



## Deadliest Catch Star To Speak At Local Event

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## Local Navy Officer Serves Aboard the SS Theodore Roosevelt

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# Placer Sentinel

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Serving Auburn and Placer County since 1987

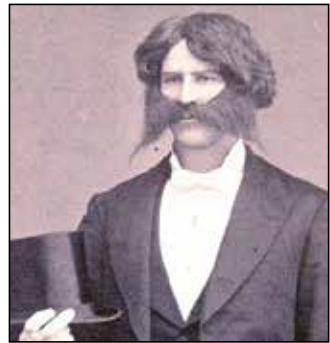
December 4, 2015

## AUBURN RESIDENTS CELEBRATE MISS AUBURN BEAUTY PAGEANT



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## PLACER MUSEUMS SEEK "MUSTACH" SUPPORT



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## MI:ROGUE NATION RELEASED ON DVD



Page 6



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# Gliding into Winter



The Auburn Ski Club's training center and programs are open to everyone. Photo courtesy of Auburn Ski Club

**AUBURN, CA (MPG)** - Auburn Ski Club Training Center is ready for the winter season with a full range of downhill, cross-country, snowboard, and biathlon programs for the whole family. Enrollment for all the club's programs is open now. This will be the club's 87th season of offering winter sports activities. The ASC Training Center facility is located next to Boreal Mountain Resort and includes a groomed 20KM cross-country trail system.

The Super Sliders Cross-Country Program accepts children at age four and the Cisco Kids

downhill and Snowboard programs accepts children at age six. Season-long junior teams for all ages are offered in Snowboarding, Biathlon, Alpine, and Nordic skiing. Program Director Ryan Collieran said, "Our Training Center programs start at the entry level and progress to competition locally, and as high as the Olympic level. Our goal is to create opportunities for youth and families to enjoy a lifetime of winter sports in the mountains."

For intermediate skiers ages 10-15, there is the All-Mountain Devo Downhill Team that explores the mountain at Boreal, skis the

terrain parks, and builds skiing skills. Cross-country skiers ages 9-18 can join the Sonics Team or the Devo/Comp Team for fitness and training for competitions.

"The upper end athletes compete regionally and at National Champions in Alpine, Cross-Country, Biathlon, and Snowboarding," said Collieran. "The Training Center offers a unique opportunity for youth to experience all the winter sports. Parents are a big part of our program, volunteering for races and enjoying cross-country or skiing at Boreal while athletes are training with coaches."

The Auburn Ski Club's training

center and programs are open to everyone. The 20KM cross-country ski trails are open Wednesday through Sunday from 8:30 a.m. to 4:30 p.m. and offer season and daily passes, rental equipment, and instruction. New this season will be cross-country night skiing, beginning in mid-December on Thursday and Friday nights until 8 p.m.

For more information about programs and activities, visit [www.auburnskiclub.org](http://www.auburnskiclub.org), email [info@assoc.auburnskiclub.org](mailto:info@assoc.auburnskiclub.org), or call (530) 426-3313.

Source: Bill Clark, Auburn Ski Club ★

## State Grant Helps Placer County Monitor DUI Offenders

**AUBURN, CA (MPG)** - Felony and repeat misdemeanor DUI offenders are over-represented in traffic crashes involving alcohol and other drugs, often with tragic results. An \$85,500 grant from the California Office of Traffic Safety to the Placer County Probation Department will help make sure that these worst-of-the-worst offenders are complying with all court orders.

"Driving under the influence is a serious crime and can change lives instantly," said Placer County Probation Department Chief Marshall Hopper. "The Placer County Probation Department is committed to providing intensive supervision to our repeat DUI offender population. This grant helps us hold high-risk DUI offenders accountable by ensuring they are following the orders of the Court and attending appropriate rehabilitative programming. These intensive services will ultimately improve safety on our roadways in Placer County."

The grant will fund officers to intensely monitor drivers on probation for felony DUI or multiple misdemeanor DUI convictions. Supervision for these high-risk offenders will include unannounced home searches, random alcohol and drug testing, and special monitoring to ensure compliance with court-ordered DUI education and treatment programs.

The Intensive Probation Supervision for High-Risk Felony and Repeat DUI Offenders grant is aimed at reducing the number of persons killed and injured in alcohol and other drug-related collisions in the county. In 2013, the most recent year for which full data is available, four were killed and 138 injured in such crashes in Placer County.

"Overall, California's roadways are among the safest in the nation," said OTS Director Rhonda Craft. "But to meet future mobility, safety, and accessible transportation objectives, we have to work very hard together to reach our common goal—zero deaths on our roadways. The Office of Traffic Safety and the Placer County Probation Department want to work with everyone to create a culture of traffic safety from Roseville to Auburn and the state."

Funding for the grant is from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Source: Placer County ★

## Relive Your Childhood with "Charlie Brown Christmas"

**PLACER COUNTY, CA (MPG)** - The Roseville Theatre Arts Academy (RTAA) is proud to present "A Charlie Brown Christmas" as part of their continuing Treehouse Players Series. Tickets are \$8 at [brownpapertickets.com](http://brownpapertickets.com) or \$10 at the door.

The classic animated television special, "A Charlie Brown Christmas," comes to life in this faithful adaptation where Charlie Brown, Snoopy, and the other Peanuts grapple with the real meaning of Christmas.

When Charlie Brown complains about the overwhelming materialism he sees among everyone during the Christmas season, Lucy suggests that he become director of the school Christmas pageant. Charlie Brown accepts, but this proves to be a frustrating endeavor. When an attempt to restore the proper holiday spirit with a forlorn little Christmas fir tree fails, he needs Linus' help to learn what the real meaning of Christmas is.

"A Charlie Brown Christmas" runs December 5th through December 19th, 2015 with performances on Saturdays at 11 a.m. and 2 p.m. Tickets are \$10 at the door or \$8 through [brownpapertickets.com](http://brownpapertickets.com). The Roseville Theatre Arts Academy is located at 241 Vernon St, Roseville, CA 95678 in the historic Roseville Theatre.



Michael MacLennan, Julia Hixon, and Bobby Grainger as Linus, Lucy, and Charlie Brown.

