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# Placer Sentinel

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## Youth Learn Engineering Skills



(Above) Alan Ware, a Code for Hood representative, with two youth from Excel Roseville. (Right) Using a mini inventor's kit, two youth work to illuminate their light bulb. Photo courtesy of Placer Community Foundation

**ROCKLIN, CA (MPG)** - With a grant from the Community Needs Fund at Placer Community Foundation, 25 youth ages 8-12 from Excel Roseville got to be engineers for the day on July 30th at the Hacker Lab Sierra College in Rocklin. Three representatives from Code for Hood, a local organization that focuses on hosting "hackathons" and coding workshops in urban neighborhoods, taught the sessions and led the youth through hands-on activities. "Is this real science?" Tristan, age eight, asked Nile, a UC Davis student and instructor for the day. "It's all real science!" replied Nile. "This is science in action."

The day began with a few definitions. Alan Ware, a mechanical engineer and one of the teachers, told the group, "Hacking, at its core, is a creative solution to a problem." He dispelled the myth that all hacking is negative, a commonly held notion of the practice. Alan also helped the youth to understand the work done by engineers. The students toured the recently opened Hacker Lab, learning about the laser cutter, the industrial sewing station, and the 3D printers.

Throughout the day, the kids moved between three stations. The first station

taught them a program named Gimp, a free and open-source graphics editing program that is similar to Photoshop. Participants learned how to combine and revise images; one enthusiastic student put a cat in space with his newfound skills. Another station employed SketchUp, a 3D modeling software. "I briefly showed the kids how to use it and then they took the mouse from me," Alan said. "And when you put kids in front of 3D software, they run with it!" The final station allowed the youth to play with mini inventor's kits that allowed for the creation of interactive electronic objects. By correctly connecting wires, the youth made small light bulbs illuminate. "It was a good day because we got to play with electricity," said Jared, age nine.

Excel Roseville serves families in North Roseville to sustain a healthy, stable environment that creates a positive impact on the lives of at-risk children. Excel Roseville programs have an emphasis on education and

academic support, life skills training, and encouraging creative outlets.

Tamika Bennett, Excel Roseville's executive director, explained how meaningful the field trip was for her students, saying, "The smiles around the room say it all. These kids are putting mathematics into action and having immediate success, which boosts self-esteem, a feeling that will stay with them for a long time." With grants such as these, Placer Community Foundation works to improve the lives of all our residents and respond to priorities as they arise in our community.

Source: Andy Wright, Placer Community Foundation

## Brown Signs Compact with United Auburn Indian Community

**PLACER COUNTY, CA (MPG)** - Governor Edmund G. Brown Jr. announced that he has signed a tribal-state gaming compact between the State of California and the United Auburn Indian Community.

The compact reflects a continued commitment by the Tribe to revenue sharing with non-gaming and limited gaming tribes so that the economic benefits of gaming reach tribal governments that have not chosen to operate a tribal casino. Under the terms of this compact, United Auburn will become one of the largest contributors to the Revenue Sharing Trust Fund. The terms also provide a framework for the sharing of gaming revenue with Placer County and other local jurisdictions for fire, law enforcement, public transit, education, tourism, and other services, and provide incentives for investments in renewable energy projects, non-gaming-related economic development projects, and health care facilities that provide a mutual benefit to tribal members and local residents. In addition, up to \$9 million may be directed by the Tribe specifically to finance infrastructure projects on non-Indian lands within Placer County that benefit the Tribe and the surrounding community.

The compact continues to assure the protection of the health and safety of the casino patrons, guests, and employees and affirms the role of a tribal-state association of gaming regulators to provide a framework within which tribal and state gaming regulators can exchange information and collaborate to ensure that the gaming public has continued confidence in the integrity of casino operations.

The compact supersedes the 2004 compact between the Tribe and the State of California. A copy of the compact can be found at [http://gov.ca.gov/docs/8.14.15\\_United\\_Auburn\\_Compact.pdf](http://gov.ca.gov/docs/8.14.15_United_Auburn_Compact.pdf).

Source: Governor's Press Office

## Placer Volunteers Needed for United Way's Day of Caring

**PLACER COUNTY, CA (MPG)** - A thousand volunteers across five counties will spend one day caring for the community through 37 nonprofit projects on September 11th for United Way's third annual Day of Caring, including three projects here in Placer County.

Health Education Council needs volunteers to beautify Mark White Park in Roseville by painting fresh lines on the basketball court, cleaning out the sand in the play area, painting fences, and more. Placer Food Bank in Roseville will be assembling backpacks with food for local school children. And KidsFirst in Auburn needs help refreshing the interior and exterior of their new family resource center.

The annual volunteer day is sponsored by Nationwide and has grown each year. Last year, 662 volunteers completed 32 volunteer activities. The day will begin with a breakfast and rally at Cal Expo at

8 a.m. and then guests will head to their volunteer projects by 9:30 a.m. To volunteer, visit [www.yourlocalunitedway.org/dayofcaring](http://www.yourlocalunitedway.org/dayofcaring).

"This is what United Way does best—bringing together companies, volunteers, nonprofits, and more to make a collective impact in our community," said Stephanie McLemore Bray, United Way president and CEO. "This high-energy day has grown each year because people like having an opportunity to dig their hands in and care for their community."

For more than 90 years, United Way California Capital Region has brought people together as first responders on needs in the Sacramento region and changed the lives of hundreds of children, families, and adults. Now United Way is mobilizing nonprofits, companies, schools, government, and individuals across the region, state, and country to make a collective impact in the areas of education,



Volunteers get their hands dirty at last year's Day of Caring event. Photo by Douglas Taylor

financial stability, and health in Amador, El Dorado, Placer, Sacramento, and Yolo counties. To donate or volunteer, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org). Source: Kristin Thébaut Communications

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# Music with a Higher Purpose

Laura Johnson, Loomis Local, Fulfills Her Dream



Pictured is Laura Johnson. Photo courtesy of Edda Ria Rodero

By Christie Spurlock

**PLACER COUNTY, CA (MPG)** - A CD release party for Laura Johnson, a Loomis local, will be held on Sunday, August 23rd from 5 p.m. to 8 p.m. at Community Covenant Church (5140 Topaz Avenue) in Rocklin. Johnson will be performing live, sharing her heartfelt music with the public. Messenger Publishing Group was able to interview Johnson to ask her more about her music and her life.

Johnson has always had a great love of country music stemming from her childhood. She grew up in Northern California between Cedarville and Eagleville. "Up there, it is all about country," said Johnson. "I grew up on a cattle ranch, and all we listened to was country music."

She got her start on the music scene by singing in clubs in the '70s. At that time, Johnson was all about the latest country hits, and she mostly performed requests and covers. However, she eventually discovered that it wasn't a fulfilling use of her gift. "One night, a small, still voice in me said, 'You are promoting and encouraging people to drink more and look for love and attention in all the wrong places.'... So I gave my two weeks' notice and never looked back. I began to look into music that was worshipful and uplifting."

Johnson said that while she's not opposed to

writing both secular and Christian country music, she writes worship music in order to "lead people to the positive aspects of life."

