

# M Foothills MARKETPLACE

November 25 2010  
Vol. 3, No. 3

Community Events & Area Savings



**Inside:**

**Cornish Christmas  
Victorian Christmas**

**Holiday Traditions  
Holiday Savings**



## Foothill Mattress Center

Raley's Center  
Grass Valley

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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 event 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](http://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](mailto: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](http://www.hospitalityhouse.org).



**"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.ncngrmmuseum.org](http://www.ncngrmmuseum.org).



## Foothills MARKETPLACE

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1115 Grass Valley Highway, Auburn 95603

Contact us at: 530-888-7654

Fax us at: 530-888-1522

Email us at: [foothillsmarketplace@goldcountrymedia.com](mailto:foothillsmarketplace@goldcountrymedia.com)

General Manager: **Penny Chase**, 530-888-0266  
[pennyc@goldcountrymedia.com](mailto:pennyc@goldcountrymedia.com)

Sales: 530-888-7654

Michael Berry	<a href="mailto:mikeb@goldcountrymedia.com">mikeb@goldcountrymedia.com</a>
Mary Rist	<a href="mailto:maryr@goldcountrymedia.com">maryr@goldcountrymedia.com</a>
Bonnie Pebley	<a href="mailto:bonniep@goldcountrymedia.com">bonniep@goldcountrymedia.com</a>
Bernadette Ambers	<a href="mailto:bernadettea@goldcountrymedia.com">bernadettea@goldcountrymedia.com</a>
Laurie Nelson	<a href="mailto:laurien@goldcountrymedia.com">laurien@goldcountrymedia.com</a>

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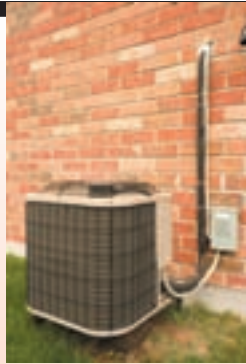
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## Community Event

# 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 you 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](http://www.historicgrassvalley.com).



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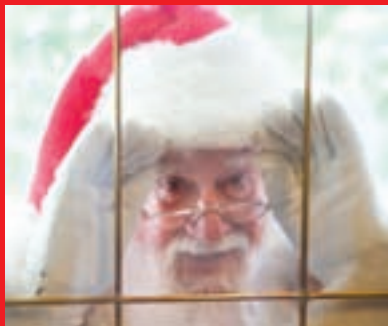
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## Family Living

### 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.



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](http://www.SafetyAtHome.com).

(ARA)



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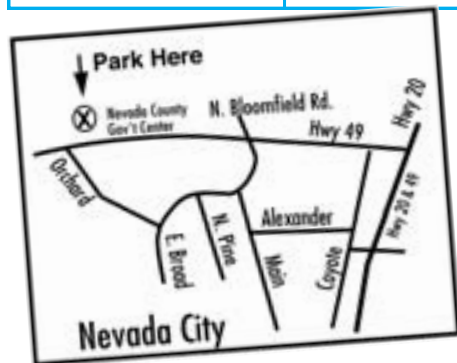
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## Community Event

# 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](http://www.nevadacitychamber.com).

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9 AM - 1 PM SATURDAY

# How some Christmas traditions may have started

**T**he 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](http://www.allthingschristmas.com).



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- Treated water can be RECYCLED & REUSED for landscaping/irrigation
- Manufactured & assembled in N. California
- Two (2) years service & maintenance
- 24/7 monitoring included





BEFORE: Mound system encompasses entire backyard.



AFTER: HOOT allows homeowner to enjoy their back yard.



Call today to learn more  
or visit us at [www.sosonsite.net](http://www.sosonsite.net)  
**(877) 888 - HOOT (4668)**





# STOREWIDE FASHION SAVINGS

## 10% OFF

With This Ad  
Thru 12/15/10

Women's • Men's • Juniors

Gift Certificates for  
the hard to buy for!

### DENA'S ~~OFF~~ ON MAIN

Consignment Shop  
408 Colfax Ave • GV, 273-9246

## BEAUTIFY YOUR HOLIDAY GIVING!

FOR THAT  
SPECIAL  
SOMEONE

### GIFT CERTIFICATES

- Hair • Nails • Pedicure
- Permanent Cosmetic Makeup
- Microdermabrasion • Massage
- Clinical Skin Peels • Waxing
- Skin Care Services

*Spoiled*



*Spa*

**272-1772**

650 FREEMAN LANE, RALEY'S SHOPPING CENTER, GV



## Santa Shops All Around Grass Valley

### GREAT STOCKING STUFFERS

TO: SOMEONE SPECIAL

FROM: YOU

AMOUNT: \$ \_\_\_\_\_

GIFT: VEHICLE DETAIL ☐

BOAT DETAIL ☐

WINDOW TINT ☐

UPHOLSTERY ☐

GIFT CERTIFICATE

*A Finer Detail & Upholstery*

**477-1455**

950 IDAHO-MARYLAND RD.

## Live, Cut Christmas Trees

2 Feet to  
10 Feet



### A to Z Supply

13396 Ridge Road, GV  
273-6608

M-F 7:30-5:30 • Sat 8-5 • Sun 9-4

www.atozsupply.com

## Make it a TAN Christmas

**\$10<sup>00</sup> off Mystic Sprays**

**\$39<sup>95</sup> Month Special**  
(Reg. Beds)

**40% off All Clothing**

Must present ad. Cannot be combined  
with other offers. Expires 12/15/10.