The Roseville Theatre Arts Academy is a not-for-profit organization dedicated to fostering theatre arts within the Roseville community. Programs include children's workshops each season, a "Masters' Series" for more experienced actors, a community choir, and academy classes in voice, dance, and drama. The 2015-2016 season is sponsored by Consolidated Communications

Inc. and continues with the Treehouse Players Series production of Tilly the Trickster, January 23rd through February 6th, 2016.

For more information or to donate, please visit [www.rosevilletheatreartsacademy.com](http://www.rosevilletheatreartsacademy.com) or call (916) 772-2777.

Source: Roseville Theatre Arts Academy ★

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## Auburn Residents Celebrate the Miss Auburn Pageant



**AUBURN, CA (MPG)** - Auburn residents recently celebrated the 80th Anniversary of the Miss Auburn Pageant. The event was held at The Ridge Golf Club and was sponsored in part by Roper's Jewelers, Mel's Diner, Holiday Inn Express, International Fight Sports, and West Coast Pageants.

Samantha Webb was named the 80th Miss Auburn. Webb will be promoting her favorite charity, Sleep Train Foster Kids. Her parents are Ronnie and Wendy Webb and she is currently a cosmetology student.

Hannah Lewis won the title of Teen Miss Auburn. Her platform is Athletes Committed, which promotes a drug-free lifestyle to athletes. Lewis' parents are Bill and Sandy Lewis. She is a high school student and a four-sport athlete.

Jessica Jagger was named Ms. Auburn. She will be promoting Bear Hugs and Blankets, which donates bears and blankets to hospitals and police. She is married to her husband, Brian, and they have two daughters, Kayla and Lindsey. Jagger is employed as a project manager.

All three ladies will serve the Auburn community for the next year and they will also have the opportunity to go onto the Miss California pageant.

Source: Toni Fossum

## Producer of "Deadliest Catch" to Speak at Fishing Club



Time Bandit, one of the most famous boats on "Deadliest Catch." Photo courtesy of Judy Miller

**AUBURN, CA (MPG)** - The Rooster Tails Fishing Club is kicking off the forthcoming holiday season with a special Sunday-style brunch and awards breakfast at the Auburn Elks Lodge on December 11th. This special breakfast event is open to club members, spouses, and non-member guests. Doors to the lodge will open at 8 a.m. to share fresh-brewed coffee, cold juice, or a Bloody Mary with fellow Rooster Tails friends. Leisurely enjoy a special wide-selection \$15 breakfast buffet at 9 a.m. The buffet includes multiple egg choices, hand-carved ham, roasted red potatoes, pastries, and seasonal fruit with yogurt. Members are encouraged to make reservations in advance since a large turnout is anticipated. Reservations may be made by email to [info@roostertailsfishingclub.org](mailto:info@roostertailsfishingclub.org); be sure to include the number in your party. Tables for eight seats may be reserved with advance prepaid tickets.

Unlike regular Rooster Tail club breakfast guest speakers providing fishing-related subject matter, attendees will not want to miss hearing primetime television producer and multi-Emmy Award winner and producer Doug Stanley as the breakfast guest speaker. Doug is the visionary and architect behind the deeply talented team at Ridgeline Entertainment. He is best known for his seven years producing Discovery Channel's global hit show "Deadliest Catch." The action packed television show premiered on April 12th, 2005 and currently airs in over 200 countries. The 11th season debuted on April 14th, 2015.

Doug has produced top shows for many networks, including FOX, ABC, Animal Planet, and CMT, in addition to the Discovery Channel where "Deadliest Catch" is currently aired. In the past year alone, acting as a showrunner and executive producer, Doug delivered 34 episodes of new programming to national television companies. Prior to working in the television industry,

he led an active outdoor life working as a Yosemite rock climber, a professional ski patrolman, and a lead river guide for a Grand Canyon whitewater rafting outfit. This experience has played a major role in his ability to successfully "bring home the goods" when it comes to television production in the most extreme environments.

"Deadliest Catch" is based on commercial fishing, which has long been considered one of the most dangerous jobs in America. The Bureau of Labor Statistics ranked commercial fishing in general as the job occupation with the highest fatality rate, almost 75 percent higher than the fatality rate for most hazardous occupations. However, commercial Alaskan king crab fishing is considered even more dangerous than the average fishing job, due to the conditions on the Bering Sea during the crab fishing seasons. According to the pilot episode, the death rate during the main crab seasons averages out to nearly one fisherman per week, while the injury rate for crews on most crab boats is nearly 100 percent due to the severe weather conditions (frigid gales, rogue waves, ice formations on and around the boat) and the danger of working with such heavy machinery on a constantly rolling boat deck. Alaskan king crab fishing reported over 300 fatalities per 100,000 as of 2005, with over 80 percent of those deaths caused by drowning or hypothermia.

The 30 year old, 200+ member Rooster Tails Fishing Club of Northern California, Inc. is a nonprofit organization that meets the third Friday of each month to educate, entertain, and enhance the fishing experience. Unlike many bass and fly fishing clubs that concentrate on very specific types of fishing, the Rooster Tails Fishing Club provides a balanced mix of fishing techniques presented by fishing experts targeting a variety of fish species on multiple types of waters. For more information contact Jim, club chairman, at (530) 887-0479 or visit the club's website at [roostertailsfishingclub.org](http://roostertailsfishingclub.org).

## Supervisors Approve Funding for Fairgrounds Improvements

**AUBURN, CA (MPG)** - After a vigorous discussion about the possibilities for the future of the Placer County Fairgrounds, the board of supervisors approved spending \$200,000 for physical improvements to the fairground facilities.

The fairgrounds, built in the 1930s and located in the City of Roseville, sit on a 61-acre site that includes fair buildings, animal holding pens, parking areas, and infrastructure. In addition, there is a motor vehicle speedway used regularly for racing and an adjacent grandstand. The Placer County Fair Association operates the fairground, including the planning and administration of the annual fair.

The board also received an update from the Fairgrounds Revitalization Committee, an advisory body formed in 2014 at board direction to discuss

strategies to improve the operations and fiscal health of the facility. Today the board also agreed to expand the committee's advisory role.

"We have this agricultural heritage here in Placer County that we just cannot lose," said District 5 Supervisor Jennifer Montgomery. "The fairgrounds are such an incredible opportunity to revitalize that focus on ag and community."

