

Foothills MARKETPLACE

Community Events & Area Savings

November 25 2010
Vol. 3, No. 3



Inside:
Cornish Christmas
Victorian Christmas

Holiday Traditions
Holiday Savings



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Raley's Center
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FMP News Notes

What would the Thanksgiving weekend be with the Annual Christmas Faire at the Nevada County Fairgrounds. This marks the 26th year of the event. As always you will find a wide selection of gifts and crafts, live entertainment, gourmet festival food, gingerbread houses, strolling carolers, Santa Claus and even a few errand elves! Admission to the Faire is \$4.00 per day with those 12 and under admitted free. To help your mind stay "shopping focused" free child care is offered. On Sunday, November 28, you are asked to bring a can of food to the Country Christmas Faire and receive a coupon for \$1.00 off general admission. All food will be donated to HOPE (Help Other People Eat) in Nevada County.



Our four legged friends also love the holidays. Sammie's Friends Animal Shelter is having their **Home for the Holidays photo shoot** on Saturday, December 4 at their shelter located at 14647

McCourtney Road. From 11:00am to 4:00pm the public is invited to bring their furry-four-legged pets for pictures with Santa. They are also offering a low-cost vaccine clinic run by Pine Creek Vet Hospital and adoption specials will be offered. To learn more about Sammie's Friend, visit their web site at www.sammiesfriends.org.



Please Note: Starting with our December issue the Foothills Marketplace will be delivered to your mailbox on the 15th of each month. If you have a community event that you would like publicized, simply email your information and photos to foothillsmarketplace@goldcountrymedia.com. Our deadline is the first of each month. This is a free service to non-profit organizations.

The Hospitality House of Nevada County is having their fifth annual holiday concert, **"A Night of Giving"** on Saturday, December 18 at the Miners Foundry in Nevada City. Hospitality House is a community shelter for the homeless. Over 25 musicians are scheduled to perform in both the Great Hall and The Stone Hall. Food is being provided by Asia, Toffanelli's and Matteo's Public. Tickets are a suggested donation of \$20.00 per person, but no one will be turned away due to lack of funds. Hospitality House is a non-profit program in Nevada County servicing the homeless, working in collaboration with local churches and other service organizations. Based on a model that has worked very well in places like Placer and Butte counties, Hospitality House is a winter-only "nomadic homeless shelter", in other words, instead of a permanent location, it rotates among participating churches. To learn more about Hospitality House and the event, please visit www.hospitalityhouse.org.



Foothills MARKETPLACE

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"Christmas at the Railroad Museum" is coming up on Saturday, December 4. This is a free family event that includes a visit, and photo opportunities, with Santa Claus and his elves in front of Engine #5. There will also be holiday music, refreshments, door prizes, a silent auction and if the weather permits a rail-bus ride. The Railroad Museum is located at #5 Kidder Court in Nevada City just off the Gold Flat Road exit. Visit their web site at www.ncnrrmuseum.org.



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Community Event

Black Friday night kicks off Cornish Christmas

After what is traditionally one of the busiest shopping days of the year, Black Friday night is not a night of rest, but a time to go downtown. The original Sierra Foothills Christmas festival will kick off its 43rd year on Friday, November 26 in downtown Grass



Valley. Cornish Christmas is a time honored tradition where Mill and West Main Streets will be lined with an array of handcrafted gifts, old fashioned treats, a chestnut roasting circle, and entertainers of

all ages singing or playing your favorite Christmas Carols. In addition there will be several special performances from the Cornish Choir performing on the Union Steps on Mill Street at 6:30 and again at 7:30 PM each night of the festival.

This year something new has been added to old tradition. Several kid friendly activities, including a Go Kart track, pony rides, a "Wheel of Prizes and visits from Santa Claus.

Cornish Christmas will take place from 6:00pm to 9:00pm on Fridays, November 26 and December 3, 10 and 17. Admission and parking are free. Organizers are asking that you please leave your pets at home. Retail stores and restaurants will be open for shopping and dining. To learn more about Cornish Christmas or other downtown Grass Valley activities, visit www.historicgrassvalley.com.