"Being creative is a total process. I didn't think I had it in me, but when I heard what some songwriters were writing about, I totally thought, I can do that and I can do it for a higher purpose," said Johnson. "Being able to say in a song what Christ can do for your life is pretty exciting and inspiring."

For Johnson, releasing a CD is the fulfillment of a dream. One of her favorite songs is "Pilgrim's Journey," a song about Israel that has hidden meaning. Avid readers of scripture will find that her songs have a deeper meaning and might even make consider your own life's journey.

Johnson encourages everyone to come to her CD release to enjoy the music. "I have my worship band with me and some special music from my church family, then I get to share a few songs and a music video from the CD with everyone," said Johnson. "It should be a great opening event for my music ministry."

If you're not able to attend the CD release party, Johnson will also be playing at various cafes throughout Sacramento in the future, with specific dates, times, and locations set to be posted on her website, [www.laurajohnson.tmgartist.com](http://www.laurajohnson.tmgartist.com). ★

# Placer County No-Camping Ordinance Has Taken Effect

**AUBURN, CA (MPG)** - An ordinance banning unauthorized camping on Placer County land went into effect on August 6th. Placer County recently had a cleanup of the area most impacted by this new law, the Placer County Government Center in north Auburn.

The new ordinance says that anyone camping, using a campfire, or storing belongings on the lawn will be subject to citation or arrest. Fliers and signs were posted in advance to encourage people to immediately remove their belongings and to notify them of the planned cleanup day. County staff and advocates for the homeless worked for weeks to proactively inform homeless people in the area about this change. A dumpster was also provided to help them dispose of any unwanted belongings.

On August 11th, five days after the ordinance went into effect, evidence technicians from the Placer County Sheriff's Office collected personal property left on the lawn; cataloged the property; and securely wrapped, tagged, and stored it to be kept in possession for 90 days. Inmate crews followed behind to clean up the lawn area. Notices were left to alert people whose belongings were collected about how to retrieve their property.

"We are using a reasoned, balanced approach that treats homeless campers with respect and preserves their belongings while ensuring that camping on the lawn area comes to an end," said County Executive Officer David Boesch. "Homelessness is an issue we take very seriously, and we continue to seek a long-term solution to address



The new ordinance says that anyone camping, using a campfire, or storing belongings on the lawn will be subject to citation or arrest.

homelessness throughout the county."

The Placer County Board of Supervisors adopted the no-camping ordinance July 7th after community concern arose over the prevalence of homeless campers at the government center. The county worked with community groups to provide a temporary homeless shelter nearby, which opened in June, and continues to work with those groups to develop a better long-term solution as quickly as possible.

The county continues to

pursue a regional, public-private partnership approach, based on the recommendations of our nationally renowned consultant, Dr. Robert Marbut. Additionally, at its meeting on August 4th, the board of supervisors voted to renew grant agreements with the U.S. Department of Housing and Urban Development to receive funds for permanent supportive housing, shelter and health care services, totaling nearly \$800,000.

Source: County of Placer ★

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# Roseville Labor Negotiator Under Fire

**ROSEVILLE, CA (MPG)** - International Association of Fire Fighters Local 1592, International Brotherhood of Electrical Workers Local 1245, International Union of Operating Engineers Local 39, Roseville Police Officers' Association, and Roseville Police Association sent a letter to the members of the Roseville City Council notifying them that they find it offensive that the City of Roseville has retained attorney, Mr. Timothy Davis, to be the labor negotiator.

"We, as bargaining groups for the City of Roseville, can only

perceive your contract with Mr. Davis as a direct attack on our labor force and are shocked that the City of Roseville would support Mr. Davis at the expense of the City of Roseville and its employees.

"Mr. Davis has a well-worn track record of creating toxic relationships between city employees and city leadership. One need only look at the detrimental impact he had on the cities of San Diego and Santa Cruz."

The bargaining groups have asked that the Roseville City

Council stop spending taxpayer dollars on a negotiator that demonstrates disregard for the safety and operations of the City of Roseville. They have also asked that the City Council does what is in everyone's best interest, which is to meet the needs of the men and women who serve the City of Roseville every day.

For more information on the ongoing labor contract negotiations with the City of Roseville and to view this letter in its entirety, please visit <http://www.rosevillefirefighters1592.org/>.

Source: *Miranda Marsalla* ★

# Rocklin Pro-Am Disc Golf Tournament



A disc golfer pictured at last year's event, which took place in Orangevale's Shady Oaks Park. Photo by Lang Lew

**ROCKLIN, CA (MPG)** - Johnson-Springview Park is the place to be for disc golf pros and amateurs on the weekend of August 22nd through 23rd. This Professional Disc Golf Association (PGDA) sponsored event is part of the 2015 Norcal Series, with Final 9 Sports as the host. It is guaranteed to be a fun-filled and competitive weekend for both players and spectators. They will be using two 18-hole

course rounds. On Saturday and Sunday, there will be one round of 18 holes and Final 9 Safari holes that will only be played by the Top 4 in Open Men and Women and Advanced Men and Women. In the case of a tie, a sudden-death playoff for the four spots will take place. Mark your calendars to come watch this intense disc golf event!

Source: *Amy Looney* ★

# Branch 37 Sons in Retirement

**AUBURN, CA (MPG)** - Are you retired? Stay active! Join the Sons in Retirement Branch 37 lunch social at 11 a.m. on Thursday, September 3rd at the Auburn Elks Lodge, located at 195 Pine Street.

The speaker will be local Ms. Janis Wikoff, executive

director of the Auburn Placer Performing Arts Center. She will be discussing the history of the State Theater and completion of its recent renovation for the performing arts.

The Sons in Retirement group has many activities like poker, golf, computers, model

airplane flying, bocce ball, and more. There are no dues. The group is eager to add new members, so come check it out! For more information, contact (530) 885-9099 or [ranger\\_r@pacbell.net](mailto:ranger_r@pacbell.net).

Source: *Rich Johnson* ★

# CalFresh Online Application Process Gets a Mobile-Friendly Update

**AUBURN, CA (MPG)** - Placer County has teamed up with Code for America to create a new mobile-friendly website that makes applying for California's food stamps program, CalFresh, quick and easy.

Code for America is a non-profit organization that enlists technology and design professionals to create open-source applications for local governments, ultimately spreading awareness of how technology functions among the government workforce and leadership.

Placer County is one of 11 counties participating in the

CalFresh pilot program to accept applications through the new mobile-friendly website [GetCalFresh.org](http://GetCalFresh.org), developed by Code for America.

Applicants follow a brief guided inquiry on the website and then Placer County's CalFresh office will call the applicant to verify income, expenses, and citizenship and explain the documents required to enroll.

As the number of smartphones on the market continues to rise along with computer accessibility, Code for America and Placer County see potential for

participation to increase above the 44.5% of eligible participants who currently use the program.

"We feel that this is yet another tool that our staff can promote and that our customers can use to gain access to the benefits they need for themselves and their family," said Placer County program manager Logan Pratt. "Code for America took a very mundane and difficult process and simplified it to overcome the hurdles that were causing our customers to not complete the online application."

