.

BORN THIS WEEK: You have a

gift for organization that would

make you a fine archivist. (Are

you listening out there, Library

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During World War II, money was

smuggled into German POW camps

using Monopoly games -- the real

■ The story that's been adapted to

film more than any other is the fairy

▶ Before he became famous in his

eponymous sitcom, Jerry Seinfeld

appeared on the TV show "Ben-

son" -- he played the governor's

speechwriter. He didn't last long,

1. Australia.

4. Hong Kong

5. South Korea

2. Japan

3. France

6. USA

7. Maldives

8. Germany

9. Thailand

10. Taiwan

Source: Hotels.com

though; he was fired after just three

stuff was stashed in among the

fake cash.

episodes.

tale "Cinderella."

of Congress?)

attention-getting waves. Pa-



ARIES (March 21 to April 19) Cupid is strong in the Aries aspect this week, with the cherub opening romantic possibilities for single Lambs, and strengthening ties 'twixt loving pairs already in a caring relationship.

TAURUS (April 20 to May 20) Your dramatic flair might make things more interesting as you recount an event to your colleagues. But be careful not to exaggerate reality to the point that facts and fancy combine to form fiction.

GEMINI (May 21 to June 20) You love to talk, and this week you should get lots of chances to share your thoughts with people who will not only pay attention to what you have to say, but will want to hear more.

CANCER (June 21 to July 22) The pattern of recent changes could begin to shift from mostly workplace-related events to more personal matters. Continue to keep an open mind as you prepare to deal with them.

LEO (July 23 to August 22) An opportunity for work-related travel could be just what the Terrific Tabby needs to get a new perspective on a balky situation. The trip also could prove to be personally rewarding.

VIRGO (August 23 to September 22) You might want to suggest resolving an old disagreement

before it can affect a matter expected to come up for discussion. It's always best to start with a clean slate.

LIBRA (September 23 to October 22) The week favors combining dollops of creativity and practicality to work out both professional and personal problems. A longtime friend could have something of note to suggest.

SCORPIO (October 23 to *November 21)* Some surprising facts could come to light if you decide to probe deeper into an "opportunity" than you might usually do. What you'll learn could determine what you'll

SAGITTARIUS (November 22 to December 21) Someone close to you might seek your counsel. Hear him/her out, but hold the line at giving actual advice until you get credible answers to all your questions.

CAPRICORN (December 22 to January 19) What seems to be an overwhelming workplace project can be dealt with quite well if you handle one category at a time. Things will soon begin to fall into place.

AQUARIUS (January 20 to February 18) A personal matter might need more of your time than you had expected. Try to prioritize between your many outside commitments and your domestic responsibilities.

PISCES (February 19 to March 20) A developing situation still



By Sam Struckhoff EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Sept. 7, 2015.

PICKS OF THE WEEK



Blake Lively in "The Age of Adaline"

"The Age of Adaline" (PG-13) - Adaline Bowman (Blake Lively) survives a strange car accident while driving one night in 1938. A Very Authoritative Narrator tells us that due to some science-magic whatever, Adaline stopped aging, preserving her elegant blond 29-year-old form for all time. Tragic, I know.

After some years, Addy's unaging beauty draws suspicion, so she changes identities every decade to keep her immortality a secret -she's kinda selfish. This keeps her from getting too close to anyone, or falling in love, until she falls in love with a guy whose father (Harrison Ford) recognizes her as the lost love of his youth.

The film goes for that dreamy, timeless, starlit moody look, and achieves it across different time periods. It all looks good, but the story feels undercooked. Things limp along at times, and the ending feels a little off-kilter.

"Cyber-Seniors" (PG) - How do you get a senior citizen from knowing nothing about the computers to deftly hustling Facebook friends to check out their latest Youtube video? Very patiently. That's one lesson in this charming documentary about a group of retirees paired with teen volunteers who teach them how to use the Internet. When one senior posts her own cooking video to YouTube, it starts a contest among the old folks to see who can get the most "hits" online.

While at first, the cluelessness of the old folks is played for laughs, the real focus of the story comes from the new connections made and possibilities opened up. It's not meant to be an instructional film, but it does teach us a lot about the generational gap: It sure is deep, but not too wide to cross.