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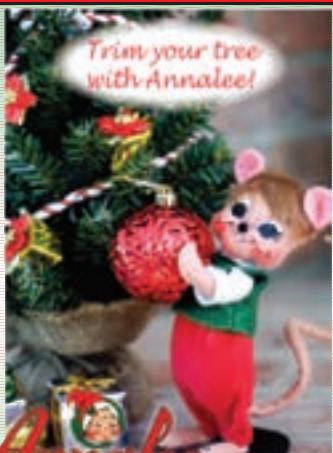
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Family Living

Make your holiday season safer in a minute or less

This November and December, Americans are expected to spend approximately \$7.5 million every minute on holiday-related items, including gifts and festive decorations, according to the National Retail Federation. Underwriters Laboratories (UL), a leading independent safety organization, is urging families to dedicate just a fraction of the time and attention spent shopping for gifts and decor on making sure their purchases are being used safely.



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On average, about 230 people visit emergency rooms each day in November and December to be treated for holiday-related injuries, according to the Consumer Product Safety Commission. And, the National Fire Protection Association reports that more home fires occur in December than any other month.

"This is easily the busiest time of year, but it's important to make time for safety while celebrating the holidays," says John Drengenberg, director of consumer safety at UL. "By committing one minute a day to safety, many accidents can be avoided and your holidays

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will be memorable for all the right reasons."

The following tips - taking as little as one minute each - can help families recognize, identify and prevent hazards that too often can result in accidents or tragedy:

Water your tree: Dry trees pose a substantial fire risk. After bringing your tree home, make a fresh cut at the base of the trunk before putting it in a sturdy stand. Be sure to water it daily. Additionally, know your tree's expiration date. After about four weeks, the tree will stop absorbing water, dry out and should be discarded.

Check your lights, check them twice: Before hanging light strings, inspect them for damage and wear. Cracks, frays and bare wires can pose fire or shock hazards.

Decorate with a safe eye: Cords should not be run under carpets or tacked up with metal nails or staples. Small decorations can be choking hazards and should be kept out of the reach of toddlers.

Be flame aware: Always blow out unattended candles and teach children to stay away from lit candles or fireplaces.

Look for the mark and prevent a spark: Only use light strings and other electrical decorations that bear the UL Mark near the plug, signifying that safety standards have been met.

For additional ideas and activities on how to "Commit a Minute" this holiday season, visit www.SafetyAtHome.com.

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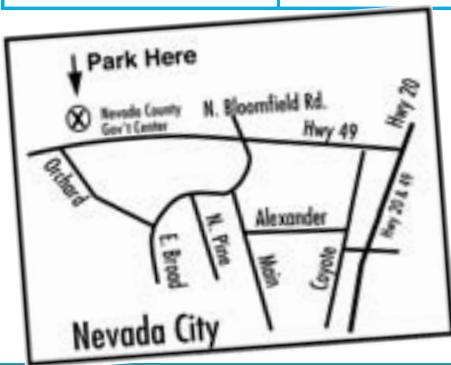
Wednesday Evenings: Dec. 1, 8, 15 • 5-9pm

Sunday Afternoons: Dec. 12 & 19 • 1:30-6pm



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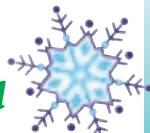
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Cooper's Ale Works 235 Commercial St., N.C. 265-0116 www.CoopersNCLive.com	Sierra Gold Insurance Services, Inc. 101 Providence Mine Rd., Ste. #205, N.C. 470-1250 www.SierraGoldIns.com	James Keefer, Attorney "Specializing In Social Security & Disability" 113 Presley Way, G.V. 273-1331	Market Pro Direct Mail Service 125 Spring Hill Dr., G.V. 274-5010 www.MarketPro.net	S.P.D. MARKET 735 Zion St., N.C. 265-4596 www.SPDMarket.com
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Community Event

Turn back the clock to a Victorian Christmas

It's an annual step back into holidays of the past, Nevada City's annual Victorian Christmas. Each year Nevada City's historic downtown section is transformed in a Christmas card come to life with twinkling white lights, wandering minstrels and carolers dressed in Victorian outfits, even authentic gas street lights. This is the 33rd year for the event that will take place on Wednesday nights

December 1, 8 and 15. In addition there are two Sunday afternoon dates on December 12 and 19. Wednesday night festival times are 5:00 to 9:00pm with the Sunday afternoon festivals taking place from 1:30 to 6:00pm. There is no admission charge.

