



Energy Department Recognizes Placer County for Leadership

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Vintage Racing Event

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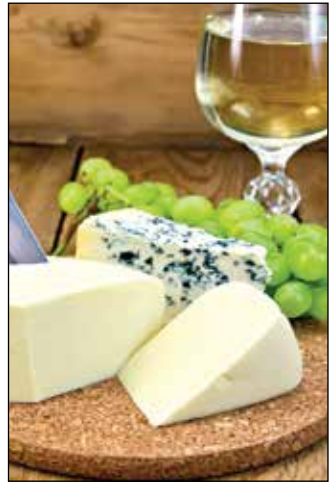
Placer Sentinel

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Serving Auburn and Placer County since 1987

November 13, 2015

EUREKA! BLUE NUGGET DISCOVERED



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POPPOFF!

with Mary Jane Popp



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COUCH THEATER DVD PREVIEWS



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Art Tour for All Ages

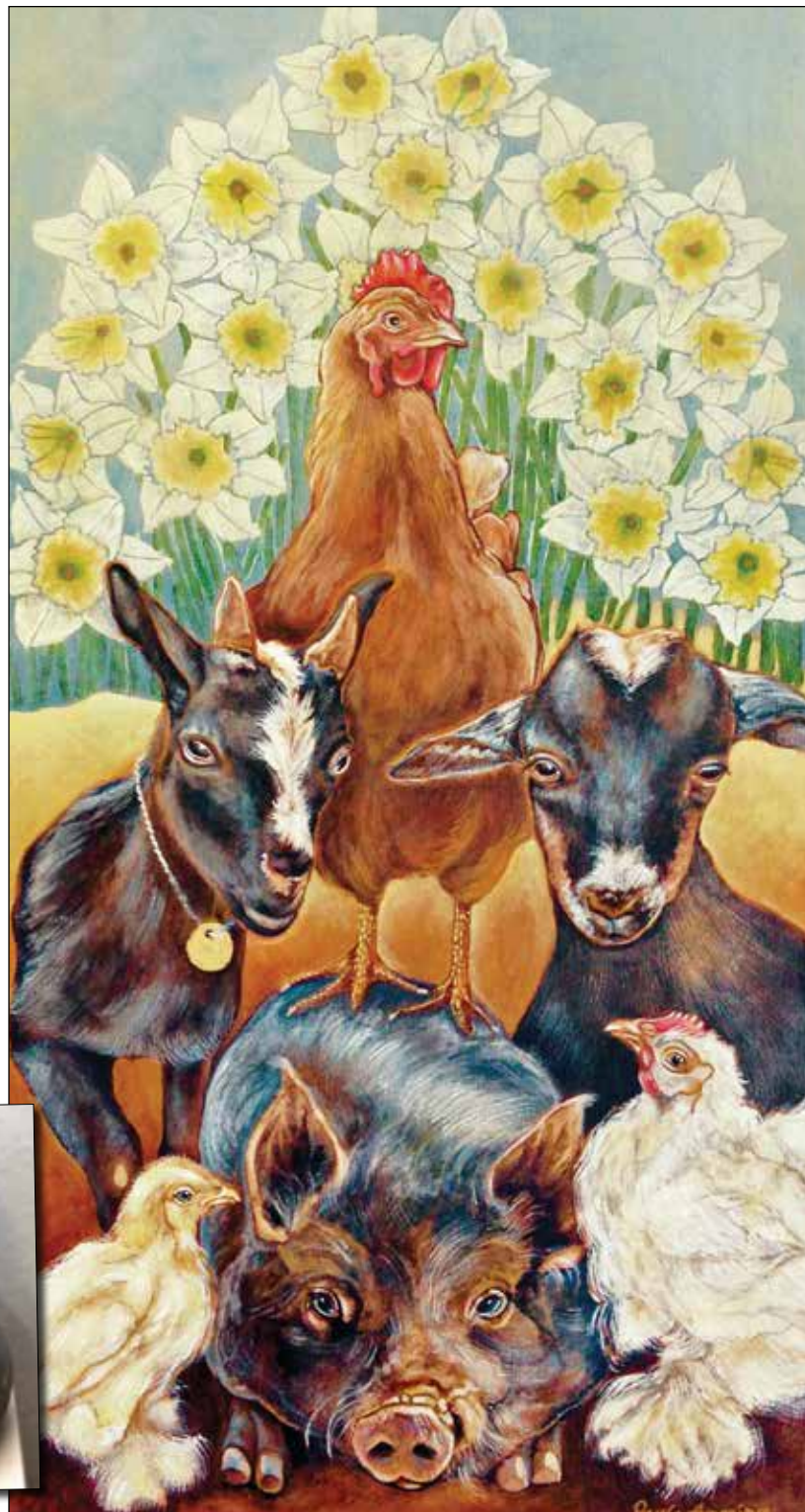
AUBURN, CA (MPG) - Discover and explore the world of visual art, get a behind-the-scenes look at the creative process, and meet the artists within their studios and galleries during the 22nd Annual PlacerArts Autumn Art Studios Tour. Held annually during the second weekend in November, the Autumn Art Studios Tour is a self-guided driving tour of Placer County artists showing and demonstrating their art in their working environments.

Artists in a broad range of media and styles prepare for the tour months in advance, creating new work, displaying their existing works, and readying their studios for tour weekend. Studios and galleries will be open Friday, Saturday, and Sunday, November 13th, 14th, and 15th from 10 a.m. to 5 p.m. The tour includes 97 featured artists in 57 locations across almost all of Placer County, from Lincoln to Roseville to Dutch Flat and everywhere in-between. The studios are open to all ages; families and groups are welcome and the tour is free.

Artists relish this opportunity to explain and demonstrate their work in their private studios, while visitors appreciate the opportunity to see work by favorite artists and also discover new artists and styles. Placer County is a natural habitat for artists who translate the foothill vistas, wildlife, history, and people into a stunning variety of interpretations including paintings, pastels, photography, sculpture, functional pottery, jewelry, glass, wearable art, mixed media, and more.

The Autumn Art Studios Tour contributes to public awareness about the quality and diversity of art created in Placer County and provides visitors with opportunities to view and purchase a wide range of original work and artistic gifts created by individual

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At right, "Hibernation" by Thien Dao. At far right, artwork by Paula Amerine.



Foundation Gives Over \$250,000 in Grants and Scholarships

Money Aids Community, Investing in Mental Health Services and Workforce Development



From left to right, John G. and Lillian M. Walsh Family Scholarship Fund recipients. Carol Pepper-Kittredge (CACT Director, Sierra College), Drake Whitton, Kyle Hill, Joel Johnstone, Kate Amboy, Troy Potter, Shane Griffin, Ruth Burgess (Placer Community Foundation Board Member), and David Calabretta.

AUBURN, CA (MPG) - Placer Community Foundation recently handed out \$250,000 in grants for mental health prevention and early intervention in Placer County, as well as awarding \$19,000 in scholarships at Sierra College to benefit local workforce development.

Grants of \$50,000 each were awarded to five local nonprofits that provide services to youth and families. This funding

will allow the organizations to provide varied mental health services, including court advocates for foster children, mentors for fathers of at-risk children, counseling for birth families recently reunited with their children, support and services for mental illness within the Placer Native community, and intervention for teens exposed to, and at risk for, drug abuse.

This funding was made available

through a partnership with the County of Placer Department of Health and Human Services and the Mental Health Services Act. The grantees are: Child Advocates of Placer County—CASA Expansion Project, Lilliput Children's Services—Home to Stay, KidsFirst—Supporting Fathers, Community Recovery Resource—Full Circle Student and Family Support

Continued on page 4

Loomis Soroptimist Club Seeks Community Award Applicants

LOOMIS, CA (MPG) - Soroptimist International of Loomis Basin is accepting award applications from students, teachers, and community leaders. Applications are due December 1st and will be awarded in February.

Elementary school teachers, women who make a difference, high school girls who volunteer, and women who are going to college to better their skills to support their families are encouraged to go to www.soroptimistloomis.com for more information, or contact SI Loomis Award Committee Co-Chair Loree Rohe at (916) 539-1721 or menvoy@wavecable.com. Completed applications can be mailed to SI Loomis Awards, PO Box 1141, Loomis 95650.