"Beyond the Mask" (PG) - An English mercenary, Will (Andrew Cheney), working for the British East India company, gets backstabbed by his employer and reinvents himself as a masked vigilante, seeking revenge against his enemies who have relocated to the American colonies just before the revolution. He teams up with an annoying Benjamin Franklin, who spouts popular Benjamin Franklin sayings because that's how he talked, I guess. Will falls in love with a nice lady (Kara Kilmer) and starts to learn that the key to redemption isn't vengeance, but good faith and Christianity. He still gets his vengeance, though.

"American Heist" (R) -- Frankie (Adrien Brody) served time for a crime that he and his younger brother, James (Hayden Christensen), messed up. A free man again, Frankie gets together with his old robbery pals (Tory Kittles and rapper Akon) and pulls James in as a driver on their next job. James is trying to make a real living and patch things up with his girl (Jordana Brewster), but Frankie reels him in with guilt, and James botches yet another robbery. The two brothers are then forced to help with an even bigger, heist-ier heist. Is this the One Last Job that leads to a better life? Getting the answer might not be as exciting as you think.

TV RELEASES

"Cartoon Network: Over the Garden Wall" "Barbie in Rock 'N Royals" "Mickey Mouse Clubhouse: Mickey's Monster Musical" "WWE: Monday Night War Vol. 2: Know Your Role'

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by HEALTHY EXCHANGES

Broccoli Harvest Salad

Summer is almost over. Let's gather family and friends together for one last chance to have fun in the sun before school and work schedules once again dictate our lives. You provide the meat for grilling, and I'll provide a tasty salad dish!

- 2 3/4 cups chopped fresh broc-
- 1/4 cup raisins
- 1 cup unpeeled, cored and chopped Red Delicious apples
- 1/4 cup finely chopped red onion
- 1/4 cup bacon bits
- 1/3 cup shredded reduced-fat Cheddar cheese
- 1/2 cup fat-free mayonnaise 1 tablespoon white vinegar
- Sugar substitute to equal 2 teaspoons sugar
- 1. In a large bowl, combine broccoli, raisins, apples and onion. Stir in bacon bits and Cheddar cheese.
- 2. In a small bowl, combine mayonnaise, vinegar and sugar substitute. Add mayonnaise mixture to broccoli mixture. Mix well to combine.
- 3. Cover and refrigerate for at least 20 minutes. Gently stir again just before serving. Serves 6 (2/3 cup each).
- ★ Each serving equals: 94 calories, 2g fat, 5g protein, 14g carb., 409mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1 Vegetable.

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This bulb blooms from August to September; its common name is "autumn crocus." It likes sunny or partly shady areas. Be warned: this plant contains colchicine,

which is very toxic. Many human deaths have been reported from ingesting this plant, as it can be mistaken for wild garlic. Deer, rabbit and other wild creatures will avoid this plant.

- Brenda Weaver

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Events in PLACER REGION **AUGUST - SEPTEMBER 2015**

The Rancho Cordova Luncheon

August 28 - 30, 2015 11:30 am - 1:00 pm

All Day BMX State Championships August 28 - 30, 2015 All Day

Sacramento Day of Hope with E49 Member Norm Brinkley August 29, 2015 9:00 am - 9:00 am

Double Heading Concert to Kick-off Free Wednesday Nooner Series September 2, 2015 11:45 am

Rocklin Fellowship Luncheon September 3, 2015 11:30 am - 1:000 pm

Book warehouse sale of the Friends of the Sacramento Public Library September 5, 2015 9:00 am - 4:00 pm

Fellowship Chamber - River Cats vs. Reno Aces

September 5, 2015 7:00 pm Monthly Military Retiree/Spouse Meeting September 8, 2015 10:30 am

Crossroads Doll & Bear Show & Sale September 12, 2015 9:30 am - 3:30 pm Contact: Dorothy Drake (775) 348-7713

Bev's Angel Project Nifty 50's **Classic Car Show** September 20, 2015 9:00 am - 3:00 pm

Jesuit Art Event and Sale September 25, 2015 6:00 pm - 8:00 pm

Defensive Driving Class for Military retirees and their families September 23 - 24, 2015 10:30 am - 2:30 pm

Birdies Brews & Brats Gold Tournament September 25, 2015 10:00 am

Placer County Fairgrounds Jones Hall 800 All American City Blvd. - Roseville E-mail: info@crossroadsshows.com