Source: *County of Placer* ★

# Rabbit Rescue Book Sale

**PENRYN, CA (MPG)** - A used book sale will be held September 5th and 6th from 8 a.m. to noon at 2166 Swetzer Road. Prices are 25 cents to \$1, with books half price on Sunday.

The sale will benefit Leaps & Bounds Rabbit Rescue, a nonprofit organization formed in 2008. Leaps & Bounds is exclusively made up of volunteers. The good news is that rabbits are the third most popular pet, but the bad news is that rabbits are also the third most surrendered pet. It is Leaps & Bounds' mission to rescue as many of these rabbits as possible; to provide veterinary care to them, including spaying and neutering as appropriate; to care for them and socialize them while they are in our care; and to ultimately find them a permanent home.

Source: *Lynn Willingham and Leaps & Bounds Rabbit Rescue* ★

# Placer Sheriff's Office Receives Grant to Combat Underage Drinking

**PLACER COUNTY, CA (MPG)** - The Placer County Sheriff's Office recently received a grant from the State of California Department of Alcoholic Beverage Control for 2015-2016. The Roseville Police Department will also participate in the grant.

The grant, totaling about \$50,000, will be used to combat underage drinking and alcohol sales to minors countywide. The grant will also assist the Sheriff's Office in providing awareness and training in alcohol-related crimes and their impact for school staff, parents, students, and the community.

Throughout the year, the Sheriff's Office will aggressively target problematic

ABC licensed establishments that sell alcoholic beverages to minors and obviously intoxicated adult patrons. Minor-decoy and shoulder-tap operations will also be conducted countywide to minimize alcohol access to minors.

Deputies and police officers will also identify problematic areas and businesses where alcohol use is causing problems. They will inspect operations at those locations and randomly select establishments to ensure licensees are operating within the standards required by Alcoholic Beverage Control.

Source: *Placer County Sheriff's Office* ★

# Woofstock 2015

**ROCKLIN, CA (MPG)** - This year marks the eighth annual Woofstock event for the City of Rocklin. It's the inaugural year for Woofstock Weekend! The weekend will kick off with Pups at the Pub on Friday, August 28th. On Saturday, August 29th, see the Movie in the Park. The main event, Woofstock Festival, will arrive on Sunday, August 30th at Johnson-Springview Park in Rocklin. Dog lovers everywhere will not want to miss this amazing event that includes dog races and obstacle courses, a '60s costume contest, vendors, entertainment, a doggie fun zone, and much more. Plus, admission is free! We hope to see you and your furry friends there! Source: *Amy Looney* Photo courtesy of Placer Tourism ★



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# Come Prepared to Tri-County Job Fair

**PLACER COUNTY, CA (MPG)** - Placer, Sacramento, and El Dorado counties, along with Sacramento Works, Golden Sierra Job Training, and the City of Roseville have partnered together to provide a free event for job seekers in the tri-county area.

The Tri-County Job Fair is a free event where more than 75 local employers will meet face-to-face with job seekers. If you are presently looking for a new job, you are invited to participate.

Confirmed employers include the California Department of Corrections, California Highway Patrol, Consolidated

Communications, CalTrans, CVS, A. Teichert & Sons, Inductive Automation, Goodwill Industries, Floor & Décor, Elk Grove Unified School District, LB Construction, Placer County, Sacramento Sheriff's Department, Thunder Valley Casino Resort, UC Davis, Walmart, and many more.

The job fair will be on Friday, August 21st from 9 a.m. to 1 p.m. and is located at Roseville Sports Complex on 1501 Pleasant Grove Boulevard in Roseville, 95747. To find out more information, go to <http://www.tricountyjobfair.org>.

**About the Tri-County Job Fair:** The Tri-County Job Fair

is the result of many different community representatives working together to provide a free job fair for both our community employers and job seekers. Committee representatives come from Active Job Seekers, Brandman University, City of Folsom, City of Roseville, El Dorado County, Employment Development Department, Golden Sierra Job Training Services, James R. Morrison Photography, Placer County, Sacramento County, Sacramento Works, Smart Net Strategies, and William Jessup University.

Source: Jessica Cone ★

# Placer County Increases Budget for Local Road Maintenance



Seeno Road repaving in Granite Bay. Photo courtesy of County of Placer

**PLACER COUNTY, CA (MPG)** - Placer County's investment in road maintenance work is getting a big boost this year.

The Public Works Department maintains more than 1,000 miles of roads in unincorporated areas throughout the county. The county pared back the road maintenance budget significantly during the recession, but has been working to restore budget support since then. The 2015-16 proposed county budget, similar to the budget approved for 2014-15, includes an additional general fund contribution of \$1 million for roads.

"I compare road maintenance projects to having the oil changed in cars and trucks," explained Engineering Manager Kevin Taber of the county's road maintenance division. "Oil changes don't make a car run noticeably better, but help prevent major breakdowns that require expensive repairs. Road maintenance projects are a cost-effective way to achieve a similar goal: prolonging the life spans of county roadways."

Work has already been completed on the first of this year's three major projects: a \$1.8 million road resurfacing program that provided chip-seal and other surface treatments on almost 50 miles of various county roadways. For the chip-seal work, Telfer Highway Technologies used smaller rocks than usual and swept roads after work was completed to give bicyclists a smoother ride on newly resurfaced roadways.

Chip-seal treatments provide good wearing surfaces and act as weather-proofing membranes. They typically are used on rural roads with relatively low traffic volumes or as the bottom layers of multi-layer surface treatments.

On July 7th, the Placer County Board of Supervisors awarded a \$1.4 million contract to Teichert Construction of Rocklin for the second project: a hot mix asphalt overlay treatment for English Colony Way, Seeno Avenue, Cedar Oaks Drive, and Fuller Drive in the Granite Bay area. In addition, overlays are scheduled for stretches of Virginitown

Road in Newcastle/Lincoln that are affected by pipe-laying work for the Mid-Western Placer Regional Sewer Project.

Work on that project was underway at the end of July and paving was completed in early August. Hot mix asphalt overlays are a maintenance option used to extend the useful lives of roadway pavement. The overlays reduce the rate of deterioration, correct surface deficiencies, reduce permeability, and improve ride quality.

On July 21st, the board approved going out to bid on another \$1.4 million project: hot mix asphalt overlay work in North Lake Tahoe. Approximately six miles of roads in Carnelian Bay will receive overlays.

The board is tentatively scheduled to award a contract on September 1st so work on the project can begin after the Labor Day holiday. The selection of roads for maintenance work is based on such factors as road conditions, traffic volumes, and funding.

Source: County of Placer ★

# Dems Jacking Up the Cost of Democracy

**SACRAMENTO REGION, CA (MPG)** - Following August 17th's lively debate on the Senate Floor regarding Assembly Bill 1100 (Low-D), which proposes to increase the fee required to submit a proposed state ballot initiative from \$200 to \$2,000—a 900% spike, Jim Nielsen (R-Gerber) issued the following statement:

"California's early reformers created the Initiative,

Referendum, and Recall processes as the only opportunities for citizens to make or repeal laws or recall elected representatives. This bill is all about discouraging citizens from initiating and repealing laws.