### Tropical Tans

147 Joerschke Dr. • Grass Valley

**477-8707**

**Gift Certificates Available**

## Give the Gift of Good Health

### TRY ONE WEEK FREE\*

Not valid with any other offer. Valid only at participating locations.  
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Our 30 minute circuit works every major muscle  
group, two muscles at a time, so you can burn  
up to 500 calories. All with a trainer to teach  
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in Women's Fitness

530-477-5027  
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Grass Valley, CA

*"When Only A Pro Will Do"*

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BRIAN L. O'LOONEY, Owner, Operator

**Professional Carpet, Upholstery • Tile & Grout Cleaning**

**Residential & Commercial • FREE Estimates**

**CARPET & UPHOLSTERY**

- Carpet Protection
- Upholstery
- Odor Control
- Carpet Protectant
- Red Stain Removal
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**TILE & GROUT CLEANING**

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Dries in hours, not days

**Now Offering  
CARPET REPAIR**

**Go Green, Be Clean!**

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**ASK ABOUT OUR  
DUCT SYSTEM  
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**Truck Mounted Steam Clean  
Serving All Nevada County  
100% Satisfaction Guaranteed**

**432-5700**

## 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.

*Tamara – Bob Discount Carpet Inc.*

## Fabulous Kitchens! Low Prices!

**Buying Local Supports  
Our Community!**

### KITCHENS • BATHS • REMODELS



**NO**  
Crummy Box  
Store Service  
or Outrageous  
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**Quality Products Made in USA!**

**Nevada County's One Stop Shop for Expert Remodeling**

**60% OFF**  
**Cabinets**

**KraftMaid**  
Cabinetry

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**DURA Supreme**

- Granite Countertops Starting at \$49/sq.ft.
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- Contractor Volume Discounts

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It always pans out!*

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Since 1988 **530-272-2200** CSL 761857

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1451-A E. Main St., Grass Valley

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*Home for the Holidays*  
**SAVINGS EVENT**



**CREATE A  
FESTIVE MOOD  
WITHOUT  
LIFTING A  
FINGER.**

**SAVE \$50 PER UNIT\***  
ON SELECT MOTORIZED  
WINDOW FASHIONS.  
NOW THRU DECEMBER 15<sup>TH</sup>

This holiday season, receive a \$50 mail-in rebate with your purchase of select Hunter Douglas window fashions with patented PowerRise® or PowerGlide® motorized systems. Precisely adjust your shades by remote control and set the mood for any occasion. Ask for details.

**Budget Blinds**  
Grass Valley CA  
530-274-1122  
www.budgetblinds.com

\*Rebate offer valid for purchases made 9/25/10 - 12/15/10. Limitations and restrictions apply. Ask for details.  
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LOWEST PRICES**

**DISCOUNT CARPET, INC.**

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- TILE
- LAMINATE
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- VINYL
- WALLPAPER



**Free Cleaning Kit  
with \$500 Purchase of  
Laminate-Hardwood-Carpet**

**995 GOLDEN GATE TERRACE • GV**  
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**PUBLIC NOTICE:**

**\$1500 Tax Credit  
Expires Dec. 31, 2010**

**We have qualifying  
WOOD STOVES  
starting as low as  
\$599**

**FOXFIRE STOVES**

Discount Fireplaces & Stoves  
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**20% OFF**  
**All Bookcases**  
**In Stock/Different Sizes**

Ends 12/18/10. Cannot be combined with other offers.