North Higlands Park and Rec - Sacramento

Rancho Cordova City Hall - Rancho Cordova

American Legion - 3801 Broadway - Sacramento E-mail: volunteer@dayofhopesacramento.org

Sacramento State University - Sacramento

William Jessup University - Rocklin

Friends Book Den and Warehouse -

Raley Field - West Sacramento

8250 Belvedere Ave., Suite E - Sacramento

Oak Creek BMX - Roseville

calendar.csus.edu/

www.saclibfriends.org/

Website: crossroadsshows.com

Carmichael Oaks Parking Lot - Carmichael

Jesuit High School - 1200 Jacob Ln. - Carmichael Contact: Mala Paul 916-418-2631

Aerospace Museum, McClellan Park www.aerospaceca.org/

Mather Golf Course - Mather www.playmather.com

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6 • Placer Sentinel **September 4, 2015**

MUST-HAVE School Essentials



FAMILY FEATURES

lass is almost in session, and many busy parents have a few more items to check off their shopping lists. Help your kids get the grades this school year with a little helpful advice on top picks. From savory snacks to fuel their days to water bottles to keep them hydrated, savvy parents know stocking up now is the best way to get their little learners ready for the academics ahead.



Want to pack a snack you can feel good about? Sabra's smooth Classic Hummus has been blended with the fresh pizza inspired flavor kids love, including herbs and spices such as fresh basil and oregano. The single serving 2-ounce containers pair well with pita chips and vegetables, and are easy to slip in a lunch box for mini meals and snacks. Find them in the deli near other Sabra products, and visit Sabra.com to learn more.



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For days when school work becomes homework, or for lengthy projects that go back and forth, a USB flash drive is an inexpensive way help keep all of your student's work saved in one convenient location. Devices in the 8 to 16G range will be adequate for most school-related needs, and consider adding a lanyard or attaching to a keychain for easy access. Visit your local retailer to explore pricing and options.





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- If not already registered, get your child enrolled.
- Contact the school office to find out what day and time classes start.
- Ensure your child is up to date on all
- immunizations. Schedule eye and physical exams,
- if needed. ■ Make sure emergency contact paperwork
- is up to date with the school office. Obtain a list of school supplies from the
- office or school website. Look over the dress code policy.

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Sudoku Puzzle on Page 9 4 4 0 0 0 5 7 0 0

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9	7	6	8	2	1	3	5	4	
2	3	5	ø	7	4	1	8	6	
6	1	9	7	5	2	8	4	3	
8	5	3	4	6	9	2	1	7	
7	2	4	З	1	8	თ	6	5	
5	8	2	1	4	7	6	3	9	
4	6	1	2	9	3	5	7	8	
3	9	7	5	8	6	4	2	1	
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Crossword Puzzle on Page 9

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Revision Made to Water Connection Charges

AUBURN, CA (MPG) - At its August 20th meeting, the Placer County Water Agency (PCWA) Board of Directors approved a resolution that effectively changes the way capacity charges for residential water connections will be assessed. With the change, water connection charges will now be based on lot size as opposed to meter size. The revision takes effect on October 5th, 2015.

"The current method for assessing the water connection charge based on meter size is no longer appropriate based on residential fire system requirements and other factors," PCWA General Manager Einar Maisch said. "Working with business interests and municipalities in the region, we developed a method that offers greater equity and is financially favorable for current, denser land development trends."

In revising the policy, PCWA evaluated data from several vears of residential water use that shows a strong correlation between lot size and water demand. The revised method of assessing capacity charges is more equitable and considered favorable by all parties involved. Included in the method is a variance option for larger lots having unique circumstances, such as alternate supplies of water that tend to exist in the rural portions of PCWA's service area.

"I applaud staff for developing an equitable way to address water connection charges," PCWA Director Robert Dugan said. "This creates muchneeded certainty for our customers going forward."

Prior to approval, the plan was reviewed with interested parties outside of PCWA, including a peer review consultant. The method was found to be appropriate and equitable.

In other news, PCWA Deputy Director of Technical Services, Tony Firenzi, provided a drought update. PCWA treated water customers conserved 38% in July compared to the base year of 2013, exceeding the state mandated conservation rate of 32%. Untreated water conservation in July was down by 27% compared to 2013. August conservation for treated water was at approximately 37% as of August 18th.

