

# SUN SENIOR NEWS

Your Community News Source — Serving Sun City Lincoln Hills — ONLINE AT: SUNSENIORNEWS.COM



## IN THIS ISSUE

Letters to the Editors.....	3
Music Group, Ballroom Dance.....	5
Country Couples.....	5
Friends of the Lincoln Public Library.....	6
Tap Comany,.....	7
Mixed Media, Needle Arts.....	7
Painters, Paper Arts, Photography.....	8
Woodcarvers, Travel, RV.....	9
Writers, Book, Italian, Genealogy, Computer.....	11
Neighborhood Watch.....	13
Apple User, Amateur Radio, Astronomy.....	14
Shalom Social, Democratic.....	15
Lavender Friends, Veterans.....	17
Republican, S.C.H.O.O.L.S.....	17
Sports Car, Rods & Relics.....	19
Alzheimer's, Multiple Sclerosis.....	19
Bosom Buddies, Low Vision Support.....	21
Glaucoma Support, Garden, Bird.....	23
Fishing, Hiking and Walking, Cyclist.....	25
Bocce, Solfball, Pickleball.....	26
Table Tennis, Tennis.....	27
Lincsters 9 Hole Golf, Ladies 18-Holer Golf.....	27
SSN Writer, Voices of Lincoln Poetry.....	29
Lincoln Theatre Company.....	34
Observations.....	35
Men's Golf, Bowling, Billiards.....	37
Duplicate Bridge.....	37
Classifieds.....	39

And Much More . . .

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## Almo and Mary Cordone — Caring to the End

BY RUTH MORSE

Mary and Almo Cordone have lived in three different homes in Lincoln Hills. They first moved to Sun City in 2004, relocated to Marin County in 2012 for a while and then moved back to Sun City in 2014. This last year has been a difficult one with changes. The couple downsized to the current house in the fall of 2020 and Almo died in May 2021 after an extended time on hospice.

Almo (Al) Cordone was born and raised in Marin County, California. His father's family owned Cordone Gardens, a thirty-acre vegetable and fruit ranch. They grew and distributed produce locally. Eventually, this land became the Sir Francis Drake High School, renamed this year. Almo was an infant when his father died so he grew up on his mother's family's dairy ranch, also in San Anselmo. Cordone Drive in San Anselmo is named for his family. Almo milked the cows and knew all their names. He loved



Mary Cordone pictured with her late husband Almo.

PHOTO BY JEFF ANDERSEN

hiking the hills and fishing the streams and lakes of Marin. He graduated from Tamalpais High School in Mill Valley.

When Almo attended UC Berkeley, they discovered he had tuberculosis. He left school, successfully recovered and married his first

wife, a high school sweetheart. Almo went back to Berkeley, graduated and started a family. After school, he began a forty-year career as a fishery biologist with the California Department of Fish and Wildlife. In the early 1960s, he lived with his family at the Lake Tahoe Fish Hatchery for six years. In the late 1960s to early 1970s, Almo took a hiatus and worked with the United Nations at Lake Victoria for two years, living in Uganda and narrowly missing the worst of the overthrow of the government by Idi Amin. He was there as a consultant to support the United Nations program to develop the fisheries of the Sahelian Zone of Africa.

After the family's return to the United States, they settled in Davis and Almo continued his career with the Department of Fish and Wildlife. He was highly respected for  
*(cont' on page 33)*

## Bingo Update and Dial-a-Ride

BY DENISE BOWDEN

We look forward to getting back to holding Bingo but we continue to experience a variety of challenges beyond our control. We anticipate this will continue for a while so the Lincoln Hills Foundation Board has made the decision to cancel Bingo through the end of 2021.

We know how much everyone enjoys Bingo so we will keep you posted as we get closer to the beginning of the year. 2022 marks the 20th Anniversary of the Lincoln Hills Foundation so not only will we be celebrating being back in the ballroom but we will be sharing the successes that we've had during these 20 years plus new programs ahead for the seniors of Lincoln Hills.

In the meantime, don't forget Dial-a-Ride, our newest partnership pilot program. A 20 Ride Packet is available to seniors or people with disabilities and is usually priced at \$21.25, but the Lincoln Hills Foundation

is underwriting part of the cost and selling the packet for \$10. If you would like to learn about it or use the service call 916-434-6852.

It's Olive Oil season. Once again we will be selling the heart-healthy and high-quality olive oil we have been offering for several years. Sales will start mid-October but if you want to place an advance order you can email [oliveoil@lincolnhillsfoundation@gmail.com](mailto:oliveoil@lincolnhillsfoundation@gmail.com) and you will be in line for one of the first deliveries and even better, payment won't be due until we deliver.

Fall also seems to bring out the desire to cook so stop by our table at the Holiday Expo, October 24th. You can order olive oil for delivery to your home and pick up our recently published cookbook with some great recipes from friends and neighbors right here in Lincoln Hills.

## LH Community Chorus

BY BARRY MACKINTOSH

"We Need a Little Christmas," and we're gonna get it! After Covid canceled last year's holiday concert and our last two spring concerts, we're finally back rehearsing for our December 2021 concert, named for and featuring this timely song from the Broadway musical "Mame."

"There's No Place Like Home for the Holidays," so don't leave town then until you've heard our renditions of this and more popular seasonal favorites including "Have Yourself a Merry Little Christmas," "Here Comes Santa Claus," "Rockin' Around the Christmas Tree," "Swingin' Saint Nick!" and "Feliz Navidad."

We'll also sing you traditional carols like

*(cont' on page 5)*

## "Murder on the Orient Express"

BY DOUG BROWN

You have just settled into your seat in Orchard Creek Ballroom – at long last – after two years of absence of Players shows, to see Agatha Christie's *Murder on the Orient Express*. Audience lights dim, stage lights go up, and onto the stage walks the celebrated



Belgian detective of Agatha Christie lore, Hercule Poirot (played by Ken Reiss), announcing, "The story you are about to witness is one of romance, tragedy, primal murder, and the urge for revenge!" (See photo of Monsieur Poirot. Photo by Laura Jacobson & Craig Stults.)

*(cont' on page 31)*

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Nov. 18 and 19 — 7 pm  
 Nov. 20 and 21 — 2 pm

General Admission—\$17  
 Reserved Seating—\$21  
 Orchard Creek Ballroom

**Directed by  
Julie Africa**

Tickets available at SCLH Lifestyle Desks (OC/KS)  
 Log-in online at [www.sclhresidents.com](http://www.sclhresidents.com)  
 Click "Online Enrollment"



The Sun Senior News - Lincoln Hills is a monthly publication, published by EGnews Inc.  
 Mailing Address: 5098 Foothills Blvd., #3-405 • Roseville, CA 95747  
 916-727-6383 • Fax: 916-727-6373 • E-mail: egnews@egnews.com  
 Ad rates are available online at www.EGnews.com or Email: Ad@egnews.com



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The Sun Senior News - Lincoln Hills is mailed free to 7,000 homes in the Sun City - Lincoln Hills community. The delivery is targeted for the first week of each month.

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Back issues are available to download there as well.

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**SUBMISSIONS**

The Sun Senior News - Lincoln Hills welcomes announcements from social clubs, schools, charitable organizations, non-profit organizations, local government and community events. Also, editorial contributions as well as articles, cartoons and photographs are welcomed and considered for publication. Deadline for submissions is the 15th of each month. Please submit via email to: egnews@egnews.com

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# Letters to the Editors...

Authors are solely responsible for the content of their letters.

## Facts Regarding the SCLH Special Election

The Board of Directors has spent huge amounts of time, effort and homeowners' money promoting the "pro" side. You've seen their ubiquitous "Amend Our Documents" signs; seen eNews promoting benefits of the FMA; and, heard Directors touting the benefits at homeowner gatherings.

Interestingly, after giving all "the pros," they'd add, "Oh... but we don't care how you vote." Does anyone wonder if this was merely a disingenuous and ill-disguised attempt to "cover their legal derrieres?"

The truth is... although lawfully required by Civil Code 5105, the BoD and Election Committee have NOT provided "equal access" for opposing views.

Ignoring the law and minimizing opposition voices are both huge red flags! They are indicators of moral character. These actions alone should give homeowners sufficient motivation to Vote No on ALL Five Amendments.

They raise the all-important issue of "trust." If these people cannot be trusted to run a fair and lawful election (by equally providing BOTH "pros" AND "cons"), how can we trust "their word?" How can they be trusted to abide by the law in the future if they don't abide by the law today?

The truth is... as a whole, these five Amendments are a power-grab by SCLH's long-time "ruling clique/LHF" (and their surrogates) to ensure their PERMANENT control of our HOA - and ensure their ability to fund "special interest" projects for their cronies.

Ordinary homeowners will lose their ability to influence the rules by which we are governed, as well as our HOA'S spending priorities. If you vote to approve these Amendments, it is the last time your vote will matter!

Preserve your rights! VOTENOONALL FIVE AMENDMENTS!

See details and learn the truth at www.JustSayNoSCLH.com.

Beth Schuman

## Vote No...

As the battered survivor of a long-ago battle with the Lincoln Hills Board, I am writing to you, my fellow homeowners, to urge you to vote "NO" on the ill-conceived Amendments being pushed so desperately by the current SCLHCA administration.

I am especially concerned about Amendment #3 which would abolish cumulative voting. Let's be clear: in a Homeowner Association, you have none of the protections of a normal democratic government. A homeowner association "government" has no separation of powers (a single Board makes the laws, executes the laws, judges and punishes "lawbreakers"), no checks and balances, no guarantee of individual rights. If you ever have a disagreement with the all-powerful Board, Heaven help you, because your only weapons are cumulative voting during elections, and going to court. (Going to court is prohibitively expensive, and courts usually vote in favor of institutions, not individuals.)

Contrary to what the current Board would have you believe, eliminating cumulative voting is not a mere housekeeping issue, performed routinely by homeowner associations after the developer leaves. This and other untruths are blatant in the official "information" accompanying each amendment.

Please, for all our sakes, vote NO on these deceptive Amendments, and especially VOTE NO ON AMENDMENT #3.

Gretel McLane

## Make Our Streets Safer...

Lots of people walk in the streets of Lincoln and create serious danger to bicyclists and themselves. They do this every day, even though there are good sidewalks available right next to where they walk. It is very common. They often walk two-abreast, far from the curb, in the wrong direction, and often don't pay attention to traffic. Their presence causes cyclists to move near cars and trucks to get around walkers. These Streetwalkers often have dogs with them. The dogs are usually

(cont' on page 3)

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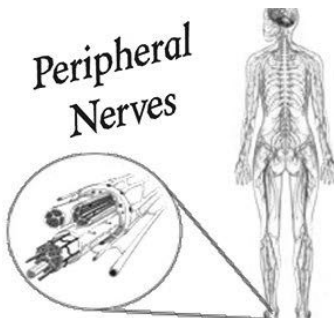
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## Neuropathy Relief Is Possible

The most common method your doctor will recommend to treat neuropathy is with prescription drugs. While this may temporarily reduce your symptoms, medications such as Gabapentin, Lyrica, Cymbalta, and Neurontin are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.



**Figure 1: Notice the very small blood vessels surrounding each nerve.**

Peripheral neuropathy is a result of damage to the nerves, often causing weakness, pain, numbness, tingling, and the most debilitating symptom, balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet. Every part of the body relies on blood via blood vessels, for oxygen and nutrients. Without it, the body begins to lose function.

As shown in Figure 2, as the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately.

When these nerves begin to "die" they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

### Three Factors to consider for Effective Neuropathy Treatment:

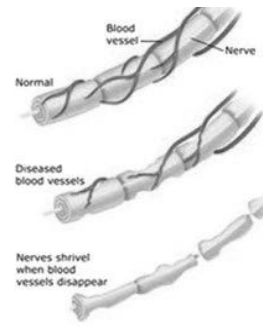
1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

### Three goals of treatment at Lincoln Acupuncture:

1. Increase blood flow
2. Stimulate nerve fibers
3. Decrease brain based pain

The main problem is that those with Neuropathy have been given limited options for treatment: medications which often make you feel

sick or uncomfortable, or have to come to terms with the idea of "just living with it." There is now a clinic in Lincoln that offers you hope without worrisome side effects.



**Figure 2: When blood vessels become diseased, they shrivel and are no longer able to provide nourishment to the surrounding nerves.**

The treatment to increase blood flow utilizes Acupuncture, ATP Resonance BioTherapy and O3 Regenerative Therapy. Acupuncture helps to stimulate the blood vessels and the peripheral nerves such that they are able to receive proper nutrients needed to heal and repair. Collectively, these treatments function to increase blood flow and expedite recovery and healing.

The amount of treatment needed to allow nerves to fully recover varies from

person to person and can only be determined after a detailed neurological and vascular evaluation.

We will conduct an exam that consists of detailed sensory vascular testing and an analysis of neurological findings. After the exam, you will meet with the practitioner to discuss your results and determine if you are a good fit for our program.

This life impacting condition affecting millions of individuals can be helped and even reversed. Whether the neuropathy affecting you is chemical in nature, due to diabetes, or mechanical such as disc disease or arthritis, treatments are available to help you alleviate your suffering.

Call **916-884-0398** to make an appointment to determine if the peripheral neuropathy affecting you can be treated.

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**Schedule A Consultation. CALL: 916-884-0398**

**YOU DON'T HAVE TO JUST LIVE WITH IT**



### LH Community Chorus

(cont' from page 1)



Concert Producer **Doug Brown** and Director **Paul Melkonian**.

LINCOLN HILLS CHORUS  
2021 HOLIDAY CONCERT

*We Need a Little Christmas!*

**December 12, 2 pm**  
**December 13, 7 pm**  
**December 14, 7 pm**

*In the Ballroom*

“The First Noel” and a medley of “Sing We Now of Christmas,” “O Come, O Come Emmanuel,” “God Rest Ye, Merry Gentlemen,” “We Three Kings,” and “O Come All Ye Faithful.” Plus two rousing spirituals: “Amen! Tell It on the Mountain!” and “Children, Go Where I Send Thee.” Plus a delightful arrangement of “Jingle Bells” to music from Tchaikovsky’s “Nutcracker Suite.”

You’ll enjoy all these and more in the Ballroom on December 12-14, when “a little Christmas” will never be more needed. See this month’s Compass for information about tickets, which will go on sale October 17. We suggest you get them early because seating may still be reduced.

For more about the Lincoln Hills Community Chorus, visit our website at [lincolnhillschorus.org](http://lincolnhillschorus.org) and contact our membership coordinator, Mari Long, at [mrlong24sjca@sbcglobal.net](mailto:mrlong24sjca@sbcglobal.net) or 916-409-9136. After you’ve heard us you may want to join us!

### LH Music Group

BY DAN LEHRER

Our September meeting held in Presentation Hall had a “Love” theme. The opening song was “Gentle On My Mind,” made famous by Glen Campbell. After wonderful solo performances, we closed with “To Love Somebody,” the classic by the Bee Gees. We are looking forward to another PH meeting in October, sure to be a spooky one, costumes will be encouraged. We are in the planning stages of moving our meeting venue from the OC to Presentation Hall in 2022. Stand by for future news. You can find the Lead Sheets for the group songs and more information on our website, [lincolnhillsmusicgroup.org](http://lincolnhillsmusicgroup.org); the password is musicgroup. You can also contact Dan Lehrer at [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com). Ukele Ohana meets Wednesdays, 1:00 to 3:00 PM, (OC). Open to Lincoln Hills residents. Contact Ron Peck at 925-788-5869 for information.

### Ballroom Dance Club

BY ERNIE MICHELI

The Ballroom Dance Club will be providing instruction in the month of October for the Foxtrot. The Foxtrot is a smooth, progressive dance characterized by long, continuous flowing movements across the dance floor. The dance is similar in its look to the Waltz.

The dance premiered in 1914 and reached its height of popularity in the 1930s. Vernon and Irene Castle lent the dance its signature grace and style. The origin for the name of the dance is unclear, although one theory is that it took its name from its popularizer, the Vaudeville actor Harry Fox.



**Ed King and Sharon Davis.**

At its inception, the Foxtrot was originally danced to Ragtime. From the late 1910s through the 1940s, the Foxtrot was the most popular fast dance, and the vast majority of records issued during these years were Foxtrots. The Waltz and Tango, while popular, never overtook the Foxtrot. Even the popularity of the Lindy Hop in the 1940s did not affect the Foxtrot’s popularity, since it could be danced to the same records used to accompany the Lindy Hop.

When Rock and Roll first emerged in the early 1950s, record companies were uncertain as to what style of dance would be most applicable to the music. Decca Records initially labeled its Rock and Roll releases as “Foxtrots”. Most notably “Rock Around the Clock” by Bill Haley and His Comets was considered the biggest-selling “Foxtrot” of all time.

Over time, the Foxtrot split into slow and quick versions, referred to as “Foxtrot” and “Quickstep” respectively. In the slow category, the social American style, uses a slow-slow-quick-quick rhythm. This slow version is the style taught in our Sun City Ballroom Dance lessons.

Pictured in this article are Ed King and Sharon Davis, two ballroom participants who enjoy weekly lessons. Lessons are offered in the Kilaga Springs Lodge Multipurpose rooms each Tuesday from 2:00 to 3:00 p.m. for beginners and 4:00 to 5:00 p.m. for more experienced dancers. Open dance is from 3:00 to 4:00 p.m. during which you can practice the many dance styles including the current month’s offering. Contact Ruth Algeri at 916-408-4752 for more information.

In an article by David Thomas entitled “The Reasons Why We Dance” (February, 2015), he states, “maybe dance is simply a translator for the human heart”. Mr. Thomas adds “Perhaps dance is the medium through which we show the world who we truly are and who we can be”.

### Country Couples

BY KATHY LOPEZ

Unfortunately, our “No Frills” dance scheduled for September had to be cancelled as SCLH staffing issues and



**Country Couples**

shorter hours of operation continue to affect various activities.

Our club has managed to have a few social gatherings in the last month or so. We had a couple of pizza parties at a local downtown Lincoln location. Needless to say, we had a great response and wonderful attendance at both events. So nice to see so many happy faces and get together again!

We were also able to have a General Membership Meeting which was fairly well attended. Several topics were discussed with much conversation around the Friday dance review time that the Association has kindly given our group and how best to use it to benefit our members.

We’re also hoping to arrange a winery tour/lunch for our group later this month. Details regarding this event will be expounded on in next month’s issue.

Country Couples is looking for volunteers to serve on their Steering Committee starting in 2022. There will be several positions open as most of the present committee members have been serving an extra year because of the pandemic. Open positions will be: Chair, Vice-Chair, Treasurer, and Public Relations. Duties for each position are listed on our website. Please consider volunteering.

Intermediate Country Couple lessons started up a couple of months ago and continue at KS on Mondays at 6pm. When our Beginner lessons resume (hopefully sometime soon), if you’re interested in learning Country Couples dance, check out the Compass. Beginner lessons are at 7pm on Mondays at Kilaga Springs Lodge. Country Couples Club is separate from the lessons. Membership allows you to take part in our dances and fun activities throughout the year. Please see the contact info below if you are interested or have any questions.

