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AMERICAN RIVER Messenger

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with Mary Jane Popp



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Peacefully Confronting the Bullies Out There

By Steve Liddick

CARMICHAEL, CA (MPG) - There are probably very few people who have never suffered bullying in some form in their lives. The small, the shy, the socially backward, the unattractive, sometimes even the popular are targets of those who would dominate them or bring them down in the eyes of others.

The short answer might be to fight back, to lash out at the bully. But Clint Robinson, a Grand Master in a Korean form of martial art and owner of Robinson's Taekwondo (with locations throughout the greater Sacramento area), says a violent response should not be the first alternative.

"Taekwondo is an effective means of self-defense," he said, "but it comes with a sense of responsibility." Still, pity the mugger who tries to rob Clint Robinson.

"Aggressive behavior is an imbalance of power," Robinson said. "The aggressors are out to swing the power their way." What he hopes to instill in his students is how to bring that power back to themselves and meeting violence with violence is not always the answer.

Speaking in the massive mirrored room that is his Marconi Avenue dojang (gym) in Carmichael where he teaches males and females of all ages, Robinson said, "First you have to identify bullying. Then we apply the four C's."

Caution: Observe the environment in which the bullying is taking place.

Control: Take control over our emotions and do not respond to petty things like name calling.

Confidence: Posture is important. Victims are often those who look scared. That's what the bully wants. Victims should try to look confident even if they are not. Don't slump and look defeated. Stand up and face the aggressor.

Courage: When all else fails, be prepared to

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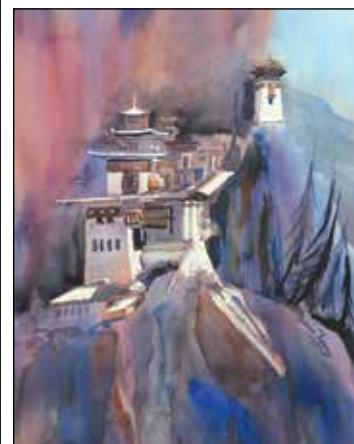


Mirrors line the walls of the dojang (gym) at Robinson's Taekwondo in Carmichael. Clint Robinson is a Grand Master of the Korean form of martial art. That is a Korean flag on the wall behind him. Photo by Steve Liddick

Rebecca Jagers at the Artistic Edge

SACRAMENTO REGION, CA (MPG)

- Rebecca Jagers: "After a musical career as a flutist, playing with the San Francisco Symphony and in other venues, I began painting in earnest in 2002, when I took a plein air class in Tucson and was hooked. After moving to Sacramento I began taking art classes at American River College and workshops with Ken potter, Dale Laitinen, Frank Webb, and others, started entering shows and earning ribbons. I joined WASH and the Sacramento Fine Arts Center and currently am Co-President of WASH. Nature is my muse. In playing the flute and in watercolor painting, the fluid, transparent, expres-



"Tao," by Rebecca Jagers—watercolor on paper. Photo courtesy Artistic Edge Gallery

sive nature of music and art are always revealing themselves. Nature is my refuge, and in my work I am seeking the tranquility that I find in wildness. I am intrigued by the way water and color intermingle on wet paper, flowing, and making beautiful soft edges and layers. The process of working with these rapidly moving players demands

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The Power of Music Closes Generation Gap

River City Chorale's Spring Concert to Feature Two Young Singers

SACRAMENTO REGION, CA (MPG)

- The younger generation cannot imagine a world without social media, while those of us over a certain age may not be fluent with anything beyond email, but there is one thing that we all understand: the power of music.

While styles may be different, it is still possible to span the years separating younger and older singers with beautiful choral music. Come hear it for yourself, when the Madrigal Choir of Del Campo High School, conducted by Pam Mitchell, joins with the long established River City Chorale in its Spring Concert, April 29th and May 1st.

The program with also



Shelby Pierce, ab alto soloists. Shelby has been singing since she was about four years old. She enjoys many genres of music, but her heart belongs to Broadway. Photo courtesy River City Chorale

feature two teenage soloists: Shelby Pierce, alto, and Colin Regan, baritone. Shelby has

been singing since she was about 4-years-old. She enjoys many genres of music, but her heart belongs to Broadway. Her goal is to go to a performing arts school and major in music. Shelby is a junior at Del Campo High School. Colin sings with the Waldorf High School Choir at the George Washington Carver School of Arts and Sciences. He plays a number of musical instruments and is an award-winning tap dancer and Irish Dancer. Colin is also a writer, and his greatest dream is to write film scores for movies.