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

Source: Placer County Water Agency

Kitty of the Week at Friends Forever Cat Sanctuary

AUBURN, CA (MPG) - Pansy is a spitfire of a kitty cat. At only 14 months old, she's very spunky and playful. Pansy has a gorgeous, fluffy, soft coat of fur. She's a medium hair, black and white tuxedo with a black chin and white whiskers. Some of her cranky behavior at the Adoption Center is because she does not like or want the other cats around.

Pansy

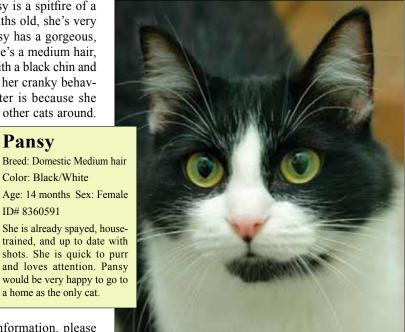
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Color: Black/White

Pansy would be happiest in an active home with no small children but possibly a cat-friendly dog.

Come meet Pansy at the Adoption Center located at 359 Nevada Street, Suite 101 in Auburn. We have 50+ other adults and baby kittens available for adoption at the center.

For questions or more information, please call us at (530) 885-4228 or visit www.ffacs. org or www.facebook.com/ffacs. Story and photo source: Judy LaFrance



Chamber Supports the Resilient Federal Forest Act

AUBURN, CA (MPG) - The Board of Directors of the Auburn Chamber of Commerce voted to support H.R. 2647, the Resilient Federal Forests Act of 2015. The act is to provide public, private, and community partners more effective tools to proactively prevent catastrophic fires and to help ensure the safety of residents, firefighters, and Auburn-area businesses.

"The recent death of Michael Hallenbeck, a 21-year-old U.S. Forest Service firefighter from Shingle Springs, in the El Dorado National Forest, is a tragic reminder that our poorly conceived federal laws are creating larger and more destructive catastrophic fires," said Kevin Hanley, CEO of the Auburn Chamber of Commerce.

Currently, the federal government is responsible for managing over 400,000 forest lands in Placer County and only a small percentage of these acres are properly managed through the removal of dry brush and unhealthy trees.

Lengthy environmental reviews and litigation have prevented the U.S. Forest Service from permitting sufficient private sector timber harvesting as the national average for timber harvest has decreased from 10-12 billion board feet from 1950-1990 to only three billion board feet today. "Every year, funds dedicated to proactive management of the federal forests are raided to pay for escalating firefighting costs, so the federal government falls behind and the problem just gets bigger," said Hanley.

H.R. 2647 would allow the U.S. Forest Service and the Bureau of Land Management to expedite a forest project of 5,000 acres or less with a categorical exemption from the National Environmental Policy Act if the project is (1) developed through a collaborative process; (2) is proposed by a resources advisory committee; and (3) is covered by a community wildfire protection plan. The bill provides for an environmental assessment for a salvage operation or reforestation activity proposed to be conducted on National Forest System lands or public lands impacted by a large-scale catastrophic event, which shall be completed within three months after the event. Any plaintiffs challenging a forest management activity developed through a collaborative process or proposed by a resource advisory committee shall be required to post a bond and would forfeit the bond if the lawsuit is not successful.

On July 9th, the House of Representatives passed H.R. 2647 by a bipartisan vote of 262-167. "If the President and the U.S. Senate do nothing to better manage our national forests, their inaction will threaten more lives, destroy wildlife and their habitats, create more pollution, unleash more carbon into the atmosphere, lower the water supply, and kill tourism and jobs in the Sierra foothills," said Hanley.

Source: Auburn Chamber of

History of Trails Revisted

By Kathy Lewin

PLACER REGION, CA (MPG) -Lovers of pioneer history will want to follow the wagon ruts to Stateline, Nevada this month. The Oregon-California Trails Association (OCTA)—an organization that is dedicated to identifying and preserving as much original emigrant trail as possible from Missouri to Oregon/California—is hosting their annual convention at Harvey's on the shores of Lake Tahoe September 18th through 25th. At this year's convention, attendees will relive challenges faced by those trailblazers who forged their way west during the

History buffs will revisit the adventures—and often the disasters—experienced by those who faced daunting challenges

through the Sierra more than a one and a half centuries ago. Tales of places such as Slippery Ford and Tragedy Spring underscore the life-threatening risks posed by nature and human opposition. Pre-convention tours to Johnson's Cutoff (today's Echo Summit on US Highway 50) and the Carson River Route (on today's US Highway 88) offer a firsthand experience of the difficulties the early pioneers faced trying to coax their wornout oxen up steep, narrow, rocky canyons, pulling their possessions in broken-down wagons.