Live Your Dream Award

Women who provide the primary financial support for their families and are going to school to improve their skills may apply for the Live Your Dream Award. This award assists women in pursuing education to improve their skills and prospects for better employment.

Recipients may use the award to offset the cost of books, childcare, tuition, and transportation required to attain higher education. To apply, women must live in the Loomis Basin, demonstrate financial need, and be enrolled in—or have been accepted to—a vocational/skills training program or an undergraduate degree program. Previous winners of Women's Opportunity Award are not eligible and women may only apply to one Soroptimist International club.

Violet Richardson Award

High school girls living in the Loomis Basin and volunteering in the community may apply for the \$1,000 SI Loomis—Violet Richardson scholarship. The girl must be between the ages 14 to 18 on December 1st, 2015. The application requires that she describe her volunteer efforts to make the world a better place, especially for women and girls. Applications are available from Del Oro High School office.

Teacher Grants

SI Loomis mini-grants for K-8 teachers support projects that have lasting value and will benefit students over time. Teachers in the Loomis Union School District are eligible to apply. These grants have funded books, music, technology, classroom equipment, and other special projects that enrich students' experiences in any study area. Applications are online at <http://soroptimistloomis.com/pdf/Teacher%20Grant.pdf>.

Ruby Award

The Soroptimist International Ruby Award recognizes women who are role models and contribute to the betterment of the local and/or global community. This non-monetary award celebrates outstanding women who improve the lives of women and girls.

To learn more about Soroptimist International of Loomis Basin, go to www.soroptimistloomis.com. The club meets on the second and fourth Wednesday of the month at 8 a.m. at The Train Depot (Taylor Road and Horseshoe Bar Road) in Loomis. Evening meetings are held on the first, third, and fifth Wednesdays of

Continued on page 8

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Art Tour for All Ages



"Going with the Flow" by Gretchen Davis.

Continued from page 1

artists. Additionally, the Studios Tour fosters an interest in and a greater understanding of the artistic process and provides the public with a unique opportunity to enter the world of a visual artist to experience how, why, and where art is created.

The new official 47-page full-color guidebook for the Autumn Art Studios Tour is available at many locations, including PlacerArts Auburn and PlacerArts ARTspace Rocklin, and is also downloadable online at www.PlacerArts.org. It contains a detailed map with all studio locations, descriptions of the artists and their media, a sample photo of their work, a fun "treasure hunt" contest, and select artist spotlights.

To help plan for the PlacerArts Autumn Art Studios Tour, the public may visit several "preview show" locations, including the main "Taste of the Tour" art show with almost all 97 artists displaying one sample piece at the General Gomez Art

and Events Center / PlacerArts 808 Lincoln Way Downtown Auburn. Satellite preview shows are also on display at Blue Line Arts in Roseville,



Necklace by Jenny Peterson.

The Flower Farm in Loomis, Art League of Lincoln Gallery in Lincoln, Final Gravity Brewery in Granite Bay, and the Westfield Galleria Mall in Roseville. These exhibits are a great opportunity to view works by the artists participating in this year's tour. From pottery to metal work to oil paintings and everything in-between, the preview shows allow visitors to take note of which studios may interest them and help plan their

tour. All preview shows are free and open to the public during the locations' regular hours.

There will also be an AAST Art Bucks raffle. Win up to \$500 in "art bucks," a same-as-cash gift certificate that may be used towards purchases from tour artists anytime over the next year. There are eight chances to win prizes from \$100 to \$500 in art bucks. Tickets are \$5 each or five tickets for \$20. Art bucks raffle tickets can be purchased prior to the tour weekend at the PlacerArts home office at 808 Lincoln Way in Auburn and during the tour weekend at the five tour information centers.



Pottery by Jennifer Black Hendricks.

Tour information centers are located at Finnish Temperance Hall on at 4090 Rocklin Road in Rocklin; PlacerArts ARTspace Rocklin at 5460 5th Street in Johnson Springview Park; the Newcastle Packing Shed & Art Studios at 455 Main Street in historic downtown Newcastle; the Old Library Artist Studios at 175 Almond Street in Auburn; and PlacerArts/General Gomez Center at 808 Lincoln Way in Downtown Auburn.

Founded in 1983, PlacerArts is the Arts Council of Placer County, a nonprofit catalyst for the arts and humanities and the designated state-local partner of the California Arts Council. PlacerArts promotes the work of performing, visual, and literary arts producers as well as cultural and heritage attractions countywide.

Source for story and photos: Elizabeth Sands PR ★

"Light Up a Life" Invites the Community to Remember Loved Ones

Join the Community for an Evening of Remembrance as we enter the Holidays

AUBURN, CA (MPG) - "Light Up a Life," a special evening of remembrance, will be held Tuesday, December 1st at 7 p.m. at The Ridge Golf Club and Event Center, 2020 Golf Course Rd., Auburn. This free event is open to all members of the community, and especially welcomes families that have experienced the loss of a loved one during this past year.

The event program will include speakers from the community, music, a candle-lighting ceremony and light refreshments. At the event, families can

personalize a keepsake ornament with pictures, poems, or any other mementos. Doors open at 6:15 p.m., and guests will be invited to decorate an ornament with craft items provided. All personalized ornaments will be placed on the holiday trees in recognition of passed loved ones.

Hosts for "Light Up a Life" are Chapel of the Hills, Lassila Funeral Chapels, Sierra Foothills Funeral Services, Stein and Sons Funeral Services, and Sutter Auburn Faith Hospice. For more information, please call (530) 886-6650. ★

Naming of the Placer Superior Court Courthouse in Roseville

ROSEVILLE, CA (MPG) - The Judicial Council of California approved the Placer Superior Court's request to name the courthouse building as the Howard G. Gibson Courthouse. The courthouse is located in the Bill Santucci Justice Center at 10820 Justice Center Drive in Roseville.

"We thank the Judicial Council for its approval today of the naming of our Roseville Courthouse after the late Howard G. Gibson," said Alan V. Pineschi, Presiding Judge of the Placer Superior Court. "This honor for Judge Gibson and his family is well-deserved and fitting as he was a respected jurist who exemplified public service, access to justice, and fairness. Howard is fondly remembered as a man who treated everyone he encountered, whether in court or out of court, with respect and kindness."

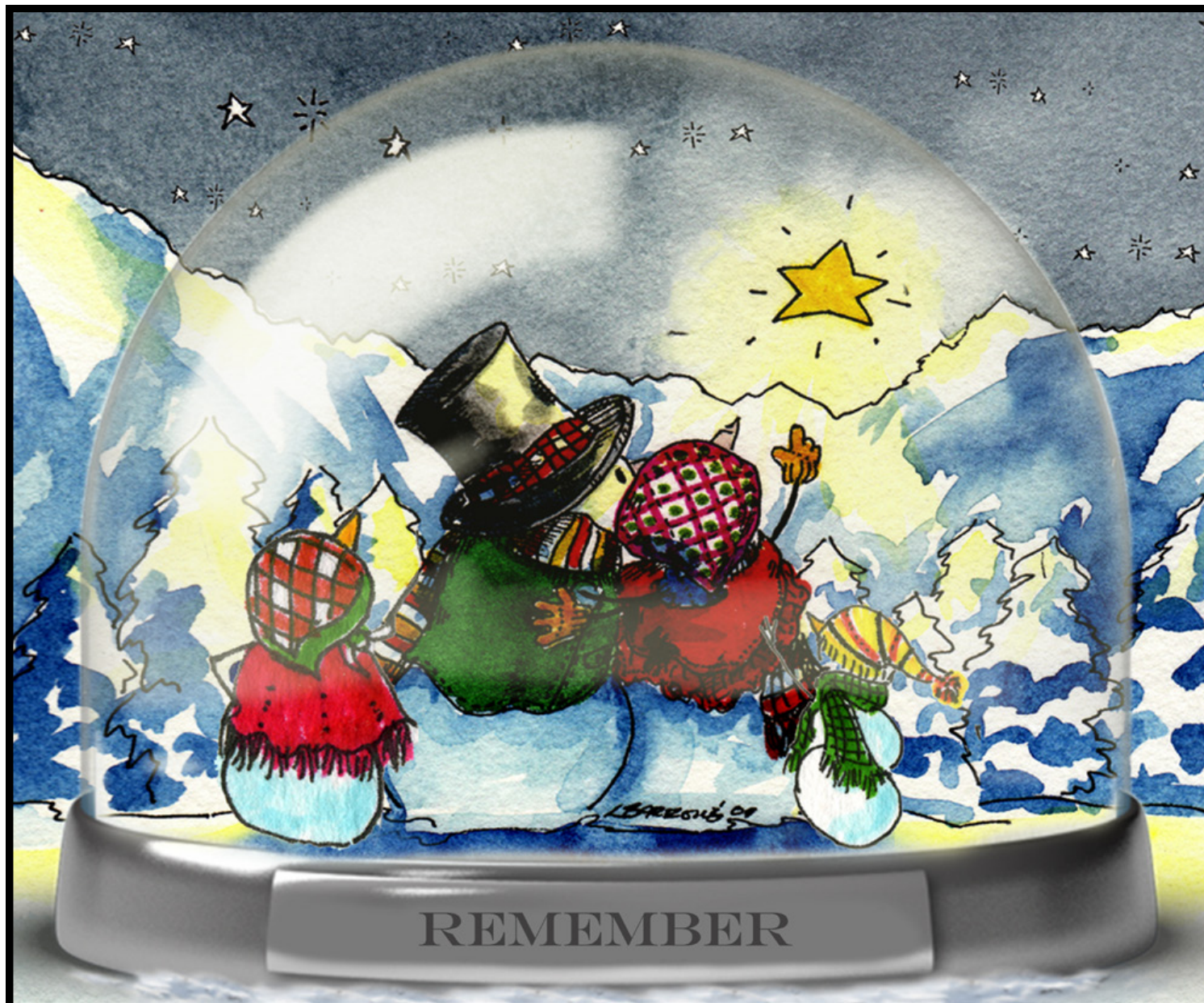
Judge Gibson, a graduate of Roseville-area schools, joined the United States Army in July of 1942 and served in Europe and North Africa during World War II. After his return from the war, and upon his completion of the University of