Contact: Kathy Lopez 916/434-5617  
Website: [www.sclhcc.com](http://www.sclhcc.com)

(more Club News cont' on page 7)

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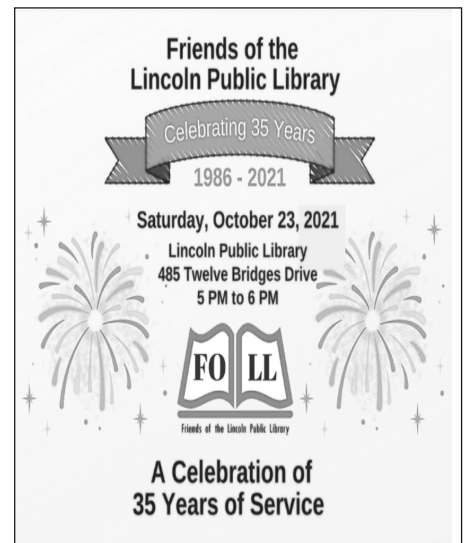
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## Friends of the Lincoln Public Library (FOLL) 35th Anniversary

BY LINDA MORLEY

The Friends of the Lincoln Public Library (FOLL) invite you to join us as we celebrate 35 years of Service! Established in 1986, we continue to fulfill our mission to support and fund library programs. We are marking the occasion with a one-hour ceremony in the lobby of the Lincoln 12 Bridges Library on Saturday, October 23rd from 5-6pm. The community is welcome to attend and enjoy entertainment provided by the Lincoln High School Choir, snacks, and a Door Prize. We look forward to introducing you to founding and current members, our Board of Directors and community leaders.

Since its inception, FOLL has worked diligently to ensure that the Lincoln Public Library (a city-operated library) has the financial resources and needed people to serve our community. FOLL members attend and speak at Lincoln City Council meetings to advocate for funds in the city budget. FOLL raises funds to supplement the library's budget and at present, FOLL provides over \$50,000 annually for library programs and services. To inform our community on all the library has to offer, FOLL members participate in community events, offer library tours, issue a monthly newsletter and so much more.



Library card holders often believe that they are automatically FOLL members. However, we are a totally separate non-profit group supporting library programs and services. Efforts to meet our goals are funded by book sales, monetary donations, grants, business sponsors, volunteers and members with Annual Membership dues comprising an integral portion of our fundraising needs. Our Board of Directors works hand in hand with the Library Director and staff who communicate their needs to help us make educated financial and volunteer decisions.

Visit our website at [www.friendsofthelincolnlibrary.org](http://www.friendsofthelincolnlibrary.org) to learn more about FOLL and how you can help.

## Who Is Steve Evans? A Singer or Realtor?



### Steve Evans

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*Most of you probably recognize me as a singer and entertainer in Lincoln Hills within the last five years. You may not know that I have been a full-time real estate agent since 2002. As your neighbor, I will welcome the opportunity to share my extensive marketing and promotional listing packages if you are thinking about selling your home sooner or later. Contact me for a no-obligation conversation to work up a current value for your home.*



### Tap Company

BY ALISON WOLFE

The Tap Company has been quiet these last couple of months without our full schedule of classes and Saturday's practice. However, with the two classes we do have on Mondays, we are still working hard to keep our skills sharp, learn new steps and improve our technique.

We encourage all who are interested in tap to come and check out one of the classes. Monday at 10:00 AM is Tap Technique for the more advanced student. Monday at 11:00 AM is Beginning Tap II for those who are in the early stages of learning how to tap.

It's a fun way to meet people, to remain active and to learn new things. You will see anyone can tap at any age!

•••

### Mixed Media Club

BY JILL SHORT

Here we are at the beginning of October. As I write this article there is so much going on around us, horrible global issues, surging covid cases, hurricanes in the east and fires here in California. Not sure what life looks right now as you read this. One place that we can find enjoyment is in our club. The people are friendly, supportive and encouraging. Mixed Media Arts Club members have all degrees of art experience. Some are at the beginning of their art journey and are just learning what mixed media is all about, while others have more experience. No matter where we are in our levels, we can learn from each other.

At our August Club meeting, Patricia Branham, taught us all about Artist's Trading Cards (ATC). We also got to hear from Julie Bright who is very involved making and trading these cards. Both ladies brought beautiful collections of their cards. ATC cards can be traded with people all over the world. Basically, ATC cards are miniature works of art about the same size as modern trading baseball cards which is 2.5 by 3.5 inches and can be vertical or horizontal. After hearing all about ATC'S, we got to try our hand at making our own.

Kerry Dahlin, the Art Journaling teacher at Sun City, will be our guest artist at our October 20 meeting. She will be leading us in a book-making class. More detailed information about supplies and the class will be emailed to members.

In the club, we explore all kinds of art mediums and usually have some kind of activity at each meeting. Part of each meeting is set aside for sharing our creative endeavors. We also share the monthly challenge. Our challenge for October is to use fall colors in an art piece. Art challenges are not mandatory and there are no rules, just follow the prompt and go where your creativity takes you.

The Mixed Media Club meets the 3rd Wednesday of each month in the Ceramics Room (OC) at 1:00 PM. We love for new people to join us! Just come and see what we are about. If you have not paid the yearly \$20 dues you can pay it at the meeting. For questions and more information about the club, contact our President, Chris Fetter at 916-276-7895 or email at Christine.fetter@yahoo.com

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### Needle Arts

BY MARY SWANSON

Almost 50 Needle Arts members gathered in Presentation Hall for our first in-person meeting in 18 months on September 14th. It was so nice to catch up with everyone and see their smiling faces, even though most were still wearing masks! After normal business was concluded Nancy Norton shared videos of the recent Mercy Retreat and the many projects being worked on. Mark your calendars for next year's retreat at Mercy to be held May 2 through 5, 2022. The cost remains the same at \$465 for a week of accommodations, friendship, fun, sewing/knitting/etc. and good food.

Dawn Everhart, one of our own NA members, was the presenter this month and she shared many of her fun projects from small purse bags, larger purses, duffel bags, rope bowls, cup cozies and quilts, to name a few. Dawn also graciously provided door prizes for attendees and answered many questions.

Our next meeting is scheduled for Tuesday, October 12th at 1:00 PM in Presentation Hall and will feature another of our talented NA members, Nancie Wiseman Attwater. She comes to us with a wealth of experience. She is a retired registered nurse, author and store owner who has been sewing, knitting, and crocheting since she was a child. Her presentation will focus on knitted lace and promises to be an interesting afternoon.

Community Service members continue to be busy making quilts for donation to various groups. A beautiful quilt, which was

a collaborative effort by several CS members, has been donated for the Sutter Breast Cancer Auction 2021. Additionally, numerous quilts are donated for various causes at Beale Air Force Base each year and recently ten baby quilts were donated for their Bundles for Babies project. As we approach the holiday season more quilts will be needed for donation and CS members are working diligently to supply the need. If you have quilts you've made for donation, please bring them to the sewing room any Thursday morning from 9 am to noon. CS is always looking for long arm quilters to help.

Remember that the sewing room is open to breakout groups and all residents. An updated calendar detailing the days and times for breakout groups is posted on the window outside the sewing room and is also available at the NA website. Pat Barnhill has been busy cleaning and organizing the reference books on the sewing room counter and they are now located in categorized bins. These books are not inventoried; they've been donated for use by all NA members. Please feel free to help yourself, or if one is in the wrong bin, please correct it. Contact information and membership forms are always available at the Needle Arts website: sclhna.com.

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(more Club News cont' on page 8)



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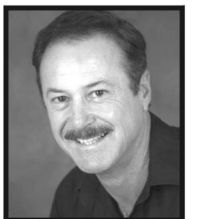
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### LH Painters Club

BY BOB GREEN

Now through January 14, Painters Club Members are exhibiting 20+ unique original works of Art at the Buonarroti Ristorante located at 460 Lincoln Blvd. Below is a sample of an 11 x 14 oil painting by our member artist Marianne Oliphant.

Painters Club members also exhibit their works at the Art League of Lincoln Gallery located at 580 6th Street.

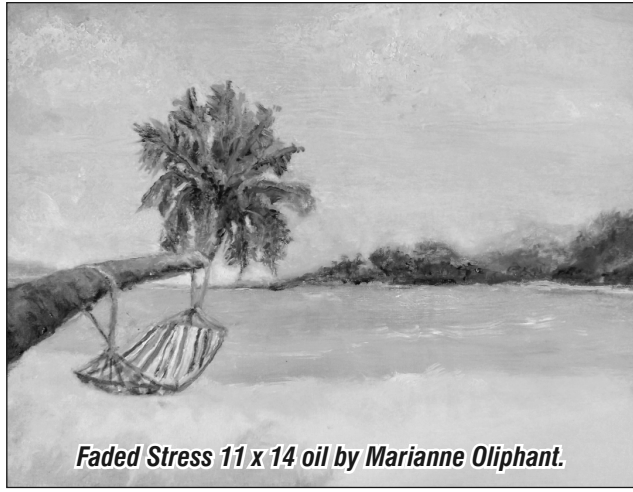
Hopefully you were able to enjoy the Art our members displayed at The Lincoln Hills 2021 Artisans at the Lodge Event held on Sunday, October 10th at the Orchard Creek Lodge. This is always a popular community event and our members really enjoy being a part of it.

New Club Members are always welcome. Dues are \$15 per year Contact: Linda Shields: linda\_c\_s@yahoo.com

### Paper Arts Club

BY LINDA LUCCHETTI

Awesome news! Donna Tewart and the Community Service Committee report we have now collected more than 1,191 cards made and donated by members to distribute to local senior facilities. The cards will be shared among five area assisted living facilities in



Faded Stress 11 x 14 oil by Marianne Oliphant.



Shaker card by Kim Kroner

Lincoln and the surrounding area. Donations continue to be collected, and now will include Christmas or holiday cards. (Check out the monthly newsletter for more details.)

Members, especially new members, are encouraged to consider sharing their time and talent by volunteering to serve on our Board of

Directors and Committees. June Paquette and Pam Haines will be recruiting volunteers who are interested. Help our club move forward! Consider stepping up to serve!

When facilities allow, we meet on the first Thursday of each month at 9:00 AM in the Terra Cotta Room at the Kilaga Springs Lodge. For further information, contact: Susan Long, club president, at scewlong@sbcglobal.net.

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### LH Photography Club

BY DIANE MARGETTS

Our newest exhibit opportunity began September 6 and continues until January 3, 2022 at Simple Pleasures restaurant in Lincoln. Stop by to see our exhibit and enjoy an early morning breakfast or midday lunch while perusing the photography.

To enjoy some wonderful photography, check out our Facebook Page. The Club Facebook page is open to all residents of SCLH who are interested in photography. Members post photographs, suggestions, answer questions, and add ideas for local places to try out your skills with the camera. Beginners are especially welcome. To participate go to: <https://www.facebook.com/groups/SCLHPhotographyClub/?ref=bookmarks>.

Contact: Diane Margetts; 916-955-1809  
Website: <http://www.lhphotoclub.com>

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(more Club News cont' on page 9)

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### Woodcarvers Club

BY LIONEL RAINMAN

In case you missed our display at Orchard Creek, why not come by during our meeting and see what we're carving. It's also a chance to talk to some of the men and women members and hear how they became interested in woodcarving. Most of our members got started carving after seeing a display or talking to someone that carves or whittles wood. Once the interest is established there are sources on the internet or in books or magazines to encourage carving. Better yet is joining a club where you can get help and talk to other carvers about most things relating to wood carving. That would be kinds of wood, tools, styles of carving, painting and finishing, and other related information. We have a vast library of carving books and tools to use on a temporary basis. Our club meets on Wednesday, from 1:00 to 4:00PM in the Sierra Room at Kilaga.

Contact: Lionel Rainman, 916-253-9534  
Lrainman1414@Yahoo.com

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### LH Travel Group Club

BY SHERON WATKINS AND LINDA BEVINS

A big THANK YOU to over 100 people who came to the two Lincoln Hills Travel Group's Travel Shows in September. Our 2022 trip schedule was presented to our excited audience. We appreciate the suggestions from our audience for future trips by filling in the surveys.

The trip we are highlighting this month is a very special cruise on the Crystal Symphony.

A sanctuary of refined style, Crystal Symphony is the standard bearer of "The World's Most Awarded Luxury Cruise Line". Enjoy renowned cuisine, exceptional enrichment, sun-soaked verandahs, and the most gracious hospitality at sea. After an overnight flight to London, board your ship for a 12 night cruise. From Dover, England cruise to Amsterdam, Netherlands, long known for museums, concert halls, canals, theater and dance venues. Continue to Copenhagen, Denmark, located at the entrance to the Baltic Sea and enjoy exploring the "City of Beautiful Spires". Next stop is Helsinki, Finland. Stroll through the local parks in the capital city, viewing cultures and other interesting landmarks. And be sure to take part in the cafe and night life. Spend a full day in St. Petersburg, Russia, a city located among some of the most incredible complex of architectural towers in the world. Stroll around Red Square and perhaps visit the museum with incredible collection like the Faberge eggs. Cruise on to the important port city of Tallin, Estonia on the Gulf of Finland. Then stop in Stockholm, Sweden. This city of contrasts both modern Scandinavian design and historical architectural. Enjoy the colors of green hills and sparkling blue water in summer with almost 24 hours of daylight. On days at sea, enjoy the incredible luxury of the ship and its spa salons.

The date of this trip is July 18-31, 2022. For more information, contact Louise Auerbach

916-408-0554 or louisekuret@att.net

Always remember to check the Lincoln Hills Travel Group website for information on tours: [lincolnhillstravelgroup.com](http://lincolnhillstravelgroup.com)

If you have not been receiving the monthly Lincoln Hills Travel Group newsletter, which includes Zoom links, and would like to receive it, please send your name and e-mail address to Sheron Watkins - [travelgroup1h@gmail.com](mailto:travelgroup1h@gmail.com) And it is free!

Lincoln Hills Travel Group Committee Member Contacts: Sheron Watkins 916-849-9504 [sheron55@att.net](mailto:sheron55@att.net); Louise Kuret Auerbach 916-408-0554 [louisekuret@att.net](mailto:louisekuret@att.net); Lyle Auerbach - 916-847-6544 [lea925@att.net](mailto:lea925@att.net); Linda Bevins 916-666-7627 [djbevins17@gmail.com](mailto:djbevins17@gmail.com)

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### LH RV Group

BY VICTORIA WHITE

August 19th was supposed to begin a fun rally at Coachland RV Resort in Truckee but smoke and fire quickly diverted us to Sugar Barge RV on the Delta near Antioch. Fabulous weather, kayaking, visiting a historical coal mining area and museum, a pot luck, dinner out at the 90 year old and funky, Mac's Old House restaurant in Antioch and our own wine

tasting party showed us a good time.

Our Fall Potluck at the Sports Pavilion on September 20th and the Olema Campground Rally (Pt. Reyes) on October 3rd, kept us in the groove. The Holiday Party will be coming up on December 12th at Catta Verdera where we will be entertained by Steve Evans of "Steve Evans Fun Company". Our new 2022 Officers will be introduced that evening.

Our meetings are on the second Tuesday at 4:30 PM in the OC Multi Purpose Room. Please visit us if you are interested in joining or just have questions. We have seasoned RV'ers with years of experience and knowledge just waiting to share it with you. Contact our Vice Presidents for information on this most fun club! Sharon Skar at 916-434-7799 or [marlowensharon@gmail.com](mailto:marlowensharon@gmail.com) or Vicki White at 530-320-0498 or [weimarwoman@yahoo.com](mailto:weimarwoman@yahoo.com).

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(more Club News cont' on page 11)



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<b>15 DAY HAWAII from SFO! Princess</b>	Jan 16, 2022	\$1,839	\$2,404	\$2,979
<b>Ruby Princess ~ 3080 Passengers</b>	Feb 10, 2022	\$1,699	\$2,199	\$3,099
	Mar 27, 2022	\$1,809	\$2,404	\$2,998
Sail round trip from San Francisco, California to Kauai, Nawiliwili Hawaii; Honolulu, Hawaii; Maui, Lahaina, Hawaii; Hilo, Hawaii; Ensenada, Mexico, San Francisco, California. <b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>10 DAY ALASKA From SFO! Princess</b>	May 30, 2022	\$1,648	\$2,039	\$2,349
<b>Ruby Princess ~ 3080 Passengers</b>	Jun 9, 2022	\$1,549	\$1,989	\$2,199
	Jul 9, 2022	\$1,549	\$1,999	\$2,199
	Jul 29, 2022	\$1,648	\$2,194	\$2,448
	Aug 8, 2022	\$1,851	\$2,294	\$2,799
	Sept 7, 2022	\$1,803	\$2,360	\$2,599
Sail round trip from San Francisco, California to Juneau, Alaska; Skagway, Alaska; Hubbard Glacier, Alaska; Ketchikan, Alaska; Victoria, BC, Canada; San Francisco, California. <b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>7 DAY CA Coastal from SFO! Princess</b>	Oct 31, 2021	\$1,135	\$1,293	\$1,507
<b>Ruby Princess ~ 3080 Passengers</b>	Apr 16, 2022	\$979	\$1,194	\$1,444
	Oct 1, 2022	\$994	\$1,299	\$1,379
Sail round trip from San Francisco, California to; Santa Barbara, California; Los Angeles, California; San Diego, California; Ensenada, Mexico; San Francisco, California. <b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>10 DAY MEXICO From SFO! Princess</b>	Nov 27, 2021	\$1,311	\$1,671	\$1,904
<b>Ruby Princess ~ 3080 Passengers</b>	Jan 6, 2022	\$1,332	\$1,671	\$2,151
	Jan 31, 2022	\$1,392	\$1,599	\$1,939
Sail round trip from San Francisco, California to Puerto Vallarta, Mexico; Manzanillo, Mexico; Mazatlan, Mexico; Cabo San Lucas, Mexico; San Francisco, California. <b>*ROUND TRIP LINCOLN SHUTTLE TO SHIP!</b>				
<b>15 DAY Panama Canal! Princess</b>	Feb 25, 2022	\$2,899	\$3,299	\$4,699
<b>Ruby Princess ~ 3080 Passengers</b>	*Mar 12, 2022	\$2,599	\$3,499	\$4,299
<b>INCLUDES SHUTTLE TO SHIP &amp; AIRFARE RETURN TO SACRAMENTO!</b>				
Sail from San Francisco, California to Fort Lauderdale, Florida visiting Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Fuerte Amador, Panama; Transit the NEW LOCKS of the Panama Canal; Cartagena, Colombia; Fort Lauderdale, Florida. *March 12 Reverse Itinerary from Fort Lauderdale to San Francisco. Flight between Sacramento and Fort Lauderdale and shuttle between ship and Lincoln is included for both the February 25 and March 12, 2022 departures.				
<b>36 DAY San Francisco to the Med! Cunard</b>	July 24, 2022	\$5,549	\$6,744	\$7,099
<b>Queen Elizabeth ~ 2081 Passengers</b>		<b>INCLUDES AIRFARE &amp; SHUTTLE RETURN TO SACRAMENTO!</b>		
Sail from San Francisco to Barcelona, Spain visiting Los Angeles, California; Cabo San Lucas, Mexico; Puntarenas, Costa Rica; Transit the Panama Canal; Oranjestad, Aruba; Fort Lauderdale, Florida; Hamilton, Bermuda; Madeira, Portugal; Seville (Cadiz) Spain; Villefranche, France; Rome (Civitavecchia), Italy; Mallorca (Palma), Spain; Barcelona, Spain.				