"Direct democracy is a citizen's right—a cornerstone of the checks and balances of democracy that have been protected passionately.

"Increasing the filing fee from

\$200 to \$2,000 is an extreme attempt to discourage voter participation."

Passed (23 ayes to 14 noes) over significant bi-partisan opposition, AB 1100 goes back to the Assembly for concurrence, where it is expected to pass, and will head to the Governor's office for his consideration.

Source: Office of Senator Jim Nielsen ★

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**ARIES (March 21 to April 19)** A relaxed mood early in the week could give way to high-temperature disputes. The Aries Lamb should resist being pulled into heated quarrels that could really singe your wool.

**TAURUS (April 20 to May 20)** Satisfy that practical obligation first, then you can feel free to indulge in your creative endeavors. Also, check for hidden or overlooked areas where repairs might be long overdue.

**GEMINI (May 21 to June 20)** Home is still the Twins' major focus this week. But outside matters begin to take on added importance, especially those involving possible career moves. Stay alert for signs of change.

**CANCER (June 21 to July 22)** A travel plan might need to undergo some considerable adjustment because of unexpected changes. Keep an open mind and let the facts guide you on how you want to handle this.

**LEO (July 23 to August 22)** Playing cat and mouse with a matter you don't really want to tackle wastes time, energy and, most important, an opportunity. Ask someone with experience to help you get started.

**VIRGO (August 23 to September 22)** A shift in policy might not please you, but before you put up a "no go" wall of resis-

tance, examine the circumstances. You might be quite pleasantly surprised by what you find.

**LIBRA (September 23 to October 22)** Yesterday's critiques about your methods might have already evolved into today's praise for your achievements. Good for you. Now go on and continue to build on your credibility.

**SCORPIO (October 23 to November 21)** An occasional temperamental flare-up might occur as you continue to help get things back to normal. Stay with it. You should soon get some idea of where to take things next.

**SAGITTARIUS (November 22 to December 21)** A negative reaction to what you believe was a well-deserved request might mean that you need to reconsider your position and make changes accordingly.

**CAPRICORN (December 22 to January 19)** There's always room for someone new at the Sea Goat's table. And the someone new this week could bring a message you've been waiting a long time to hear.

**AQUARIUS (January 20 to February 18)** A pile-on of personal matters this week might seem too overwhelming to deal with. But handling them on a one-by-one basis could have you out from under it by the weekend.

**PISCES (February 19 to March 20)** A friend might need your good advice regarding a matter. Be supportive. But unless

you can be absolutely sure you have all the facts, be careful about any suggestions you might be asked to offer.

**BORN THIS WEEK:** Few things make you happier than bringing people together and helping to forge new friendships.

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It was noted 18th-century German scientist, philosopher and satirist Georg Christoph Lichtenberg who made the following sage observation: "It is almost impossible to carry the torch of truth through a crowd without singeing somebody's beard."

The lyrics to that favorite Irish ballad "O Danny Boy" were actually written by an Englishman.

Famed comedic actor Charlie Chaplin was born in England, but at the age of 19 he came to the United States as a performer with the prestigious Fred Karno company. Interestingly, Stan Laurel, of Laurel and Hardy fame, emigrated to the U.S. at the same time, as part of the same company -- as Chaplin's understudy.

**top ten**

**FAVORITE MAJOR LEAGUE TEAMS**

1. Yankees
2. Red Sox
3. Cubs
4. Dodgers
5. Tigers
6. Braves
7. Phillies
8. Cardinals
9. Twins
10. Indians

Source: The Harris Poll



By Sam Struckhoff  
**EDITOR'S NOTE:** DVDs reviewed in this column will be available in stores the week of August 24, 2015.

**PICKS OF THE WEEK**



Marion Cotillard in "Two Days, One Night"

**"Aloha" (PG-13)** - Defense contractor Brian (Bradley Cooper) has to close an important deal, face his past mistakes, fall in love, reconcile with his ex-wife, learn about Hawaiian culture and stand up to the military-industrial complex in this jumbled joyfest from Cameron Crowe ("Jerry Maguire," "Almost Famous"). While on business in Hawaii -- his former home -- Brian is paired up with a perky Air Force liaison (Emma Stone). They are soon in love, but there are a bunch more subplots in the way, including ones with Alec Baldwin, Bill Murray, Rachel McAdams and John Krasinski. It's always a wonderful sign when a famous director publicly apologizes to a star for casting her in his movie. The film already had a pall over it on its premiere, since leaked Sony emails showed the studio was none too pleased with early looks at the movie.

**"Where Hope Grows" (PG-13)** - Calvin (Kristoffer Polaha) had his chance in the majors, then choked under pressure and left the league in disgrace. Now he's a washed-up alcoholic whose boozy antics have wrecked every relationship in his life, and his daughter (McKaley Miller) has taken the brunt of it. On his way to rock bottom, Cal-

vin finds friendship with a grocery store worker nicknamed Produce (David DeSanctis, a young man with Down Syndrome in his first acting role), whose endearing positivity is the opposite of Calvin's wallowing. Polaha and DeSanctis develop a real screen chemistry, never seeming wooden or forced. While the movie has this interesting dynamic, the trajectory of Calvin's soul is made clear pretty early on when it's shown that Produce is a devout churchgoer and carries a Bible with him everywhere he goes.

**"Two Days, One Night" (PG-13)** -- After taking a medical leave from her job manufacturing solar panels, Sandra (Marion Cotillard) returns to find that her job is up for a vote: her co-workers must decide whether Sandra is let go or if they keep their 1,000 euro annual bonus. Actually, they already decided to let Sandra go, but she pleads for a re-do, giving her one weekend to convince enough co-workers to change their vote. Cotillard brings an amazing performance that has already stirred up awards both abroad and in the U.S.

**"Citizenfour" (R)** - This film is the most up-close look we have at Edward Snowden, one of the most wanted and influential people of our day. A government contractor and computer-security specialist, Snowden leaked a mountain of classified information that continues to reverberate through the global stage. Back in 2013, documentary filmmaker and Pulitzer Prize-winner Laura Poitras started receiving anonymous messages hinting at huge revelations related to government surveillance. Later, Poitras and journalist Glenn Greengard started meeting with the enigmatic source. This rare and engaging glimpse at a polarizing and still-relevant figure is worth checking out.

**TV RELEASES**  
 "Gene Autry Collection 11"  
 "British Noir: Five Film Collection"  
 "In Search of Doc Holliday"  
 "Teatro alla Scala - The Golden Years, Vol. 1"  
 "Vampire Hunter D"

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by HEALTHY EXCHANGES

**Zucchini Ham Pasta Salad**

When the temperature and the heat index create readings of 100 in the shade, you definitely need a plan for supper that doesn't add to the problem. Bring this to the table and see if you don't become an instant hero!