California's Hastings School of Law, he opened a small general law practice in Roseville, California.

Judge Howard G. Gibson then served as a judge in Placer County for over twenty-five years. He was first elected to the Roseville Justice Court in 1958 and then later appointed to the Placer Superior Court by Governor Edmund G. Brown, Jr. in 1982. He retired from the Superior Court in 1984. During his time as a judge, he also served on the National Highway Transportation Safety Advisory Committee via an appointment by President Jimmy Carter in 1978. Judge Gibson passed away in November of 1986.

The court's naming application received support from the local community, in particular the Roseville City Council, the Placer County Board of Supervisors, Sheriff Edward Bonner, District Attorney Scott Owens, and the Placer County Bar Association. The announcement for the courthouse dedication ceremony will follow at a later date.

Source: Superior Court of California, County of Placer ★



A special evening of remembrance, music and reflection for those who have experienced a loss. Free and open to the community.

Trees will be decorated with ornaments honoring your loved ones. Doors will open at 6:15 PM for guests to personalize holiday ornaments.

We look forward to sharing the evening in remembrance with you!

LIGHT UP A LIFE

December 1, 2015 / 7 - 8:30 PM

The Ridge Golf & Event Center
2020 Golf Course Rd, Auburn

For more information contact Sutter Auburn Faith Hospice at 530-886-6650.

Eureka! Blue Nugget Discovered

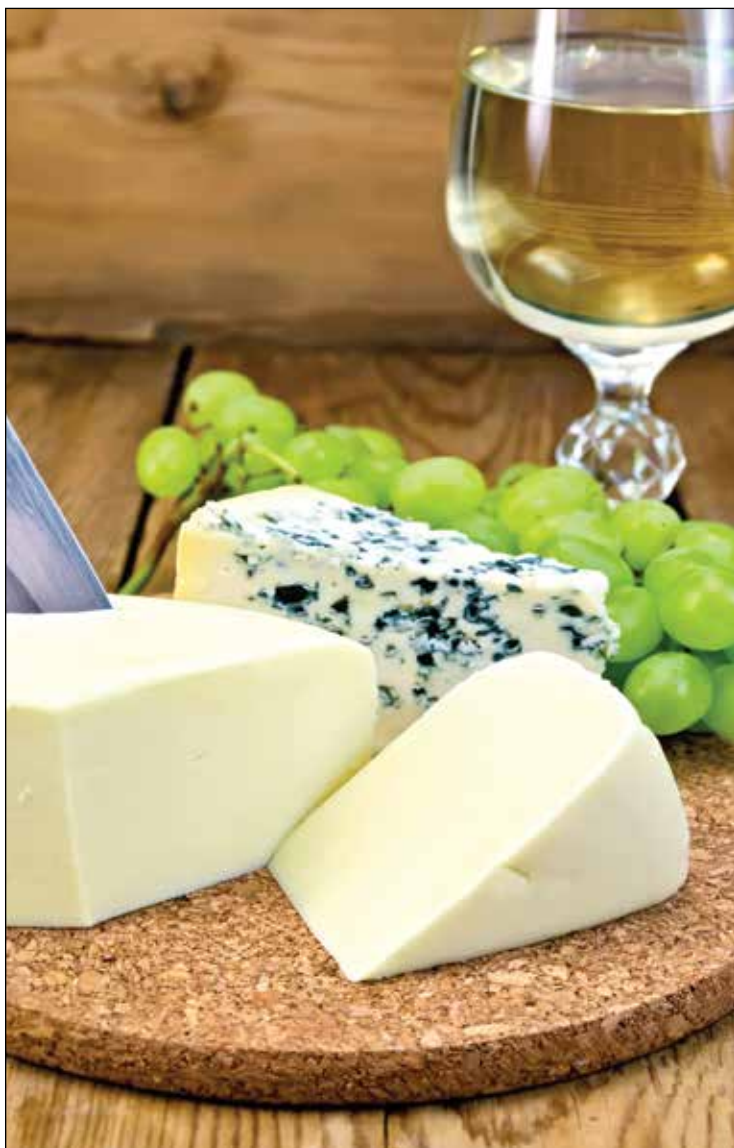
By Alona Thomas

Not everyone is a lover of blue cheese, but if you are—I have made a wonderful discovery. Blue cheese is ancient. It is said that a young sheepherder left his bread and cheese in a cave to pursue a young lady. On his return, his cheese had grown mold. Now, what made him decide to eat it anyway is the stuff of legends. Roquefort is recorded as the oldest cheese and some consider it to be the “king of cheeses.”

We have a blue cheese aged in a Placer County gold mine that just may take that crown. Jack Gibson had been in the dairy and cheese business in Northern California for 30 years. By chance, he found an abandoned gold mine on 15 acres that he purchased on Cedar Ridge. It did not take long for him to put this together with his long experience and open the Shaft Cheese Company in 1999.

The finest quality rBST-free cow’s milk is the standard, and a master cheese maker in Wisconsin produces the cheese with all the care of a winemaker. The milk is tested constantly for all its attributes and there are always seasonal influences. Gibson then ages these cheeses in the gold mine until they are at the peak of perfection.

Blue cheese is traditionally aged from two to six months. This is what set Shaft’s cheese above the rest. The minimum age for Shaft’s blue nugget is 12 months, which gives the cheese a very creamy and rich texture. This small family business is now operated by one full-time employee, Chris Shull, son-in-law of Mr. Gibson. Chris’s wife, Carrie, is the company’s accountant and her mother and brother help with the packing process. They rotate the cheeses in the cave once a month, and every detail has personal, hands-on attention with everyone pitching in to cut and wrap weekly for distribution.



A cheese board is a great way to introduce people to different cheese varieties. Serve cheeses with crackers, honey, fruits, and your favorite wine for a delicious evening.

Shaft’s Blue Vein Cheese is the original gold mine aged variety. Chris suggests serving with a bit of local honey, pears, and crackers. The other night I served it with figs and was a winner. The handcrafted Serendipity made right here is similar to a Huntsman from England. It is an aged sharp cheddar layered with the Blue Vein Cheese. It is good on a cheese board and a great introduction to people who may not be sure of trying the pure Blue. The crown jewel is Ellie’s Vintage Two-Year Reserve, and it was a total accident. The family misplaced cheese in the cave and it sat for two years. When

they found it, reminiscent of the sheepherder, someone did try it. To their surprise, it was perfection. “Aged for 24 months, this cheese has a creamy delectable taste with a soft, sweet finish... [a] rare cheese.” This very special cheese is called Ellie, named for Mrs. Gibson.