County staff, through its site review and evaluation, noted that there are significant near-term capital costs needed to keep the facility operating. As has been reported in previous board meetings, the fair association lacks the financial resources to address many of these costs. The county's \$200,000 investment would be for fiscal year 2015-16.

Over the past several years, the fairground has been struggling financially due to the loss

of state funding, an economic downturn, lower than expected revenues, and an inability to secure long-term vendor contracts. Adding to the problem are declining public interest, aging infrastructure, and encroaching development.

Public comments and board discussion touched on numerous possibilities for the fairgrounds, including whether the county fair is moved, in whole or in part, to another location. Reinvigorating the existing facility could include adding additional agricultural events and marketing the facility to attract more tourism, transportation, and technology.

The board instructed the revitalization committee and county staff to continue their work on evaluating options that can lead to long-term decisions on what to do with the county's fairgrounds.

Source: Placer County



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Donald Kendrick, Music Director

# Support Placer Museums with the Mustaches of Placer County Calendar

AUBURN, CA (MPG) - Did you know that between 1860 and 1912, nine of the 11 U.S. presidents had facial hair, but not a single president before 1860 or after 1912 wore a beard or mustache?

During the Victorian era, mustaches and beards were popular parts of men's fashion and serious statements of style. After digging through thousands of photos in the Placer County Archives and Research Center, Placer County Museums discovered that men in Placer County were no exception to the facially forested demographic.

Now, for the second consecutive year, anyone can own and

display copies of these mustached men with the purchase of the Mustaches of Placer County 2016 calendar. All proceeds from calendar sales go directly to Placer County Museum, benefiting exhibits, conservation of their collection of photographs, and education programs.

To order the Mustaches of Placer County calendar, go to this link: [http://www.zazzle.com/the\\_mustaches\\_of\\_placer\\_county\\_calendar-158936930535016097](http://www.zazzle.com/the_mustaches_of_placer_county_calendar-158936930535016097).

Don't miss your chance to own some of Placer County's history!

Source: Placer County



December's mustache photo demonstrates the fake mutton chops that symbolized villains in the silent movie era. These are worn by J.S. Hoffman. Photo courtesy of Placer County

# Christmas in Newcastle Festivities

NEWCASTLE, CA (MPG) - Come enjoy Christmas festivities in Downtown Newcastle's Marshall Square from 6 to 9 p.m. on Wednesday, December 9th! There will be a Christmas tree lighting at 6:30 p.m., kids can meet with Santa Claus at 7 p.m., and a cookie contest will be held from 6 to 8 p.m. In

addition, warm beverages, a bonfire with s'mores, ornament making, face painting, a photo booth, and live music and caroling will be available all night. Vendors will offer goodies to help you shop for the people on your Christmas list.

Source: Robin Enos

# Local Navy Officer Serves Aboard SS Theodore Roosevelt



WESTERN PACIFIC OCEAN (MPG) - On Nov. 11, 2015, Aviation Electronics Technician 2nd Class Alicia Zetterholm, from Roseville, Calif., repairs a W-1 cable in the micro miniature repair shop aboard the aircraft carrier USS Theodore Roosevelt (CVN 71). Theodore Roosevelt is operating in

the U.S. 7th Fleet area of operations as part of a worldwide deployment en route to its new homeport in San Diego to complete a three-carrier homeport shift. Source: Rick Burke with Navy Hometown News. Photo by Mass Communication Specialist Seaman Joseph S. Yu

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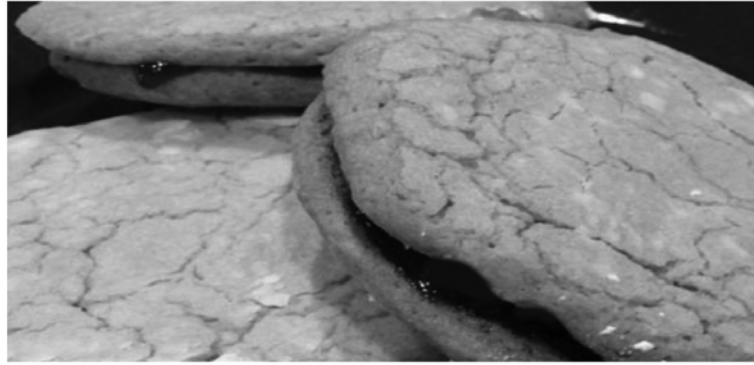
# Just a Pinch

Sharing Hometown Recipes, Cooking Tips and Coupons

By Janet Tharpe

## Family Favorite Recipe Evokes Sweet Memories

"These remind me of childhood!"



Crispy and sweet with wonderful flavor, Lindsey Cook's Nana's Jam-Jams would be great for a bake sale or to share with friends at tea. Plus, there's nothing better than an old family recipe. The generations of love make these cookies even sweeter. Hide a few like Nana suggests... they're going to go quickly!

See step-by-step photos of Lindsey's recipe plus thousands more from home cooks nationwide at:

[www.justapinch.com/jamjams](http://www.justapinch.com/jamjams)

You'll also find a meal planner, coupons and chances to win! Enjoy and remember, use "just a pinch"...

-Janet



Lindsey Cook  
Dallas, TX (pop. 1.2M)

### Nana's Jam-Jams

#### What You Need

- 3/4 c butter, softened
- 1 1/2 c brown sugar, lightly packed
- 2 eggs
- 2 c unbleached white flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1 pinch salt
- 1 tsp vanilla
- 1 jar raspberry jam

#### Directions

- Preheat oven to 350.
- In your stand mixer, cream butter and sugar.
- Once creamed, add

eggs. Continue to beat until smooth and very creamy.

- In a separate bowl, sift together flour, baking soda, baking powder, and salt.
- Once combined, gradually add into the cream mixture. Mix well. Add in vanilla.
- Roll dough into small balls, place on prepared cookie sheet (parchment paper lined). Then flatten with the bottom

of a cup coated in powdered sugar.

- Bake for about 10-12 min. You want them to be a light golden brown. If you prefer a crispier cookie, bake for 13-14 min.
- Spread raspberry jam over cookies while they are still warm. Press another cookie on top.
- Nana wrote in her original recipe to hide 5 if you want any for yourself. They go quick!