Holiday celebrants fill the streets, sampling the outdoor fare of friendly hawkers and vendors and food and goods offered by



downtown restaurants and specialty shops. Victorian singers, bagpipers, a living nativity scene and visits with Santa Claus are among the attractions. Taste chestnuts roasted on an open fire and enjoy strolling minstrels, brass bands, hay wagon rides and much more.

For more information on Victorian Christmas or other Nevada City events, visit www.nevadacitychamber.com.

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How some Christmas traditions may have started

The Christmas Tree. A form of Christmas trees began in 16th century Germany with fir trees decorated, both indoors and out, with apples, roses, gilded candies, and colored paper. In a popular play depicting the story of Adam and Eve, a fir tree hung with apples was used to symbolize the Garden of Eden. The play ended with the prophecy of a savior coming, so was often performed during the Advent season. It is believed Protestant reformer Martin Luther first adorned trees with light. While coming home one December evening, the beauty of the stars shining through the branches of a fir inspired him to recreate the effect by placing candles on the branches of a small fir tree inside his home. The Christmas tree was brought to England by Queen Victoria's husband, Prince Albert from his native Germany. An etching in 1848, featuring the Royal Family gathered around a Christmas tree in Windsor Castle, popularized the tree throughout Victorian England. Brought to America by the Pennsylvania Germans, the Christmas tree became an American tradition by the late 19th century.

The Christmas Stocking. According to legend, a kindly nobleman grew despondent over the death of his beloved wife and foolishly squandered his fortune. This left his three young daughters without dowries. The generous St. Nicholas, hearing of the girls' plight, set forth to help. He rode his white horse by the noble-

man's house and threw three small pouches of gold coins down the chimney where they were captured by the stockings the young women had hung by the fireplace to dry.

Mistletoe. Used by Druid priests 200 years before the birth of Christ in their winter celebrations, the plant was revered since it had no roots yet remained green during the cold months of winter. Scandinavians associated the plant with Frigga, their goddess of love, and it may be from this that we derive the custom of kissing under the mistletoe. Those who kissed under the mistletoe had the promise of happiness and good luck in the following year.

The Christmas Card. A form of the Christmas card began in England first when young boys practiced their writing skills by creating Christmas greetings for their parents, but it is Sir Henry Cole who is credited with creating the first real Christmas card. In 1843 Sir Henry found himself too busy during the Christmas season to compose individual Christmas greetings for his friends. He commissioned an artist for the illustration. The card featured three panels, with the center panel depicting a family enjoying Christmas festivities and the card was inscribed with the message "A Merry Christmas and a Happy New Year to You."

Information from the web site www.allthingschristmas.com.

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Foothill MARKETPLACE Home Improvement TIP OF THE MONTH

When making your next flooring purchase here are a few questions to ask yourself: Will there be a lot of traffic? Is stain resistance important? How important is comfort and style? If you are selecting carpet you should look for a nylon carpet with a good warranty on texture retention and on stain protection. If you would like to have a hard surface, consider laminate flooring. Scratch resistant and easy to maintain. Laminate is a picture of wood on a press board. The floor is then "floated" over a very thin pad (underlayment). This is a great option for those of you who are do-it-yourselfers!! Laminate flooring comes in both the wood grain and tile pattern. It is also easy to clean with a vacuum and a damp mop with a laminate cleaner. Enjoy choosing your next flooring. Make it a fun process.

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111 West Main St.
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Foothills MARKETPLACE

Dining Guide

"Simplicity" makes a dream come true

They say it's the simple things in life that really count. With that in mind, Grass Valley natives Stephen Cicatelli and Retha Morton decided to make a dream simply come true by opening up their own Bistro style restaurant. After a good cleaning and some refurbishing, the former Railroad Café on West Main Street in Grass Valley is once again open with the name "Simplicity Bistro".