These cheeses can be found locally at Whole Foods and Nugget Markets. They are also carried in fine cheese stores throughout the state.

Alona’s hobby is food and delicious times. Contact her at alonathomas@gmail.com. ★

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Foundation Gives Over \$250,000 in Grants and Scholarships

Money Aids Community, Investing in Mental Health Services and Workforce Development



Eileen Speaker, Placer Community Foundation grants manager, (center) presents a check to Karen Alvord, Lilliput Children's Services CEO, and Doni DeBolt, director of outreach and communication at Lilliput.

Continued from page 1

Program, and Sierra Native Alliance—Women's Group/Counseling Program.

"A big thank you to Placer Community Foundation for funding our Home to Stay program in Placer County," said Lilliput Children's Services CEO Karen Alvord. "We are starting the second year of the program and are thrilled with the results thus far. We couldn't have done it without the foundation's ongoing support." Lilliput's Home to Stay program is focused on providing intensive, in-home parenting education, coaching, and therapy with a focus on creating stability for both birth families and kin whose children are at risk for disruption/out of home placement due to emotional, behavioral, or mental health issues.

Additionally, eleven students were awarded a total of \$19,000 in scholarships to pursue degrees in engineering, welding, and drafting at Sierra College. The John G. and Lillian M. Walsh Family Scholarship Fund awards scholarships to graduates from the Auburn area, where the Walsh Family lived for four generations. Through this memorial scholarship entrusted to Placer Community Foundation, the legacy of the Walsh Family continues by investing in the future through our community's youth. One of the scholarship recipients, Drake Whitton, said, "I am honored to get this scholarship. It means a lot to me, and I look forward to seeing where my welding career takes me."

About Placer Community Foundation: Placer Community Foundation grows local giving to strengthen our community by

connecting donors who care with causes that matter. Known for sound financial management and knowledge of the nonprofit sector, the Community Foundation continually monitors the region to better understand the nature of local needs, so that it can invest in areas such as arts and culture, education, health and human services, and the environment. The Community Foundation provides regular trainings and technical assistance for the many local nonprofits that are experiencing growing public demand for programs and services. To learn more about establishing charitable funds, visit placercf.org, contact Veronica Blake at vblake@placercf.org, or call (530) 885-4920.

Source: Placer Community Foundation ★

IN MEMORIAM

Wesley "Mel" Trout

6/16/1930 – 10/31/2015

Wesley "Mel" Trout, age 85, of Pearcy, died Saturday, October 31, 2015.

He was born on June 16, 1930 in Driggs, Idaho, the son of Robert Wesley Trout and Louella Viola Madsen Trout. On August 7, 1951, he was married to Catherine Dooley Trout. He was preceded in death by one son, James Trout; and his parents.

He was of the Catholic faith. After graduating high school, Mel enlisted in the United States Air Force and retired as a Chief Master Sergeant. He served two tours in Vietnam plus one voluntary tour. He then graduated Sacramento State College with a master's degree in psychology and worked for the United States Postal Service where he retired as a rural mail carrier.

Mel was a volunteer with the Disabled American Veterans where he volunteered for many years as a

daughter, Debbie Trout of Pearcy; eight grandchildren, Tiffani Trout, Joshua Trout, Travis Trout, Paul Trout, Jr., Corey Trout, Jacob Trout, Mary Trout and Daniel Trout; three great-grandchildren, Nathaniel Trout, Jeremiah Trout and Lucas Trout; two brothers, William Trout of Kentucky and Troy Steele of Las Vegas, Nevada; one sister, Catherine Trout of Newcastle, California; numerous nieces, nephews and a host of friends.

A Funeral Mass was held November 5, 2015 in St. John's, Hot Springs.

Interment was in the Memorial Gardens Cemetery with full military honors provided by the United States Air Force.

Pallbearers were Travis Trout, Corey Trout, Paul Trout, Sr., Debbie Trout, Sean McCoy and Ron Trout.

Guest registry is at www.davis-smith.com.

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ARIES (March 21 to April 19) Deciding to work out that pesky problem (even though you might have been bored, bored, bored with it) should be paying off right about now. Expect to hear some very welcome news very soon.

TAURUS (April 20 to May 20) Unexpected news might cause you to rethink a previous conclusion. Don't be bullheaded and try to bluff it out. Make the needed change, and then take a bow for your objectivity.

GEMINI (May 21 to June 20) Money matters should be considered as you continue to work out your holiday plans. This is a good time to scout out discounts before demand for them outstrips their availability.

CANCER (June 21 to July 22) A calm period early in the week helps you complete most, if not all, of your unfinished tasks. A new project appears by mid-week, and this one could carry some big career potential.

LEO (July 23 to August 22) Positive results from recent ventures continue to pump up those self-esteem levels, making you Fabulous Felines feel you can tackle any challenge anyone wants to throw at you.

VIRGO (August 23 to Septem-

ber 22) Family and friends might feel neglected because of your almost total focus on a project. Try to rework your schedule so you can have time for both your loved ones and your work.

LIBRA (September 23 to October 22) Don't be surprised if you suddenly hear from someone from your past who wants to contact you about the possibility of renewing a long-dormant (if not dead) relationship.

SCORPIO (October 23 to November 21) This is a good time to check over what went right and what went wrong with recent efforts. This can provide valuable lessons for projects that will be coming up soon.

SAGITTARIUS (November 22 to December 21) Dealing with people who feel they're always right about everything might be a problem for some. But the savvy Archer should be able to deflate their oversize egos.

CAPRICORN (December 22 to January 19) This week favors a balance between the demands of your work and your need for fun timeouts. Taking breaks helps restore and keep your energy levels high.

AQUARIUS (January 20 to February 18) There could be an occasional setback in what you're working on. But look at them as lessons on how to do better as you move along. More supporters turn up to cheer

you on.
PISCES (February 19 to March 20) Although a more positive aspect influences this week's course, you still need to be sure that those who will work with you have no reason to work against you. Good luck.

BORN THIS WEEK: You believe in keeping your promises. It's not always easy to do, but somehow you do it.

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When in New Jersey, you'd best mind your manners at the table. In that state, it's illegal to slurp your soup.

It's a well-worn trope that men refuse to stop and ask for directions when they're lost. That point of view might seem to be supported by the results of a survey conducted by the American Automobile Association, which found that 34 percent of male drivers admit to stopping to ask for directions. However, the same survey found that only 37 percent of women did the same.

top ten
Best States For MILITARY Retirees

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2. Montana
3. South Dakota
4. Maine
5. Florida
6. New Hampshire
7. Alaska
8. North Dakota
9. Oklahoma
10. South Carolina

Source: Wallet Hub



PICKS OF THE WEEK



Arnie Hammer in "The Man from U.N.C.L.E." Warner Bros.

"The Hobbit: Battle of the Five Armies" (PG-13) - It's the final installment of the extra-large trilogy about an extra-small hero. Defeating the vicious dragon Smaug (voiced and motion-captured by Benedict Cumberbatch) has vacated its big ol' pile of gold, but now there's some conflict over who gets to have a big ol' pile of gold. Turns out that Thorin (Richard Armitage), leader of the heroic dwarves accompanying Bilbo (Martin Freeman), has decided that he's not going to split the loot with the other kingdoms like he promised.

This movie has more battle and bluster than the past two combined, but it similarly lacks charm. This final clash has been built up so much, and it does put a good ending on the saga. However, no computer can yet replicate the feel of the ornate sets and masterful practical effect in the earlier "Lord of the Rings" movies.

"The Man from U.N.C.L.E." (PG-13) - Two Cold War agents from opposite sides of the Berlin Wall have to collaborate to take down an evil crew bent on kicking off World War III. American agent Napoleon Solo (Henry Cavill, "The Man of Steel") buddies up with Russian agent Kuryakin (Arnie Hammer, "The Lone Ranger") in this modded-up reboot of the '60s TV show of the same name.

Guy Ritchie made his reputation bringing cool, brassy style to low-level Brit gangsters, and he makes a cool retro style out of something that could have been laughably irrelevant. Since James Bond has grown kinda serious (but still awesome), this jaunt offers a lighter side to slick espionage.