Prices are per person based on double occupancy and subject to availability at the time of booking. Taxes, Fees, & Port Expenses as well as Travel Insurance are additional. Round Trip Lincoln Shuttle is \$125. Please call for current availability and pricing.

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### Writers Group

BY ANDY DEXTER

The SCLH Writer's Group is comprised of people with all writing abilities, from beginners to those who are published. Some write poems, novels, biographies, short stories, children's stories and memoirs. Now is a good time to get started on that writing project you've been putting off! Your children and grandchildren will enjoy reading about the things, especially your life's experiences of growing up, your careers, hobbies and your experiences during the pandemic. If you're apprehensive about writing or don't know where to begin, our members are here to help.

We have SCLH approval and will reconvene our meetings in October. The Club Officers request attendees to wear mask and provide proof of vaccinations.

The Writers' Group will meet at 5:00-7:00 PM, on the 2nd and 4th Mondays of each month in the Orchard Creek Multi-purpose Room. In October it is the eleventh and twenty-fifth. If you want to read some of your work, please bring 10-12 copies to share. We provide each other with positive feedback about our writings.

### Book Club

BY CATHIE SZABO

"And now for something completely different" – Monty Python's Flying Circus

Hear that whistle? Listen hard. It means "time out". Your Book Club Steering Committee met (yes, via Zoom) and, lo and behold, somebody blew that whistle.

What does it mean? Everyone is exhausted from the restraints and worries of the past two years and we all need a break. And we think the Book Club is no exception. We tried to look ahead a bit to 2022 and came up with some thoughts. Will we be back to meeting in person or will Zoom rule our lives? Do I have to get dressed head to toe for meetings in person or can I stay in my sweats and bunny slippers if we're Zooming? Definitely earth-shattering concepts!

As you can see, help is needed. We need you to help us decide what the Book Club will look like in 2022, given that some circumstances can't be changed.

Our "time out" is in effect til the end of the year. That means no more meetings for the balance of the year to allow time to take a step back and think about the Book Club's

"look" for 2022. A survey will be going out to our members to solicit thoughts on what Book Club meetings look like in the future – should we have only book discussions, include author visits or social events, etc.

Watch your email for our brief survey. Plus, our all-important election is on the horizon – what books shall we tackle in the coming year? Check out the info below.

Last chance to get your book suggestions in! What have you read, are reading or want to read that you think would be a good selection for our book club? Let Cathie (catsickle@gmail.com) know your recommendations and she'll keep track of them for our ballot at the end of the year. October 20 is the last date to nominate books – we'll be voting in November on the titles for 2022.

Results from both the survey and the book selection will go out in emails and also be in the Sun Senior News.

Stay safe, hopefully the end is in sight. Keep reading – it's one good way to keep sane these days!

For further information about the OC book club, contact Maureen Deal at mdeal2010@gmail.com, Joanne Johnson Felt at ivyarborcourt@aol.com, or Cathie Szabo at catsickle@gmail.com.

### LH Italian Club

BY LINDA LUCCHETTI

The club's Annual General Meeting (AGM) takes place October 6 at the Kilaga Springs Lodge. Come hear about what we're planning for activities, the club's health, and meet the officers who keep our club going strong.

Here's what's coming up:  
Sunday, November 7 – Turkey Bingo rolls

again with prizes and a buffet dinner at the Sun City Roseville Ballroom.

Sunday, December 5 – Ring in the holiday season at the Christmas Dinner and Dance at Catta Verdera. Check out the website for start times and details for signing up for these events.

Supplement your wardrobe at the Lincoln Hills Italian Club Apparel Store. You'll find comfy, colorful men's and women's shirts, hats, and sweatshirts with the club's logo, ready for you to don at the next event. See the website for more information.

If you are a Lincoln Hills resident of Italian heritage, check out our website at www.lhitalianclub.org. Contact: Sandi Graham, membership, at 916-826-5711.

### Genealogy Club

BY DR. BARBARA BRANCH

Glenda Gardner Lloyd will be our speaker on October 18 at 6:30 PM on Zoom. Lodges are not yet open at night so we cannot do a live presentation. Members will receive a Zoom link and handouts in a separate email from Maureen. Glenda is addressing "Developing a Research Plan." Genealogy is Glenda's hobby and passion. The Computer Lab has been reinstated at Orchard Creek. Members are welcome to use the subscriptions on the computers any time the lab is available. No passwords are needed. Bring a USB drive to save any data. Boot Camp, Coaching and Walk-ins will resume in 2022. In our recent survey, many members expressed an interest in working on the leadership team. Contact



Glenda Gardner Lloyd

Barbara Branch to discuss the available positions.

Check our SCLH Genealogy Club website for handouts and updates:

<https://www.suncitylhgc.com/>. For more information contact Dr. Barbara Branch, 916-543-8219.

### SCLH Computer Club

BY NORMAN SEIDENVERG

On 9/15/2021, via Zoom, Byron Maynard gave a very informative talk on "Internet and Computer Security". We are all at risk as the hackers attack large and small users of the internet, taking over our computers and demanding ransom to allow us to return our software function. By this time they have any data gathered and may use it as they wish. Be especially careful with open wifi use, as in restaurants, hotels, airports, coffee shops, and the like. Blocking software, such as: adblock, malwarebytes, and AVG were recommended (Byron uses the free editions). Members may soon watch the talk on our website, www.selhcc.org. Watch your email for dates and times for "Ask The Tech" and "Walk-in-Clinic". Windows 11 is dated to come to the public in early October, but only newer computers will be able to download it. You will find out if your computer qualifies by checking "updates". FYI most Covid-19 patients in hospital are the "unvaccinated". New studies are published almost daily, and are found with your Search for "Covid-19". We continue to help members via questions about their desktops, laptops, pad, and cell phones. Stay healthy and safe.

(more Club News cont' on page 14)



Italian Club — All smiles as we return to events!



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# Neighborhood Watch

BY DR. BARBARA BRANCH

## Strengthening Neighborhood Ties — National Night Out Kickoff

We had a small but successful National Night Kickoff on August 28 at the Sports Pavilion. A special thanks to Suzanne Rosevold, Assistant Executive Director and Kickoff Coordinator, for organizing the event. Due the smoke level many were not able to attend but about 50 volunteers did come. Those who attended enjoyed a delicious potluck breakfast. Thanks to Jeri Di Fiore, Diane Kroll, and Judy Presnall for giving us ideas for successful National Night Events in their villages. Thanks to everyone who donated to the Salt Mine Food Drive. We collected eight bags of cans and dry food that were delivered to the Salt Mine. Thanks to Wanda Frederick, Marie Basinger, Dee Fuggiasco, Gerry Bell, Mary Shelton, Klara Kleman, and Dawna Hawksworth for volunteering at the kickoff and thanks to Lorraine Immel, Mark Forry, and Denise Hexom for donating the plant centerpieces which we raffled off. Thanks to the NW Directors who helped with food, set-up, registration, and finally, thanks to Klara Kleman for taking many great photos which are available on our website under news. Wait for the pictures to slide.

## Welcome to New Volunteers —

Welcome to these new Mailbox Captains: Rachel LaForest V22B MS 11; Bill & Stephanie Padavona V2 MS 3; Carole Melrose V38D MS 7; Carol Haskell V38D MS 9; Jim Reed V24A MS 5; Gil Lucas V27 MS 1; Bruce Mitchell V21 MS 11. Welcome to these new Village Coordinators: Deb and Doug Dustman V22B; Cinda Hyman V19B; Jim Reed V24A MS 5; Gil Lucas V27 MS 1.

Neighborhood Watch still needs Mailbox Captains, Coordinators, and Directors. Please contact Suzanne Rosevold, Assistant Executive Director and Nominations Coordinator, at sznnrsvld202@gmail.com for more information.

## Personal Safety and Security Awareness —

### Project Lifesaver

Lincoln Police Department has launched a program called Project Lifesaver. We have had two recent incidents of residents being lost for several hours due to cognitive impairment. Thankfully, both were found safe. Project Lifesaver would have assisted the police in locating the residents much sooner. According to the Lincoln PD website, the program coordinates the placement of personalized radio transmitter wrist or ankle bands on individuals who are at risk of wandering away from their homes. Trained law enforcement teams can then use the transmitter signal to locate these individuals. These teams, responding to calls to locate individuals participating in the Project Lifesaver program, have an average rescue time of 30 minutes. Check out the program at <http://www.lincolna.gov/Home/Components/News/News/2772/73>. Residents can also call (916)434-3285 or email [projectlifesaver@lincolna.gov](mailto:projectlifesaver@lincolna.gov) for more information

### Use of Mailbox Captains Resident

## Contact Forms —

Neighborhood Watch wants to remind residents that the private information they share with the Mailbox Captain is maintained only by that Mailbox Captain. No information is shared with any other Neighborhood Watch volunteers including other Mailbox Captains, Village Coordinators, or Directors. Neighborhood Watch does not maintain a general database of resident information. Neighborhood Watch volunteers are not allowed to use their Contact Email lists to send any information to residents that is not directly related to NW business or concerns and sent directly to them from NW for distribution.

Recently residents have been receiving emails from other sources outside Neighborhood Watch to distribute information about association events. Those email lists have not been provided to the outside entity by any NW volunteers. The association maintains a database of all resident information and that list can be obtained from the association by application. If you do not want your information shared by the association, you should opt out of the sharing of your information with the association at the membership desk

## Emergency Preparedness and Neighborhood Watch Alerts —

### Safety Symposium

Neighborhood Watch will host a Safety Symposium on October 26 from 1:30 – 3:30 in the Orchard Creek Ballroom pending availability of lodge access for indoor events. Stay tuned for updates about time and place. The speakers will include Chief Matt Alves from Lincoln Police and Fire and three ladies from Placer Protect. Information from Neighbors InDeed and The Lincoln Hills Foundation will also be shared. Details will be available on the [sclhwatch.org](http://sclhwatch.org) website.

### Current Alerts

1. A resident in the 2300 block of Fountain Hill Loop reports that sometime between Late Friday night 08/13/21 and Early Saturday Morning 08/14/21 some person(s) unknown removed the Catalytic Converter from the 2005 Honda Accord parked in the driveway. The perpetrator also cut the brake lines on the Honda. Currently, there are no known suspects or witnesses. This is the second Catalytic Converter stolen from a Honda vehicle in this general area within the past week. (V23 backs to Stoneridge & open space, entrance is Fountain Hill Loop)

2. One of our residents received a phone call from a young person who claimed to be from Molly Maid cleaning service. The caller wanted to know if the resident would be home for house cleaning that day (Monday.) The resident does have that cleaning service but usually not on Monday, so she was suspicious and told the caller not to come. She called the Molly Maid main office and was informed that they had not sent anyone out to clean her

house that day.

3. (Suspicious Occurrence) A resident on Albion Court reports that on Tuesday, 08/17/21 an individual came to the front door and stated that he was there to replace the front door lock. This resident (a renter) told the subject that the rent was paid and that they had not requested a lock change.

The listed subject then left. The resident then called the homeowner who said he had not authorized any lock change. The alleged locksmith is described as follows: Tan skinned, male, 5'8", thin build, dark hair, with a slight accent. He was wearing

jeans and a shirt. Carrying a cross body bag. No company name on shirt or bag. He was driving a small grayish-tan utility vehicle with only front and rear door windows. No side panel windows. No further description given. The Lincoln Police were notified as well as our Private Security Company. (V43C backs to open space, golf course, entrance is Topanga Ln off Overland Ln) At this time the purpose of this alleged locksmith's actions is unknown. Possibly this was a ruse to gain entry into the residence. Fortunately the resident was home and stopped any potential crime. It is always best to not open the front door to a stranger. When you open the door, you lose that physical barrier of protection. Talk to the stranger through the door or a side window. If the person becomes too aggressive, call the police. (Emergency call 911 ; Non-emergency call 916-645-4040 ) Notes: After reporting an incident to the police, please remember to report it to Neighborhood Watch. There is an online form on our website [sclhwatch.org](http://sclhwatch.org) or you can email [alerteditor@sclhwatch.org](mailto:alerteditor@sclhwatch.org). The sooner we get your report, the sooner we can spread the word. There was a report on the internet from a resident in the Auburn area in which that person had observed a man, accompanied by a woman, stealing a catalytic converter from a vehicle in that neighborhood. That incident was reported to the Auburn police. It is unknown if an arrest was made. The point here is that we should always be aware and alert. Do not discount suspicious activity no matter whether the suspect is a woman or man. If you do have any kind of service where the service people come into your house, be aware and alert. The #2 incident above could have been perfectly innocent, but it was good that the resident did not let the caller into her house. When in doubt about any situation, stop and contact a relative, friend or neighbor for advice.

4. (Petty Theft) A purse was stolen from a vehicle which was parked on Sun Flare Ct. This occurred around noon on Tuesday, July 27th. No one witnessed the theft and there are no more details about the incident. (V20 backs to Del Webb, Stoneridge & open space, entrances are Creekcreek off Del Webb & Alpenglow off Stoneridge) 2....(Part stolen from Vehicle) A resident in the 2500 block of Woodacre Ln reports that sometime between Thursday, 08/05/21 PM and Friday, 08/06/21 AM some person(s) unknown stole the Catalytic Converter from their 2005 Honda Accord. The vehicle was parked in their driveway. (V22 backs to Del Webb, Stoneridge & open space, entrances are Winding Way & Crescent, off Stoneridge)

The scammers are calling residents in our community every day. If caller ID does not show someone you know, or if it shows a government agency you have not contacted, let it go to voicemail. A legitimate caller will leave a message. The best way to avoid being scammed is to not answer phone calls from persons or businesses you do not recognize. Lately scam emails have been coming in purporting to be from Amazon Prime. They ask that you call an 800 number if you did not order the item or want to cancel a subscription. The red flag is that the sender's email address is a Gmail account. Other email scams supposedly from a store like Best Buy claim you have won a prize. Again, no matter how legitimate it looks, check the sender's email address. Do Not click on links or reply. Just DELETE. The delete key is your friend. Avoid automated phone calls: Sign up for nomorobo.com which will screen out most automated phone calls. Free on landlines, approximately \$2/month for mobiles. Unfortunately this does not work on hard-wired phone service. When Nomorobo detects a robocall, it is transferred away. The phone will ring once or twice so wait for 3rd ring to answer.

## Stay Connected and Informed:

There are three ways to stay informed and connected to Neighborhood Watch, SCLH Association, and Placer County News.

1. To receive NW Alerts, using your personal computer, go to [sclhwatch.org](http://sclhwatch.org) & click ADD ME TO ALERTS. A blank email will open. Just click send.

2. To receive Association eNews, go to [www.sclhresidents.com](http://www.sclhresidents.com) (log in) & click SIGN UP FOR ENEWS

3. To receive Placer Alerts go to [www.placer-alert.org](http://www.placer-alert.org) & click on SIGN UP

## Neighbors Helping Neighbors —

Recently a resident was walking in the neighborhood and noticed that a resident's backyard was flooding into the front yard and onto the street. The resident contacted the association who immediately contacted the NW Executive Director with the address where the flooding was occurring. The residence happened to be in the Executive Director's Mailbox neighborhood, so she contacted the resident who was out of state. Because of the contact, the resident was able to contact someone to resolve the issue. Thanks to the resident who notified us of the problem. As a result of the resident's quick action and the availability of the Resident Contact Form, the problem was resolved. This is a great example of the purpose of the Resident Contact Information Forms maintained only by Mailbox Captains for their individual mail stations.

Send any Neighbors Helping Neighbors good stories to [executivedirector@sclhwatch.org](mailto:executivedirector@sclhwatch.org).

## Events Calendar —

• New Resident Orientation - October 11. New residents must sign up at the Membership Desk at Orchard Creek since space is limited.

• October 26: Safety Symposium, Time and Place TBD pending lodge availability. All residents welcome.

• November 6: Annual Board Meeting and Potluck Breakfast, 10:00 – 12:00, Kilaga Springs Multi-purpose Room or by Zoom pending Kilaga Springs availability.



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### Apple User Group

BY RICH THAYER

In September, Apple announced some exciting new products, including new iPhones. Our October seminars will focus on these new products. Ken Spencer will discuss new devices and iOS 15; Andy Petro will demonstrate some of the interesting things you can do with iOS 15 on your iPhone; Ken Silverman will show some of the new features for iPadOS 15.

If you have questions about your Apple device, come to an Open Lab or the Ask the Tech Hour. Open Labs are conducted in the Multi-Media Room (OC), and we ask that you wear a mask for the protection of our members and volunteers. The Ask the Tech Hour is conducted via Zoom, and you can submit questions in advance by email. See the web site or subscription calendar for Open Lab and Ask the Tech Hour dates.

As always, go to [www.lhaug.org](http://www.lhaug.org) for the latest information about LHAUG events and services.

Club Contact: Helen Rains by email at [helen.lhaug@icloud.com](mailto:helen.lhaug@icloud.com).

### LH Amateur Radio Group

BY DAN LEHRER, KN6DRN

Group meetings have been covering a variety of topics. Band conditions have been poor, but we did record higher sunspots of 73 and 77 on August 28th and 29th. Dan, KN6DRN, earned his "Diamond Award" from POTA, contacting 50 separate Parks, good job!

DX contacts have been made successfully using the digital mode FT8 and include Fiji, Japan and New Zealand. We have completed the research on the Repeater and have submitted paperwork to NARCC for authorization for the frequency pair of 147.030 and 147.630, with a PL Tone of 167.9. If you are looking for a way to engage in the community and have an interest in Amateur Radio, please check out the LHARG. Our club conducts a weekly radio network at 7:00 PM every Monday on the W6LHR Repeater at 147.030 MHz, 167.9 PL. For more LHARG information visit our Website, the URL is: [lharg.us](http://lharg.us) or email [dlehrer72@gmail.com](mailto:dlehrer72@gmail.com)

### LH Astronomy Group

BY BILL WEAVER

The LHAG continues to hold its general membership meetings using the Zoom computer application. As of the date of this article, it appears that October's meeting will also be via Zoom. SCLHC has not yet extended its hours of operation past 7:00 PM. that would allow the group to meet at its normally scheduled time. When the hours are extended, the LHAG will return to holding its in-person membership meetings in the Kilaga Springs Presentation Hall. All LHAG members will be updated via email to confirm meeting details.