A few years back Cicatelli decided preparing food was his career of choice will working as a prep cook at New Moon restaurant in Nevada City. Now sporting the title of Chef after graduating from the Institute of Culinary in Roseville, Cicatelli and Morton decided to take the plunge into the restaurant ownership world when the West Main Street location became available. Both remember eating in the former Railroad Café while watching the toy trains run overhead. While the trains may be gone, the stone wall and cozy atmosphere remain with the addition of more contemporary furnishings.

The couple is joined by Cicatelli's longtime friend Sous Chef KC Casey Loute, formerly of Latitudes in Auburn. Together they proudly present meals "that mother makes" ...only kicked up a few notches. Both the lunch and dinner menus feature selections that will satisfy meat lovers

FOR LUNCH

\$2 OFF

Soup & Salad Combo

Cup of soup of the day, bread & house salad.
1 per customer. Cannot be combined with
other offers. Expires 1-31-11.

FOR DINNER

FREE

APPETIZER

With purchase of main entree. 1 per
customer. Cannot be combined with other
offers. Expires 1-31-11.



and vegans. For light appetites, a cup or bowl of their Soup of the Day or a selection of salads. Those with heartier lunch appetites can choose from a varied menu that includes Philly cheese steak, slow roasted pulled pork sandwich (samich in Simplicity Bistro menu talk), marinated Portobello burger or soba noodle salad. The dinner menu is also varied with the menu featuring chicken pot pie, Italian style meatloaf, veggie lasagna, BBQ ribs, Garlic Prawns and other selections. A choice of appetizers is available at both lunch and dinner. A beer and wine license will be coming soon.

Morton points out that they kept pricing in mind when putting their menu together. "We feel all can enjoy, no matter what your financial status may be". Manager Vicki Austermiller added they will also be offering daily specials items at lowered prices. A banquet room is also available for private parties or meeting. Simplicity Bistro is open Tuesday through Sunday in at 111 West Main Street, downtown Grass Valley. Lunch is served 11:00am to 3:30pm with dinner hours being 5:00pm to 9:30pm, Tuesday through Thursday and 10:00pm Friday and Saturday.

\$1.00 OFF TACO SALAD

Good only at Grass Valley location. 1 coupon per person, per visit. Not valid with any other special. Prices subject to change w/o notice. Expires 12/31/10

**DINNER \$10⁷⁹
FOR 2**

Each dinner consists of:
**1 ground-beef taco, 1 ground-beef
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Community Calendar/Events

Nov 26-28: Craft Faire & Sandwich Shoppe, 10:00am to 4:00pm Friday and Saturday, Noon to 4:00pm on Sunday, Nevada City United Methodist Church, 433 Broad Street, Nevada City. The Faire will feature hundreds of handcrafted items along with homemade soup, sandwiches and pies. Call 265-2797.

Nov 26-28: 25th Annual Country Christmas Faire, 10:00am to 5:00pm Friday and Saturday, 10:00am to 3:00pm Sunday, Nevada County Fairgrounds, Grass Valley. One of the top handcrafted shows in Northern California, the Faire features unique gifts from more than 100 top artisans. Visitors will enjoy strolling live entertainment, festival foods, Santa and his elves, and a community bon-fire.

Dec 4: Book Sale, 9:00am to 3:00pm, Doris Foley Historical Library, 211 Pine Street, Nevada City. The sale will feature thousands of paperback and hardback books. Most books cost between 25¢ and \$3.00. This month's sale features art, holiday craft and gift books. For additional information, phone 265-1407 or email friends@friendsofthenevadacountylibraries.org.

Dec 4 & 5: Annual Holiday Craft Faire, 10:00am to 4:00pm, North Columbia School Cultural Center, 17894 Tyler Foote Road, Nevada City. The Faire will feature products from local artisans, including pottery, woodwork, fine art, mosaics, garden art, fiber arts, jewelry, home decor, herbal body products, candles, honey and much more. Concessions are also available. For more information, call 265-2826.