Slate tours include famous passages such as the Truckee-Donner Route and the "fearful crossing" of Forty-Mile Desert in Nevada. There will also be tours of historical Coloma and Placerville as well as many other destinations.

The keynote speaker will be Gary Kurutz, former director of Special Collections at the California State Library and currently the executive director of the California State Library Foundation, speaking on "The Extremity of Civilization." Other scheduled speakers will illuminate the past with lively stories of harrowing adventures along the trail

Other activities include workshops on Native American baskets and cooking on the trail, auctions, book room/author's signings, and more.

You don't need to be a member to come to this event. To get a complete list of all the activities and registration form, go to http://www.octa-trails.org/ activities/octa-2015-annual-convention. Happy Trails!

Foresthill Holds Heritage Celebration

FORESTHILL, CA (MPG) - On Saturday, September 12th and Sunday, September 13th, come to the Foresthill Heritage Celebration at Memorial Park in Old Foresthill at Harrison Street and Soap Street. Admission and parking are free.

This fun event will feature the California State Gold Panning Championships, and the annual Pig Roast—courtesy of the American Legion Post 587. Bring the family and attend gold panning lessons, and check out all the food and craft vendors as well. There will also be a costume prize, so dress

Pancake breakfasts will be served at 7 a.m., and

the Gold Panning Championships will be held both days from 8 a.m. to 5 p.m.

Sponsors of this event are Foresthill Chamber of Commerce, Foresthill American Legion, and Foresthill Historical Society. The Gold Panning Championships are sponsored by Mother Lode Goldhounds. For more information about the Championships, call (530) 367-2891 or email goldworld@wildblue.net. To learn more, please visit www.foresthillchamber.org and www.gold-

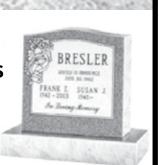
Source: Mother Lode Goldhound Association ★

hounds.com.



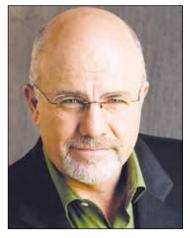
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The best medicine

Dear Dave.

I've worked in a hospital as a nurse for 10 years. I make good money working long hours. The problem is that it seems to disappear, and I'm left trying to stretch those last few dollars to the end of the month. I know I eat out a lot. I grab quick meals between shifts and on the way home because I'm too tired to cook. I think I spend more than I should on other things, too. Do you have any tips for someone who wants to get control of their money, but has very little free time?

Amy

Dear Amy,

Sometimes the medicine that works the best tastes the worst. This is true for both physical and financial health.

That's why, no matter how tired you are or how little free time vou seem to have, vou must make time do a written budget every month. This is essential, and it really doesn't take long.

Dave Says

When you sit down and commit a plan to paper, giving every dollar a name before the month begins, you're taking control of your money instead of allowing a lack of it to control you.

Start with the income you know is predictable. If this isn't possible, look back over the last several months and find the minimum amount you brought home during a month over that period of time. This will be the basis for your budget. Once you've established a baseline income, you can prioritize expenses. But remember, restaurants are not a priority!

When you start telling your money what to do ahead of time, you'll have more ability to do what's needed with what you've earned. It's empowering and energizing, and it gives you the chance to make your Total Money Makeover a reality! —Dave

Money and behaviour

Dear Dave,

Why do you say that personal finance is 80 percent behavior? I thought money was more about math and keeping track of things.

Gerald

Dear Gerald,

Keeping your checkbook balanced and things like that are an important part of what I teach. However, behavior plays an even bigger role for several reasons. You can add, subtract, multiply and divide all day. That stuff's easy. But until you learn to control your behavior, stick to a budget and spend less than you make, you're always going to have problems with money.

One of the keys to being a success in personal finance is realizing work comes before play. This is a behavior issue. Let's say your car needs new brakes. You know this, and you know you have a limited amount of cash, but you still walk into a store and buy a big, fancy television instead. That is not mature behavior. As long as you behave that way, your money will always slide right out of your hands.