Last month's LHAG meeting included a special part two video presentation on the James Webb Space Telescope (JWST) presented by the Christa Corrigan McAuliffe

*(cont' on page 15)*

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### LH Astronomy Group

(cont' from page 14)

Center of the Framingham State University of Massachusetts. The group's meeting on October 6th, 2021, will include Part Three: "The JWST, a giant leap forward in our quest to understand the universe and our origins".

The McAuliffe Center officials provided the following overview of the video: "JWST is a large, space-based observatory, optimized for infrared light, which will complement and extend the discoveries of the Hubble Space Telescope. Launching in 2021, Webb will be the premier observatory of the next decade, serving thousands of astronomers worldwide. Webb will study every phase of cosmic history: from the first luminous glows after the Big Bang; to the formation of galaxies, stars, and planets; to the evolution of our own solar system."

The LHAG Cosmology Interest Group (CIG) meetings and lectures, scheduled for the third Monday of each month, have been postponed until further notice. The LHAG Steering Committee is working with the SCLHC Administration to reinstate in-person evening lectures for this group. LHAG members will be updated on this through email notices.

The LHAG Telescope Interest Group (TIG) had to cancel its September star party at the last moment when Mother Nature decided to paint 80% of the sky with dark thunder clouds and provide a scattering of rain showers. The next star party is scheduled for Thursday, October 7th at the upper tennis courts of the

SCLH Sports Pavilion. All residents of SCLH are invited to attend the star parties and observe the amazing objects of the Cosmos through the LHAG member telescopes. The late Summer and Fall telescope observations are special in that observers can witness exceptional views of the planets Jupiter (with its familiar strips and swirls) and Saturn (with its fascinating rings) and their moons. Dates for future LHAG star parties can be found on the LHAG website at [www.lhag.org](http://www.lhag.org).

Astronomical events for the month of October

Oct 6: New Moon

The New Moon phase is the best time to explore the night sky. The New Moon is when the Sun and Moon are aligned, with the Sun and Earth on opposite sides of the Moon.

Oct 8/9: Draconid Meteor Shower

Around October 8-9, the Draconid meteor shower peaks. The shooting stars are best seen just after nightfall. The shower is named after the constellation Draco the Dragon in the Northern Sky, where the meteors seem to originate.

Oct 20: Full Moon

The October Full Moon is traditionally called the Hunter's Moon. The month of October is a time when our ancestors started preparing for the coming winter by hunting or slaughtering animals and preserving meat.

October 21-22: Orionid Meteor Shower

The Orionid meteor shower is the second one in October. It peaks on but usually remains active between October 2 and November 7. The best time to see these shooting stars is just

after midnight and before the sun rises. The Orionid meteor shower is the second meteor shower created by debris left over by the passing of Comet Halley. Orionids are named after Orion, because the meteors seem to emerge or radiate from the same area in the sky as the constellation.

The LHAG membership is open to all Sun City Lincoln Hills residents. If you wish to become a member of LHAG and participate in upcoming programs and activities, you are welcomed to contact Ron Yelton, LHAG Treasurer, at [ryelton660@aol.com](mailto:ryelton660@aol.com). Annual LHAG membership dues are \$10.00 per household.

Questions regarding the LHAG should be directed to LHAG President Bill Weaver at [hamweaver@wavecable.com](mailto:hamweaver@wavecable.com).

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### Shalom Social Group

BY JUDY GANULIN

Kudos to Margie and Alan Gulko for arranging our very successful September general meeting. Lincoln Chamber of Commerce president Mark Luster told us about the Lincoln business community. On September 22 makeup artist Debbie Stuart provided makeup tips for women over 60 at our Women Together luncheon. October is a busy month for us: Our annual picnic on October 10 is a special event to include and welcome our new members; we play the Meatballs in bocce ball on October 24; and we hike to Miners Ravine in late October. For more information please contact Joanne Levy, 508-333-8590.

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### Lincoln Democratic Club

BY JUDY GANULIN

We are delighted that the recall of Governor Newsom was defeated! Thanks to all the workers who helped make this happen. Our September speaker was Seth Brysk, Regional Director for the Anti-Defamation League's Central Pacific Region. He gave a very informative and provocative presentation on "Hate Crimes and White Supremacy." We'll have our annual picnic on Thursday, October 21, when our speaker will be California State Controller Betty Yee. We always welcome new members. For more information about our club and its activities, please see our website, <https://democraticclublincolnca.org/>

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(more Club News cont' on page 17)



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## Lavender Friends

BY SANDI DOLBEE

For nearly a decade now, Marie Salers has been the face of the compassionate outreach of our club.

As the chair of Lavender Hearts, she's led us through fundraisers, including providing gift baskets for the Sacramento Women's Chorus, assembling holiday meals for Stand Up Placer's shelter and sponsoring college scholarships through PFLAG, a support group for LGBTQ people and their families.

She's also coordinated volunteer opportunities at such endeavors as Salt Mine's food distribution program. Not to mention the supervising of sending cards of encouragement to members who are ill or in need of kind words.

While Marie recruited other members to help on the committee, she acknowledges that nobody else wanted to run it. So she kept doing it. Besides, for someone who spent 40 years in nursing (culminating with being a critical care nurse for UCD Medical Center), she was used to caring for others. "It seemed like a good fit for me," she says.

But now, after holding the post since 2012, she is stepping down — though she'll remain on the committee for continuity sake. Carolyn Shama is the new chair.

Marie and her partner, Sharon Kurth, are founding members of Lavender Friends, which will celebrate its 16th anniversary with a reunion on October 8.

She also is a passionate master gardener and is vice president of the local gardening club.

A native of New York state, Marie's been in California since 1970, which she suggests practically makes her a native. She and Sharon moved to Lincoln Hills in 2002.

Marie also is an avid cruiser. She and Sharon are Diamond-level members of Royal Caribbean Cruises. They are particularly looking forward to their next cruise, in February, when they will sail to Mexico and celebrate their 50th anniversary.

Lavender Hearts' mission statement says it "seeks to reach out to the Lavender Friends community at large, offering members opportunities to contribute themselves as volunteers or provide financial support to



Marie Salers: outreach has been a "good fit".

worthy organizations." It was written by someone else, but Marie has lived it — and helped so many of us to do likewise.

Club president Marilyn Kupcho praised her impact. "Under her leadership, she has spearheaded activities that have enabled the Lavender Friends club to have an active presence in Lincoln and the surrounding communities," she said.

Lavender Friends is a club for LGBTQ residents and their allies. More information is at lavenderfriends.com

## LH Veterans Group

BY RICHARD CLARK

The purpose of the Veterans Group is to bring together resident veterans who have served honorably in any uniformed service of the United States or its allies during war or peace. We welcome all to attend our meetings. General membership meetings are held the third Thursday of the month at 1 p.m., in the Kilaga Springs Presentation Hall, except for March, June, October and December, when social events are held.

Welcome, New Members —

Bob Eckhoff - U.S. Army

Anne Simmons - Associate Member, U.S. Air Force Spouse



Veterans Group members joined a Knights of Columbus honor guard, principal Antoinette Perez and student leaders for the dedication ceremony.

In Memoriam —  
Bob Garry - U.S. Navy  
Gary Langley - U.S. Air Force  
LHVG Gift Flags Dedicated at August 25 Ceremony

Four Veterans Group members traveled to St. Charles Borromeo School in south Sacramento on August 25 to formally present the school with new American and California flags to be flown at their campus.

Seventh graders at the school assist our group by preparing for retirement unserviceable flags turned in by Lincoln Hills residents. LHVG flag sales chairman Michael Amerio became aware of the school's need for new outdoor flags and arranged to have them donated to the school in appreciation for the help our group receives from its students.

At a morning ceremony before the assembled student body, Vets Group President Joan MacAdams presented the flags to Principal Antoinette Perez. LHVG Chaplain Bill Lewis offered a benediction. The ceremony was also attended by flag chairman Michael Amerio and his wife Tina, public relations chairman Steve Witmer, an honor guard from the Knights of Columbus and interested veterans.

In accepting the American flag, Ms. Perez said, "With sincere thanks and appreciation, I accept this beautiful and precious flag on behalf of the community of St. Charles Borromeo School. Thank you to Michael Amerio for coordinating the partnership between the Lincoln Hills Veterans Group and our school. We are honored to work with you in service to our country by retiring the Stars and Stripes."

If you need a new flag, the Veterans Group will sell you a bright new flag on the 15th of every month in the Orchard Creek lobby. The Group sells high-quality, all-weather American flags for \$25.

## LH Republican Club

BY SUE DUMAS

Mid September offered enjoyment of Auburns Gold Country Fair and Auburn Fall Home Show, and Hot Chili Cool Cars in Rocklin.

September 22nd we held our Annual Western Style Bar-B-Que at the LH Sports Pavilion. Always an enjoyable social gathering with spirited conversation of like minded people, sharing summer events and activities. We had an open bar, with delicious BBQ faire!

Moving into fall, we are looking forward to our upcoming Oktoberfest -- October 21st! Including a festive German Band to entertain! Be sure to watch for additional information in your LHRC News & Views or check our website.

Regarding the Recall effort: Newsom declared himself "winner" (before 9 p.m. election day, September 14th), with approximately 9 million votes counted (of a 39+ million population). Somewhat disconcerting. The numbers reported would reflect an equivalent vote for the population of San Jose and Los Angeles... As I understand it, an entire state voted! I will await the final tally of voters, before I succumb to being depressed by such declaration.

Republicans in Lincoln Hills are welcome to join our organization. Please visit our website for additional information and an application.

www.SCLHRepublicanClub.org

## S.C.H.O.O.L.S.

BY PATTI KINGSTON

John Tewart has been a SCHOOLS volunteer for 20 years at the First Street Elementary School. He is still enthusiastic and reports that even COVID and learning remotely didn't keep him down. This is his glowing description of working with Elementary children over the years.



John Tewart, SCHOOLS volunteer pre COVID.

Do you want to meet new people? Do you want to help shape the future? If you answered yes to either of these questions, then you should

(cont' on page 19)

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**S.C.H.O.O.L.S.**

(cont' from page 17)

volunteer at one of the Western Placer Unified District's schools 7 elementary schools. The SCHOOLS program is the place for you.

I have volunteered at First Street School nearly twenty (20) years. I have worked with three (3) wonderful second grade teachers. I have helped many students with reading (aka Language Arts), math, spelling, and various art projects.

The presentation of the curriculum has evolved, but two (2) plus (2) still equals four (4). Listening to the teacher's instructions gives me clues about the objective of the lesson and helps me when I work with the students. While the method of instruction has changed since I was in second grade, I understand that I am in the teacher's domain, and I must do my best to support the teacher.

I also volunteer at Carlin C. Coppin. I have been a volunteer at Coppin since October 2006. I help teachers and their students in the computer lab. Initially I helped the students use Windows based PC's. The help that the students need varies by grade level. Typically, I help the students when they have difficulty logging in to web sites that help them with language arts and math.

When the pandemic arrived in March of 2020 I was "out of a job." Even though the pandemic kept me out of the classroom during the 2020-2021 school year I was able to help students via distance learning. A neighbor told me that Sight Word Busters had created an online version of their program. I used the Sight Word Busters online training to learn the SWB program. I was placed in a team of volunteers which was assigned to a first-grade class at First Street School. To learn more about the Sight Word Busters please visit their web site at <https://www.sightwordbusters.org>

**SCLH Sports Car Club**

BY PAM BERRY

In spite of some hiccups along the way, we have been able to have a few trips and plan ahead for some parties at Halloween and Christmas. You can't keep sports car people down! We are grateful that our members are supportive of everyone's efforts to continue safely with activities.

The Club Pheasant has been in business

since 1935 and has quite a history. During prohibition it has been said that there were special walls that were rolled out when the "look out" down the road alerted the owners that "inspectors" were on their way. Now the restaurant is surrounded by fields and stores but the interior has the same feeling of an old-time dinner. The food is still very good and service friendly and fast. Mike and LaVon Stafinbil created a great ride. First, we went across the valley to the Sacramento River and then followed the levees up and around.



The weather and smoke cooperated so we were thankful. Food was tasty as always with spaghetti using Grandma's original recipe and of course the famous garlic steak sandwiches.

The future is looking good with a trip to Dutch Flat and the Monte Vista Inn Restaurant and socials for Halloween and Christmas. Ernie Drake is beating the bushes for next year's Board Nominations but that seems to be going well. Thank you to those who step up for the open positions.

Life is good behind the wheel of a sportscar.

**Rods & Relics**

BY ELNA RAGAN

The Downtown Lincoln Car Show exceeded our expectations! Looking back, we were most fortunate to have been able to hold the Show. We had three "No Go" situations due to COVID19 restrictions: June 6, 2020, October 10, 2020, and June 5, 2021! Each of these cancellations caused us to communicate with over four hundred participants, 40 Vendors, and all our Sponsors! This made the "behind the scenes" efforts challenging. Club members and friends stepped up with an amazing show of support. Thanks again to all who donated their expertise and time

to make our annual Car Show such a success!

The weather was awesome with a light breeze. The streets were filled with thousands of spectators happy to be out and about! The beautiful array of vintage vehicles filled the downtown Lincoln streets. The Award Presentation started at 2:00 p.m. with 29 trophies being awarded. The last trophy presented was for the Best of Show. The winner was a 1953 Chevy Pick-Up owned by Chris and Norma Norris which featured numerous body fabrications and a beautiful paint job.

On Wednesday, September 22, Club members enjoyed traveling to Swabbies on the Sacramento River for lunch. It was wonderful to caravan together and enjoy the river-side setting. More trips are being planned before the weather changes and opportunities to travel in a group diminish.

For more Rods & Relics Car Club information check out our website listed below.

Contacts: Chuck Barnhart, President 916-543-7301, Mike Carvidi, Membership Director 707-849-2834

Web Site: [www.rodsnrelics.net](http://www.rodsnrelics.net)

**Alzheimer's/Dementia Caregivers Group**

BY JEFF ANDERSEN

A reminder to you and anyone you know of here in Lincoln that a vital service is available at no cost to you for quickly locating a lost, cognitively challenged family member. The program is called "Project Lifesaver." The client wears a wrist device that reveals the wearer's location so that the police can get the lost person safely home. More information is available by calling 916-434-3285, or via eMail at [projectlifesaver@lincolnca.gov](mailto:projectlifesaver@lincolnca.gov).

The 4th Wednesday Mixed Group meeting on September 27 will feature Gail Arno, Director of Care Management for ElderCare. Her presentation will be on Care Management 101, a discussion of what a Care Manager does and give you insight on when care management is appropriate. This is an arrow you should have in your quiver should the need arise. Be prepared.

The Alzheimer's/Dementia Caregiver's Support Group meetings are currently held online via Zoom each month except in December. You can join the meetings without having to download the Zoom application.

A link to each meeting is sent via eMail to members of the Caregivers Group.

The Mixed group meets at 1:00 PM each 4th Wednesday. All are welcome to attend, especially caregivers with recently diagnosed family members. The program for the Mixed group alternates monthly between group discussion moderated by a licensed counselor from Del Oro Caregiver Resource Center, and formal presentations by professionals in the industry. The Ladies group is discussion only, and is for those who prefer talking in a less crowded setting. This group meets each 1st Wednesday at 1:00 PM.

The caregiver's groups and programs are supported by the Lincoln Hills Foundation. More information is available from our Steering Committee members Valerie Jordan 909-625-7443 or Jo Fratessa 916-408-7209, or by contacting Jeff Andersen [2jeffa@gmail.com](mailto:2jeffa@gmail.com).

**Multiple Sclerosis Group**

BY JERI DI FIORE

We plan to meet in person on the Third Tuesday of October, 10/19, at 1 PM, Kilaga Springs Sierra Room. Bring your mask as MS Headquarters still requires we mask for in-person meetings.

We'll be continuing our September Zoom discussion to include SCLH MS Accessibility and how you are doing in this Post Pandemic environment. Have you been getting out? Where?

Also, future meetings will be discussed.

All interested are invited to attend.

We again want to thank, Captain Joni Deutsch for our most successful MS Walk to date, finalizing 9/30.

Good news! You can still hear Member, Ann Assarasson, in concert on YouTube. Her beautiful voice treated us at many Zoom meetings during the lock-down! Log onto YouTube, Ann Assarasson, and/or CCA Stream Series in the meantime.

Carry On Brave Survivors!

(more Club News cont' on page 19)

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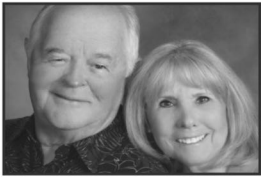
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## Bosom Buddies

BY VAL SINGER

October!! Can't believe it's Fall already. Not that I'm complaining because the heat was getting to be monotonous - but where did Summer go? You would think that with Covid the time would go by slowly, but it sure hasn't been that way for me. Maybe it isn't Covid but age that makes the time go by so fast. It seems like in a blink of an eye the week, the month, and the year is gone. Let me be the first to wish you all Merry Christmas! Just in case I forget...

Well, we finally had a real meeting! On Thursday, September 9th, we met at OC. The room was almost full as the picture shows. It was so delightful to see everyone again.

Kathy conducted the meeting with Corinne taking the minutes. Kathy volunteered to take over the presidency to replace Patty who had moved away. Motions were made and seconded to elect Kathy as President, Corinne as Secretary, and Kay as Treasurer. Motions carried.

As a special treat, Caron Russell and two of her volunteers from the American Cancer Society Relay for Life, Kim and Carolyn McCue, presented all of us with the annual Relay purple shirt. This was created especially for Bosom Buddies by Rich Hale. (See picture of Peggy and Val displaying shirt). Survivors' diagnoses ranged from 40 plus years to just beginning treatment. It was so special that these ladies came to our meeting. Bosom Buddies did not participate in the American Cancer Society Relay this year due to Covid, but these ladies still came to us!



Peggy and Val displaying shirt.

Thank you so much Peggy for your work on the Relay and for arranging for these ladies to come to the meeting. Hopefully, next year we can all participate.

Bosom Buddies needs volunteers. It is only with everyone stepping up that this marvelous group of women will remain as strong and helpful as it has always been. BB is an integral part of Sun City Lincoln and I've heard more than once, "I moved to Sun City Lincoln because they had a breast cancer support group". We are so fortunate to have Bosom Buddies, as not all Sun Cities have such a group.

Please contact me (Val) 916-645-8553 if you wish to help make Bosom Buddies even stronger in the future.

Don't forget to send your dues (\$12) to Kay Brady, 365 Snapdragon.



Happy Halloween everyone!

If you have any questions regarding Bosom Buddies, please contact Marianne Smith (916-408-1818) or Kathy Woodward (916-253-9348)

We end each meeting by holding hands and saying: "Together we are strong; together we will make a difference; together we will survive!"