"Meru" (R) - Ever wonder why people who climb Everest and other massive mountains tend to go up the easy side? For extreme climbers and best pals Jeremy Chin, Conrad Anker and Renan Ozturk, their dream was to scale the roughest side of them all, a sheer climb called the Shark's Fin on Meru Peak in the Himalayas. They tried and failed once in 2008 -- but not for lack of grit. They were forced to quit 100 meters from the summit and retreat back to their tent -- not really a tent, but a dangly bag nailed to a furious mountain. This majestic documentary shows some of the most thrilling views that anyone has ever achieved, and explores what would drive them to try such a feat, and what would drive them to try it again a few years later.

"Trash" (R) - Three little boys living in a third-world garbage dump find a wallet that sets them on a high-stakes adventure with corrupt police at their heels. Rafael (Rickson Tevis) splits the cash with his pals Rato and Gardo. Then the wallet yields a key that leads to further enticing clues. Martin Sheen and Rooney Mara help the boys as a beleaguered priest and burdened charity worker, respectively. The movie can generate some good feelings, but eventually too much sugary sentiment sprinkled over such squalid settings rings false.

TV RELEASES
"Brain With David Eagleman"
"Jeff Dunham: Unhinged in Hollywood"
"All Or Nothing At All"
"Avatar: The Complete Series plus Book"
"McHale's Navy: The Complete Series"

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by HEALTHY EXCHANGES

Chunky Tomato Soup

Soups have always been one of my favorite foods, and fall has always been my favorite season. Stir up this "soup of the harvest" on a cool fall night, and let it warm you up with pleasure-pleasing taste!

- 1/2 cup chopped onion
- 1 3/4 cups (one 14 1/2-ounce can) beef broth
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 1 teaspoon Italian Seasoning
- 1 1/2 cups peeled and chopped fresh tomatoes
- 1 1/2 cups chopped, unpeeled zucchini

1. In a medium saucepan sprayed with olive oil-flavored cooking spray, saute onion for 6 minutes. Add beef broth, tomato soup and Italian seasoning. Mix well to combine. Stir in tomato and zucchini.
2. Bring mixture to a boil. Lower heat and simmer for 10 minutes or until vegetables are tender, stirring often. Serves 4 (1 1/4 cups each).

* Each serving equals: 94 calories, 2g fat, 3g protein, 16g carb., 604mg sodium, 2g fiber; Diabetic Exchanges: 2 Vegetable, 1 Starch.

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The Natural Resources Conservation Service helps America's farmers, ranchers and forest landowners conserve the nation's soil, water, air and other natural resources. Their website www.nrcs.usda.gov provides many resources, such as definitions for the terms *native plant*, *invasive plant*, *non-native plant*, *naturalized plant*, *exotic plant*, *translocated plant*, *opportunistic native plant*, *weed* and *noxious weed*, and support and assist growers through various "plant materials centers."

— Brenda Weaver
Photo courtesy of NRCS

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Associate Editor
Christie Spurlock
PlacerEditor@mpg8.com

Advertising Sales
Bob Stephenson
PlacerSales1@mpg8.com
530-823-2463

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- Filling station filler
- "_____!" In the Name of Love"
- Like closed curtains
- Paleontologist's estimate
- Unit of electrical energy
- Bitter
- Between generations?
- Harbor city of Ancient Rome
- *Tennis great
- Kind of can
- *Golfer Trevino
- Hefty competitor
- Island strings
- Queen of Carthage
- Mexican ranch
- Salty septet
- Chow
- In no manner
- Up it in poker
- Polynesian dance, pl.
- Like a broken horse
- Kelly Clarkson and Phillip Phillips
- Hindu Mr.
- Julia Roberts' Brockovich
- Dairy choice
- NCAA touney position
- "Owner of a Lonely Heart" band
- Affirmative
- Indigo extract
- *1968 Olympic figure skater
- *Bruce no more
- Bad car
- _____Tzu
- Be of use
- Wine ripening
- Caribou kin
- Dots and dashes code
- A _____ move
- *Result of first Lewis-Holyfield title fight
- Like Tin Man after being helped

DOWN

- Health and Human Services org.
- Parentheses, e.g.
- Hard to find
- Top of a DQ cone
- Truly
- Lady singer
- Eastern title
- Part of a calyx
- Average
- Sounds of reproof
- Medley
- Church sound
- *Bull and Wizard
- Black Beauty's cry
- *Mike Tyson bit one
- Hungarian stew
- *Fastest man on Earth
- Japanese sword fighting
- To _____ a table
- Clobber
- Do, re or mi
- Characterized by great caution
- Friend, slang
- *Credited for crushing Hitler's myth of Aryan supremacy
- Narcissist's love
- *a.k.a. The Sultan of Swat
- Napped leather
- "I'm just _____"
- X
- Electrical current generator
- End of a shoelace
- Concluding portion of a poem or essay
- Old Glory
- Children's construction block
- What exhaust pipes do
- Opposite of stereo
- Jester's remark
- *_____ "The Pearl" Monroe
- Do like phoenix
- *He floated like a butterfly?
- Light-emitting diode

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8		3	5		6
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	1				6
2		7			5

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

Come back every week for Crossword and Sudoku!

Energy Department Recognizes California's Placer County for Leadership in Better Buildings Challenge



From left to right: Greg Jones, Sierra Business Council; Jenine Windeshausen, Placer County Treasurer-Tax Collector; Maria Vargas, U.S. Department of Energy; Ron Parson, Owner/operator Granlibakken; Jennifer Montgomery, Placer County Supervisor District 5. Photo courtesy of C + C Social Marketing & PR

TAHOE CITY, CA (MPG) - As part of the Obama Administration's efforts to cut energy waste in the nation's buildings, the U.S. Department of Energy (DOE) recognized Placer County for its leadership in improving energy efficiency across its 5-million-square-foot portfolio of county-owned buildings and schools by 20 percent in 10 years. Through the department's Better Buildings Challenge, the county's showcase project, the Granlibakken conference center and resort is expecting a 43 percent reduction in energy use and savings of up to \$44,000 each year.

"All over the United States, cities and counties like Placer County are overcoming unique energy efficiency challenges by deploying comprehensive and flexible solutions," said Maria Vargas, director of the Better Buildings Challenge. "Placer County's Granlibakken is a great example of energy efficiency at work in our nation's buildings: innovative financing, public-private partnerships, and high-tech solutions."

The Granlibakken conference center and resort is achieving its energy savings in the kitchen by replacing obsolete refrigerators, dishwashers, and stove-hood exhaust systems with energy-efficient models. Newly automated heating and air conditioning systems also were installed to increase the efficiency of the facility's natural gas boilers.

The 14,680-square-foot conference center and resort's comprehensive retrofit and energy audit was financed by mPower Placer, which uses a property assessed clean energy financing model. The county's mPOWER program facilitates energy

conservation improvements with no upfront costs for property owners across Placer County and the Lake Tahoe region.

"Through mPOWER, Placer County helps local businesses make energy improvements that increase profit margins while taking a positive step for the environment," said Jenine Windeshausen, Placer County Treasurer Tax Collector and mPOWER program administrator. "The mPOWER program helps Placer County create jobs by providing financing for businesses and residents to make energy efficiency, renewable generation, and water conservation improvements."

As a cornerstone of the President's Climate Action Plan, the Better Buildings Challenge is aimed at achieving the goal of doubling American energy productivity by 2030 while motivating corporate and public-sector leaders across the country to save energy through commitments and investments. More than 250 organizations are partnering with the Energy Department to achieve 20 percent portfolio-wide energy savings and share successful strategies that maximize efficiency over the next decade. Across the country, partners have shared energy data for more than 32,000 properties and are reporting energy savings of 20 percent or more at 4,500 properties, and 10 percent or more at 12,000 properties.

Learn more about Better Buildings Challenge partner results, showcase projects, and innovative solutions being shared with others at <http://better-buildingsolutioncenter.energy.gov/>.