And this means you'll never have enough for important things like saving, investing and giving. —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.

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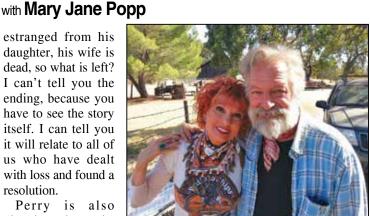
yelp.



The Divide

It will reach into the hearts of many of us who have had regrets in our lives and who wish they could make up for it. The movie is called The Divide and is being shot in Cool, California. The Divide is the dream of veteran actor Perry King. You will recognize him for so many Hollywood movies like The Lords of Flatbush and Slaughterhouse Five, but perhaps the most recognizable names would be Detective Allen Cody from the iconic 1980s TV series Riptide and the made-for-TV movie The Cowboy and the Movie Star in 1998. It was after Cowboy that Perry decided he wanted to be his character. That's when he purchased a 500-acre cattle ranch in the Sierra Nevadas, the King Ranch. He splits his time between the craziness of La La Land and the serenity of Northern California. But he had a dreama dream to film a western on his own land. Now his dream has become a reality as he is shooting The Divide in the heart of Gold Country known as "The Divide." So the movie is called *The Divide*.

The movie script was actually written to fit his ranch life. He and Janet Brown made it come together. I got to visit with Perry on the set of his production, and he told me that a successful movie must make a promise. He told me that the script should make you get involved with the story and take away something that resonates in each of us. In The Divide there are three separate people who need help and redemption, each crushed by the weight of life. Sam Kincaid, Perry's character, is in great pain. He is



POPPOFF!

resolution. Perry is also directing this movie,

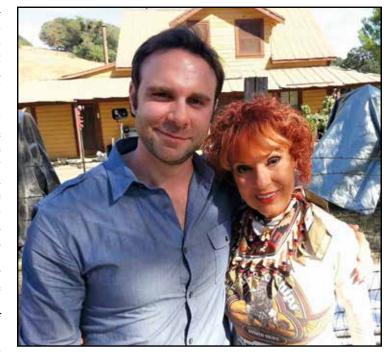
and I asked him if he doesn't get a bit schizophrenic acting and directing simultaneously. He laughingly said, "It's like riding a horse and leading a horse at the same time." But he loves cowboys and westerns and added that westerns were created here in the U.S. It's a form of black and white, good versus bad. They have a purity of nature. He is less than pleased with so much—as he put it—"empty cartoon violence." It might make money for the studios, but it has no redeeming value.

I also have to add that I have never met an actor like Perry King. He has character and is so willing to share his talents with others. That was verified by many, including Bryan Kaplan

who stars in the movie. It's nice to know actors like these still exist with all the nonsense we hear about in Hollywood these

The movie shoot will be completed by the end of September. Perry's intent is to premiere The Divide at the State Theatre in Auburn sometime next year. Guess what? That's where I broadcast from—AM-950 KAHI, the noon news, and POPPOFF Radio Show. By the way, Perry will be joining me on POPPOFF after the filming is done. I really look forward to that promise.

After decades, Perry King's dream is coming true each day. All the success, Perry. It's much deserved!



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CLUES

- 1. Giraffe's striped-leg cousin
- 6. Moo goo gai pan pan __ relationship 9. Love-_
- Gabriel, 1960s Rams star quarterback
- 14. What?
- 15. Enter a website
- 16. Samuel Butler's "The Way of All _
- 17. Big time
- __ truly' 19. *Non-contact league 21. *Football game starter
- 23. Altogether or entirely -de-camp

40

- 25. Club alternative
- 28. *Houston Oilers star
- running back, Campbell 30. Top of the line
- 35. Not of the cloth
- 37. Leave in a bucket
- 39. Kitchen appliance 40. *Legendary Graham
- 41. Friend
- 43. Porous rock 44. Good luck trinket 46. *Tracked by chain gang
- 47. Dog trailer 48. Sort of
- 50. Prima donna 52. Don't do this at home?
- 53. Like Old Mother Hubbard's cupboard
- 55. Next to nothing 57. *Type of linebacker
- 60. *This year's top NFL pick
- 64. "To no 65. Beauty treatment site
- 67. Cell phone bill item 68. L on clothes
- 69. Word between "dogs" 70. Sneers
- 71. Mark of a ruler
- 72. *TV network, aired NFL
- games from 1990-97 73. Scandinavian fjord, e.g