**BONUS SAVE  
25%**

30" W x 36" H x 12" Deep  
Unfinished Bookcases with 2 adjustable shelves.  
**Just \$119<sup>00</sup>**



Finished



Unfinished

**COUNTRY WOOD  
FURNITURE**  
**FINISHED & UNFINISHED**

**116 W. Main Street, Grass Valley**

**273-5375** parking in rear of building

- Furnishings for every room
- Professional Finishing Available
- Stained Glass & More



# 1/2 OFF

**LUNCH OR DINNER**

Buy any lunch or dinner entree and get the 2nd lunch or dinner entree of equal or lesser value 1/2 off. Present coupon at time of order. One coupon per table. Cannot be combined with any other offer. Expires 12/31/10

**154 Mill St. • GV  
274-2600**

**Reservations Suggested  
Lunch Mon-Sat 11-3:30  
Dinner Wed-Sat 5-8:30**



# 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 Cikatelli 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 Cikatelli 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, Cikatelli 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 Cikatelli'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

## Party Trays Feeds 10 to 12

**Reserve Yours Today - 470.0879**



**104 Union Street, Nevada City — Open 7 Days  
Hot & Cold Sandwiches • Beer & Wine**

*Our Food Is Simply Delicious!*

**Lunch or Dinner (Soup & Salad Too)**

- Bistro Quiche
- Philly Cheese Steak
- Bistro Burger
- Slow Roasted Pull Pork
- SOBA Noodle Salad
- Portobella Burger
- Burgundy Braised Beef
- Italian Style Meatloaf
- Open Face Turkey Sandwich
- Veggie Lasagna
- Herb Chicken Breast
- BBQ Ribs • Garlic Prawn



**111 West Main St.  
Grass Valley  
205-9365**

**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. Expire 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.

## PICK ANY 2 ITEMS

- 12 oz Soup of the Day
- 12 oz Classic Smoothie
- 12 oz Fresh Organic Juice
- Salad (Spinach, Caesar or Baby Greens)

**Only \$4.99**

with coupon.  
Expires 12-3-10



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SMOOTHIE COMPANY

843 Sutton Way • GV  
(Brunswick & Sutton)

## Check out our . . .

- Warm B'fast Items
- Coffee, Tea, Cocoa
- Dairy/Gluten Free Smoothies!



## Any Family Size Pizza

**\$4.00 OFF**

Receive \$4.00 off any family size menu priced pizza. Expires 12-31-10.

**Kmart Center  
Grass Valley  
272-3589**

**Fowler Center  
Grass Valley  
274-8900**

Limited time offer. Not valid with any other offers.  
Valid only at participating locations. Coupons cannot be sold, transferred or duplicated. One per customer.

## \$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 \$10.79  
FOR 2**

Each dinner consists of:  
**1 ground-beef taco, 1 ground-beef enchilada, rice, beans and 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



**JIMBOY'S  
TACOS**

1937 Nevada City Hwy-Grass Valley

**Try Our New  
Garden Fresh Items**

## FREE BURRITO

**Buy Any Burrito and Reg. Drink  
& receive 1 FREE Burrito of  
equal or lesser value.**

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

## FREE TACO

**Buy Any Taco & Get 1 FREE  
of equal or lesser value.  
(1 taco per coupon)**

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

**\$10<sup>00</sup> OFF** ANY RENTAL OVER \$50<sup>00</sup>  
Not to be combined with other offers.

**GOLD - N - GREEN**  
EQUIPMENT RENTALS  
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**SIERRA  
AUTO BODY**

Quality  
Collision  
Repair



**530 272-4976**

654 Maltman Dr., GV

**Check out  
past issues of**

**Foothills  
MARKETPLACE**

**online at  
foothillsmarketplace.net**

## 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.

**SAVE ON YOUR  
HARDWOOD!**

**10% OFF**

Any purchase of \$100 or more!  
With coupon. One per customer.  
Not valid with other offers.  
Expires 12-8-10.

### Savings on 4/4 - 8/4

- Alder • Ash • Birch • Cherry
- Hickory • Mahogany • Maple
- Oak • Poplar • Walnut • Exotics
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- Custom Cabinets & Hardware & More

**NEVADA COUNTY**

**HARDWOODS**

**LUMBER & SUPPLY CO.**

310 Railroad Ave.

Ste. 400 • GV

**273-3318**

M-F 9am-4pm



## Community Event

### Tree(s) of Love celebrates it 25th year

**T**his 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.

### Choose & Cut Christmas Trees

Douglas Fir • Scotch Pine  
Wreaths • Tree Stands • Pre-Cut  
Nordman • Noble Fir • Picnic Area  
**FREE Tree Netting**

**\$2.00 OFF**  
WITH THIS AD

**OPEN Fri 2-5 • Sat & Sun 10-5**

### Cone & Hill Tree Farm

Donn & Nicole Coenen, Owners  
(530) 268-3610

21001 Cone & Hill Dr. (Off Wolf Road)  
2.5mi. from Hwy. 49 (near L.O.P.)

**FMP**  
**Clip & Save**

### HEY GARDENERS



**15% OFF**

WITH COUPON

**Any** Grow Light Set Including Hood, Light, Ballast



**ANYTHING GREEN**  
HYDROPONICS

17551 Penn Valley Drive  
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### FREE Paraffin Dip with Manicure & Shellac

ask for

**Desiree or Julie**

**Expires 12/31/10**

**Blondies**  
HAIR • NAILS • SKIN

Call for Appointment **273-8288**

426 Sutton Way #112, GV

### A Victorian Hair Salon

*in Historic Nevada City*  
*with off street parking*

**NOW ACCEPTING NEW CLIENTS!**

**COLOR SPECIALIST**  
20 YEARS EXPERIENCE  
UNIQUE INDIVIDUAL SERVICE



Tea & Chocolates  
**530 478-0490**

*By Appt. Only*  
*Evenings Avail.*

417 Broad Street • Nevada City

Haircut & Style \$30-\$35  
Color & Haircut \$55-\$75  
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Highlights & Haircut \$55-\$85  
Partial & Full  
Affordable Color Maintenance Programs

