“I Am Proud of How We Played”  

By: Ellen S.

On March 12th, I played in a Special Olympics basketball tournament at Santa Rosa Junior College for my team, the “Napa Fire”. We played three games. The second game was the biggest highlight of the day. For this game we played against a team from Humboldt county and it felt like we were evenly matched. Overall, we were playing great. We played good defense, good offense, were passing well, and we communicated well with each other. We were also listening to our coach. This was a key to playing well. The score in this game was close the entire way. I was a main point guard for my team. My job was to bring the ball up the court for the offense, pass the ball to my teammates, and run the plays. In this game I made good defensive plays, had a lot of assists, and also scored a couple of baskets. My teammate, Olive, was our team MVP. She was good at everything on the court, including passing, defense, and offense. We both played very hard. This game took a lot of our energy and we helped take it into overtime. Sadly we lost this game, but I am proud of how we played. My goal for the next basketball tournament is to play just like we did in this 2nd game for the entire tournament. That was the best we could play and I am proud of my team.

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Photo of the Month  
Photographer: Jake H.  
Location: Kennedy Park, Napa CA.  
On a rainy day

Jake: “I like the blue color in the puddle. I also like the clouds and mountains in the background.”
“Internet Safety”  By: Christina M.

On March 9th Moving Forward had a guest speaker from the NVPD, Officer Dodd, come in and talk about Internet Safety. Here are some topics we went over.

- Always use a virus protection software! There’s even some good free ones in your mobile app store.
- Identity theft is a real thing and can happen to ANYBODY even if you have the best firewall. Be careful!
- Keep track of accounts you sign up for in a spreadsheet so you don’t lose track of what you’re signing up for. I recommend saving on a USB and not your computer for password storage.
- Disable Bluetooth NFC (Near Field Communications) in high population events or places, ie. Bottlerock.
- Clear your internet history before you log off.
- Log out of Google before closing your browser. Don’t let it remember your password for convenience. Your account could be hacked.
- Don’t open spam emails or anything that is sent from someone you don’t recognize.
- Ask your kids about what they do when they’re online (if you have any) and ask them what they talk about in chatrooms.
- Mom and Dad, you do not have to ask me what I say in chatrooms.

BREAKING NEWS!

Due to recent government mistakes, uh, laws and regulations passed, they can now track your ISP (Internet Service Provider), and will save your data and sell your information, including some to foreign countries. If you don’t want them to do this, I HIGHLY recommend downloading a VPN (Virtual Private Network) so what they’re getting from you isn’t stored and looks like a bunch of nonsense. I recently downloaded Windscribe. I recommend this if you’re not interested in paying for one. If you do want to pay for one, Norton offers a decent VPN. Opera is also a good free option which I use for mobile. These are only recommendations, so you should definitely do your own research to see what will work best for your internet needs.

“The Nutritious Dish”  By: Sara W.

Ground Turkey Burritos

I cooked this meal for my dinner group. The food was served buffet style so people got to choose what they wanted to go in their burrito. The options were: tomatoes, lettuce, shredded cheese, and sour cream. I chose to use ground turkey because it is healthier than beef. I served fruit salad on the side to make this a healthy meal. I cut up fruit, and cooked the meat. I like cooking because I like to be helpful and I like making food for other people. It is not too hard to make a healthy meal. These burritos tasted perfect! Try them for yourself!

Ingredients:
Ground turkey (1 pack)
Taco seasoning (or try lemon pepper seasoning instead, like I did)
Soft flour tortillas (1 pack)
Shredded Cheese (1 pack, optional)
Sour cream (1 container, optional)
Tomatoes (2 - 3)
Lettuce (shred or cut enough to fill 1 small bowl)

Side Fruit Salad:  Bananas (2)
                       Apples (2)
                       Oranges (2)
                       Strawberries (1 small basket)