The River City Chorale has, in the last year, launched a Young Artists Program, the goal of which is to provide young singers

with the opportunity to perform for audiences beyond their high school friends and family, as well as to have the opportunity to sing with an established adult group with professional accompaniment. They trust that it will be a joyful and productive meeting of music lovers across the generations!

The River City Chorale is the longest existing community choir in the greater Sacramento area; it is entering its 40th year of providing beautiful and accessible music at convenient venues. Fifty-five voices strong, the Chorale is well known for offering eclectic programs of both secular and sacred music that appeal to a very wide

audience. Conducted by the talented Richard Morrissey and accompanied by the highly skilled Theresa Keene, there will surely be something for everyone to enjoy.

The Friday, April 29th concert will be held at Northminster Presbyterian Church, 3235 Pope Avenue, Sacramento, starting at 7:30 pm. On Sunday, May 1st, the venue is the First Baptist Church of Fair Oaks, 4401 San Juan Avenue, starting at 4 p.m. Tickets are \$15 in advance; \$20 at the door. Tickets for children under 12 are \$5. Parking is free. Go to www.RiverCityChorale.org or call (916) 331-5810.

Source: River City Chorale ★

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Coming of Age During the Holocaust: A Day of Remembrance

By Elise Spleiss

SACRAMENTO REGION, CA (MPG) - Holocaust Remembrance Day is May 5th, 2016. On Sunday, May 1st, 2016 the Sacramento region will have an opportunity to learn about the experiences of two Holocaust survivors during World War II. This is a highly educational event and children and teens are encouraged to attend with their families.

The theme for this year's Sacramento Yom HaShoah (Day of Remembrance) Commemoration is: "The Holocaust: Coming of Age during the Holocaust."

The stories of survivors Gina Parker and Rita Rimalower-Nettler will be told by their daughters, Tamara Theodore and Michele Gold. Both survivors were 15-years-old when their stories began.

Theodore will tell her mother, Gina Parker's story in public for the first time. From the age of 15 to 22, Parker survived five labor concentration camps from 1939 to 1945, three in Poland and two in Germany. She also suffered through but survived two "death marches." She was finally freed from the second march by Russian troops on April 23rd, 1945 at the age of 22. She weighed 65 pounds and was wearing only a prison dress, a high heel shoe and a boot. The march began



Tamara Theodore is keeping her mother's memory alive, and will tell Gina Parker's story in public for the first time, a story that began when her mother was only 15-years-old. Photo courtesy of Tamara Theodore

with 10,000 prisoners but only 20 had survived from her group.

In 2007 Parker visited the classroom of Janet Smith, a teacher at Lincoln High School. Her talk was readily received by the students. Theodore will have thank you notes from these students at her talk. Gina Parker died on February 19th, 2013 of COPD, a pulmonary disease, related to enforced testing done on her by doctors during her incarceration.

Theodore said that she often felt guilty when she asked her mother about her experiences.

Even though those memories made her physically ill Parker maintained, "I will go to the grave with the pain I have and the loss I have. But I don't have any bitterness towards the Germans. They were duped."

Michele Gold is an educator at the Los Angeles Museum of the Holocaust and author of "Memories that Won't Go Away: A Tribute to the Children of the Kindertransport." Gold's mother was Rita Rimalower-Nettler who was 15-years-old when became one of 10,000 Jewish refugee children

brought from Germany to Great Britain from 1938 to 1940 on the Kindertransport. She arrived in England on March 3rd, 1939 and was taken in and raised by a loving family. Gold uses the more than 40 post cards discovered in her mother's belongings following her death in 2008 to tell her story. The cards which had been written to her aunt and uncle in Switzerland tell the of Rita's attempts to discover what had happened to her parents.

This special event will include a candle-light procession at 6:15

p.m., a poetry reading and recognition of the student winners of the "Tribute to the Rescuers" essay contest. The international contest, sponsored by the Institute for Holocaust Education, asks contestants to recognize an historical individual or group who showed moral courage with a tie into the Holocaust.

The commemoration is Sunday, May 1st from 6:30 to 8 p.m. at Mosaic Law Congregation, 2300 Sierra Boulevard, Sacramento. For more information: (916) 488-1122.

★

Sacramento Life Center Receives \$12.5K Grant



Marie Leatherby of Sacramento Life Center accepts a check from American River Bank to help low-income pregnant women. Photo courtesy Kristin Thébaud Communications

SACRAMENTO REGION, CA (MPG) - American River Bank has awarded a \$12,500 grant to Sacramento Life Center for the nonprofit's Mobile Medical Clinics that provide free medical services to low-income pregnant women, including pregnancy tests, STD tests, ultrasounds, peer counseling, education and resource referrals.