Submitted by: Lindsey Cook, Dallas, TX (pop. 1.2M)  
[www.justapinch.com/jamjams](http://www.justapinch.com/jamjams)

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## STATEPOINT CROSSWORD • YEAR IN REVIEW

### CLUES

#### ACROSS

- C in ROTC
- A Bartholomew Cubbins accessory
- From a great distance
- Dickens's Heep
- Credit card acronym
- Falstaffian in body
- One with lowest voice
- South Pacific welcome
- Capital territory of India
- \*Escaped Mexican drug lord
- \*Formerly Bruce
- This is well if it ends well
- Make over
- Public health promoting org.
- "\_\_\_ and sound"
- Brilliant or magnificent
- Fast time
- Australian palm
- Sometimes done to a relationship
- Medley
- \*Presidential candidate and celebrity
- Printing unit
- Mandarin's headquarters
- \_\_\_ crazy
- Gulf War missile
- Based on two
- Change to copy
- Give it a go
- Wine and cheese descriptor
- Jersey call
- \*He visited U.S. with great fanfare
- \*New late night host
- Hawaiian veranda
- \* \_\_\_ Paul teamed with Rihanna and Kanye
- Madagascar primate
- Set straight
- \_\_\_ you sure?
- Like one of eight in college basketball
- Phoenix suburb
- Swerve
- Scatterbrained

#### DOWN

- 27 to 3
- Kind of account
- Reduced Instruction Set Computer
- Turkish bigwig
- Sandbanks
- Beyoncé's 2008 hit
- Tarzan's adoptive mom
- Jiffy or instant
- Lend a criminal hand
- Succumbed to gravity
- Zombie's skin color
- Bit attachment
- Unequivocally detestable
- Manufacturing site
- Online pop-ups
- Reckoned
- \*Major fight winner

- Flying nuisance
- True inner self
- Evergreen trees
- Livens up
- Give a boot
- Happen again
- \*Deflategate star
- Three-\_\_\_ sloth
- In the middle of
- Best of its kind
- One of B-vitamins
- Computer-generated imagery
- What the bell did?
- English homework
- Plural of obelus
- Kind of drumbeat
- Respiratory rattling
- Black tropical cuckoo
- Hindu serpent deity
- \*They went down with the El Faro
- Discharge
- Tracks after rain
- \*Stephen Curry was a master at hitting this shot
- Easter Rising product

**CROSSWORD**

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For Solutions See Page 7

For Solutions See Page 8

**Adoption**

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**Sudoku Puzzle on Page 6**

8	6	5	3	9	4	7	2	1
9	2	7	8	6	1	4	3	5
4	3	1	5	7	2	8	9	6
3	4	6	7	5	8	2	1	9
1	8	2	9	4	6	5	7	3
5	7	9	1	2	3	6	4	8
6	1	3	4	8	7	9	5	2
2	9	4	6	1	5	3	8	7
7	5	8	2	3	9	1	6	4

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**ARIES** (March 21 to April 19) Don't feel sheepish about looking to spend more time with that special person during the upcoming holidays. Do it because it's the right thing to do.

**TAURUS** (April 20 to May 20) Never mind letting misunderstandings repair themselves. Consider speaking up while the healing process can be shorter and sweeter and leave fewer scars.

**GEMINI** (May 21 to June 20) Romance is easily awakened in the Geminian heart, especially around the happy holiday season. So go ahead and make those plans with that special someone.

**CANCER** (June 21 to July 22) Moon Children can glow with their own inner light as the holiday season magic takes hold. It's a very special time for Cancers and Libras together. Enjoy.

**LEO** (July 23 to August 22) It's a good time for you fabulous Felines to take pleasure in your special gift for, well, taking pleasure! Look for this holiday season to give you every reason to purr.

**VIRGO** (August 23 to September 22) This is a good time to let others who are in your life get a little closer to you. You'll both find out what you've been missing for far too long.

**LIBRA** (September 23 to October 22) Open up your eyes and see some welcome surprises you've missed or overlooked for too long. What you find can lead to other favorable changes.

**SCORPIO** (October 23 to November 21) What you expect to be potentially troublesome might simply be especially challenging and well worth your efforts to check out. Good luck!

**SAGITTARIUS** (November 22 to December 21) A friendship might not seem as trustworthy as you'd like. OK. Ask your questions, get your answers and settle the matter once and for all.

**CAPRICORN** (December 22 to January 19) A family situation moves into a new area because of (or, maybe, thanks to) some decisions you might have felt you could not avoid making.

**AQUARIUS** (January 20 to February 18) You could be cutting it very close if you hope to make those holiday plan changes in time to avoid problems. Get a friend or family member to help.

**PISCES** (February 19 to March 20) Friends show how important you are to them. Keep these precious relationships thriving. They affect much that will happen to the fabulous Fish in the new year.

**BORN THIS WEEK:** Time spent at home alone nurtures your mystic self. Spending your time with others nurtures them.

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Those who study such things say that dead people can get goose-bumps.

Arguably, the best-known battle of the U.S. Civil War occurred in Gettysburg, Pennsylvania, in the summer of 1863. This battle saw the most casualties of any during the war, and it is considered by many historians to be a turning point. Many don't realize the sheer volume of gunfire that occurred there, though; so many bullets were fired during the three-day battle -- and so many went astray -- that trees near the battlefield later died from lead poisoning.

**top ten Favorite NFL Teams**

1. Cowboys	7. Bears
2. Packers	8. Giants
(tie) Patriots	9. 49ers
4. Broncos	10. Saints
5. Steelers	
6. Seahawks	

Source: The Harris Poll

**Poinsettias**

The Aztecs called these plants *cuetlaxochitl*. The sap within the stems was used to control fevers, and the bracts -- its petal-like, red leaves -- were used to make a reddish dye. Montezuma, the last of the Aztec kings, would have the plants brought into what is now Mexico City by caravans, as poinsettias could not be grown there due to the city's high altitude.

Source: extension.illinois.edu — Brenda Weaver



PICKS OF THE WEEK



Tom Cruise in "Mission: Impossible -- Rogue Nation"

**"Mission: Impossible - Rogue Nation"** (PG-13) -- This is the fifth installment with Tom Cruise as superspy Ethan Hunt, and he's still riveting audiences with his purposeful running. There's a new shadowy organization of errant spies on the scene, and they're bent on launching a series of terrorist attacks to destabilize world governments. Hunt has to team up with Ilsa Faust (Rebecca Ferguson), a double-agent who may or may not be part of the evil syndicate herself.