- 1 1/2 cups cold cooked rotini pasta, rinsed and drained
- 1 cup chopped unpeeled zucchini
- 1 1/2 cups cherry tomatoes, halved
- 1/2 cup sliced fresh mushrooms
- 3/4 cup fat-free Ranch dressing
- 1/4 cup fat-free mayonnaise
- 1/4 cup reduced-fat Parmesan cheese
- 3/4 cup reduced-fat Cheddar cheese
- 1 1/2 cups diced 97 percent fat-free ham

1. In a large bowl, mix Ranch dressing, mayonnaise and Parmesan cheese. Add rotini pasta, zucchini, tomatoes and mushrooms. Mix well to combine. Stir in Cheddar cheese and ham.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 6 (1 full cup each).

★ Each serving equals: 151 calories, 3g fat, 7g protein, 24g carb., 557mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Meat, 1 Starch, 1 Vegetable.

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**The Garden Bug**

These plants are native to eastern Africa. There are hundreds of species, but only a few are widely grown, such as *walleriana*, *balsamina* and New Guinea hybrids. It is perennial in warmer climates, but treated as an annual where winters are cold. Its dazzling array of sizes, shapes and colors keep it popular.

Source: wikipedia.org, mrimpatiens.com, botany.com

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# Better Bets for BACK TO SCHOOL

## Food choices the whole family can feel good about



Photos courtesy of Getty Images

### FAMILY FEATURES

**A**s you gear up for a new school year, it's important to put your kids' nutrition on the school checklist. Countless studies link school performance and healthy eating habits. Treat this season of "academic beginnings" as a chance for the whole family to take a fresh approach to better-for-you eating.

From on-the-go breakfasts and brag-worthy brown bag lunches to after-school snacks and family-friendly dinners, there are plenty of ways to pack nutrition and flavor into every meal. Often, creating healthier meals can be as easy as simply trading-up or swapping one food ingredient for a more nutritious choice.

Selecting menu options that help your family eat better begins at the grocery store with your shopping decisions. If the A-B-Cs and 1-2-3s of food labels make your head spin, you can rely on tools such as the NuVal® Nutritional Scoring System, which provides scores near the price on the shelf tag to identify better-for-you foods. Based on a scale of 1 to 100, the scores rank foods and beverages on their nutritional content with the most nutritious choices scoring highest.

You can take other steps to make shopping easier for healthy eating, says Marisa Paolillo, a nutritionist with NuVal.

First and foremost, she says, don't go when you're hungry. "It really is true. If you shop hungry, you're more likely to toss foods into your cart that will satisfy the hunger pangs at the moment, rather than what you actually need for the week ahead," she adds.

Another smart shopping tip is to plan, plan, plan. Paolillo suggests starting out right by planning a full week's worth of menus, then creating a shopping list. This not only streamlines meal preparation, it saves household budget, aids nutrition choices and reduces the frustration and extra time associated with return trips to the store.

1. Determine what you will serve for breakfasts, lunches, snacks and dinners.
2. Create a grocery list of food ingredients that are needed.
3. Don't forget to check specials and coupons in your store's weekly circular. (Consider swapping listed ingredients for seasonal or on-sale foods.)

"Taking a list to the grocery store will ensure that you stick to your budget and only buy what you need," says Paolillo.

If you're pressed for time and on a spur-of-the-moment shopping run, however, keep these better-for-you food basics in mind. Consider these:

- **Breakfast:** Scrambled eggs are a quick and easy breakfast — but hardboiled eggs are a great option for an on-the-go snack.
- **Mid-Day Snack:** Get a quick protein and calcium boost during the day with cottage cheese or plain yogurt with fruit or granola.
- **Lunch and Dinner:** Make sure to include vegetables in all meals.
- **On-the-Go Snack:** Fruit like apples, bananas, tangerines and pears are perfectly portable for on-the-go ease.
- **Dinner:** Round out your day with lean protein at dinner, such as poultry or fish seasoned with herbs.

Paolillo offers some final healthy eating, back-to-school shopping tips. Take advantage of in-store nutritional scoring systems or services to help guide food choices, and make the majority of food selections from the outer perimeter of the store.

"Think produce, dairy, fish and meat," Paolillo says. "This will ensure that most of your food choices are more nutrient-packed and fresh, versus heavily processed foods that tend to be loaded with additional sugar, salt and fat."

Find nutritious trade-ups and family-friendly meals to kick off the new school year at [www.nuval.com/Shop/Recipes](http://www.nuval.com/Shop/Recipes).

### Bring Breakfast-to-Go

Even if breakfast finds you crunched for time, prime the kids with morning nutrients to energize their day. Give them a breakfast boost with make-ahead options that can be enjoyed on-the-go in cars and buses. Try portable Scrambled Egg Cups or Oatmeal Cups, which provide plenty of protein to get them through the day.

### Unbeatable "Brown Bag" Tips

When it comes to packing school lunches, stick to what your kids like. If they aren't crazy about something, it may end up in the garbage or get traded for an unhealthy snack. These simple swaps will make your kids' brown bag lunch unbeatable:

1. For sandwiches, swap white bread for a higher NuVal-scoring brown bread or pita.
2. Replace deli meats with lean roasted beef or poultry or low fat cheese.
3. For a delicious, nutritious sandwich spread, trade mayonnaise for a mashed avocado. Make fruits and vegetables a go-to snack. Chop up carrots, peppers and celery in advance and stash some in lunch bags with hummus; or sprinkle apple and pear slices with lemon and cinnamon to satisfy a sweet tooth.
4. Choose water to hydrate and calcium- and vitamin D-rich milk to strengthen growing bones.



### Smart Swaps for After School

Chips and packaged cookies, move out of the way. Swap them for smart after-school snacks that are homemade, nutritious and fun to make.

Custom-create a smoothie. Have kids choose their favorite fruit and vegetables. Toss them into the blender with ice and fat free yogurt for a snack that's easy, fun and filling.

Make banana sushi rolls. Top a whole grain tortilla with nut butter and a whole banana sprinkled with cinnamon. Roll it up and slice like sushi rolls. (These are great for lunches, too.)

#### Other after-school smart snacks include:

- Apple slices topped with almond butter.
- Air-popped popcorn (Avoid microwave popcorn, which is often high in trans-fat and sodium.)
- Fresh salsa and tortilla chips.



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## Q&A with Buyers & Sellers

This column is here for you as a resource in sorting out buying and selling property. When you ask a question we answer here so everyone benefits. What don't you know about buying and selling property? Let me help.

It's easy, just email your question to us and we share the answer so everyone can learn from it. Email: ellenherrle@hotmail.com or leave a message at 916-761-2108.

**Q:** We are reaching retirement age and hope to sell our home to put money in the bank. Unfortunately, like many people we know, money is tight and our home

may need some work to sell well. Is it possible to borrow money for repairs against the sale?

**Dick & Rosemary, Fair Oaks**

**A:** Good question - Yes, you can refinance or get an equity line of credit for the repairs. It is advisable to repair any leaks, dry rot, etc. You will get more for your home if the house looks well maintained. The features that can give you the most return are an updated kitchen and bathroom(s). We would be happy to give you an estimate of the value of your home and look at the repairs and/or upgrading that you are considering. Don't be afraid to invest in selling!

