

MOMENTUM

The Newsletter written by residents who are Moving Forward

October 2016

“A Sunday Night Out” *By: Morgan A.*

On August 28th, 2016, I waited in line at a winery. I walked into the building and bought a shirt that reads: “All or Nothing”. I also purchased a poster. I happily walked to my seats. They were in the back but they were wonderful. I did not go to the winery for wine, I went for a concert.

I was overly excited and screamed a lot. Song lyrics were shown on the video screen. The lights were really bright and it was cool how they flashed and moved around the stage. The band members were dancing in their different styles and they were playing instruments with energy. The sounds were very loud and projected all over. The show was packed and the crowd was having a good time. I was having an amazing time too.

At this concert called “My2k”, I got to see four bands.

Band performances at the concert (out of 10):

BAND	Music	Dancing & energy	Lights & video	Set list	<u>Overall</u>
O-TOWN	10	10	10	10	10
Dream	10	10	3	2	6.25
Ryan Cabrera	2	0	3	1	1.5
98 degrees	10	10	10	10	10

O-Town and 98degrees are two of my favorite bands. They were amazing! I knew of the band Dream, but I did not know many of their songs. Ryan Cabrera played guitar on stage. He did not bring the same energy as the other bands.

If someone asked me if I should go see a band in concert, I would tell them that it is fun, and you get to see the band up close and in person. You also get to see the band dancing and how they play their instruments. It is more of a show than just the music. It felt like the best night of my life!

Some Advice: I would recommend that everyone see their favorite band in concert, at least once.

Photo of the Month

Photographer: Jake H.

Location: Vineyards, DiRosa Preserve, Napa Ca

Camera: Cell phone - Samsung Galaxy S5

Digital Editing: Adobe Lightroom

Photo: Grapes on the Vine

Jake: “I really like this photo because I think it has a good mix of colors. I like the shadows on the grapes.”



Photograph by: Jake H,

“Dancing with the Stars - Preview” *By: Anna S.*

Dancing with the stars is a reality show that pairs up each celebrity with a professional dancer as a partner. Each week they learn a different style of dance. They perform in front of judges that give them scores. Every week one couple gets eliminated from the show. I love this show because I once got to see it live and I enjoy watching the different dances. I like to see people improve and It is always makes me nervous to see who will be eliminated. This is an entertaining show and I think people should watch it!

Each year I watch the first few episodes and decide who I want to win, and who I think has a good chance to win. Here is my breakdown of the dancer’s chances for this season:

DWTS Contestants			
Contestant	Known for	Chances	Fun Fact
Jake T Austin	Actor. Was on “Wizards of Waverly Place”	(Eliminated)	Became an actor at the age of 7
Baby Face	R&B Musician, Song writer	GOOD had a music career	Has produced 26 number-one R&B hits. Has 11 Grammy awards
Marilyn Henner	Actress, Author. Most known for her Role on “Taxi”	MEDIUM a little older	She is the author of a number of health and nutrition books
Laurie Hernandez	U.S. Olympic Gymnast. Competed in the 2016 Rio games	VERY GOOD gymnasts do well	Won a gold medal and silver medal at the 2016 Olympic games in Rio. (Team /balance beam)
James Hinchcliffe	Indy Racecar Driver	MEDIUM looks surprisingly good	He is the self proclaimed “Mayor of Hinchtown” a fictional place he made up
Calvin Johnson	NFL football player (retired) Detroit Lions Wide Receiver	GOOD most football players do well	His nickname in the NFL was “Megatron” the name of a “Transformers” cartoon character
Terra Jole	Reality TV star On the show- “Little Women: L.A.”	GOOD she looks to be improving.	Was given her own reality show
Jana Kramer	Actress, Country Music Singer Known for her role on “One Tree Hill”	GOOD she looks good so far	She is of German, Chilean, Croatian, and French ancestry
Ryan Lochte	Olympic Swimmer Competed in the 2016 Rio games	NOT GOOD people are being mean to him in the media	Made false claims at the 2016 Olympics that he and other athletes were robbed at gunpoint
Maureen McCormick	Actress. Known for her role of Marsha on “The Brady Bunch”	MEDIUM — started poor, getting better	Released a solo Country Music album in 1995
Rick Perry	Politician Former Governor of Texas	NO CHANCE - He was Terrible! (Eliminated)	Became the 47th governor of Texas when George W. Bush was elected to be president
Amber Rose	Model, Hip hop Recording artist,	NOT GOOD —she is just OK	Has danced in a number of rap videos
Vanilla Ice	Hip Hop rapper of the 1990’s Know for his hit “Ice Ice Baby”	GOOD —rapper and has dancing experience	His birth name is Robert Matthew Van Winkle.

Who will win Dancing with the Stars? My Prediction:

3rd Place	Vanilla Ice	He started great this season and he has dancing experience. He danced to Ice Ice Baby and he was NOT happy about it.
2nd Place	Jana Kramer	She has been getting good scores. I think she dances well!
DWTS Series 23 CHAMPION	Laurie Hernandez	She has had dance training and is a great gymnast. Very Athletic! I think

Tune in Weekly to Dancing With the Stars to see if my predictions come true!