Source: C + C Social Marketing & PR ★

All American Speedway Hosts Vintage Racing Event



A restored and ready to race Hardtop, circa 1940. Photo courtesy West Capital Alumni Association

Story by Linda Haynes Harper

SACRAMENTO REGION, CA (MPG) - During the 10th annual All American Vintage Classic, the All American Speedway in Roseville was taken back in time to when circle-track racing was wild, dangerous, and at the top of the "thrill meter." The West Capital Raceway Alumni Association (WCRA) hosted the three-day event Oct. 22nd through the 24th. This included a vintage car and travel trailer show, swap meet, silent auction, and a BBQ to celebrate 2015 Hall of Fame inductees. The event wrapped up with an exciting Saturday night vintage car race, highlighting Pre-1980s Sprints, Midgets, Super Modifieds, Roadsters, and Hardtops. Drivers, owners, and fans came from all over the nation as well as Canada to join local participants in showing off their restored machines and to compete on the track against fellow alumni.

West Capital Raceway, formerly known as Capitol Stadium and Capital Speedway, was considered one of the most challenging circle tracks in California and was described by drivers as a 1/4-mile bullring. It took real skill and determination to race on West Sacramento's sticky clay short track. Often, brave fans in the first few rows of bleachers were covered in mud by the end of the evening's race.

Slipping, sliding, flipping, and crashing into one another was what made racing on West Capital Raceway fun and memorable for decades. The raceway opened in 1946 and provided local race fans with exciting track action until its closing in 1979,

when the property was sold.

Racing is one of the only sports that has historically included generations of family members in the evolution of race teams. This is especially evident during an event such as the Vintage Classic. The pits are cluttered with teams consisting of grandfathers, fathers, wives, and kids.

Congratulations go out to the WCRA 2015 Hall of Fame inductees: Jim Allen, Tom Herseeth, Bill Highfield, Harold and Pat Holtsman, Clyde Lamar, Robbie Padgen, Pat Tongo, ShaneScott, and Bill Sanders. Gene Carlton's car was also inducted.

For more information about the West Capital Raceway Alumni Association, or if you're interested in becoming a member of this fun group dedicated to the sport of vintage racing, call Frank Richards at (916) 786-3944 or visit WCRA on Facebook. ★



Rough and tumble racing on West Capital Raceway's mud track, circa 1970. Photo courtesy www.shutterstock.com

Loomis Soroptimist Club Seeks Community Award Applicants

Continued from page 1

the month from 5:30 to 7 p.m. at the Loomis Train Depot. For more information about the club, contact President Peggy Word at (916) 837-6106.

Soroptimist (soroptimist.org) is an international volunteer service organization for business, professional, and retired women who work to improve

the lives of women and girls in local communities and throughout the world. In addition to providing annual community grants, Soroptimist International of Loomis Basin is a 501(c)(3) and supports Loomis LIFE center, former foster youth attending Sierra College, community events, and other local and international projects.

Source: Soroptimist of Loomis Basin ★

Placer County Speeds up Residential Solar System Permitting

AUBURN, CA (MPG) - Getting a permit for rooftop or ground-mount solar systems will be even easier in Placer County after the county board of supervisors approved a new, faster permitting process.

Before the new process was approved, acquiring a permit required more than one visit, but now, solar permits for systems below 10 kilowatts can be issued in person or approved via e-mail

within one day.

"We're huge supporters of renewable energy in Placer County, so we want to do everything we can to help our residents contribute to a sustainable energy future," said Chief Building Official Tim Wegner.

Even though Placer County already functions within the state-mandated guidelines for solar system permitting, the introduction of this ordinance

will make complying with the state mandate easier for residents. "The adoption of this ordinance is another great example of Placer County's customer commitment," Wegner said. Permits can be obtained online or at Placer County's building services offices in Auburn and Tahoe City.

Source: Placer County ★



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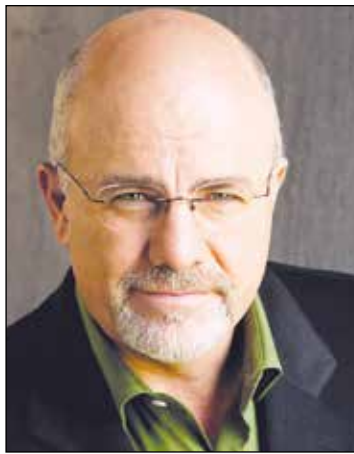
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Dave Says

There's no reason to do this immediately, either. I mean, we're only talking about one day a week. Chances are it won't change your lives that much. It probably won't hurt anything if she works her regular hours through the end of the year. That way, you guys can keep looking at the numbers and decide on what's best.

You obviously love your wife, Randy. But remember, this is up to her, too. Continue, with her, walking through the idea and the numbers. Make this decision together, so that you'll both be happy and it will be a blessing in your lives!

—Dave

Be wise when selecting a roommate

Dear Dave, I'll be moving out to finish college next year, and I'm not sure how to find a good roommate. I know this isn't a money question exactly, but I listen to your show and value your opinion. Do you have any suggestions?

—Carson

Dear Carson, I'm always happy to try to help someone who wants to make good decisions in life. I say that what I do is about life and money, so this question

definitely qualifies.

Finding a good roommate can be tough. You need to choose someone you like and get along with, but someone who is responsible and has a little maturity, too. Sometimes you'll have different schedules, and this may lead to people working, studying or playing at all different times. You also have to be respectful of each other's needs and values, and remember, too, that certain things about another person will eventually get on your nerves a little.

Spend a lot of time talking to people and try to find someone with whom you have a lot in common. You won't always be on the same page with another person, but, if you take some time and try to choose wisely, it can be a fun and rewarding experience!

—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

Dating Mr. Wrong? Find Mr. Right!

Are you dating a loser? Why? Is it because you don't know how to seek out Mr. Right? If you want to find Mr. Right, there are signs, according to Dr. Frieda Birnbaum, a research Psychologist, Psychoanalyst, and author of "What Price Power," an in-depth study of the professional woman in a relationship. We really hashed this one out on my radio show POPPOFF because the divorce rate in the U.S. is about 53%, and I wanted you to have the best chance of being on that 47% of the line. So let's begin with the seven signs you are dating the wrong guy. It's best to rid yourself of the bad before you start looking for the good. He is Mr. Wrong if...

1. Your relationship with him doesn't feel right in your gut.
2. You call him more than he calls you.

3. Your family and friends are unusually going out of their way to warn you about him.
4. His compliments don't feel personal as if they could be said to just anyone.
5. He sends no cards or roses.
6. His words make you feel a bit insecure and not more secure.
7. His idea of dating is to text message you at the last moment.

Any of these or several strike a chord in your relationship? Then you might want to set some new standards to find Mr. Right. So here are some basic tips.

1. The first step is believing in your heart that you deserve someone great so you'll immediately start to put out the right vibe.
2. You need to accept you for who you are because every guy senses when you are trying too hard, looking too desperate, or acting like you are having fun when you're not.
3. Some men and women desire more what they can't have. Don't make yourself too readily available.

4. Many men date women who want to change them. If you accept the person you are dating they are and they truly love you, they'll want to change for you. The ones who do this are potential Mr. Right material. I had to interject my big fat opinion before we got to the next tip. In my humble and 44-year marriage experience, find the person you accept and like and then you won't have to worry about change on either side of the relationship. If you like them, why do you want to change them? It gets too messy! OK, no more comments from the peanut gallery.

5. Observe the person you are dating with both your mind and heart. If it feels right in your heart, and your mind accepts what the heart says without hesitation, this is a good indication you might be dating a keeper.

So there are some positive things to look for and some things to get you running screaming away from a relationship. If you want to check out more information, you can go to www.drfrieda.com. I hope you find Mr. Right and hang on! ★

Donations Collected Go Toward Relief Efforts for Fire Victims

SACRAMENTO REGION, CA (MPG) - Funds raised by Raley's Family of Fine Stores, the Sacramento Kings, and KTXL Fox 40 will support communities ravaged by the Valley Fire and Butte Fire, considered among the most destructive in California history. "Our community is strong, and we back one another up in times of need," said Leigh White, KTXL Fox 40's VP general manager. "FOX 40 viewers stepped up financially for our neighbors. We as a station are proud to use our airwaves as a vehicle for the message of hope and care, and we will continue to tell the stories of those affected while they rebuild what was lost."

Collections will be dispersed equally between the American Red Cross and food bank partners through Raley's nonprofit, Food for Families. "With the fires contained, the rebuilding of

our communities begins," said Chelsea Minor, director of public relations and public affairs. "Raley's will continue to work with businesses and residents to continue to support our communities as they recover from the devastating fires."