Dec 5: Nevada County Concert Band, 2:30pm to 4:30pm, First Baptist Church, 1866 Ridge Road, Grass Valley. The local, 60-piece band will be playing a family friendly concert of holiday, big band, pop, classics, folk, and show tunes. Admission is free with non-profit donations accepted.

Dec 17: 127th Donation Day Parade, 10:00am, Downtown Grass Valley. This historic parade feature area schools that have collected food to be donated to local families. The parade will also feature band music and bagpipers. The event is sponsored by the Grass Valley Ladies Relief Society.

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Community Event

Tree(s) of Love celebrates it 25th year

This year's Friends of Hospice "Tree of Love" has grown into the "Trees of Love". The Trees of Love are decorated with ornaments that have been personalized with the name and message for a loved one who have passed. These memorials will be on display at Hospice of the Foothills lobby, 11270 Rough & Ready Road, Grass Valley, Hospice Gift and Thrift 754 Zion, Nevada City, and Hospice Gift & Thrift, 17464 Penn Valley Drive, Penn Valley throughout the holiday season. Each ornament on a tree is the result of \$10.00 donations to Friends of Hospice, an Auxiliary of Hospice of the Foothills. The community is invited to visit these luminous memorials.

Friends of Hospice will also be presenting "Celebration of Lives", a candlelight service to be held on December



Suzanne Reese and Barbara Cisar decorate the 2009 Tree of Love

9 from 6:00pm to 8:00pm at the Sierra Presbyterian Church, 175 Ridge Road in Nevada City. This service will honor patients served by Hospice of the Foothills who have passed away during the prior year. The service is followed by a reception in the church hall. If you have not received an invitation to Celebration of Lives, or would like further information, contact the Friends of Hospice Office at 274-5121.

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Health and Fitness

Enjoy your dessert, without the guilt

Ordering or serving a sweet follow-up to dinner is a tradition for many Americans. Pie, cake and ice cream are popular dessert options at restaurants and family dining tables across the country.

But if you're trying to get in better shape or lose some weight, ending a meal with desserts that are high in calories might not be a great idea. No, you don't have to skip dessert. Instead, try some of these healthier options:

- **A fruit bowl:** Fruit is naturally sweet, so you'll target that sweet-tooth craving, without the additional calories of sugar or cornstarch added to baked desserts. And you can mix seasonal fruits from around the world at all different times of the year to keep this dessert choice colorful with many interesting different flavors.

- **Low-calorie yogurt:** Smooth, creamy texture and plenty of different flavors make this dessert option one to add to your healthy choice list. If you want to add additional healthy options to your yogurt, con-

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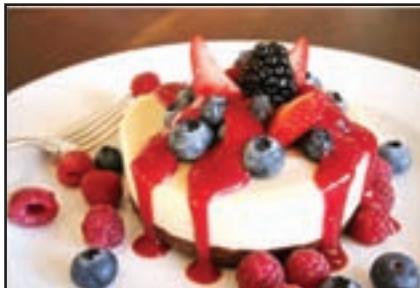
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sider sprinkling in some fruit, oatmeal or granola. It's a great way to top off a meal without going overboard.

- **Cold-brewed tea:** After finishing a wonderful meal, you often find yourself wishing for something to wash everything down. Serving cold-brewed tea is a great way to end the meal with a flavorful drink, and also promote your healthy lifestyle. Cold-brewing brings out the essence of the tea leaves, removing the bitterness that can form when tea is over-steeped. And having a glass after each meal will help you to slowly dissolve fat in your body.

- **Sugar-free popsicles or sherbet:** If you're craving cold and sweet, tantalize your taste buds with something from the freezer section. Make sure you purchase the sugar-free varieties of popsicles or sherbet - in any color - so you don't add any unnecessary extra calories to your dinner.