“Get to know your Staff”

By: Sara W.

I really like the staff at Moving Forward. They are nice people. They are very helpful. The staff are good at teaching people how to do things. I wanted to interview the staff at Moving Forward because I like interviewing people. I also like learning more about people.

This month I interviewed Gloria B. She is my Case Manager at Moving Forward. She is a loving and good Case Manager. I am thankful that she is my Case Manager.



Here is the interview I had with Gloria:

Why do you like working at Moving Forward?

My Clients are the best!

What would your dream job be if you didn't work here?

A singer in a band! My older brother is a musician in a band, sings and plays electric violin. I have always wanted to try singing and performing like he does.

How would you describe your fashion? What type of clothes do you like to wear?

“Mostly Casual and Kind of hip” I rarely dress up. When I go home I change into loose clothing which I like the best (outside of a pair of Levi's.)

What would you say are your three best qualities/personality traits?

- **Compassionate**
- **Young-spirited and energetic**
- **Organized**

What is your favorite...

Color	Yellow	Animal	Dog
Meal	Pasta. Spaghetti, linguini, etc.... Pasta!	Actor/Actress	Current: Mathew McConaughey. Old time: Jimmy Stewart.
Pizza	Hawaiian	Hobby	Gardening, reading, and sewing.
Ice Cream	Chocolate Salted Caramel	Weekend Activity	Go dancing. Work in the garden.
TV Show	Parenthood	Sport to play	None. Maybe shoot a couple hoops.
Movie	It's a Wonderful Life	Sport to watch	Basketball. (no favorite team)
Book	Angle of Repose by Wallace Stegner. I have so many favorites because I have a passion for books. I read a lot and collect my favorites along with very old hardcover copies.	Place you have been to	Mexico. I have lived there.

Where would you most like to travel to?

The British Isles. I really like British theatre, literature, and music. This has influenced me to want to travel there.

What is something that most people don't know about you?

That I go dancing a lot. I really enjoy dancing.

What is one of your favorite moments of your life?

Participating in a Climate March in New York; right down 5th Ave., two years ago. 400,000 people marched and it was amazing!

How would you describe your perfect day?

Coffee in the morning. Reading a good book. Puttering around the house. Getting exercise by going for a hike in the woods. Going out to dinner.

If you could be any type of animal, what type would you be, and why?

Cat – Independent and love being outside.

If you could have a superpower, which would you choose, and why?

To be able to fly because it would be so fun!

“A Good Cause” *By: Ross L.*

My alarm beeps softly and it is 6am in the morning. I put on my clothes, including my tennis shoes. I will use them all day long. I eat a bowl of frosted mini wheats. I had a good night sleep and I have the energy for my day. My lunch is in my backpack and I make sure not to forget my name badge. I quickly walk over the large Imola Bridge and I continue toward work. I pass Napa’s movie theater and I am almost there. When I arrive, I sign in, put my badge on, and go to work. My name badge? It says: Ross L. Napa Valley Animal Shelter Volunteer.

I walk the dogs that live at the animal shelter. The shelter is a great place to volunteer because the staff and other volunteers are nice and easy to work with. They work hard to take care of the dogs. They try to find good homes for each dog. I really like being around the animals. The dogs are friendly and I have always enjoyed animals. I would like to find a paying job working with dogs in the future. Working at the animal shelter gets me a lot of work experience. The shelter is great for these dogs because without it, they would not have a place to go. I enjoy volunteering there each Wednesday.

The dogs that are at the shelter are always excited to go for a walk. They have friendly personalities. If you are looking for a dog to join your family, then you should come to the Napa Valley Animal shelter to adopt a dog. Adopting a dog is for a **good cause**.



Photograph by: Ross L.

Dogs in need of a home

NAME	BREED	AGE	PERSONALITY
Woody	Chihuahua	6	Enjoys people. Likes when they visit. Easy to get along with. Very social.
Scottie	Terrier	5	Patient. Mild mannered. Easy going.
Mr. Limpit	Chihuahua	9	Likes to greet people with excitement. Comes up to the cage when he sees a person.

More information on adopting from the Napa County Animal Shelter: <http://www.countyofnapa.org/AnimalShelter/PetAdoption/>

“Gemma’s Joke Corner” *By: Gemma S.*

Why does a glow worm glow?
It only eats light meals

What is the world’s largest Baseball team?
The Giants!

How do books stay warm?
They have covers!

What happens when you throw music away?
It decomposes

What do you call a Jack-o-lantern’s girlfriend?
Jill O. lantern

What is the world’s coldest cereal?
Frosted Flakes

What is a wolf’s favorite holiday?
“Howl” O Ween



The newsletter, **MOMENTUM**, is written and created by the residents of Moving Forward Towards Independence.

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More information about Moving Forward Towards Independence can be found on our website:

moving-forward.org