Now in his early 50s, Cruise is still killing it as a man of action. He's insisted on doing the coolest stunts himself in this franchise, and that continues with this iterations hyper-thriller action sequences -- including face-peeling motorcycle stunts and a bonkers assassination plot during an opera. Alec Baldwin and Simon Pegg bring a necessary dose of comedy.

**"He Named Me Malala"** (PG-13) - When she was 15 years old, Malala Yousafzai was shot in the head by Taliban gunmen who found her on a bus. The teenager had been a vocal advocate for girls' education in Swat Valley, Pakistan, and that made her a target. As you've probably heard, she recovered, continued to advocate and became the youngest winner of the Nobel Peace Prize.

The film finds her when she's 17 and living with her parents

in Birmingham, U.K. While she cuts an intriguing profile, the movie also explores the varied international reactions to Malala's story. The title of the film (and her book) points to the inspiration she's gained from her father, who named her after a cultural hero.

**"Maze Runner: The Scorch Trials"** (PG-13) - Now that "The Hunger Games" have had their final award ceremony, "The Maze Runner" deserves a shot to be the post-apocalyptic young-adult adventure series of the times. This is the second movie in the series, and the first one was pretty good. The style here is that our young, memory-wiped heroes have made it out of a high-tech maze, only to continue piecing together the plot as they flee from monsters and mysterious manipulators. It appears that some organization with the foresight to name itself WCKD (pronounced "wicked") has some dastardly plans for these youths.

DOG OF THE WEEK

**"Fantastic Four"** (PG-13) - They're not supposed to be the Realistic Four. It's a superhero movie, minus anything fun or heroic. It's mostly gray, dour and scowly-faced serious. Kid super-genius Reed Richards (Miles Teller) invents some quantum-travel stuff that gets picked up by the government. In a bit of reckless impulsivity, Reed and pals (Kate Mara, Michael B. Jordan, Jamie Bell and Toby Kebbell) wind up in another dimension where some green explosion gives them superpowers. They are pretty bummed about this for the rest of the movie, until the bad guy feels like showing up, tacking on a forced confrontation to the end of this brutally boring gripe-fest.

TV RELEASES

- "Teen Wolf: Season 5 -- Part 1"
- "CSI: Crime Scene Investigation -- The Final CSI"
- "Marco Polo: Season 1"
- "Chef's Life: Season 3"
- "Underworld, Inc. Season 2"

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by HEALTHY EXCHANGES

Holiday Bars

If ever there was a time of the year when plates of cookies are a "must," it's during the holiday season. Those cookies keep all the boys and girls (and their elders) on their best behavior so their wish list from Santa just might be fulfilled.

- 1 (8-ounce) can reduced-fat crescent rolls
- 1 (8-ounce) package fat-free cream cheese
- 1 egg or equivalent in egg substitute
- Sugar substitute to equal 1/3 cup sugar, suitable for baking
- 1 teaspoon vanilla extract
- 1/4 cup chopped walnuts
- 2 tablespoons mini chocolate chips

1. Heat oven to 350 F. Spray a 9-by-9-inch cake pan with butter-flavored cooking spray. Unroll and pat half of the crescent rolls into prepared cake pan.

2. In a medium bowl, stir cream cheese with a spoon until soft. Add egg, sugar substitute and vanilla extract. Mix well to combine. Stir in walnuts. Pour mixture evenly into cake pan.

3. Pat remaining crescent rolls flat, being sure to seal perforations and carefully arrange over top of filling. Bake for 25 minutes. Evenly sprinkle chocolate chips over top and continue baking for 5 minutes.

4. Place cake pan on a wire rack and allow to cool completely. Cut into 16 bars. Makes 8 (2 bars each) servings.

\* Each serving equals: 160 calories, 8g fat, 7g protein, 15g carb., 41mg sodium, 0g Fiber, Diabetic Exchanges: 1 Starch, 1 Meat, 1 Fat.

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

**Roamin Angels**  
Meet: Gearhead Breakfast: Weekly, Friday Monrings at IHOP on Taylorville Road, Grass Valley 7:00 a.m.  
Gearhead Evening: 1st & 3rd Wednesday at Roundtable Pizza, Sutton Way, Grass Valley 6:00 p.m.  
General Meeting: 4th Monday of each month, Salvation Army, Grass Valley 6:00 p.m.  
Info: roaminangelsinc.com

**The Roadents**  
Meet: Cars -n- Coffee Every Saturday at Daily Donuts, 117 W McKnight Way, #B, Grass Valley 8:00 a.m. - 10:00 a.m.

Info: facebook.com/ROADENTS

**Auburn Region-Vintage Chevrolet Club of America**  
Meet: Board Meetings first Monday of the month at Sizzler on Lincoln Way in Auburn 7:00 p.m.  
Info: arvcca.com (Contact for more information)

**Northern California Region Classic Car Club of America**  
Meet: Cars & Coffee first Sunday of the month, Blackhawk Automotive Museum, Danville 7:00 p.m.  
Info: norcalccca.org

**Capital City Cruisers**  
Events In and Around Northern California  
Info: caopitolcitycruisers.org

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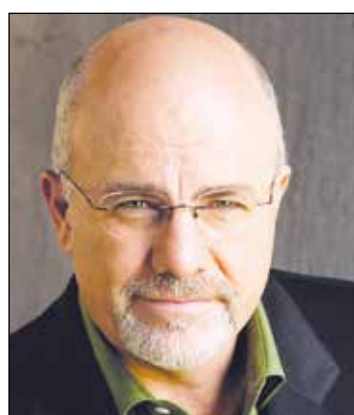
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# Dave Says

## Minor car repairs should be in the budget

Dear Dave,  
My wife and I are on Baby Step 3 of your plan. When we have standard car repairs, I want to use the emergency fund. She says that kind of thing isn't an emergency, and we should just put it off as long as possible while saving up to fix the problem. Who's right?

- Ryan

Dear Ryan,  
Sorry, you're both wrong. Cars break. And since no one will invent one that lasts forever and doesn't break down, standard car repairs shouldn't be viewed as an emergency. Maintenance and repair of your vehicles are an ongoing expense. It's just part of owning them. That means you should have a category in your monthly budget for this sort of thing.