**For those who get in touch** each month you'll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a **dinner for two** at one of our great Sacramento or Placer restaurants!

Don't spend more than you have too, or sell for less than you deserve by asking the expert first! Visit <http://www.showcaserealestategroup.com> or call us to help when you decide to buy or sell at 916-761-2108.

**Next time: Scary mortgage and lending trend changes in the works! ★**

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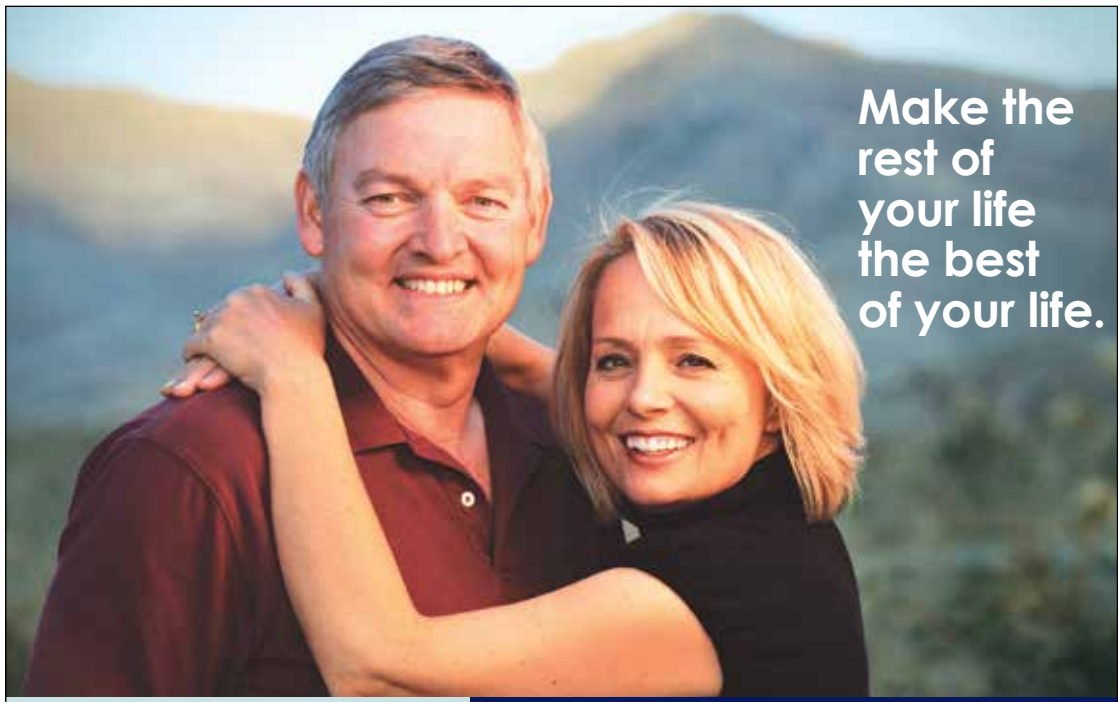
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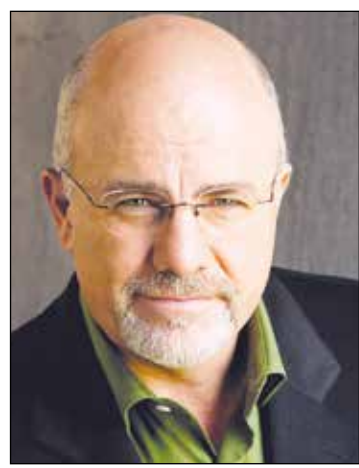
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# Dave Says

like you it's such a small portion of your overall financial picture. I advise people to always buy good, used cars unless they have a net worth or \$1 million or more, and you definitely fall into that category. Still, my advice is to pay cash or don't do the deal. You're more than able to do this every few years and not move the needle where your finances are concerned.

Go get that new, better car, Linda. Just don't go into debt to make it happen!

—Dave

## No, no, no!

Dear Dave,  
My wife and I are recent graduates with advanced degrees. We also have about \$300,000 in student loan debt. We're thinking about buying a rental property, and the plan is to get a mortgage with monthly payments of \$400 and charge \$800 in rent. We could use the extra to help pay off our debt. Do you think this is a good idea?

—Jeremy

Dear Jeremy,  
Are you serious? You're in a financial crisis, and you ask if it's okay to buy a rental property? No, no, no!

Right now, you guys are acting like Congress. You have a huge mess

on your hands, and you're both going to have to work like crazy to clean it up. That means living on rice and beans for the foreseeable future. It means no vacations, and you should not see the inside of a restaurant unless you're working there to make extra money.

Again, no! You should not buy a rental property. Even if you did, this plan assumes that it's constantly occupied and the renter actually pays. Those are two pretty big assumptions. Use whatever money you have to get out of debt, and live simple, inexpensive lives until you get this behind you.

Stop trying to borrow your way through all of your dreams, Jeremy. Doing that will only turn those dreams into nightmares!

—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.* ★

## The best of the three

Dear Dave,  
I'm 61 and on disability, but I'm completely debt-free and I have more than \$1 million in assets. I even try to spend no more than four percent of the principal each year, so I don't dip into it. I need to buy a better car, and I realize that I have three options — pay cash, do a lease or finance the vehicle. What do you suggest?

Dear Linda,  
There's no way I'll ever tell you to lease or finance a car. You have a nice, peaceful financial life, and you don't want to mess that up.

New car leases are one of the biggest rip-offs on the planet. Consumer Reports, and my calculator, both say leasing is the most expensive way to operate a vehicle. And why would you want the hassle of car payments when you're in such good shape with your money?

I'm alright with you buying a new car, because for someone



# POPPOFF!

with Mary Jane Popp

to the internet. Computers, phones, cars, houses, appliances, watches, and more. Would you believe that in one high-profile cyberattack that took place in late June of 2013 and early 2014, hackers broke into 100,000 consumer gadgets, including refrigerators, televisions, wireless speakers, and media centers? They used these appliances to release almost a million malicious emails. All of this connectivity has left us wide open for cyber hacking. Oster gave me his top 10 tips for preventing your information from being stolen.

Early detection is key. Set one day a week to monitor all your statements.

- Enroll in any real-time alerts for all your credit cards, banking, and retirement accounts.
- Change all of your PINS and PASSWORDS on a regular basis.
- Subscribe to a robust credit monitoring service that has a resolution service included.
- Never use public Wi-Fi for sensitive browsing, banking, or shopping.
- Update your browser to the newest version.

- Run a full scan on your computer.
- Back up all your files (pictures, videos, personal banking) regularly.
- Disconnect all devices when not using the internet.
- Limit the amount of information you share on social media. Make your accounts private.

After hearing all this information from someone who deals with these hackers on a daily basis, what I fear most is that this is only the beginning. Almost daily, we hear reports of massive hacks into not only our private information but that of major government sites and companies we all frequent. So I guess we need to be extra vigilant with this newfound tool that seems so innocent to use. I suspect there are no guarantees, but we can certainly do the best we can with what we have.