And, we will, hopefully with a little fun...

## Low Vision Support Group

BY JOAN BRANT-LOVE

Date and location of October meeting have changed.

Meeting – Tuesday, 10/19/21, 2:00-4:00 PM, Heights & Gables Rooms\*, Orchard Creek Lodge

"Using Dictation with Smart Phones and Tablets." Presented by Ken Spencer, Independent Apple Consultant. Ken, a member of SCLH Apple Group, will get us up to date on the dictation capabilities of our phones and tablets. We'll learn how to make the best uses of our Apple and Android devices by simply using our voices.

\*Heights & Gables Rooms are at the back of the OC Ballroom

Meeting – Tuesday, 11/2/21, 2:00-4:00 PM, Orchard Creek Lodge

Society for the Blind will present "Services for Those with Low vision."

Toni Boom is an occupational therapist specializing in low vision rehabilitation since 2008. She will explain the services offered by Society for the Blind's low vision clinic and how vision rehabilitation can help people use their remaining vision more effectively.

Kathleen Shevlin has worked at Society for the Blind for over 15 years. She has been a manager with the Senior Impact Project since 2013. She will talk about senior services and activities designed to help older adults (55 and older) with vision loss continue leading enriched and fulfilling lives.

Jackie Young has been an active client with the senior program since 2013. She will share about her training and experience as a guide dog handler.

Recognizing Cataracts: Some Vision Loss May be Reversible

By Dan Roberts, International Low Vision Support Group Newsletter

September 2021

As life goes on, we all start to notice certain changes that are a natural part of aging. Our joints and ears may be in need of repair or assistance. And in spite of our diminishing vision, maybe our eyesight could even be improved. One cause of impaired eyesight later in life is cataracts. A cataract is a clouding of the lens in the eye. People with cataracts may notice cloudy vision or halos around lights when riding in a car at night. If left untreated, cataracts can greatly limit vision. In fact, some people with severe cataracts may only be able to tell the difference between light and dark. Cataracts are common in older adults. About half of all Americans will either have cataracts or have had cataract surgery by the time they reach age 80. "I don't usually think of cataract as an eye disease. In most cases, it's simply a normal aging change of the eye," says Dr. Rachel Bishop, an ophthalmologist (eye doctor) at NIH. "Typically, cataracts don't cause damage to the eye the way most eye diseases do." Early symptoms of cataract can be improved with eyeglasses, brighter lighting, anti-glare sunglasses or magnifying lenses. If these steps don't help, surgery is the only effective option for treatment. Surgery involves removing the cloudy lens and replacing it with a plastic lens. Cataract procedures are among the most common surgeries performed in the United States. Most patients recover in just a few weeks, and many have improved eyesight after a few days. Recent advances have allowed doctors to tailor new lenses to patients and help reduce the need for eyeglasses after surgery. 2 ILVSG Newsletter Volume 16, Issue 9 The decision to have cataract surgery is a personal one that should be made between you and your doctor. Some experts advise that cataracts be removed only when vision loss interferes with your everyday activities, such as driving, reading or watching TV. The best way to prevent or delay cataracts is to protect your eyes from harmful ultraviolet rays from the sun. Try wearing UV and near UV blocking sunglasses or a hat with a brim. Researchers also believe that good nutrition can help reduce the risk of age-related cataract. They recommend eating plenty of green leafy vegetables, fruits, nuts and other healthy foods. Also, don't smoke, because smoking may speed cataract development. Eye disease such as macular degeneration can cause vision

(cont' on page 23)

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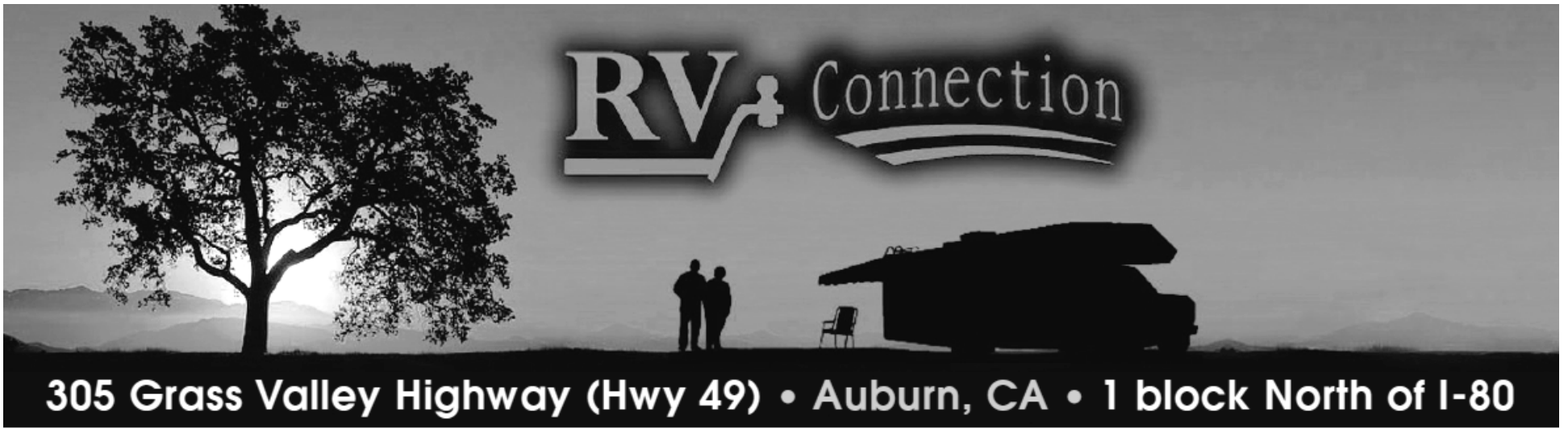
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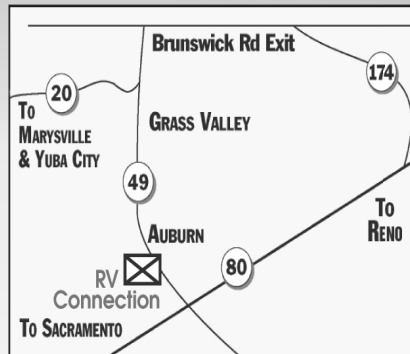
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### Low Vision Support Group

(cont' from page 21)

loss that is not recoverable. Vision loss from cataracts, however, can be reversed by surgery that is both simple and safe. Your doctor will tell you if and when you might benefit from cataract surgery. Meanwhile, do everything you can to keep your eyes healthy through good nutrition and eye care.

Source: National Institutes of Health

The Low Vision Support Group is subsidized by Neighbors InDeed and the Lincoln Hills Foundation. Low Vision Support Group Contact: Cathy McGriff 916-408-0169 or cathygriff1010@gmail.com

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### Glaucoma Support Group

BY BONNIE DALE

Our meeting this month will be held on Wednesday, October 13 at 4:00 PM in the Multimedia Room (OC). We will be sharing resources for those living with Glaucoma. There are many places to look for information about your disease. Many good sources are available on your computer. Some websites are better than others, but information gathering is good. From this information, you will be better prepared to ask questions and become a participant in your care. Bring your resources to share with the group.

For more information, please contact Bonnie Dale at 916-543-2133, bjdale@aol.com

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### Garden Group

BY LORRAINE IMMEL

Returning as our guest speaker (Thurs, Oct. 28, 2:00 PM-General Meeting) is Rich Colwell of Colwell Thundering Herd Mandarin Ranch. He will be bringing a couple of items to donate and handouts to the group after his presentation. Rich will also have some of his products for sale afterward and many other gift items can be found at the website: MandarinOliveOil.com.

He and his wife Nancy are the owners of the Colwell Thundering Herd Mandarin Ranch. A Penryn resident since 1959, Rich purchased abandoned orchard property from his parents in the early 1980's and began planting a family citrus orchard. Over the years Rich has become recognized as a leader and expert among the local mandarin



growers having served as the President of the Mandarin Growers Association for 10 years. He and his wife Nancy have developed a very creative and diverse "spin" with new citrus based products and have been featured over the years on TV Channels 3, 10, 13, 40 and 58 as well as KFBK Radio.

In addition, highly complementary articles about their innovative approach to marketing, Tasting Room and Ranch Store have appeared in the Sacramento Bee, Auburn Journal, Gold Country Media newspapers, Comstock Magazine, California Event Magazine, Foothills Magazine, Folsom Magazine, and the Statewide California Ag Alert Newspaper.

Most importantly, Rich and Nancy are very proud of their five adult children and nine grandchildren who have assisted with tree planting and care and providing excellent service to our customers over the years. Their family centered approach has been "Harvesting Happiness Since 1982."

There will be Brown Bag Sales at this meeting and sign-ups for a Field Trip Nov. 5 for The Colwell's Ranch Tour. A previous email was sent out with details about it and info about signing up for it.

Contact: Vickie White, 530-320-0498 or Linda Garrett, 916-409-5944

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### Bird Group

BY DON BAYLIS

It's October, with our winter migrants returning and Bird Group activities growing.

Since early September, Sandhill Cranes have been sighted both flying over Lincoln Hills and down in crane refuges near the Delta.

all off. Sal says the only one he missed was the pika, so there should be a lot of good photos. Even more recently, John Garfein visited the Greek Isles, where in addition to mountains and picturesque houses, he found a variety of bird life willing to pose for his camera. Join John on November 8 to view the birds (and surroundings) of the Greek Isles.



White-crowned Sparrows are being spotted in the area by mid-September (this article is written in mid-September). We are also seeing a variety of warblers in regional locations, and Yellow-headed Blackbirds have been seen west of Lincoln.

In addition to migrants, a recent highlight is the continued sightings of Barn Owls along the Salt Pond. Larry White almost promises a view if you are there an hour or two after sunrise. Not to leave out the mammal population; beavers, mink, and otters have all been well photographed in the Ferrari Pond area.

The September program was "Woodpeckers of Northern California", by Angela Thompson, owner of the Roseville Square Wild Birds Unlimited. A good-sized crowd heard her go through all the woodpeckers found in our area of Northern California, their habits and where to find them. Angela has lived in Lincoln, and is now a resident of Foresthill, so she could cover both resident species like Acorn Woodpeckers, Nuttall's Woodpecker and Downy Woodpecker; and the more remote species like White-headed, Pileated, and the Black-backed Woodpeckers who specialize in burned over mountain landscapes.

We do have programs for the following months as well. October 11 will have Sal Acosta and Suzanne Hutchinson speaking on their COVID era trip to Yellowstone National Park, and photos of the birds and mammals they saw. Their normal travel pattern is to research all the wildlife they are likely to see, then check them



Our first field trip since early 2020, a walk along the Canyon Oaks and Elderberry trails, is being held on September 24. This is too late for this month's article, and will be reported on in the November issue. As a local walk, this "expedition" is being coordinated by Cathy Hedges. Our following walk is scheduled for Mahany Park in Roseville on October 22. This location is a walk along Kaseberg Creek, and was discovered for the group last year by several members seeking nearby birding locations.

Our programs are held in KS Presentation Hall at 1:30 PM on the second Monday of the month. Most day trips leave from the Orchard Creek parking lot west of the pool at 8:00 AM unless otherwise specified. Please check Events on our sclhbirders.org and your email for updates and weather cancellations. Bird lists for each trip are posted on the website under Lists.

Contact: suncitybirders@sclhbirders.org  
Web Site: sclhbirders.org

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(more Club News cont' on page 25)

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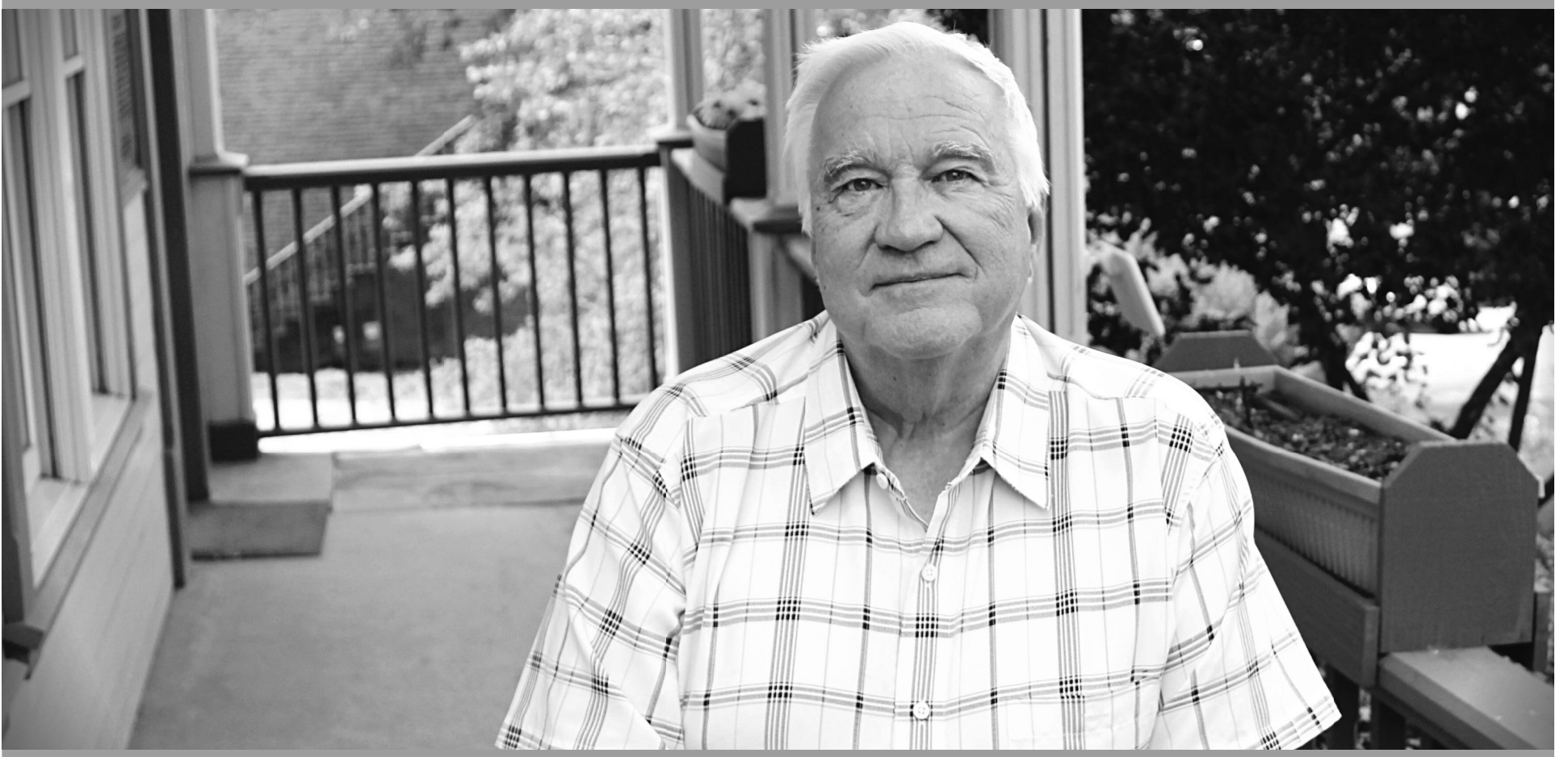
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## LH Fishing Club

BY TINALYN SELL

There is nothing worse than being on a trip and realizing you are unprepared. Whether it is shortage of food or improper clothing, you are putting not only you, but others at risk. Park Rangers have many stories of adventurous humans, who for one reason or another, have decided to go into nature knowing nothing about the area, whether, or the type of equipment they may need. This usually results in miserable humans and damage to nature.

Properly planning your trip will ensure the safety of yourself, others in your group, and those you meet along your trek. Practicing Leave No Trace principles will help minimize damage to nature and the surrounding resources.

There are several elements to consider when planning your trip. • What are your expectations during the trip?

- What is the skill level and ability needed for the trip, and how do they compare to those in your group?

- What is the average hiking speed of the group, not just you?

- What will you or the group be having for meals and snacks?

- What equipment and clothing will be needed for the trip?

- Are there any water sources along your path?

Be sure to plan activities to match the expectations, skills and abilities of yourself and others with you. Gather as much information about the area you will be in, weather, terrain, and elevation change, just to name a few. Then, decide how many miles the entire trip will be, and how many miles you plan to trek each day. It is important you are consuming enough calories for the journey. When packing your food, use sealable bags to reduce the bulk of commercial packaging. This will also reduce the amount of garbage you will need to pack out. For cooking, two small backpacking stoves will accommodate numerous people, and cooking over a campfire may not be possible in some areas; plus, you want to be practicing Leave No Trace. Do not forget the most important item, water, and a water purifying system. It is important to know how much water you will need and the water sources available to you during your trek. Water can be the heaviest item in your pack, so you will want to limit



*Dick Angus's Salmon from Bristol Bay waters caught on a fly.*

the amount you carry at a time.

TinaLyn Sell is the President of the Granite Bay Flycasters, used with permission.

## Hiking and Walking Group

BY STEPHANIE HUNTINGDALE

Unfortunately, this past month most of our hikes have been canceled because of the fires in the Sierra's. It is understandable that being up there is not in our best interest. Even the Tahoe National Forrest closed all trails and campgrounds. Such an unfortunate summer for all of us and especially those who have lost their homes. We will try and schedule the club BBQ and hike in Truckee sometime in the spring of 2022.

However, we were fortunate that the dinner at Pescaotore Winery could still be held. Never let it be said that we would miss a meal. By the time you read this, many enjoyed the good food, wine and the company of fellow hikers. If not a hike, it was a great visit!

Let's not let this past year and a half of Covid be our downfall. The hiking/walking club is in need of leadership. Do you want to continue having the opportunity to see new trails, meet new friends with the same interests? Then it's time to step up and help the club continue to exist. The club's annual meeting will take place on October 14th. Call Dan Cortinovis today and volunteer to help in a leadership position. This is important. Please

consider the options.

Stay safe, stay connected.

You must check the website for the most up to date information. Currently to car pool you must be fully vaccinated. If you think you are not feeling well, please stay home. There will be future hikes.

Hiking-Walking Group Website: <http://www.lincolnhillshikers.org>

Call Dan Cortinovis Hiking Group President, 925-262-7345 with questions about the Hiking Group.

Call Debbie Schryver, Walking Group Coordinator, 916-666-1741 with questions about the Walking Group

## LH Cyclist Group

BY TOM FRADY

I have been on board with the concept of wider bike tires being faster, more comfortable and better handling than skinny ones for some time. I was just waiting for my 25mm Gatorskins to wear out before going to 28s. The top clearance of my front fork probably won't accommodate anything wider (or taller) than the 28s.

As of this writing, I have taken just a few rides on the 28s, but I can tell the difference, at least in "cushiness" and comfort. Much nicer. I probably haven't pushed enough to evaluate the performance difference. I don't perform well enough to evaluate the performance difference anyway, albeit I sure haven't noticed any drop off.