Now, an engine blowing up or the transmission going

out would be an emergency. Hopefully, you're not talking about something of this magnitude. But you've got to rework your budget to where you have something designated each month for car maintenance and repair. That way, you won't be dipping into your emergency fund just to cover the basic wear and tear that comes with owning a car.

Take the next step today, and adequately fund this area so it doesn't continually come back to bite you in the wallet and sabotage your emergency fund!

—Dave

## Start saving after Step 3

Dear Dave,  
I've been trying to get control of my money, and the other day I was looking at your plan. Where does buying a house fit into the Baby Steps?

- Stacy

Dear Stacy,  
Let's call it Baby Step 3b. Baby Step 1 is saving up \$1,000 for a beginner emergency fund. Step 2 is paying off all consumer debt from smallest to largest using the debt snowball. Then, Baby

Step 3 is where you top off your emergency fund with three to six months of living expenses.

Once you've done that, it's time to save up for a down payment of at least 20 percent on a house. If you take out a mortgage, make sure it's a 15-year, fixed rate loan, where the monthly payments are no more than 25 percent of your monthly take-home pay.

Doing it this way may delay your dream of being a homeowner a little bit. But buying a house when you're broke is the fastest way I know to become a foreclosure statistic!

—Dave

*Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, Entrepreneurship and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.* ★



# POPPOFF!

with Mary Jane Popp

because they think they should eat because it's lunch time or because they are on a schedule.

- 2) Don't mix food types. Eat foods in the proper order. It is preferable to eat foods of one type all at the same time. Have meats first, slowly, which will allow the brain to trigger productions of the body's strongest digestive enzymes. Add a little salad, and after fifteen minutes, eat your potato. Twenty minutes after the potato is gone, fruits or sugared desserts are okay to eat. The worst error would be to go to a buffet and gorge yourself on foods you don't generally eat that are grown or are from other continents.
- 3) Don't eat when you're feeling stressed, ill, or injured. Boyfriend or girlfriend just dump you? Bad day at work? Coming down with the flu? Don't try to medicate yourself with a pint of ice cream or a New York strip steak. When we are experiencing physical, emotional, and mental stress, such as illness or injury or when our body is too hot or too cold, our digestive system shuts down and our body goes into healing mode, not digestive mode. Try soup broth and juices.
- 4) Chew 22 times...including protein drinks. Don't gulp down those drinks, because it's like

swallowing a whole steak. You have to chew protein, or the signals to the brain won't be there. If you don't chew, you're shocking the system.

5) Don't eat overly cooked foods. Because we don't know what's being added to the food we buy, we tend to over-process it because we're afraid we'll get sick if we eat something raw. Meat should never be heated in excess of 118 degrees, as the enzymes in that protein are destroyed when they're heated that high. Be careful of the meats you buy.

6) Give your food a background check. Learn to be a food detective. Know the history of what you put in your mouth. Are the apples colored, sprayed, or glazed? Get fresh, locally grown meat and produce. Start your own small garden. Be sure whatever you consume is the finest you can purchase or grow.

7) Use spices and natural digestive aids to help break down what you eat. Some cultures add ginger for super digestion. Others add hot peppers, a digestive tract stimulant. Turmeric is also good for digestion.

No more time, so get more information at [www.naturesources.com](http://www.naturesources.com). And be sure not to gulp and go! Happy holiday eating! ★

## Busting Out All Over!

Did you eat until you felt like bursting at Thanksgiving? Did the dessert tray beckon you to come hither and add on those extra pounds you don't need? Either one will guilt you into starvation in January trying to rid yourself of that extra weight. Well, Dr. David Magnano, a health educator who has designed and presented hundreds of wellness workshops, has some tips for healthy eating. Not to worry, you will still enjoy a jolly eating season. So here is Dr. Magnano's course in "Eating 101" that reviews seven simple rules for healthy eating, which he says will significantly decrease falling victim to aches, pains, and degenerative diseases both now and as we advance in years—and weight too.

1) Eat only when you are hungry. Many people eat when they are not even hungry. They eat

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9am - Noon: The Dave Ramsey Show

Noon - 1pm: The KAHI Noon News with Mary Jane Popp and the KAHI News Team

1 - 4pm: The Savage Nation

4 - 6pm: The KAHI Afternoon News with Casey Freelove and the KAHI News Team

6 - 7pm: Poppoff with Mary Jane Popp

7 - 10pm: Sports Byline USA with Ron Barr

10pm - 11pm: The Alex Jones Show

**Saturdays**

6 - 7am: A Time for Seniors

7 - 8am: The Swap Shop

8 - 9am: The KAHI Corral

9 - 10am: The Garden Goddesses

10 - 10:30am: The Good Life for Seniors Reverse Mortgage Show

10:30 - 11am: The Solar Minute

11am-7pm: Sinatra & Friends Music

7 - 8pm: A Way With Words

8 - 9pm: Rewind with Jimmy Jay

**Sundays**

7:30 - 9am: Cruisin' Garage & Swap Meet

9 - 9:30am: The Crossroads Radio Show

9:30 - 10am: The Newcastle Show

10 - 10:30am: The Green Guys Radio Show

11am - 12pm: The Dew Sweepers Golf Show

12 - 6pm: Sinatra & Friends Music

7 - 8pm: A Way With Words

8 - 9pm: Hearts of Space

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It is the intent of the *Placer Sentinel* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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**Paul V. Scholl**

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Associate Editor  
Christie Spurlock  
[PlacerEditor@mpg8.com](mailto:PlacerEditor@mpg8.com)