If you would like more information about Paul Oster and what you can do to protect yourself, check out [www.BQ911.com](http://www.BQ911.com). Life in the fast lane seems like great fun, but it can really come back to bite you big time! Please be vigilant!

## Can Your Refrigerator Hack You?

Can your personal information be hacked through your refrigerator? Really, no joke—I wish it was. According to cyber security and credit repair expert Paul Oster, forget your doors and windows and look to your kitchen! Oster told me on my POPPOFF radio show that we live in a world where identity theft is, and will continue to be, the fastest growing crime in the world. He added that—believe it or not—the basic concept of the internet has been around since the 60s. The first user-friendly interface that we know today got started in the 90s. Like it or not, we are in the “age of the internet” and there doesn't seem to be any finish line in sight. He was straight with me that we now have to deal with the fact that everything is connected

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- CLUES**
- ACROSS**
- Had, with thou
  - Exclamation of disgust
  - Fit of shivering
  - American writer Jong
  - Beauty treatment site
  - "No guts, no \_\_\_\_"
  - \_\_\_\_ in, for a doctor
  - "C" \_\_\_\_ la vie!
  - "A portable one is great for camping"
  - eBay participant
  - \*Power provider
  - "A smart one syncs everything you write"
  - \*Pretty hot and tempting, in a text
  - Public health org.
  - Bluish green
  - \_\_\_\_ talk
  - ZZ Top hit
  - Lady Gaga's 2010 dress material
  - Lowest Hindu caste
  - Tons
  - "Walk the Dog" device, pl.
  - Civil wrong
  - Done to some documents
  - "Cheers" regular
  - "The Iliad," e.g.
  - Interruption in continuity
  - Medieval domain
  - Emerald \_\_\_\_ borer
  - Naive, alt. spelling
  - Hat
  - \*Bose, e.g.
  - Iron Man's robotic nemesis
  - Like a ballerina
  - Unit of electric current
  - Scape goat's due
  - \_\_\_\_ circle
  - Likewise
  - More ill
  - No 1 in this
  - Long, long time
  - Working shoelaces
- DOWN**
- "For \_\_\_\_ a jolly ..."
  - Circle parts
  - Awful
  - Create a sculpture
  - \*"Mobile computer"
  - \*\_\_\_\_-friendly
  - \*Directional helper
  - Appear like a chick
  - Winglike
  - "It's time!" signal
  - Impulse
  - One who eyes another
  - Costing nothing
  - Public \_\_\_\_ rappers
  - As opposed to mishap
  - It's often sudden death
  - \* \_\_\_\_ drive
  - Indian metropolis
  - Greek bazaar
  - Long, long time, alt. spelling
  - Mandolin's cousin

CROSSWORD

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For Solutions See Page 7

THE VOICE OF THE FOOTHILLS

# AM 950 KAHI

Community Involved

**Weekdays**

6 - 9am: The KAHl Morning News with Sarah McCormick and the KAHl News Team

9am - Noon: The Dave Ramsey Show

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

1 - 4pm: The Savage Nation

4 - 6pm: The KAHl Afternoon News with Casey Freeloove and the KAHl 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 KAHl 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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Michael Savage

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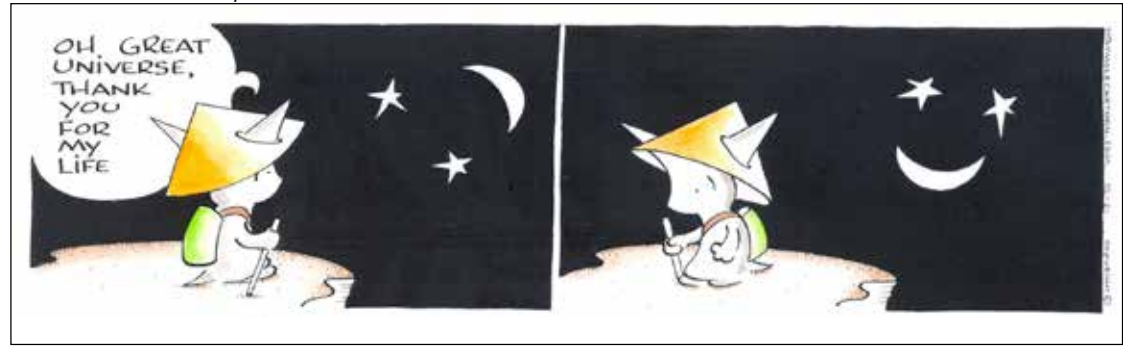
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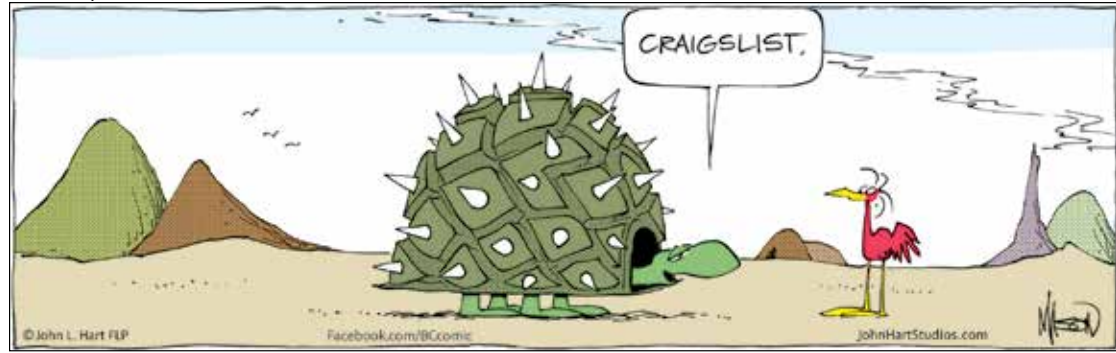
**Wizard of Id** by Parker, Mastroianni & Hart