But, I have been thinking, if 25s are better than 23s and 28s are better than 25s and I know people with 30s on their road bikes, just how wide can we go before it's no longer advantageous.

Answer: Yikes.

Recent tests (this summer) by Bicycle Quarterly confirm what some people have known for years: wider tires don't roll slower than narrow ones. Testing on real roads shows that even 44mm (!) tires aren't slower than 25s. On rougher roads, there is no doubt. Wider tires are faster because they glide over irregularities and don't bounce like skinnier tires.

Now, before you engineer-types start tuning up, the slight increase in weight and wind resistance in larger tires was controlled and factored in the tests.

The testers did caution us to not just slap any ol' wide tire on your bike and expect better

performance and comfort. "Touring" tires have tough, sturdy casings. It takes a more supple casing of a racing/good road tire to get the advantages.

Here are the advantages of wider tires.

**Fewer flats:** Because the casing is under less tension it will pick up fewer hazards and you therefore get fewer flats.

**Better performance:** The size of the tire patch (the part of the tire that contact the pavement) is a result of the rider weight and tire pressure. The lower the pressure the larger the tire patch. The larger the tire patch, the more rubber there is to grip the road, resulting in better cornering and overall handling.

**Better rolling resistance:** The lower tire pressure allows the sidewalls to flex more over bumps. This shock absorption means the bike rolls over a bump rather than bumps over a bump.

**More comfort:** Tires are an integral part of a bike's suspension. The more air volume in the tire, the more the tire can flex (using lower pressures) and the more flex the better the suspension.

**Longer wheel life:** The lower the tire pressure the longer your wheels will last because of the improved suspension.

So how wide a tire should the average Lincoln Hills Cyclist use?

The ultimate width is largely dependent on what your frame will accommodate. Most modern bikes (even racing bikes) can use 32mm. 28, 30 and 32mm tires make the rougher backroads around Lincoln (I'm talking to you Forbes) feel smoother. The rider is also safer because they are not bouncing as much.

If you are the more adventurous type and sometimes hit some gravel roads, consider 38s. Some pros are advocating 38s for everyone.

Looking for more comfort? Try (and I can't believe I'm saying this) 42-44mm tires. According to the testers, you will lose a little connection to the road, but, jeez, you could ride just about anywhere, assuming you want to take your 16lb racing bike there. It's somewhere in this range you might need to consider a different wheel size. The testers used 650B wheels instead of the 700c most of us ride.

These tires are definitely in e-bike territory.

Ready to go crazy? Look at 48-54mm tires. You will need the smaller wheels here and I'm guessing most LH residents aren't

(cont' on page 26)

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### LH Cyclist Group

(cont' from page 25)

going to go this far.

I'll admit, even if my bike would handle super-wide tires, I'm not sure I'm ready to go radical. But, my advice to almost anyone would be to go at least one step wider next time you change tires. If you have concerns about fit, you might be able to borrow a worn out wider tire from a friend next time they change tires.

To summarize: Tires less than 25mm are slow. The width of your tires (up to 54mm!) won't change your speed on smooth pavement, but wider tires are faster on rough roads.

### Mad Hatters Bocce Group

BY NORM CHERUBINO

It is with sadness and regret that we report the passing of John Gradwohl, one of our most loyal and respected members, on July 23. John was a very active volunteer in Lincoln Hills and Lincoln, and all the places he ever lived and worked. John and his wife, Cynthia, had volunteered to take over the primary responsibilities for the Mad Hatters Bocce Group, but had to later resign. Our thoughts and prayers go out to Cynthia and his family.

We are still looking for volunteers to take over some of Paul's many duties. He has been doing them for a long time and is asking for relief.

If you are a member of Sun City Lincoln Hills, you may join the Mad Hatters Bocce Group. We prefer that you are vaccinated if it

is medically possible. If you are unvaccinated you must wear a mask. New, inexperienced, and handicapped players are welcome. Lessons are available.

Contact — our new email account: Mad Hatters Bocce Group, LHBoceGroup@gmail.com; Bob Vincent, 916-543 2607.

### LH Senior Softball League

BY JOYCE NORMAN

Sept. 16, Two Board Members (BM) of Lincoln Hills Senior Softball League and John

Moran presented a \$1100 check to the Athletic Director of Lincoln High School, Donna Tofft, for softball equipment. LHSSL players and their fans donated the funds.

### LH Pickleball Club

BY MOLLY MORRIS

The Pickleball Club hosted our first banquet last month. Everyone attending enjoyed their time at Caribbean Nights. The decorations were delightful, dinner was delicious and dancing was divine!

We added our 700th active member on 9/8/21. Welcome to Tim McCormick!

Our Club Championship Tournament was so much fun! We had full brackets of men, women, mixed doubles and even singles. See our webpage for a slate of the winners. The weather was perfect and Rita Weighall and Karen Goeman were the consummate tournament directors.

Thanks again to Bagel and Bean and Summerset Living for being our sponsors.

If you want to be part of the action, just sign up for our Intro to Pickleball class at paddleuppartner@gmail.com. We teach you the basics of the game like keeping score and dinking. The class meets Wednesdays at 11:00 AM (depending on weather). Reservations are needed for this class. We provide balls and paddles. Please wear shoes designed for tennis or pickleball. Or, if you are ready to play, come down to Drop-in play, held every morning 8:00 AM - 12:00 PM and evenings from 7:00 - 9:00 PM. If you already have a foursome, reserve a court on Hold My Court on the Wellfit page or lhpclub.com. Come join the fun!

If you want more information on these or other Club activities, visit the website at LHPBClub.com or contact Molly Morris at 408-386-9054.



Senior Softball presents \$1100 to the Athletic Dept of Lincoln High School. From left-right: Richard Norman - BM, Donna Tofft, Heide Mazzola - BM, John Moran - volunteer Coach for LHS Girls Varsity Softball Team.

(more Club News cont' on page 27)



# Michelle's Current Listings



#### 812 Magnolia Lane - Tahoe Floor Plan

This Tahoe Model with 3-car garage is ready for its new homeowner. The spacious floor plan offers 2 bedrooms and

2 bathrooms plus a den/office. The open floor plan allows for lots of natural sun light with its many windows. If you love to cook, this kitchen will be a favorite spot during the upcoming holidays as you entertain all your new friends you'll meet after moving here. Until then, you'll enjoy lazy afternoons on the covered back patio while gazing at the low maintenance landscape. Welcome to Sun City Lincoln Hills!

**Priced at \$639,000**



#### 234 Calistoga Lane - Alpine Floor Plan

With historic low inventory in Sun City Lincoln Hills, this ever popular Alpine model will go quickly so don't wait! This home features 2 bedrooms, 2 baths and

a den/office/hobby room and is the perfect size for an individual or couple. Interior features mimic almost a Nantucket feel with its white cabinetry, cool blue and peach walls. This home truly wraps its arms around you when you enter it. The laminate flooring in high traffic areas and great room extends the eye the minute you walk through the front door out the plantation shutters to the inviting backyard. The maser suite has a bump-out for extra seating and a spacious bath with raised vanity and oodles of closet space. The homeowner loved outdoor living so they added a Durawood deck with covered pergola installed by Petkus Brothers, a great spot for entertaining all the new friends you'll meet after moving here.

**Priced at \$600,000**



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**Table Tennis**

BY DENNIS ZARO

Two tables are available on the terrace behind Kilaga Springs Lodge. Times are Tuesdays, Fridays, and Sundays, 8:00 AM to noon. Players must make reservations for 1/2 hour or 1 hour time slots at: <https://holdmycourt.xyz2/lhtt>. Also, drop in play is available on Sundays, 9:00 AM to noon in the Multipurpose Room, Kilaga Springs. Seven tables are set up to allow for a full range of skill levels. Players are required to bring their own paddles. For more information contact our club president,

Alan Smith, at 916-543-6545, or [aledsmith0411@gmail.com](mailto:aledsmith0411@gmail.com).

• • •

**LH Tennis Group**

BY HELEN BEROTT

Fall has arrived and we are getting ready for our annual OktoberFest on October 21! This is usually the biggest tournament of the year, with lots of fun tennis followed by great food. The event will be men's doubles and women's doubles, with multiple rounds of play with a different partner for each round. Players sign up individually and we'll set up the partners for each round of play. Entry forms will be sent out to all members, and are also available at the Sports Pavilion. There will be prizes for men and women in each division. Tennis will be followed by lunch and awards. Tournament Directors Cathy and Dennis Vaillancourt have a great event planned for

us, and Social Director Patty Kingston has a tasty lunch planned for all.

Saturday ball machine practice continues every Saturday from 8-9:20AM for all residents on court 6.

Our annual membership meeting to elect 2022 officers is scheduled for Friday, December 3.

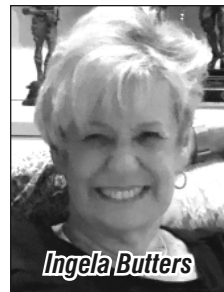
• • •

**Lincsters 9 Hole Golf Club**

BY DARLYNNE GIORGI

Who is the new Lincsters Club Champion? Who will be wearing the coveted green jacket? The winner will be announced in next month's issue. In the meantime, let's give Kathy Lindner and Susan Mox a big hand for hosting this annual two-day tournament.

It's not too late to support The Breast Cancer Tournament to be held on October 20. Co-Chairs Linda Mann and Katie Sween, along with adviser Ingela Butters have worked long and hard making this fundraising event a reality. We can make a difference in this fight against cancer. I am proud to write that my



brother-in-law, Dr. Robert Stull, in his lifelong endeavor has developed a drug to stop the spread. He was able to achieve with the aid of research funding. Your dollar does make a difference.

100% of the proceeds go to Placer Breast Cancer Foundation with a focus on research and education in our local community. Send your check to Katie Sween, 1996 Winding Way, Lincoln, CA 9564.

• • •

**Ladies 18-Holers Golf**

BY CANDICE KOROPP

Most recently, the Hills course was the backdrop for the second week in September. Three ladies lit up the leaderboard with bell-ringing scores: Linda Fitzmaurice with 43, Cathy McWilliams with 42 and Lissi Bedford with 39 points. Linda tied her best round ever score of 85, and Cathy had her lowest score ever, 105. Lissi used her two pops on six holes to net birdies. Taking aim at a hard to reach flag on the right side, Mikie Briggs claimed closest to the pin on Hole 12, as her ball came to a rest about nine feet beyond the cup. Just listen to hear excited cheers around the course on any Thursday.

Then, the first week of September, Liz Phillips won the title of NetChix. Liz continues to be a working gal who fits in golf a couple of

times a week. She is the only player to net under par on this first Thursday of the month, and she was taken by complete surprise to receive this recognition. The next best players, Gwen Hare and Maureen Senn, scored even par. Hare was first in flight one, followed by Pat McNiff, Rosie Warren and Linda Fitzmaurice, who managed to break into the first flight for the first time. The second flight was led by Lynn Lopera, Karen Thom (second), Lissi Bedford (third) and Mitsuko Cameron in fourth place. Senn led flight three, followed by Diana Lilienthal, Ilene Marshall and Daphne Poytress. Pat Robinson was best in flight four, tying Phillips for gross, 106. Second place belonged to Ida Cicci, Ofra Unger placed third, and Yeong Hur was fourth. Sylvia Feldman earned the CTP on Hole 16, rolling her ball within eight feet of the cup.

A Two Best Balls of the foursome, was the featured event at the end of August, managed by Lilienthal. It was an unusually high scoring day, but the team of Chappellear, Christoff, Hare and Lee won the day with a 139, a four stroke victory over Lopera, McWilliams, Royball and Tamanti. Birdies by McWilliams and Tamanti and capitalizing on two-pop holes by McWilliams, made the difference. The team of Brinkerhoff, Hutchinson, Mann and Phillips placed third, seven strokes off the pace. Hanson, Ivaldi, Lilienthal and McNiff, won in a tiebreaker to take fourth. Congrats to the winners who conquered the Orchard, on this day when most of the field struggled.

• • •

(more Club News cont' on page 37)

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**SSN WRITER...**

**Autumn In New England**

BY JEANIE ROBERTSON

Much has been written of New England's Fall  
Of the beauty of grand maple trees  
Such glorious colors of leaves that we saw  
Swaying gently in the Autumn breeze.

We'd come round a bend on a country road  
And we'd cry out in such pure delight  
At the brilliance of color revealed to us there  
In the filter of golden sunlight.

The trees overlooking a placid lake  
Were reflected in orange, red and gold  
And breath-taking is the word to describe  
God's beauty for us to behold.

I thought the colors in postcards and books  
Must have some additional dyes  
But now that I've witnessed New England in Fall  
I've seen proof with my very own eyes!

*We welcome your submissions such as humorous observations and poetry.  
Please see page 3 for submissions information.*

**Voices of Lincoln Poetry Contest Attracts 126 Poets from 36 Cities in 11 States and 3 Countries**

BY ALAN LOWE

The 17th Annual Voices of Lincoln Poetry Contest was very successful again this year. The theme of the contest was "If Life Were A Game Show, What Would Poets Say?" We had five new and exciting categories to challenge a poet's imagination and creativity. These included the following: "Let's Make A Deal" "To Tell The Truth" "The Price Is Right" "Family Feud" and "Who Wants To Be A Millionaire."

The July 20th entry deadline attracted 126 poets. Poets submitted 193 poems in the five categories. Poets came from 24 California cities and from Phoenix, AZ; Steamboat Springs, CO; Atlanta, GA; Henderson, NV; Bloomfield, NJ; Dayton, OH; Philadelphia, PA; Gallatin, TN; Mansfield, TX; and Shelburne, VT. International poetry submissions were received from London, England and Coimbatore, Tamilnadu, India.

Judges selected 45 winning poems, submitted by 33 poets, including 15 "Young Poets," ages 10 through 17. Eight residents from Lincoln, three from Roseville, and one from Auburn did very well in the competition. These twelve received four 1st places, six 2nd places, and three 3rd places, as noted below.

In the "Let's Make A Deal" category (Adult Poets), Paige Curl, Lincoln, CA, tied for 1st place with her poem, The Farmer; Karen DeFoe, Roseville, CA, placed 2nd with her

poem, No Congress For Old Men; and Sharon Mahany, Roseville, CA, placed 3rd with her poem, the lamp. (Young Poets) Yasmeen Sihli, Glen Edwards Middle School, Lincoln, CA, tied for 2nd place with her poem, My Brother For Your Dog!

In the "To Tell The Truth" category (Adult Poets), Jody Brady, Auburn, CA, tied for 2nd place with her poem, It's Time.

In the "The Price Is Right" category (Adult Poets), Richard Will, Roseville, CA, tied for 2nd place with his poem, The Christmas Gift. (Young Poets) Nicholaus Fischer, Glen Edwards Middle School, Lincoln, CA, placed 1st with his poem, Is The Price Actually Right?

In the "Family Feud" category (Adult Poets), Karen DeFoe, Roseville, CA, placed 2nd with her poem, Blue-Eyed Quicksand. (Young Poets) Zieya Wicks, Glen Edwards Middle School, Lincoln, CA, placed 1st with her poem, Ocean; Jeremy Roughton, Glen Edwards Middle School, Lincoln, CA, placed 2nd with his poem, The Fight Of The Month; and Addalynn Henson, Glen Edwards Middle School, Lincoln, CA, placed 3rd with her poem, Life Is Like Family Feud!

In the "Who Wants To Be A Millionaire" category (Adult Poets), Kathryn Barger, Lincoln, CA, placed 1st with her poem, The Mother Lode Of Lightness. (Young Poets) Isabella Carruth, Glen Edwards Middle School, Lincoln, CA, placed 3rd with her poem,

**Who Wants To Be A Millionaire?**

The Voices of Lincoln Poetry Contest special event, scheduled for Sunday, October 10, 2021, at which winning poets read their poems, has been canceled because of COVID 19. We want to thank all the marvelous poets for their wonderful poetry and encourage them to continue writing and sharing their poems. For their poetic efforts, poets will receive a commemorative chapbook of the winning poems.

The Voices of Lincoln Poetry Contest is presented by the Poets Club of Lincoln and is sponsored by the Lincoln Library and the Friends of the Lincoln Library.

**Sons In Retirement Branch 13**

The Lincoln branch of Sons In Retirement will hold a three course gourmet luncheon at Catta Verdera on Tuesday, October 19. Arrive by 11:30AM. All attendees must have a vaccination card that shows the last vaccine at least two weeks prior to the luncheon or proof of a negative Covid test within 72 hours of the luncheon, and all attendees must sign a liability waiver upon entry. Cost is \$20. If you are interested in coming as a guest or in joining the Lincoln branch of SIR, call Chet Winton 916-408-8708.

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**“Murder on the Orient Express”**  
*(cont’ from page 1)*

The scene is set as you board the luxurious train with eight passengers, an unlikely mélange of ostensibly rich and somewhat famous characters settling in for peaceful, scenic trip across Europe. (See photo of passengers being directed to their compartments. Photo by Laura Jacobson & Craig Stults.) But shortly after the famous train leaves Istanbul for its trans-European journey, the travelers are jolted out of the old-fashioned opulence of their first-class surroundings as the flawless

Orient Express has just struck a snowbank, stranding all voyagers in their tracks—literally!

To exacerbate matters, a gruesome murder is discovered in one of the sleeping compartments, suddenly transforming everyone, except Monsieur Poirot, of course, into prime suspects. Will all the presumed innocent passengers proclaim impeccable alibis? Will a pocket watch, a hatbox, and a button prove to be crucial clues in the solution to the mystery? You’ll find out on November 18, 19, 20, and 21!

Director Julie Africa has chosen her cast, who are now diligently working on lines and

blocking, and Producer Craig Stults already has his stage crew busily building the stage. Julie is “excited to be directing this well-known play,” and promises “fun for both audience and actors as well!” Julie is looking forward to working with a relatively small cast of just eleven players giving her “more one-on-one time with each actor, enabling a focus on the varied personalities among the characters.”

Speaking of personalities, Ken Reiss is “delighted to be playing the great Belgian detective Hercule Poirot,” and will no doubt do his best to live up to the likes of famous actors who have also played Poirot – Peter Ustinoff, Albert Finney, Kenneth Branagh, and more. Ken added a little-known fact: “It seems that Agatha Christie took a dislike to the character she created and thought to kill him off, but he was so popular that she didn’t, as she felt she owed the public who seemed to like him!”

For all the suspense, witty outbursts, and lively, animated dialogue, tickets for the four shows (Thursday & Friday, Nov. 18 & 19 at 7:00; Saturday & Sunday, Nov. 20 & 21 at 2:00) may now be purchased in the Lodges and online at \$17 for general admission and \$21 for all-reserved seats. Hurry, while tickets last for this classic drama!

In other PLAYERS news, Readers Theater casts will present two free shows in KS Presentation Hall on Saturday and Sunday, October 9 and 10 at 3:00 PM. “The Whistler: A Stranger in the House” and “The Dweller in the Darkness” will get you primed for a scary Halloween!