The next time you sit down to a great meal, don't fret over adding extra calories to your menu with dessert. Instead, with all of these ideas, all you have to do is worry about saving room for dessert. (ARA)



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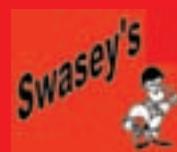
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On the Stage



Dec 10: Jeffery Broussard and the Creole Cowboys, 8:00pm, Miners Foundry, Nevada City. Jeffery Broussard & the Creole Cowboys feature the accordion mastery and soulful vocals of front man Jeffery Broussard, from the legendary band, Zydeco Force. The band delivers great, pack-the-floor renditions of Creole classics as well as their own brand of contemporary Zydeco. Jeffery Broussard & the Creole Cowboys create incredible music and outstanding performances, cultivating and inspiring new generations of Creole zydeco fans. Tickets are \$20.00. For more information, visit www.minersfoundry.org or call 265-5040

Dec 10-12: Winter Dance,

Friday 7:00pm, Saturday 1:00pm and 7:00pm, Sunday

1:00pm, Monday Center for the Arts, Grass Valley. The Center for the Arts celebrates the holiday season with their fifth annual winterDance community concert. The evening includes winter-themed pieces by community dance groups, with Artistic Director George Jayne promising everything from ballet to hip-hop. Tickets are \$15.00



for adults, \$12.00 for children six to 12 with free admission for kids five and under. For more information, visit www.centerforthearts.org or call 274-8384, ext 14.

Dec 17: Dan Hicks and the Hot Licks - Holidaze in Hicksville

8:00pm, Center for the Arts, Grass Valley.

Get into the holiday spirit of things with Singer-songwriter Dan Hicks, a true American original. Since the early 1960s, Hicks has deftly blended elements of Swing, Jazz, Folk and Country music to create the appealing sound he sometimes calls "Folk Jazz". The lyrics of his songs range from the simply sublime to the sublimely ridiculous, all presented with his uniquely skewed and inscrutable touch. Hick's sense of rhythm, hip lyrical styling, laid-back vocalizing, and infamous on-stage wit will make it an evening one will find hard to forget. And, according to his bio, he's a snappy dresser, too. Tickets are \$25.00. For more information, visit www.centerforthearts.org or call 274-8384, ext 14.



Dec 18: Perla Batalla

8:00pm, Center for the Arts, Grass Valley. Grammy nominated

vocalist, composer, and arranger Perla Batalla first gained international attention as a backup singer for Leonard Cohen who later encouraged her to embark on a solo career. Batalla released her debut "Perla



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Laugh your way into 2011

Dec 31: Comedian Paula Poundstone, Center for the Arts. Appearing on stage with a stool, a microphone, and a can of Diet Pepsi, Paula Poundstone is famous for her razor-sharp wit and spontaneity. The Boston Globe said, "Poundstone improvises with a crowd like a Jazz musician...swinging in unexpected directions without a plan, without a net." In 1979 Paula began nurturing her standup comedy talent as part of the Boston comedy scene, and then moved to San Francisco. By 1990 she'd relocated to Los Angeles and had starred in several comedy specials for HBO, as well as appeared on Saturday Night Live.

Poundstone's first one-hour HBO special, "Cats, Cops, and Stuff." made her the first woman to ever receive the Cable ACE for best standup comedy special. She also starred in a self-titled talk show series for HBO for which she won her second Cable ACE Award. She had her own show on ABC, "The Paula Poundstone Show" and is the first woman to perform at the White House Correspondents dinner. For ticket information, visit www.centerforthearts.org or call 274-8384, ext 14.



Batalla" album in 1994 to rave critical reviews. She is a favorite on Public Radio shows throughout the U.S. Batalla is excited about her fifth album release, a tribute to Leonard Cohen entitled "Bird on the Wire". The Album includes special guests such as; David Hidalgo of Los Lobos, Bill Gable, Vinnie Coliauta, Greg Leisz, Julie Christensen and many other fine musicians. Tickets are \$25.00. For more information, visit www.centerforthearts.org or call 274-8384, ext 14.

Dec 19: Sierra Master Chorale Holiday Concert, 2:00pm and 7:00pm, Seventh Day Adventist Church, Grass Valley. Tickets are \$21.00. For more information, visit www.inconcertsierra.org.

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