### FREE NAIL TRIM

with purchase of \$15.00 Self Wash.

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**Your Pets**  
GROOMING AND SELF WASH

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Dr. Evans offers many amenities to ensure that you are comfortable throughout your visit. We treat patients who have not had treatment for years, negative dental experience and problems getting numb.

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Try us out  
**FREE  
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New patients only. Some restrictions apply. Call for details. Expires 12/31/10

## 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-

**Speedee Oil Change** SERVICE WHILE YOU WAIT! **823-0102**  
Hwy. 49 & Summer Ridge Dr., AUBURN  
A State-Approved Used Oil Collection Center  
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### Your Automotive Full General Repair Location

#### SUPER SPECIAL OIL CHANGE

Full Service  
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Featuring Our 17 Point Super Special Service

Includes environmental fee.

#### Oil Change Includes:

- Change motor oil (up to 5 qts.)
- Chevron 5W/30, 10W/30, 10W/40, 15W/40, 20W/50
- New oil filter
- Check & top off all essential fluids
- Complete chassis lubrication
- Check wipers, air filter and tires
- Clean front and rear windows
- Vacuum vehicle interior
- Validate new car warranties
- Recommended every 3 months or 3,000 miles

Not valid with any other offer. Expires 12-31-10. FMP

#### TIRE & ALIGNMENT SPECIALS

**\$10<sup>00</sup> OFF**

Any Tire Service or Wheel Alignment

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#### WINTERIZE

**FREE \$10<sup>00</sup> OFF**  
Wiper Blades\* or with Radiator Flush

\*Trico wiper blades up to 24". Not valid on frameless blades or with any other offer. Expires 12-31-10. FMP

#### SERVICE SPECIAL

**\$20<sup>00</sup> OFF**

Any General Service Repair

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[www.speedeeoil.com](http://www.speedeeoil.com)

#### SMOG CHECK

**\$20<sup>00</sup> OFF**

Smog Available 7 DAYS! Not valid with any other offer. Expires 12-31-10. FMP

### Fast, Prompt, Reliable Service

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#### WINTER TANK SETUP SPECIAL

### Call for 1st Fill Price!

Includes 6 months **FREE** tank rent, twin stage regulator, pressure test, labor & parts to set tank.

Expires 12/31/10

Call Our Friendly Office Staff

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13120 John Bauer Avenue, Grass Valley

**Locally Owned!**



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)



**Craft Faire**  
 & Sandwiche Shoppe  
**Friday & Saturday**  
**Nov. 26th & 27th 10am-4pm**  
**Sunday ~ Nov. 28th ~ Noon - 4pm**  
**OPEN DURING VICTORIAN CHRISTMAS!**  
 Beautiful Handcrafted Gifts for All Ages  
 Delicious Homemade Soup, Sandwiches & Pies  
**Nevada City United Methodist Church**  
**433 Broad Street • Nevada City • 273-3970**

**FREE SMOG**  
**CERTIFICATE** With every passing initial smog check  
**\$40** Plus 1 Free Retest  
**EZ SMOG**  
 Mon-Fri 8:30am-5pm • Sat 8:30am-2pm  
**355 Nevada St., Auburn**  
 (next to True Value)  
**885-9616** FMP

**Includes all fees**

- \$50 1995 & older cars, small trucks & most mini vans.
- \$60 Full size trucks, diesel, 4x4 & SUV.

\*Retest plus certificate & EFT  
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**This Holiday Season**  
**Give the Gift That**  
**Works All Year Long....**



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**GOLD COUNTRY TRACTOR**

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**We have items that make shopping for the hard-to-buy-for person . . . easy!**

**STAY DRY THIS RAINY SEASON**

**We've Got TARPS** Poly • PVC • Canvas Clear • Shade

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**PUBLIC WHOLESALE**  
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**Open Everyday • 477-0892**

Swasey's

## 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](http://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](http://www.centerforthearts.org) or call 274-8384, ext 14.

**Dec 17: Dan Hicks and the Hot Licks - Holiday 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](http://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



Trust the Midas touch.

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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](http://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](http://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](http://www.inconcertsierra.org).



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