DOWN

- Approach, music education 2. Traditional cola caffeine source
- 3. Prayer ending 4. Italian restaurant staple
- 5. Draw in 6. Miss Muffet's repast
- 7. Thornton Wilder's " 8. Dockers' fabric
- 9. J. M. Barrie's captain
- 10. Flu symptom
- 11. Millimeter of mercury 12. Lt.'s subordinate
- 15. Aristotle's school 20. Common part of URL
- 22. Dog tags
- 24. Apple pie choice 25. *NFL players can't do this in
- the back
- 26. Policeman's club in India 27. *Tennessee player
- 29. Crucifix 31. Inedible parts of cherries

32. Jump for joy

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10pm - 11pm: Saturdays

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

The Alex Jones Show

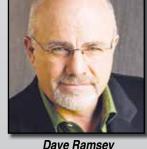
10:30 – 11am: The Solar Minute 11am-7pm: Sinatra & Friends Music 7 – 8pm: A Way With Words 8 – 9pm: Rewind with Jimmy Jay

Sundays

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 12 - 6pm: Sinatra & Friends Music 7 - 8pm: A Way With Words 8 - 9pm: Hearts of Space

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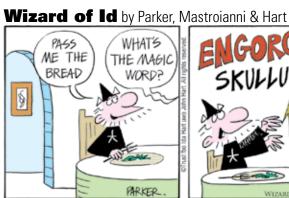
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Mary Jane Popp

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Hole Molé by Rick Hotten





Cranky Girl by Crystal Jones



Frank and Steinway by Wil Panganiban





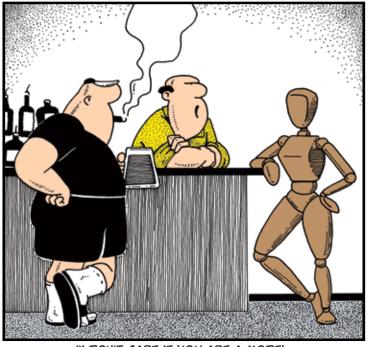




Tundra by Chad Carpenter



Funday Morning by Brad Diller



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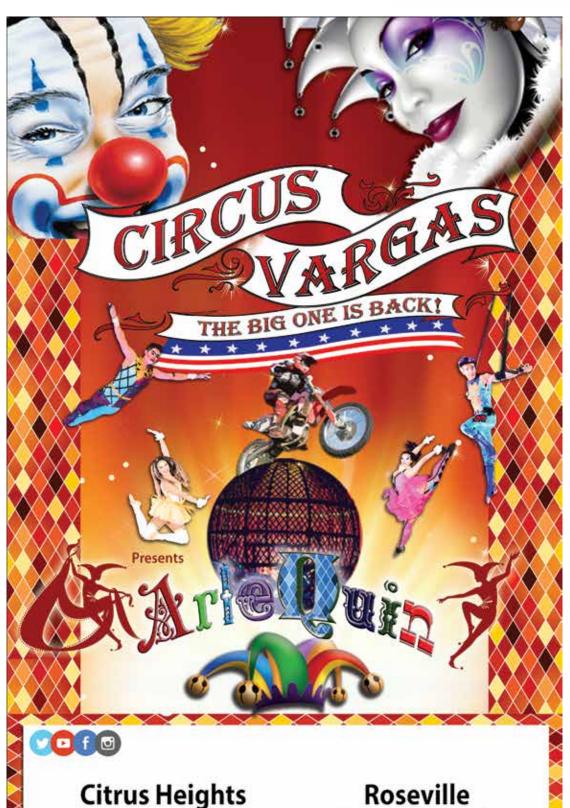
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September 4, 2015 Placer Sentinel • 11



Donald Kendrick, Music Director



2015-2016

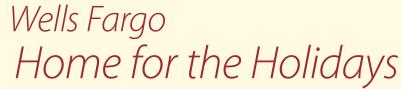
Stained Glass Concert

John Rutter | Requiem

Rachel Laurin | Fantasy for Organ and Harp

OCTOBER 24, 2015 8PM

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With the Sacramento Children's Chorus, Lynn Stevens, Director

DECEMBER 12, 2015 8PM

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Karl Jenkins | Songs of Sanctuary (selections)

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