Advertising Sales  
Bob Stephenson  
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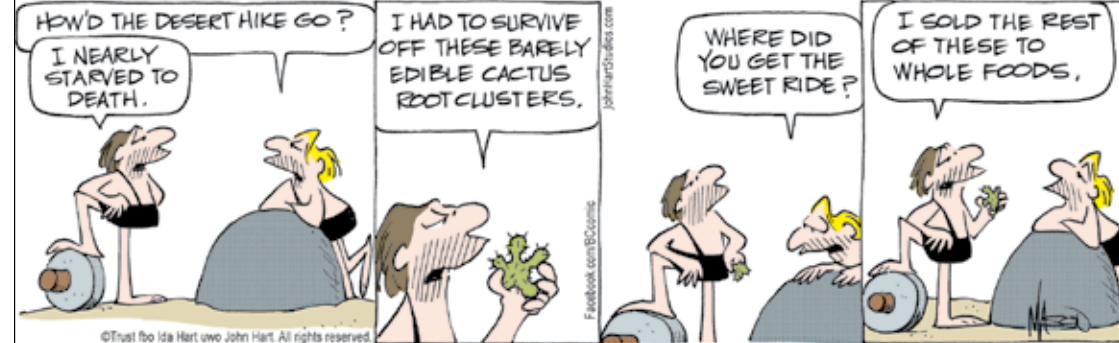
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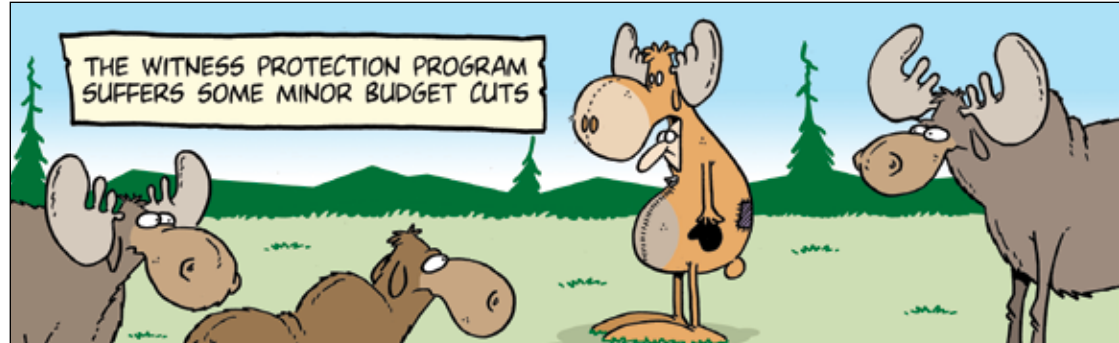
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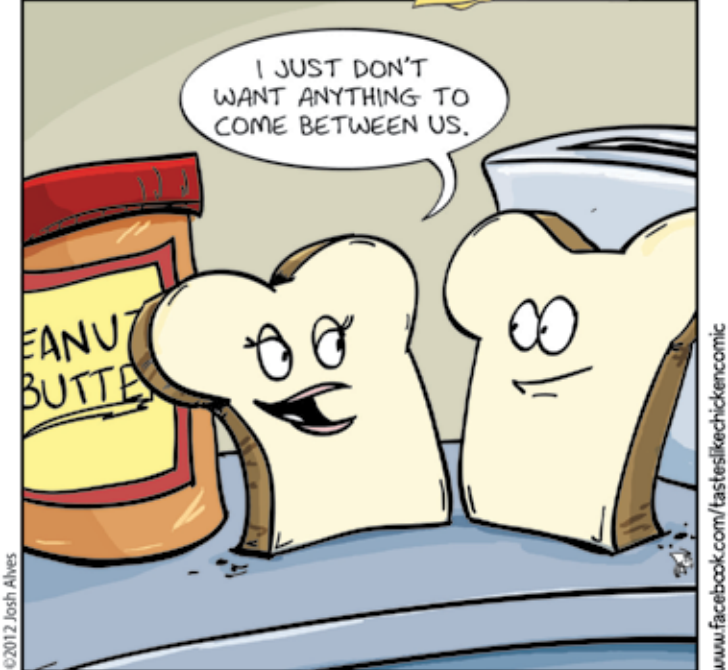
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## Auburn Concert Band Welcomes Christmas



Pictured is the previous Auburn Concert Band performance at the State Theater in late September, featuring KAH! Guest Announcer Sarah McCormick. Photo courtesy of Auburn Concert Band

**AUBURN, CA (MPG)** - The Auburn Concert Band will present its Christmas performance entitled "Christmas is for Children" on December 6th at 3 p.m. The performance will take place at the State Theater on Lincoln Way in Downtown Auburn. This performance features traditional Christmas music, as well as music especially for young people, such as "Rudolph's Christmas Concert," "A Charlie Brown Celebration," and others. A seasonal family event, the concert will feature talented children of the Auburn area performing in the One Voice Performing Arts Youth Chorus conducted by Jean Sawyer.

In addition, children from the Auburn area will be featured in the musical piece "Toy Symphony," a popular work composed for the classical period and arranged for the concert band by its conductor, Thomas Candlish. Many seasonal pieces will

also be performed, such as Leroy Anderson's "A Christmas Festival," J.S. Bach's "Jesu, Joy of Man's Desire," and a rousing arrangement combining "The Saints Go Marching In" with Handel's "Hallelujah Chorus."

The Auburn Concert Band is comprised of local volunteer musicians dedicated to bringing free quality musical performance to the local Auburn community. It is "Auburn's hometown band." All of Auburn Concert Band's performances are free, including the upcoming Christmas performance. A raffle will be held at this performance, giving the audience the opportunity to win a variety of baskets containing various prizes. Proceeds from the raffle will go to support the Auburn Concert Band's continuing dedication to provide quality music to the Auburn community.

Source: Auburn Concert Band



## Five Major Sporting Events Awarded to Placer Valley

**PLACER COUNTY, CA (MPG)** - Placer Valley Tourism has been awarded five national sporting events over the course of the next three years. Two major softball tournaments and three huge swimming events are officially slotted to take place throughout the region in 2016, 2017, and 2018.

In July of 2016, three of the five major events will take place. First up and a first-timer for Placer Valley is the USSSA Western National Championships 14U Fastpitch from July 11th-16th, which serves as a qualifier for the Road to the World Series Tournament. Mahany, Maidu, and Fosskett Parks in Roseville and Lincoln is where all the action will take place, and this six-day event is expected to bring hundreds of players and their families to the area, providing a substantial economic boost to the local economy.

Next up is the USA Swimming Speedo Western Sectional that will take place July 21st-24th at the Roseville Aquatics Complex and is also a brand-new event for our area. In partnership with Capital City Aquatics, Placer Valley Tourism is thrilled with the opportunity to not only utilize the Summer Sanders Olympic-sized competition pool at the Roseville Aquatics Complex, but to host the best swimmers from California and Nevada at an event of this magnitude.