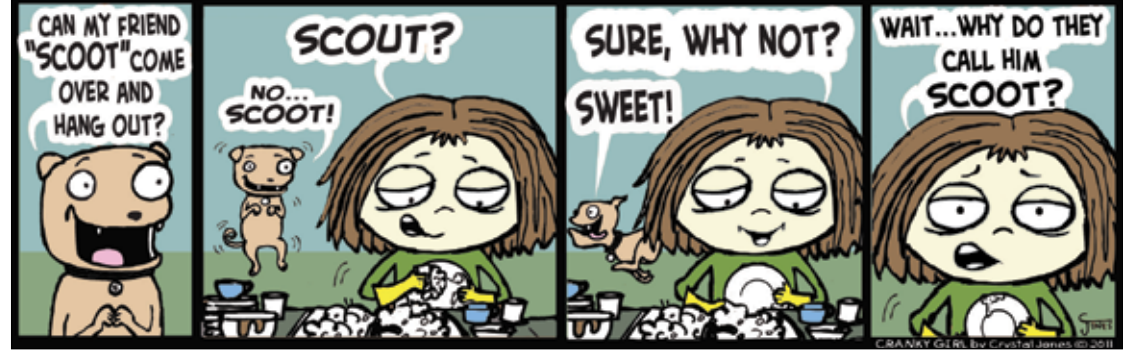
**Hole Mole** by Rick Hotten



**BC** by Mastroianni & Hart



**Cranky Girl** by Crystal Jones



**Frank and Steinway** by Wil Panganiban



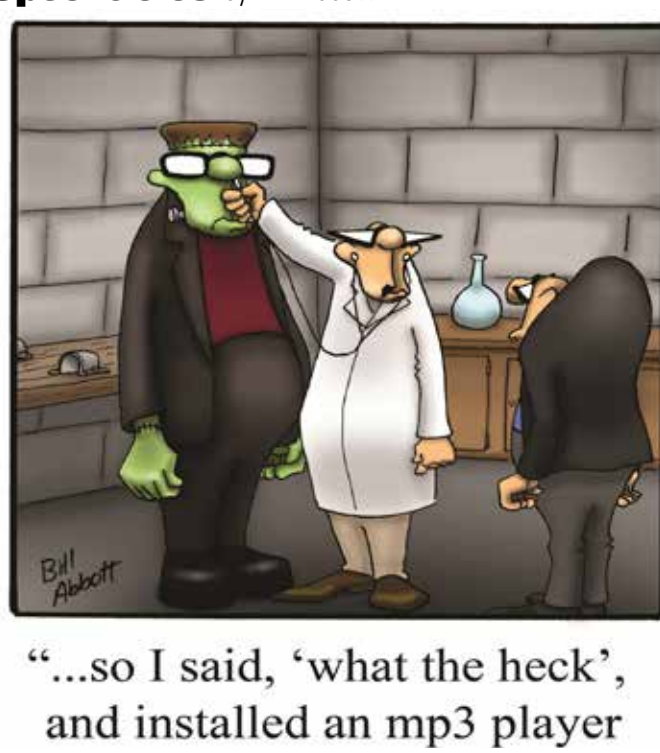
**Tundra** by Chad Carpenter



**Friday Morning** by Brad Diller



**Speckticles** by Bill Abbott



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 1482 Grass Valley Highway  
 Auburn, CA 95603  
 Open Daily 12-4:30,  
 Closed major holidays  
 For adoption/donation info: 530 823-7722  
 auburn@placerspca.org





Donald Kendrick, Music Director



## 2015–2016

*Stained Glass Concert*  
John Rutter | *Requiem*

Rachel Laurin | *Fantasy for Organ and Harp*

OCTOBER 24, 2015 8PM

Fremont Presbyterian Church

*Wells Fargo*  
*Home for the Holidays*

With the Sacramento Children's Chorus,  
Lynn Stevens, Director

DECEMBER 12, 2015 8PM

Memorial Auditorium

*Carmina Burana*

Carl Orff | *Carmina Burana*

Karl Jenkins | *Songs of Sanctuary*  
(selections)

Jonathan Dove | *Psalms For Leo*  
(Area Premiere)

MARCH 5, 2016 8PM

Sacramento Community Center Theater

*European Masterworks*

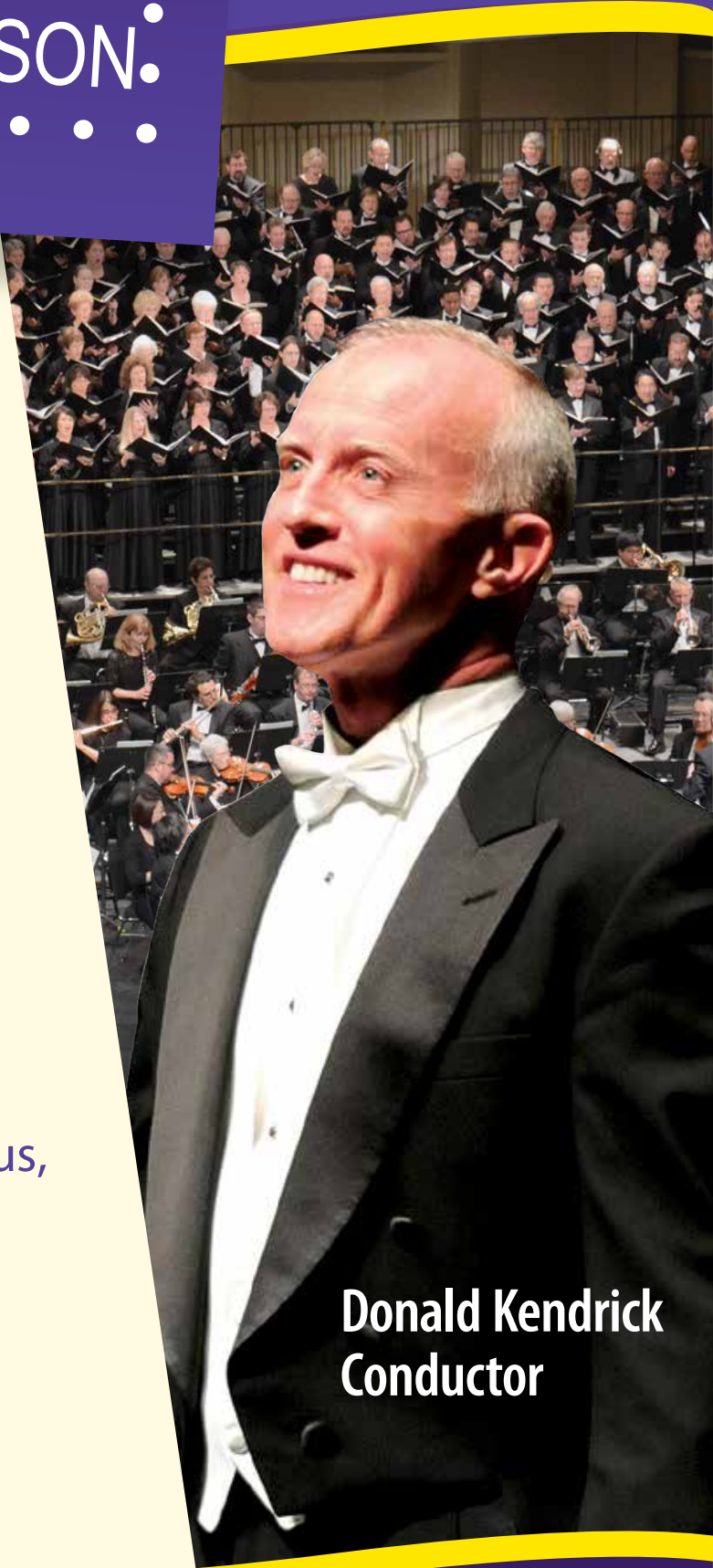
Franz Joseph Haydn | *Harmoniemesse*

Vaughan Williams | *An Oxford Elegy*

Antonín Dvořák | *Psalm 149*

MAY 14, 2016 8PM

Sacramento Community Center Theater



Donald Kendrick  
Conductor



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