Directions:
For the fruit salad: Wash the fruit and cut up into chunks. Combine all fruit to make a fruit salad.  For the burritos: Use a large pan. Cook the ground turkey meat in the pan on medium heat. As it cooks, separate the meat into small pieces. Sprinkle the meat with the seasoning and stir. Cook the meat until none of it is pink. Turn off the heat. Serve the meat inside a flour tortilla. For the toppings: Wash the lettuce. Wash the tomatoes and cut into small pieces. Serve with shredded cheese and sour cream (optional). Fold into a burrito shape and enjoy these delicious burritos! (Serves 4)
On March 16, 2017, Moving Forward took a trip to Oracle Arena in Oakland, CA to watch the Golden State Warriors play against the Orlando Magic. We watched the team do warmups from near the court. The Warriors won the game and everyone that went on the trip had a blast! Below are some quotes from residents that attended the outing:

Ellen: It was a good win for the Warriors leading into my birthday week. I really liked being close to the court during warmups! I have never been that close to the players. That was my favorite part. It was really fun to be at the game and to stay out late!

Colin: The trip was super! I saw Steph Curry and Clay Thompson in person! I also bought a souvenir; a Golden State Warriors Basketball!

Erin: I got to see Steph Curry shoot his warmup shots from the tunnel!

John: I had a good time taking BART to the game and after the game. On the way home I stood up in BART the entire way. That was a fun trip!

Ross: I had a good time going to the Warriors game! I liked the games that the fans played during the timeouts. One game I liked was a remote control car race. The winner got to shoot a half court shot for a new car.

Olive: The game was very loud and crowded. BART was also very crowded. I did not like this part of the trip. I am happy I went, though. It was cool to see professionals playing basketball!

Kelsie: I enjoyed hanging out with my friends and having a good time. I liked watching the Warriors dance team and I liked the games that went on during the timeouts. You don’t get to see those on TV. I liked watching the game where a fan plays a ski-ball game to win money.
“From Pumpkins to Mouse Ears”  By: Ross L.

On October 1, 2016, Moving Forward had a pumpkin patch fundraiser. We did this to raise money for a big trip. Pumpkins were available for customers and they were asked to make a donation. I think that the fundraiser went very well and it was fun to volunteer for it. The money we raised is being spent to help us go to Disneyland and California Adventure this March!

Disneyland is a theme park that is located in Anaheim, California and it opened on July 17, 1955.

Fun Facts about Disneyland:

- Burbank, CA was the original location being looked at for the theme park.
- The first “thrill” attraction was the bobsled ride (Matterhorn).
- Individual tickets used to be required for each ride.
- The Jungle Cruise was the first ride to debut on opening day.
- Pirates of the Caribbean was originally planned as a walkthrough museum.
- The Haunted Mansion takes people underground.

I have been to Disneyland before. I went in 2016 and I liked it a lot. This trip with Moving Forward will be a lot of fun because I will be spending time with my friends and going on rides.

<table>
<thead>
<tr>
<th>My Top 5 favorite rides at Disneyland</th>
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<tbody>
<tr>
<td>1. Mr. Toad’s Wild Ride</td>
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<tr>
<td>2. The Enchanted Tiki Room</td>
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<tr>
<td>3. Splash Mountain</td>
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<td>4. Big Thunder Mountain Railroad</td>
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<td>5. It’s a Small World</td>
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<table>
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<tr>
<th>My Top 3 rides I have not been on yet and want to go on</th>
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<tbody>
<tr>
<td>1. Toy Story Midway Mania</td>
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<tr>
<td>2. Radiator Springs Racers</td>
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<tr>
<td>3. Peter Pan’s Flight</td>
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I would like to go on more trips with Moving Forward to sporting events, camping trips, and overnight trips. I am happy that Moving Forward gets to go on trips because they are really fun! I am looking forward to going to Disneyland!

“Gemma’s Joke Corner”  by: Gemma S.

Q: What does a computer do when it is hungry?
A: It eats its chips one bite at a time!

Q: Why are basketball players messy eaters?
A: They are always dribbling!

Two people are in a car and driving to Disneyland:
They got close to Disneyland and they saw a sign.
The sign said:  “DISNEYLAND LEFT”
So they turned the car around and they went home!