**Make Our Streets Safer...**  
*(cont’ from page 3)*

on leashes and many times those leashes are stretched out far from their owner. If a cyclist hits a dog, leash or Streetwalker, the cyclist is likely to get thrown off the bike and seriously injured. It is a violation of State law to walk in Bike Lanes and court cases have repeatedly determined that it is unsafe for pedestrians to walk in streets, and that they are liable for causing accidents. Yet, Lincoln Police do nothing about it and security personnel in Sun City Lincoln Hills also do nothing. Streets are for vehicles, and bicycles are vehicles. Sidewalks are for people walking. That’s what the law says and it’s also common sense. City Officials and SCLH officials, need to assure that the law is enforced and make our streets safer for everyone. Readers, please contact Lincoln City Council members and SCLH Board of Directors and ask them to enforce the law and make our streets safer for cyclists and pedestrians.

*Dennis Thompson*

• • •



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**SUN SENIOR PROFILES** *Getting to know you...*

# Almo and Mary Cordone

(cont' from page 1)

helping to elevate the scientific efforts of the Department, publishing many bulletins and historical articles. In his spare time, he coached Little League baseball, played tennis and spent time at Lake Tahoe.

Mary was born in San Francisco, and also grew up in Marin County with her aunt and uncle in San Anselmo. She graduated from Sir Francis Drake High School and the College of Marin, spending lots of time at the ocean.

She married her first husband and lived in San Rafael. She worked as a secretary at the Federal Reserve Bank in San Francisco while her husband was in school at UC Berkeley. They separated after five years while her husband was working on his PhD. She admits she was young, clueless and bored so she took a trip to Greece with friends and then attended bartender's school in San Francisco. For several years, she worked at catered events and Gatsby's in Sausalito, the latter known for its deep-dish pizza.

After five years, she fell into the fledgling microcomputer industry. She "felt drawn" to a sign posted for a receptionist job in San Rafael and started working for MicroPro, the creators of WordStar. WordStar was the first successful word processing software. This was two years before IBM's Charlie Chaplin marketing put microcomputers on the map. MicroPro grew "like the Dixie fire" and she ended up in international sales where her territory was the United Kingdom. She loved traveling around England and doing the microcomputer conventions like Comdex in Las Vegas. The company had rapidly grown from 10 to 450 employees.

Mary and a few others from the company decided to go to another software startup in Sausalito, Information Unlimited Software (IUS) which did accounting software. A few years later, Mary (Miller at the time) started her own business, Miller International. She bought and exported U.S. software and hardware for two distributors in England, that she had previously worked with. For years, she was



*Almo and Mary Cordone — Circa 2000*



*Almo Cordone — Circa 2013*

either in Marin or England. At the end of the 1980s, she moved to England for a while, living in Yorkshire County, traveling throughout England and parts of Europe.

Even though Mary loved her life, she decided it was time for Cinderella to come home. So, at the age of forty-two, she went back to school and obtained an RN degree, working at first in Med/Surg and the OR and then eventually settling into skilled and rehab nursing in Marin. In 1999, she was transferred to Carmichael. This was where she and Almo started their "formal" relationship.

Almo and Mary had grown up in San Anselmo, but at different times. Almo was eighteen years older. Mary's aunt and uncle who had raised her divorced in the 1960s when Mary was eighteen. As luck would have it, her uncle remarried to Almo's sister. As she states,

"you can't make this stuff up." Her uncle was now Almo's brother-in-law, and, over the years, they met and saw each other at family get-togethers. Almo's first wife died in early 1999. Later that year, Mary was transferred to Carmichael, not too far from where Almo lived in Davis. Almo offered to show Mary the area, and their first official "date" was a trip to Taylor Creek, and Sugar Pine Point at Lake Tahoe. It was a magically hilarious day. They started seeing more of each other, playing tennis and going to Bodega and Marin for walks on the beach. They eloped to Lake Tahoe in July 2000. They were "husband and wife, sweethearts and best friends," and so glad they had found each other.

After marriage, they moved to Brookings, Oregon for three glorious years, living a few blocks from the ocean. Then they moved to Fountain Hills, Arizona for a year and moved to SCLH in 2004 when they returned to California. A great memory was a big birthday bash for Almo's eightieth and Mary's uncle's ninetieth birthdays in December 2009, held in the ballroom at Orchard Creek. There was a "cast of thousands" and the Lincoln Hills Tap Company danced for them.

Near the end of 2012, they decided they should move back to Marin to be close to family. They bought a condo with stairs and Almo started to have difficulty navigating the stairs. This was just the beginning of a nine-year journey into the depths of dementia and Parkinson's. Al's need for Mary's support was increasing and his ability to support her was decreasing. They were not sure at first what they were dealing with since the problems seemed to come and go. They moved back to SCLH in 2014. In 2020, they downsized to another home in SCLH which is where Mary now resides.

After the move back to Sun City, Al's cognitive and motor functions continued to decline, and they continued to adjust to his new needs as they came along. Al had stopped driving and needed more and more supervision. Socializing became more challenging. Al could

only walk very slowly for short distances with poor balance. The couple took walks together with a walker so Al could sit when he needed. Finally, in 2017, Al was diagnosed with vascular dementia and vascular Parkinson's, due to ongoing mini strokes.

At this point, Mary had started to feel overwhelmed. She became his full-time caregiver and a trip to the grocery store became a major undertaking. They found a wonderful opportunity for him to go to a daycare at the Lincoln Library run by Seniors First. The women that ran it were amazing and Al loved it. It was still an exhausting process to get him up and ready to be there by a certain time. Unfortunately, it closed when Covid restrictions started.

Mary states, "Even though he was still physically here I was grieving our loss. It was profoundly sad to watch the love of my life slipping away and struggling with small daily tasks. He was so vital and now so vulnerable and dependent. When I started to get involved with the in-home care provider industry, it was a whole other level of overwhelm, a huge challenge. I had little time or energy for meetings, paperwork, rules, training and re-training. Although I am, of course, totally grateful for any help we received." She believes it remains an overwhelming process. And she is a nurse with experience. Al continued to decline for another four years. In August 2020, he became bed bound and started on hospice.

By the end, he was a "skeleton in a hospital bed and I felt my sweetheart's last heartbeat May 24, 2021." To the end he was still able to hug Mary and say, "I love you." She knows she gave him world-class care and she feels honored that he loved her and trusted her to take care of him. Mary states her gratitude for all the people who supported them along the way, including Seniors First, Kaiser Hospice, Lincoln Hills Foundation, Del Oro and kind neighbors and friends. She says, "I'm so grateful to my sweetheart for twenty-one years of sharing unconditional love and his trust in me to care for him. I thank God for the strength to have seen this journey through."

**Want to share your story or know a neighbor who should be recognized?**

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## Lincoln Theatre Company Reopening November 12 — *We're Gonna Sing to the Mountain Top, Gotta Have Faith it Ain't Gonna Stop*

BY TODD GEAROU

Music has always remained a constant amid any crisis. Broadway may have been shuttered for months amid the Covid Pandemic, but there are new beginnings happening right here in the city of Lincoln. So it is amidst this sense of excitement that award-winning Lincoln Theatre Company announces its latest production: "All Together Now! A Global Event Celebrating Local Theater." This worldwide event celebrates the return of live theater. It allows organizations, not just locally, but around the world, to produce and perform an exclusive musical revue featuring songs from beloved shows. It takes place for one weekend only, November 12-14, 2021.

Award-winning area favorite, Lincoln Theater Company, has brought together some of the area's most dynamic singers and dancers to showcase 15 beloved Broadway songs in the full-production value that our area has come to expect. It certainly does not hurt to be able to say that they also have Hollywood star Tina Cole (best known for her role as Katie Miller Douglas on My Three Sons) participating. Co-director Dawn Maurer adds, "We are very fortunate that Tina, now a Sacramento resident, is available. She is a pure delight and remains a dynamo in the entertainment world." Also on the program is local recording artist and big band singer, Martin Beal. The full all-adult cast listing can be seen on the theater company's website.

The Lincoln Theatre Company has brought together what promises to be another gem in local entertainment. Onboard is multi-talented choreographer Jeff Teague, musical director Peggy Schechter with assistance from William Hedge and theatre local Dawn Maurer as co-director with Peggy. "Here in the area we have a large pool of gifted musical talents from which to draw. They have been forced because of Covid to be waylaid for many months. Everyone is excited to be back in the saddle," says Co-Producer Todd Gearou. "The collaborative talents of Maurer, Teague, Hedge and the Schechters are an amazing combination assembled, making the job easy for me and Co-Producer Gail Stark."

Boy, after the year we have had, we really need to celebrate theatre! Performance dates are November 12, 13 and 14, 2021. Friday and Saturday evening shows are at 7:30PM; Saturday and Sunday matinee shows start at 3:00PM. It all takes place at The Grand Ballroom at Oliver's Brewhouse and Grill. 645 5th Street, Lincoln, California. More information and tickets are available at [www.lincoltheatrecompany.org](http://www.lincoltheatrecompany.org) or call 916-409-7030. Tickets are on sale now.

## Lincoln Police Department — Volunteer Program

The Lincoln Police Department is recruiting for its LPD Volunteer Program. The program is open to Lincoln Residents who are 21 years old or older.

This ongoing recruiting effort is for those individuals who would like to volunteer either as Front Office Staff (informational, meet and greet) or Patrol (vehicle patrol, "eyes and ears" in the community). Qualified individuals will receive training on all aspects of Police Volunteer work.

For more information contact Roy Osborne at 916-645-4081.

## Attention Retired and Currently Employed Law Enforcement Officers

The Retired Law Enforcement Officers Group has quarterly breakfast meetings at a location in the West Placer County area. We currently have over 160 members and invite you to join us for some camaraderie with America's finest. You will enjoy the topics discussed by our guest speakers.

For more information please contact:  
 Chuck Schmidt, Coordinator  
 Retired Law Enforcement Officers Group  
 916-543-9569

## Sight Word Buster Volunteers Needed

BY DEBBIE VANLIEW

Do you have an hour a week to make a difference in the academic life of a child? Sight Word Busters is a local nonprofit located in Auburn, but we work in classrooms all over Placer County. We train volunteers to work one on one with students in the children's own classrooms to help them master their high frequency words (sight words). Sight Word Busters provides all the training and materials you need. And, because of COVID, we developed an online version of our service.

You can train online and provide the service from the comfort of your home. All we ask is a commitment of a minimum of one hour, one morning a week. You can work in the school of your choice. If this sounds like something you want more information about, please contact Bonnie Curtis at [bonniecurtis@sightwordbusters.org](mailto:bonniecurtis@sightwordbusters.org). You can also go to [www.sightwordbusters.org](http://www.sightwordbusters.org) for more information. Click on the volunteer tab at the top. You can sign up for training right there if you are interested.

With your support we can have every child mastering their grade level criteria for sight words! Kids need our help more than ever right now!

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# Observations on TV Practices

BY MARTIN GREEN

Surfing the Internet, which I've been doing more often in this Covid time, I recently came across an article about all of those TV (and Film) practices that have no relation to real life and that often irritate us viewers. I don't remember all of them (there were a lot) but two stuck in my mind. One is that in a TV show there's always a convenient parking space for drivers. Whether it's a courthouse, a jail, a hotel, a restaurant or an apartment building the TV character can just drive up and park right in front of the door. The other one is when the TV girl and the TV guy make a date, the guy says I'll pick you up at eight. There's never any mention of where they're going or what they'll be doing. Should the girl eat beforehand or not? How should she dress? How late will they be staying up? And so on.

The article was of interest to me because the same questions arise when Beverly and I watch TV. One of the things that bother us is that meals are featured quite often in TV shows but are rarely eaten. The guy and the girl are having a nice dinner at an expensive restaurant and something happens---they have an argument, one of them gets a phone call and has to leave, and that's the end of that meal.

Another meal that's destined never to be eaten is the breakfast prepared by Dad, usually pancakes. He works for hours in the kitchen and then the kids come running down the stairs, tell Dad they're in a hurry and they're out of

the door. All in all, the amount of uneaten food left on TV shows is enough to feed a third-world country for a year.

Speaking of inopportune phone calls, when TV guy and girl are in bed and preparing to do something, not sleeping, the phone rings, the guy or girl says to ignore it but the other one picks up the phone, listens for a minute and says I've got to go. This usually happens on a crime show when there's a murder and the cop or detective has to get to the site immediately.

Also on crime shows, there's almost always a scene where the cops, usually accompanied by a Swat team, break into the perp's house and they go through each room shouting "Clear." Sometimes the perp is actually there, but of course, escapes through an open window or the back door. There ensues a scene that's a crime show staple, the Chase, in which the perp leaps over fences, knocks aside people in the way, dodges traffic until he's almost always nabbed by someone tackling him. If the perp is a hulking 200-pounder and the tackler a 100-pound policewoman she easily subdues him. Sometimes the perp is knocked down by a passing car and that takes care of him.

The first suspect in a crime show to be caught and taken to the station, no matter how guilty he looks, is in the end not the culprit. After all, the show has another 45 or so minutes to go. In many cases, the character most helpful to the police is often the perp, so

keep your eye on him or her.

Also on crime shows, there comes a time when the bad guy has a gun on the hero (or heroine) and is about to shoot him (or her) when suddenly a shot rings out and the bad guy falls, dead. Another good guy has gotten there, comes up behind the bad guy, and shoots him just in time.

Crime shows are ubiquitous on TV, so are hospital shows. When a patient comes into a hospital with some minor ailment, maybe a sprained ankle or a broken fingernail, you can be sure he or she will be found to have something really bad that's been undetected before and that soon it'll be a matter of life or death. If that patient is rushed into surgery you can also be sure that, even if it's supposedly a simple procedure, some complication will come up (doctor, we have a bleeder) and the doctors will have to perform a miracle to save him.

Another mandatory scene in a hospital show is when a patient's heart stops beating and the doctor puts those electrodes (or something) on him to jolt it back to life and gets to yell "Clear!" In most cases, unless the patient is just a very minor character, the patient is immediately revived and as good as new.

In every type of show, there's almost always a scene where one character is driving a car, and another character is a passenger, and the driving character turns to the passenger while talking to him (or her) and you want to yell, "Keep your eyes on the road." Usually nothing happens although car accidents are a favorite way in soap opera and kindred shows

to dispose of a character. This has happened on Downton Abbey and in more shows that I can count.

At the starts of soap opera and romance shows, the hero and heroine almost always get off to a rocky start and seem to hate each other. If that happens these two will always get together in the end. This goes back to *Pride and Prejudice*. In the meantime, the hero and heroine will have scenes in which they come close together and seem on the verge of kissing and you want to shout, "So do it already", but then nothing happens.

I'm sure readers will be able to think of their own pet irksome TV (and film) practices. As I write this, a new TV season is about to start and we'll see if any meals actually get eaten and how long it takes for the TV guy and girl to have that first kiss.



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### LH Men's Golf Club

BY MIKE MCGUIRE-BACK

Our next Men's Club tournament is the Fall Favorite. A 4-Man Scramble will take place November 16 at 8 am. The Club Championship and Just-For-Fun takes place October 11 and 12 with a packed house. See the Linkletter for the winners. After the tournament, at 2:30 the membership General Meeting will be held in the big tent, and everyone is invited. Lunch will be provided for those who attend.

On #14 of the Orchard Course there is a roped-off area in the fairway across the creek. There is standing water caused by "mother nature". If a ball is in the roped area, the player can take a free drop on the in front of the ropes without penalty.

• • •

### Tuesday Sun Senior Bowling League

BY ROSALIE MEYER

Our Tuesday Morning Sun Senior League began the new season on September 7 at Strikes Unlimited in Rocklin. We have 18 teams of four that are always looking for new members. If you've never bowled before, it's a wonderful way to meet new people while getting some exercise and having fun! Don't hesitate to contact our Secretary, Linda Zierman, with questions at 916-408-2397. You may even know some of our players since it's a mixed gender league from all areas of Placer County. Our President is Russ Asbell, Vice President is Rosalie Meyer, and our Treasurer is Pat Fisk.

• • •

### LH Thursday PM Bowling League Strikes Again

BY BARBARA GREENFIELD

In preparation for winter bowling, the Thursday PM Bowling League members met on September 2 at 1:00 at Strikes Family Entertainment Center in Rocklin to elect our Board Of Directors and to discuss and vote on the rules that will govern us.

Congratulations roll out to: President - Paul Carroll, Vice President - Barbara Greenfield, Secretary - Linda Zierman and Treasurer - Pat Fisk.

For those of you who are new to the area

or want to get back to bowling, we have a few openings available if you are interested in bowling with us.

For your information, we are sanctioned through the United States Bowling Congress (USBC) as a Mixed League. Bowlers must be 55 years of age or older. Members are not required to live in Lincoln Hills but priority will be given to those individuals wanting to join the league who live in Lincoln Hills.

This is a handicapped league. We bowl standard 10-pin. The League will bowl on Thursday at 1:15 p.m. Lanes will be turned on at 1:00 for warm up. The League is a mixed League of any combination of male and female bowlers. The League is made up of four person teams.

For further information, contact Linda Zierman at lzierman@sbcglobal.net or 916-580-4711.

• • •

### LH Billiards Group

BY STEVE FOWLER

Congratulations to our winners of the Rookies Tournament September 13th with first place tie going to Tom O'Connor (on the left), Rusty Mills (center) and Don Sams (not pictured) with 5 wins of 6 games and second place tie to Sharon Baring with 4 wins of 6 games, and Lori Wisner (not pictured). At center front is Bob Soriano, Rookies Tournament Director. The Rookies Tournament is held every Monday at Kilaga with play beginning at 10 AM to 12:30 PM. Rookies Tournament Rules are available in our binders on the fireplace mantel at both lodges or our website at <http://lhbilliards.com>. On the second week of each month Singles 8 Ball (1/15) will be played. Then 8 ball Singles will be played for the rest of the month. Instructors will be visiting each table to coach players



while you play pool in a competitive but relaxed environment.

By the time you are reading this article all of our tournaments should be up-and-running. If not you will be notified through Billiards Club email. Good news is that new members will have the membership annual dues of \$10 for this year waived. Just fill out the form minus the \$10.00 membership dues and mail to the address on the bottom of the form. Members in 2020 had their dues waived for 2021 so both new and renewing members will pay membership dues of \$10.00 during the January 1-31 time frame in 2022. Membership Forms are available on the Billiards Room Bulletin Boards at Kilaga and Orchard Creek Lodges and on our website <http://lhbilliards.com> that you can download and print. See our website at <http://lhbilliards.com> for information about our club policies, membership forms, American Pool Players Association (APA) and individual tournament rules. An individual may play in one tournament then they must join our club to be eligible to play in future tournaments. Contact Tony Felice at 916-955-0501 [atfelice3@gmail.com](mailto:atfelice3@gmail.com) for information on the below listed tournaments

Billiards Group Schedule - Recommended Playing Levels

All tournaments and training are held at the Kilaga Springs Billiards Room.