Donations from customers, fans, and viewers will help supply much-needed essentials to thousands of individuals affected by the regional wildfires. The Red Cross is providing shelter, meals, water, relief supplies, health services, emotional comfort, and assisting people in planning their next steps.

"We are humbled by the support received by the community to help the people affected by the California Wildfires," said Lilly Wyatt, director of regional communications with the American Red Cross Gold Country Region. "Donations

to Red Cross Disaster Relief allowed us to respond immediately to these wildfires and are still being used to provide help right now to people in need in California."

Donations will continue to be accepted online at www.Foodforfamilies.org/donate. "Many of the families impacted by these devastating fires haven't returned to their homes, jobs, or a daily routine," said Scott Moak, executive director of the Sacramento Kings Foundation. "Our fans and community took a great first step to help those impacted begin rebuilding their lives, but there is more work to be done. We'll continue to look for opportunities to help, in the communities affected, on the ground, and directly with those in need."

Source: Micaela Dominguez ★

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Noon - 1pm:	The KAH1 Noon News with Mary Jane Popp and the KAH1 News Team
1 - 4pm:	The Savage Nation
4 - 6pm:	The KAH1 Afternoon News with Casey Freelove and the KAH1 News Team
6 - 7pm:	Poppoff with Mary Jane Popp
7 - 10pm:	Sports Byline USA with Ron Barr
10pm - 11pm:	The Alex Jones Show
Saturdays	
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7 - 8am:	The Swap Shop
8 - 9am:	The KAH1 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
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12 - 6pm:	Sinatra & Friends Music
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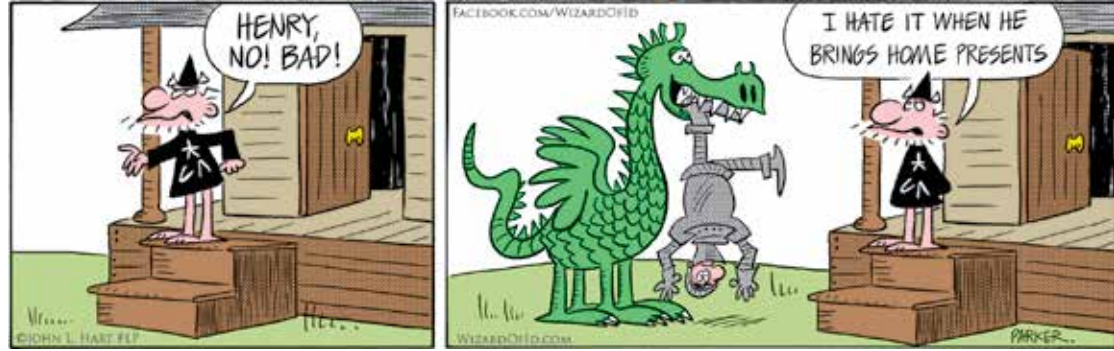
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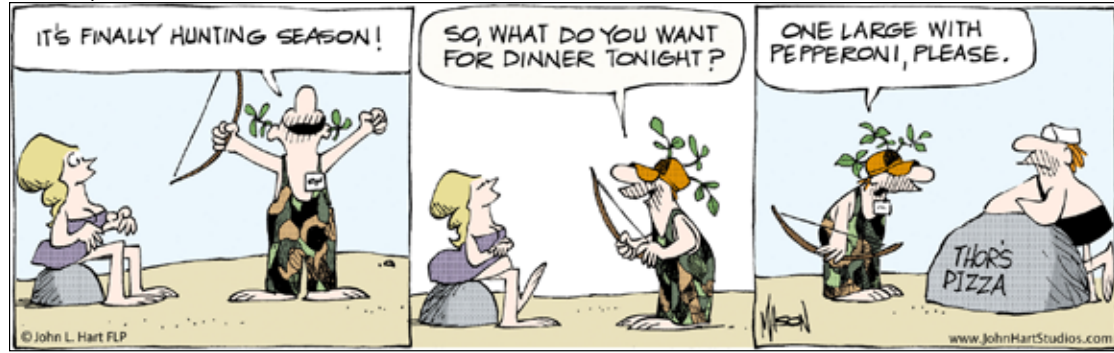
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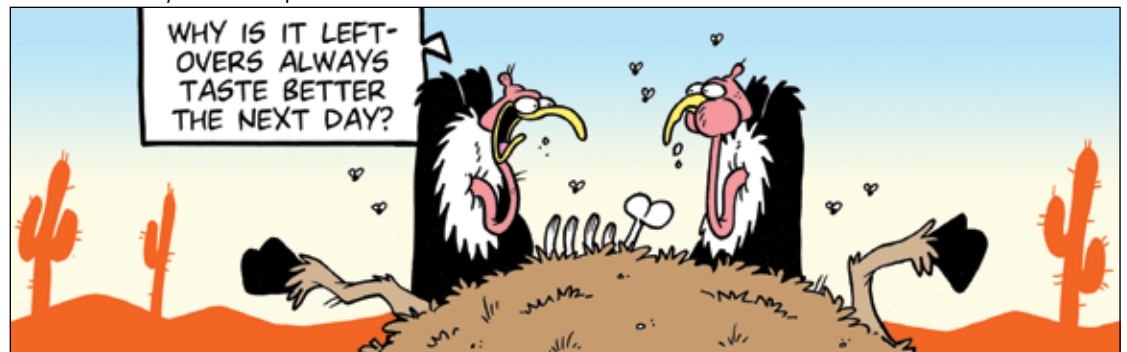
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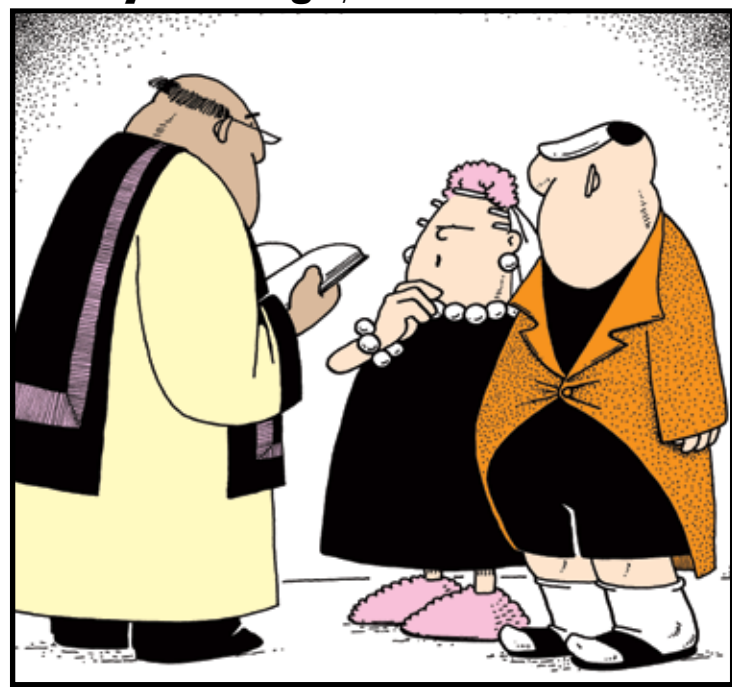
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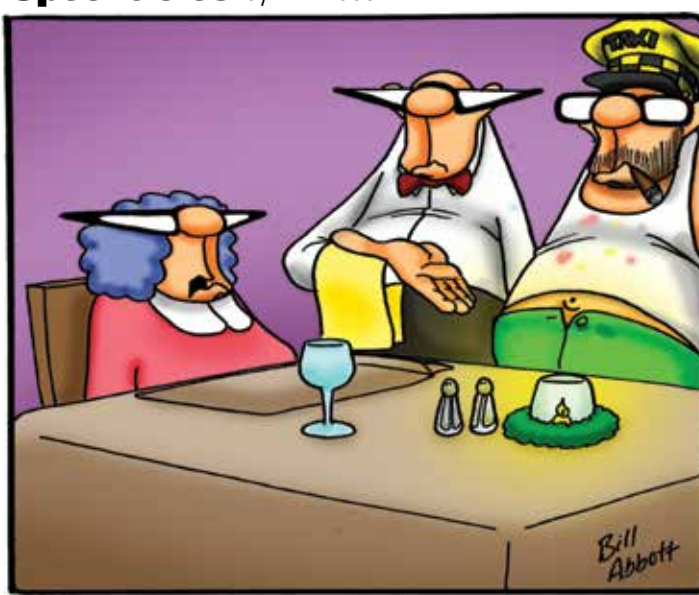
Tundra by Chad Carpenter



Friday Morning by Brad Diller



Speckticles by Bill Abbott



Tastes Like Chicken BY JOSH ALVES



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PREPPING THE PERFECT HAM

A baked ham is the perfect centerpiece to any holiday celebration. Follow these tips to ensure your seasonal meal's main course is a sensation with your guests:

- Never thaw meat on the kitchen counter as the external temperature can rise above 40 F while the inside remains frozen. Thaw in either the refrigerator or in cold water.
- Plan ahead to clean up; line your pan with aluminum foil.
- To avoid dried out ham, cook at 325 F, allowing 20-30 minutes per pound.
- Place fat side up. The melting fat will baste your ham. Turn over halfway through baking to avoid uneven salting.
- Do not use sharp utensils when turning the ham. Valuable juices may escape if the ham is pierced.
- Use proper cooking times and temperatures. Cooking to at least 145 F will result in juicy, tender meat.
- Let ham stand for 15 minutes after roasting before slicing.
- Completely cook ham until done. Avoid partial cooking and storing in refrigerator for later use, which can contaminate the meat.