Placer Valley Tourism will round out July with the ASA/USA 14 A

Western Nationals Fastpitch on July 25th-31st, an event they hosted back in 2011 and produced nearly 4,500 hotel room nights, with an economic impact of approximately \$3.5 million for the cities of Lincoln, Rocklin, and Roseville. In 2016, Placer Valley will see families and teams from Arizona, Oregon, Washington, Colorado, Nevada, Utah, and of course all of California coming to Roseville for this week-long event that starts on July 25th with opening ceremonies and closes on July 31st with the championship game.

"In somewhat of a surprise move, the ASA National Office in Oklahoma City moved the 2016 ASA/USA 14 A Western Nationals from Colorado to Roseville as this was supposed to be a quiet National Championship year for the organizing committee; yet this now guarantees that Roseville and Placer Valley Tourism will have a youth event for the third consecutive year," said Jeff Dubchansky, commissioner of the Greater Sacramento Softball Association. Dubchansky added that the Roseville location was selected due to the many previous successes the region has had in hosting ASA National Championship events.

In 2017, Placer Valley Tourism is already looking forward to hosting the USA Swimming Western Zones Swim Championships with Capital City Aquatics on August 9th-12th at the Roseville Aquatics

Complex. This all-star swim meet has only been here twice before and previously consisted of 500 hand-picked swimmers from the Western Zone, which includes these 13 states: Alaska, Hawaii, Colorado, Montana, New Mexico, Oregon, Washington, Arizona, Nevada, Idaho, Utah, Wyoming, and California. Back in 2013, this event generated more than 2,000 room nights over the course of three days.

Last but certainly not least, Placer Valley Tourism has been awarded the 2018 US Masters Synchronized Swimming Championships on Oct. 18th-21st at the Roseville Aquatics Complex. It has been seven years since they hosted this national event and they are looking forward to having such a prestigious synchronized swimming competition for the community to enjoy.

The combined economic impact for these national sporting events is estimated at a conservative \$11 million.

Placer Valley Tourism is made up of the 23 hotels in Roseville, Rocklin, and Lincoln, California. Placer Valley Tourism recruits and supports hundreds of annual events with grants, marketing, volunteers, and other services as needed. To learn more about how Placer Valley Tourism can help bring your event here, visit [www.playplacer.com](http://www.playplacer.com) or call (916) 773-5400.

Source: Placer Valley Tourism

## Help the Christmas Food and Toy Basket Program

**MEADOW VISTA, CA (MPG)** - The Meadow Vista Friendly Neighbors Club is asking for the community's help to assist with ensuring that children have a wonderful Christmas. Christmas ornaments for toys are now available at Wells Fargo Bank in Meadow Vista. Please select an ornament, purchase a gift, and return the wrapped gift with an ornament attached (please reconfirm the gender/age are legible so Santa's elves can ensure children receive the appropriate present). The club asks that the present be returned to the bank by Wednesday, December 16th in order to match the toy with a child in need.

Thank you to those that donated canned food at Sierra Hills and Weimar Hills Schools. Canned Food collections are

still being gathered by local churches, organizations, and in collection barrels. You will find money collection containers available throughout Meadow Vista and surrounding communities to assist with purchasing the necessary food for Christmas dinners for those in need.

Meadow Vista residents are extremely fortunate to live in a community that cares for their neighbors, and it shows through the Annual Christmas Food and Toy Basket Program. The club has helped local families (Applegate, Christian Valley, Clipper Gap, Meadow Vista, Weimar) in times of need for over 70 years.

On Friday, December 18th at Sierra Hills School, starting at 5 p.m. with help of community members, the Meadow Vista

Friendly Neighbors Club will begin assembling food boxes for families in need. This process will give helpers the true Christmas spirit. For those with strong backs and trucks who are willing to help transport boxed food, please call Etta at (530) 637-5359.

The Meadow Vista Friendly Neighbors Club, online at [www.meadowvistafriendlyneighbors.com](http://www.meadowvistafriendlyneighbors.com), is a nonprofit 501-c3 organization, so your tax-deductible donations are greatly needed and appreciated. Please consult your Tax Advisor for current tax deduction laws. Mail your donations to TMVFNC, P.O. Box 764, Meadow Vista, CA 95722. Should you have any questions, please call Etta at (530) 637-5359, or Gerry at (530) 878-6117.

Source: Gerry Hinkle



## New Ordinances Sought for Vagrancy Issues

**AUBURN, CA (MPG)** - To better empower law enforcement to deal with vagrancy issues throughout Placer County, the county board of supervisors voted unanimously to direct staff to propose new local ordinances to address these issues.

The board provided direction on new ordinances in response to ongoing resident concerns about a number of problems associated with vagrancy, including littering, dumping, graffiti, aggressive panhandling, open containers, and public urination and defecation. County staff were directed to propose ordinances specifically targeting those problems, and to align recommendations with other existing ordinances in

neighboring jurisdictions.

While there are existing state laws prohibiting each of those behaviors, board members noted that their incidence varies from area to area and that Placer should consider more tailored ordinances suited to problems in Placer County.

"My concern is, whatever we do bring forward, that we make sure it is fully implementable, it's enforceable, it's constitutional, it will support any legal challenges that could be brought forward, and frankly that it meets our ends," said District 5 Supervisor Jennifer Montgomery. "I want to make sure that we're working with the Sheriff's office, the District

Attorney's office, to get that whole spectrum of buy-in, not just from our board, but from law enforcement as well."

County staff are consulting with leading homelessness expert Dr. Robert Marbut to ensure that whatever ordinances are proposed encourage participation in county programs to help people end their homelessness.

The county continues to work with Marbut to develop long-term solutions to deal with homelessness. County staff will present draft ordinance recommendations to the board for consideration in the near future.

Source: Placer County



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The editors of this Consumer Business Review recommend Lincoln Gold & Coin for their community minded activities. Lincoln Gold & Coin wishes everyone a happy holiday season!

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The editors of this Holiday Consumer Business Review for the 18th year, recommend Twin Dragon to our readers. Once you dine at Twin Dragon you'll return again and again! Twin Dragon wishes everyone a safe and happy holiday season.

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In compiling this Consumer Business Review, the editors take this opportunity to offer our congratulations to Don's Carpets, Inc. for their part in the growth of the community. We highly recommend for the 3rd year Don's Carpets, Inc. to our readers!

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