Level: Beginners

Beginners Tournament - Monday 10:00 AM to 12:30 PM. Straight 8 ball (singles)/8 Ball 1/15 (singles). Strictly for new players.

Mentoring Training - Tuesday - Sign in starts at 9 AM. First session is from 9:30 AM-10:45 AM and second session is from 11 AM to 12:15 PM. Learn how to play pool, or refresh skills of former players. Basic, Intermediate and Advance Training available.

Level: Novice - Intermediate Players

Breakers - Saturday- 8 Ball. 10:00 AM to 10:15 AM check-in. Play from 10:15 AM to 12:30 PM.

Ladies - Tuesday - The first Tuesday of the month straight 8 is played. Otherwise 8 Ball (1/15). 12:30 PM- 3:00 PM. 12:30 PM to 12:45 PM check-in. Play starts promptly at 12:45 PM.

Co-Ed - Wednesday - 8 Ball. 4:15-6:30 PM. Beginner to Intermediate.

Upstarts - Thursday - 11:30 AM - 2 PM. 8 Ball (intermediate).

Players - Thursday 8 Ball. 2:15-4:30 PM for intermediate to advance players.

Challengers - Friday 8 Ball (1/15). 9:30- until 12 Noon. Intermediate to advanced players.

Level: Advance Players

Rack-N-Roll Group - Monday 2:30 to 5:30 PM. Straight 8 Ball or 8 Ball with 1 and 15. Generally, if there more than 16 players the game will be straight 8-Ball.

Cue-Masters: Wednesday - 12:45 PM Sign in with a start time of 1 PM. Meets 1st Wednesday for 8 Ball Singles, meets 2nd Wednesday for 9 Ball Singles, Meets 3rd Wednesday for Doubles 8 Ball alternate shots.

Co-Ed, Upstarts, Breakers, Players, Challengers, Rookies and Ladies Tournaments are free. The Cue-Masters and Rack-N-Roll tournaments require an entry fee of \$2 to play that day. All monies collected are paid out as prizes.

• • •

### Duplicate Bridge Club

BY JOYCE CLARK

We continue to play each Wednesday at 12:30 in the Ballroom. Reservations must be reserved in advanced by emailing Elise at [elisehomer@gmail.com](mailto:elisehomer@gmail.com). Please make reservations no later than the Monday before the game. No Tuesday games for the time being. We require proof of vaccination completion before you can play. Bring your card with you the first time you play and a list will be kept of those vaccinated. Sandy Sullivan, Elise Homer, Lois Hopkins, Sarah Towne, Laurie Vath, and Jean Cole had outstanding games in September., Jack Uppal will offer refresher bridge lessons the first Wednesday of the month in the Ballroom, from 10:00-11:30AM.

Visit our website at [www.bridgewebs.com/lincolnhills](http://www.bridgewebs.com/lincolnhills). Contact: Pat Lewis at [phlewis399@sbcglobal.net](mailto:phlewis399@sbcglobal.net)

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2798	Kingfisher	1195	501000	Calaveras
1403	Topanga	1240	517000	Condo
876	GREENRIDGE	1298	565000	Bridgeway
1621	Sweet Juliet	1322	527000	Bridgeway
777	Blossom	1322	530000	Bridgeway
947	Castleberry	1449	545000	Almanor
1715	Creekcrest	1456	689000	Almanor *
610	Stockman	1515	510000	Pine Hill
1150	Shadow Glen	1515	530000	Pine Hill
755	Waterfield	1515	547500	Pine Hill
1520	Topanga	1519	420000	Condo
1598	Grand Pheasant	1531	587000	Alpine
1815	Mary Rose	1539	575000	Pine Hill
1829	Emily	1539	626000	Pine Hill
1014	Longhorn	1549	600000	Alpine
1463	Picket Fence	1595	550000	Quail Cove
105	Hay Wagon	1673	590000	Trinity
1905	Laurelhurst	1715	580000	Lassen
500	Oriole	1767	620000	Santa Cruz
101	Chicory	1775	585000	Tehama
2456	Rubicon	1777	551000	Tehama
1307	Rose Bouquet Dr	1791	600000	Tahoe
208	Surreytop	1795	570375	Tehama
1742	Grand Pheasant	1967	700000	El Dorado
1935	Graeagle	2073	750000	Annadel
840	Shire	2073	630000	Annadel
2885	Black Hawk	2128	682000	Ventura
1802	Beckwith	2151	694000	Sausalito
288	Saddlehorn	2151	771000	Sausalito
2340	Hidden Hills	2163	811000	Fremont */ **
1145	Secret Lake	2176	770000	Sausalito
1994	Grand Pheasant	2258	935000	Napa*
2204	Ginger Hill	2495	819000	Marin*
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266	Lariat	2955	905000	Meadowgate**
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\*View \*\*Casita

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**Make a difference this tax season? Volunteer with AARP Foundation Tax-Aide in Lincoln!**

For the past 19 years, volunteers have been participating in the AARP Foundation Tax-Aide program in Lincoln. We need additional volunteers to join us to help taxpayers complete their 2021 federal and state income tax returns in Lincoln during the 2022 tax-filing season.

Becoming a volunteer is easier than you think! Volunteers are needed as schedulers to make appointments for our clients. No class is required; however, all volunteers must pass a ten-question ethics test. Schedulers return the client's phone call to set up an appointment time, explain what information to bring to their appointment, and log the appointments into a Google Calendar; schedulers must be computer literate.

Greeters welcome clients, review and assemble their tax records, make sure they have brought the necessary information so our tax preparers can complete their returns efficiently, and they manage the flow of clients being served. No computer experience is required to be a greeter!

Volunteers are especially needed as preparers to help the client prepare and e-file their returns. Even if you don't have accounting or tax preparation experience, becoming a tax preparer may be right for you if you have a knack for working with numbers. The free, comprehensive, five-day training and certification class for preparers will be

in December and January in Roseville and Lincoln. Computer literacy is required to assist in providing our free e-file service.

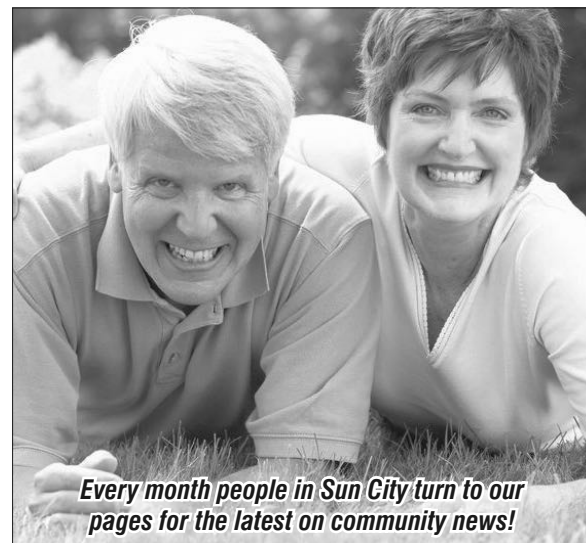
All volunteers are asked to commit 4 hours in one day per week during the tax-filing season, February 7th (January 17th for schedulers) through April 15th. Volunteers of all ages and backgrounds are welcome; you do not need to be an AARP member or retiree to volunteer.

To volunteer or for more information about becoming an AARP Tax-Aide volunteer in Lincoln for the 2022 tax season, please e-mail [yorke1946@gmail.com](mailto:yorke1946@gmail.com) with your name, address, and phone number. The scheduling phone number is 916.587.2822. Also, please indicate if you are interested in being a scheduler, a greeter, and/or counselor (preparer). We have a need for bilingual speakers. Dedicated translators who can assist our volunteers are also welcome.

**Rocklin Fine Arts Show**

The Rocklin Fine Arts Show and Sale is almost here! Being your shopping list to this fun event that will feature an art show and sale, and a marketplace. Saturday, October 16 and Sunday, October 17, Noon to 5 pm. FREE! Rocklin Events Center, 2650 Sunset Blvd., Rocklin.

  
**Student SERVICES**  
**A+ HOME SERVICES**  
**Gutter Cleaning**  
**Window Cleaning**  
**Solar Cleaning**  
**Christmas Lights**  
**(916) 380-8333**  

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# SUN SENIOR NEWS CLASSIFIEDS

## SERVICES

Genealogy/DNA Help - Create or update your family tree or use DNA to resolve family myths. Julie@asfaund.com, 925-588-1566.

JUNK REMOVAL garage, yard, storage units, furniture, appliances, e-waste, & more. PELICAN HAULING 1-916-712-7224 Andy Business Lic #00833776.

NEED A RIDE to doctor's appointment, airport or shopping? Call your SCLH neighbor Dianne! 916-759-8410. SAC Int'l. \$50. Lic#106453.

DRIVER AT YOUR SERVICE SCLH Resident Airport Doctor Appointments Shopping Errands Call Cindy 916-747-1882.

COUNSELING FOR SENIORS: Supporting Seniors dealing with grief, anxiety, depression, aging, loneliness, family issues. Telehealth sessions - Medicare Certified. Bob Tatum, Clinical Social Worker. Phone: 530-228-7465.

WHEELER CLOCK WORKS. Certified Journeyman Machinist. Repair, Restoration of clocks: Grand father, Antique, Cuckoo. Jim Wheeler 916-303-3459.

GUTTER CLEANING, Window Cleaning, Solar Panel Cleaning, & Christmas Lights... Student Services Call/Text 916-380-8333.

SUNSET LANDSCAPE. All Landscape necessities including •Basic Maintenance •Fence repair •Tree Services •Gutter cleaning. Free estimates. Salvador 530-315-0055.

GARY'S SPRINKLER REPAIR: Lic# 869624. Valves replaced, drip systems checked, timers, broken pipes. 916-223-3706.

MATT'S MAINTENANCE 916-747-7444. Handyman Services/Home Maintenance tasks in SCLH. Second generation SCLH resident! CSLB# 1039543.

ROOF INSPECTIONS AND REPAIRS. License #758107. Steve 916-997-2749.

DOG GROOMING FOR SMALL DOGS. TEXT DIANE AT 408-887-5517.

LAMINATE & LUXURY VINYL - \$2 - \$3 Installation Labor only - Repair, Material & Handyman quotes also avail. Over 20 yrs. exp. Randy 916-847-4357. Lic#852123.

HANDYMAN SERVICES: Licensed and Insured General Contractor providing maintenance, repairs and upgrades including kitchen and bath remodeling. License #590616. Call GREG SORRENTO 916-879-1995

DIAMOND HOUSE CLEANING by Lisa, Experienced, Professional, Detailed. Errands, Transportation, Shopping, Laundry, Pet Sitting, Window Washing, Lisc/Bnd/Ins. Neighborhood Referrals. I practice COVID safety 916-390-1162.

TENDER LOVING CARE, your dog, my home. plan a vacation and leave the lov'in up to me. day fee,\$20, overnight \$30. call marcia 916-408-8608.

\$\$SAVE MONEY WHEN SELLING HOME. LH Resident/RE Broker will list your home for only 1.5%! Full service, less cost! DRE#01195871. SELL n SAVE w/ Cindy. Action Realty: 916-595-2635 . www.sellnsavewithcindy.com

NOTARY PUBLIC SINCE 1975. Sun City resident Pat Shook. \$15 first signature \$10 other signatures same person. 916-783-3617 (landline).

TIRED OF OPIOIDS, EPIDURALS, AND FAILED BACK SURGERIES? Resolve chronic back, neck, and spinal disc pain non-surgically! Researched by Harvard, Stanford, Mayo Clinic, John's Hopkins Hospital, and Duke Medical School. True game changer - 30 years of experience - Sun City Resident. Call 916-645-3890 to see if you qualify today!

ELIMINATE GUTTER CLEANING FOREVER! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-916-953-5518.

TIMESHARE CANCELLATION EXPERTS. Wesley Financial Group, LLC Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 855-946-0763.

## FOR SALE

ELECTRIC RECLINING LOVESEAT. Brown. Console storage. Drink holders(2). Power headrest and lumbar. USB ports(2) plus power receptacle. \$800. 707-695-2864.

LEXUS all weather floor and cargo mats. Excellent condition, \$100. 916-543-0442.

BAR STOOLS(2), matched set, seldom used, stainless, foot rest, swivel seat, \$65 ea OBO, 916-434-6351.

BEAUTIFUL, Antique Oak Secretary/Desk/Cabinet. 38"Wx58"Hx11-13"D. 3 adj. shelves/drawers, cubbie. 2 keys. \$827/BO. 925-890-8291.

GOLF CART & Handi-cap scooter: 2002 Ez Go golf cart 48 amps, 2 seats street legal \$2,400. 2018 Go-Go handi cap scooter excellent condition, comes apart for easy lifting/storage \$700.

## RENT/WANTED

WANTED! cars-truck-SUV's all years all makes. I pay top dollar! Always more than CarMax 19 yr Lincoln Hills resident: Les Van Pelt 916-837-7659 or lesvp@yahoo.com

BUYING any Car, Truck, SUV, Van. I am a licensed Auto Dealer. I do all DMV paper work. Always paying TOP prices. Free appraisal at your home. Montie Boatwright 916-417-7468 or 916-434-5089. LH Resident.

WANTED: BUYING RECORDS Jazz, Blues, Rock, and R & B. Buying small and large collections, LP's, 45's, and 78's. Also looking for reel-to-reel tapes, ( all types.) Call 530 273-8490.

WANTED: BUYING OLD COINS, pay cash, free appraisals, discreet, I pay more! Private collector, SC resident. Call Jerry 1-916-772-4268.

CASH PAID by collector for MILITARY & VINTAGE ITEMS. I collect military & vintage items. Medals, patches, documents, photos, weapons, helmets, model trains, old toys and other collectibles. Call George at 916-768-4694.

## ANNOUNCEMENTS

LINCOLN PARKINSON'S SUPPORT GROUP: Meets the 3rd Tuesday of each month from 10-11:30 am. Location: Lincoln Hills Community Church. 950 E. Joiner Parkway, Lincoln. Please wear a mask if not vaccinated Questions? Call facilitators Gary High, 916-434-5905 or Susan Feldman, 916-919-0063.

GARAGE SALE: Oct. 8 & 9. 879 Bridalveil Ln. 707-338-2907. Come early, lots of good stuff.

YARD SALE: Oct. 9th 9AM-2PM. 1328 Dapple Dawn Ln, Lincoln Lot's of "GREAT" stuff.

GARAGE SALE: Dapple Dawn Block, Saturday, Oct. 9 from 9AM to 2PM.

GARAGE SALE: Oct 9-10 • 9:00 to noon. Lots of Christmas items+ too much to list. Come & grab it at 1909 Deep Springs Ln.

LINCOLN HAS ONE OF THE BEST High School rodeos in the area. Best of all it is free. Spend a great day watching these high schoolers ride and rope, come to one of these events listed below. The grounds are on Lincoln Blvd. on the way into town off Hyw 65. Event schedule: Oct. 2-3, Oct. 16-17, Nov. 13-14.

CALIFORNIA PIONEER HISTORY DAY - FREE FAMILY EVENT: November 6th, 9am-3pm, Marshall Gold Discovery State Park, Coloma, Ca. Historical Presentations, Pioneer crafts, Games, Kids Activities, and More! Food available for purchase OR Bring your own. State Parking Fee \$8 per vehicle.

NON- PROFIT ORGANIZATION in Lincoln needs Board Members. Ride To Walk looking for new, energetic board members. Enjoy helping individuals with disabilities. Applicants need good understanding non-profit, experience in leadership. ridetowalk@sbcglobal.net or 720 Sunrise Ave. #D-110 Roseville 95661.

## Classified Ads should be Emailed by the 12th of each month to: CA@egnews.com

### \*\*FREE ADS — INCLUDE

- ◆ First 15 words are FREE (for SCLH residents only), additional words \$1 each
- ◆ ONE AD PER HOUSEHOLD, PER MONTH
- ◆ Any Real Estate or Business Ads are not free. Please see "Business Ads"
- ◆ Lost and found items/pets.

### BUSINESS ADS

- ◆ Anything of a commercial nature, including pet sitting, real estate, rentals, timeshare/condos, etc.
- ◆ 15 words for \$35. Additional words \$1 each.
- ◆ \$65 for three months, same ad! (15 words only) additional words \$1 each

Classified Ad Submissions —

WHEN: By the 12th of the month, please email the information below to: CA@EGnews.com

Subject Line should be SCLH Classified and your Phone Number (Example: SCLH Classified 916-123-4567)

1. Contact name and phone number.
2. Which category to place your classified ad in: (Service, For Sale, Wanted, Announcement)
3. Classified ad text - including the phone number you want readers to call.

SCLH residents get FREE non-business Classified Ads; limited to 15 words; one per household per month.

Non-business Ad items include selling personal used items such as furniture, tools, books, rugs, electronics, personal car, golf cart, etc.

Business Ads include anything of a commercial nature or service, including pet sitting, real estate, rentals, timeshare/condos, any service etc.

Business Ads are 15 words for \$35 for one-month. Additional words \$1 each. (\$90 for three months for the same ad.)

If your classified ad is determined to be "business" related, we will email you an invoice that will allow you to pay immediately with a credit card, or mail a check.

\*HINT on Word Counts: A "word" is anything separated by spaces, or as reported by word-process software like Microsoft Word.

If you have any questions, please email us at: CA@EGnews.com



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**George Brown**

***Recent Sales in Lincoln Hills***

<b>1742 Grand Pheasant Lane</b>	<b>El Dorado</b>	<b>\$700,000</b>
<b>1291 Perdita Lane</b>	<b>Fremont</b>	<b>\$705,000</b>
<b>868 Granite Falls Lane</b>	<b>Annadel</b>	<b>\$750,000</b>
<b>1145 Secret Lake Loop</b>	<b>Sausalito</b>	<b>\$770,000</b>
<b>2327 Walden View Lane</b>	<b>Plumas</b>	<b>\$795,000</b>
<b>2340 Hidden Hills Lane</b>	<b>Fremont</b>	<b>\$811,000</b>
<b>2204 Ginger Hill Loop</b>	<b>Marin</b>	<b>\$819,000</b>
<b>853 Northfield Lane</b>	<b>Springcrest</b>	<b>\$870,000</b>
<b>266 Lariat Loop</b>	<b>Meadowgate</b>	<b>\$905,000</b>
<b>1994 Grand Pheasant Lane</b>	<b>Napa</b>	<b>\$935,000</b>
<b>1869 Homewood Lane</b>	<b>Meadowgate</b>	<b>\$1,156,000</b>

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**George Brown-Broker/Owner**

\*All measurements and all calculations of area are approximate. All Sales from all MLS Brokers. Display of MLS data is usually deemed reliable but is NOT guaranteed accurate by the MLS. Buyers are responsible for verifying the accuracy of all information, Sales from all MLS brokers