Photo courtesy of Getty Images

Kid-Favorite Holiday Cookies

It isn't hard to convince kids to join in the fun of making holiday cookies. These cookies pack a great chocolate flavor thanks to a surprise ingredient – Cocoa Pebbles. For more kid-favorite recipe ideas, visit PostFoods.com.

Hot Chocolate Crunch Cookies

Prep time: 30 minutes
Total time: 3 hours
Servings: 52 cookies

- 1 cup Cocoa Pebbles, divided
- 2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup (2 sticks) unsalted butter, room temperature
- 1 3/4 cups sugar, divided
- 2 large eggs
- 1 teaspoon vanilla
- 2 teaspoons cinnamon
- 1/4 teaspoon chili powder (optional)

Heat oven to 350 F.

In food processor, crush cereal to yield 1/2 cup. In medium bowl, combine 1/4 cup ground cereal, flour, cocoa powder, cream of tartar, baking soda and salt.

In large bowl, using electric mixer, cream butter and 1 1/2 cups sugar on medium speed until light and fluffy. Scrape down side of bowl. Add eggs and vanilla. Beat to combine. With mixer on low, gradually add flour mixture, beating until combined. Chill dough 1-2 hours.

In small bowl, combine remaining 1/4 cup ground cereal, remaining 1/4 cup sugar, cinnamon and chili powder (optional – for a delicious spicy twist).

Using a tablespoon, form balls of dough. Roll in cinnamon-sugar-cereal mixture. Place balls 2 inches apart on parchment-lined baking sheets. Press down lightly with a glass. Bake 8-10 minutes.

Holiday Eats & Treats

FAMILY FEATURES

From savory centerpieces to rich, flavorful sides to cookies and candies aplenty, the holiday season is a time to appreciate a bounty of good food while surrounded by your loved ones. Make this year's celebration extra special with cooking tips and recipes that make a festive feast to remember as easy as can be. Start with a main dish carved just right, add an exciting twist on traditional staples and learn how unexpected ingredients make delicious seasonal sweets.



Holiday Side with a Twist

It's easy to get caught up in the same holiday recipes year after year. They're classics for a reason, right? Add a different twist to a holiday menu mainstay – mashed potatoes – this year with extra virgin olive oil, garlic and parsnips. Visit AboutOliveOil.org to learn more about the benefits of olive oil and to find more holiday recipes.

Garlic EVOO Smashed Potatoes and Parsnips

Serves: 6

- 3 medium to large russet potatoes, peeled and large diced
- 3 large parsnips, peeled and large diced
- garlic olive oil, to taste (see recipe)
- 3 tablespoons parsley, thinly shredded
- salt and pepper

Combine potatoes and parsnips in water, boil until tender. Drain well.

In large roasting pan, smash drained potatoes and parsnips with fork.

Season hot potatoes and parsnips with garlic olive oil, parsley, salt and pepper. Serve immediately.

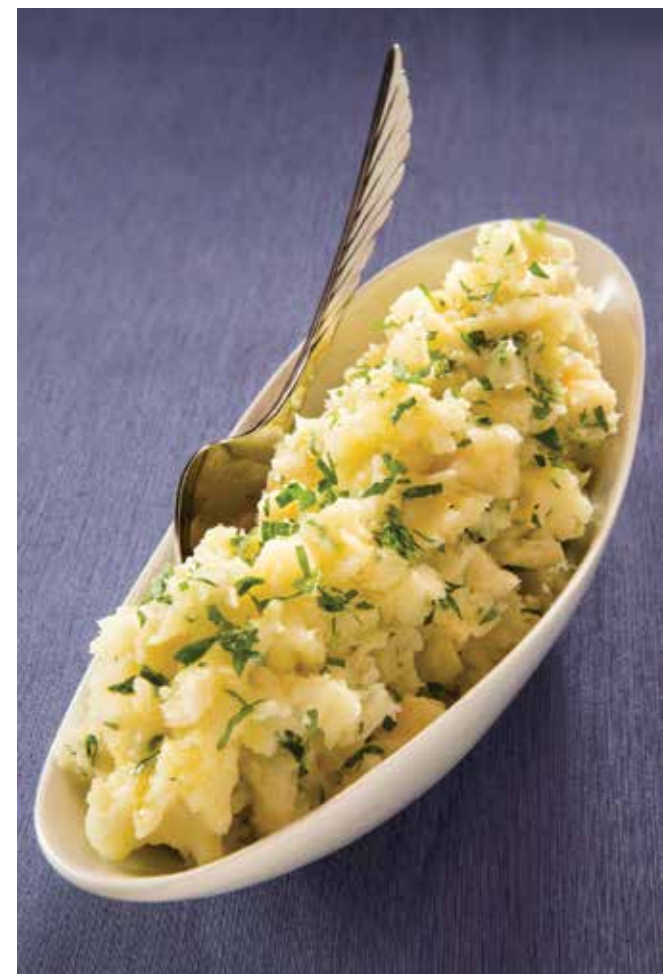
Garlic Olive Oil for Potatoes and Parsnips

- 1 head of garlic, washed, dried and halved
- 1/2 cup extra virgin olive oil

In small loaf pan, cover garlic with extra virgin olive oil.

Place foil over pan, place in 250-300 F oven until garlic is fully cooked and soft. Remove garlic and pop out cloves.

Strain extra virgin olive oil to remove any skins. Puree cooked cloves with strained oil.



Celebrate with a Sweetly Salty Snack

Sweet treats are a staple of every holiday party, and you can add your own crowd-pleasing recipe with a favorite from your own pantry: peanut butter. It pairs perfectly with other sweet and salty flavors in this easy candy recipe. Find more ideas for cooking with peanut butter this holiday season at peanutbutterlovers.com.

Peanut Butter Saltine Brittle

Makes: 45 pieces

- Butter-flavored nonstick cooking spray
- 1/2 cup butter
- 3/4 cup creamy peanut butter
- 1 cup granulated sugar
- 1 sleeve (4 ounces) regular saltine crackers
- 2 cups milk chocolate chips
- 1/2 cup peanut butter chips
- 1/2 cup roughly chopped, dry-roasted, salted peanuts

Heat oven to 400 F. Line a 10-by-15-by-1-inch pan with aluminum foil. Spray foil with butter-flavored nonstick cooking spray; set aside.

In heavy duty, 1-quart saucepan heat butter, peanut butter and sugar over medium heat. Stir constantly until butter and sugar are melted. Bring ingredients to boil; stir frequently for 3 minutes.

While mixture cooks, lay saltines flat in single layer on prepared pan. Pour cooked mixture evenly over saltines. Place in oven and cook 5 minutes. Remove from oven and sprinkle chocolate chips over top. Let cool for 3 minutes, then spread chocolate completely over top of saltines.

Sprinkle peanut butter chips evenly over top of chocolate. Return pan to oven 1 minute to soften chips. Pull tines of fork through softened peanut butter chips to partially cover chocolate. Sprinkle peanuts over top and gently press down.

Let cool on rack about 15 minutes; place in freezer for 3 minutes. Remove from freezer and break into pieces. Store in airtight container.

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