"This grant from American River Bank will almost fully cover the costs of having one of our Mobile Medical Clinics on the road one day a week for a year," said Marie Leatherby, executive director, Sacramento Life Center. "We are grateful to American River Bank for supporting low-income pregnant women in our community and understanding the importance of women receiving care in their own neighborhood so transportation isn't a barrier."

For a schedule for the Mobile Medical Clinics, visit www.svp-clinic.com.

"The Sacramento Life Center does amazing work coming alongside and supporting young women in need," said David

Taber, president and CEO, American River Bank. "This organization is truly a lifesaver."

The Sacramento Life Center's mission is to offer compassion, support, resources and free medical care to women and couples facing an unplanned or unsupported pregnancy. The Sacramento Life Center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and two Mobile Medical Clinics that provide all services for free, including pregnancy tests, STD tests, ultrasounds, peer counseling for men and women, education and resource referrals. The nonprofit also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit www.svpclinic.com. For more information about the Sacramento Life Center or to make a donation, visit www.saclife.org.

Source: Kristin Thébaud Communications ★



A young Gina Parker. From the age of 15 to 22, Parker survived five labor concentration camps from 1939 to 1945, three in Poland and two in Germany. Photo courtesy of Tamara Theodore

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Peacefully Confronting the Bullies Out There

Continued from page 1

take a stand. Sometimes there is no other choice but to fight back. If you’re going to get into a fight anyway, don’t just stand there. Hand out some of what you’re getting.

No parent wants their child to get into fights. Robinson agrees and emphasizes that fighting, while sometimes necessary, should not be the first choice on the list.

Clint Robinson can identify with those who are the younger, smaller, and more likely to be bullied. In elementary school he was a small, rowdy kid. Teachers decided he was disruptive because he was capable of working well above his grade level and bored with what was being taught. School officials skipped him ahead several classes to where the work would be challenging and perhaps inspire him to put aside the mischief.

Skipping the young Robinson out of his age group made him the youngest in his class. That also might have been fodder for bullies. The boy was as friendly and outgoing as he is today, and he made a lot of friends. “Nobody wants to beat up a friend,” he said.

Now in his 50th year of practicing the martial art, Robinson says those who come to him to learn how to defend themselves are not always properly motivated at the beginning. Improving the skills of bullies or turning victims into bullies is not his goal. Taekwondo is a striking and kicking art, but there is a gentle side that is taught in tandem.



Now in his 50th year of practicing the martial art, Robinson says those who come to him to learn how to defend themselves are not always properly motivated at the beginning. Improving the skills of bullies or turning victims into bullies is not his goal. Taekwondo is a striking and kicking art, but there is a gentle side that is taught in tandem. Photo courtesy Robinson's Taekwondo

Which goes back to one of the four C’s in particular: Confidence. Knowing with certainty that he can defeat a bully physically, gives the Taekwondo practitioner great confidence. Choosing not to fight means he can simply walk away from the problem.

Robinson has made several educational trips to Korea—the birthplace of his chosen form of the martial arts. Just like many other professions, continuing education is a requirement. Why would a Grand Master need further schooling in a discipline in which he is already a proven expert who could give Bruce Lee, Chuck Norris, and Jackie Chan a few tips? “Research and development has come up with refinements,” he said.

“Taekwondo is really simple,” Robinson said. “With dedication a student can become fairly proficient in six months to a year.” Practice and

dedication are the key words here.

Of course, bullying does not stop at childhood. Every workplace seems to have someone who maneuvers to be the “top dog,” even if it means weakening someone held in high regard by others.

While the striking and kicking aspect of Taekwondo probably would not be useful for workplace bullies, whose tactics are generally more into the psychological realm, the peaceful application of the four C’s would certainly come in handy.

Taekwondo offers colored belts to symbolize levels of accomplishment, starting with white, then moving up the line to yellow, green, blue, red, and, finally, the coveted black belt. And, yes, Grand Master Clint Robinson wears the blackest of black belts. ★

FAIR OAKS COMMUNITY UPDATE



By County Supervisor Susan Peters

-Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

Help the Homeless on the BIG DAY of Giving

Our region’s 24-hour fundraising effort, the BIG DAY of Giving, is coming May 3rd, and each member of the Board of Supervisors has pledged to match up to \$5,000 to support Sacramento Steps Forward (SSF), the lead agency working with those experiencing homelessness. This means that if SSF raises \$25,000, the Board will collectively donate \$25,000 toward helping homeless transients to stop living on the streets.

This fiscal year Sacramento County is expect to spend in excess of \$40 million on the homeless including \$23.9 million on mental health services, \$11.3 million on social services including aid payments and shelter and \$1.8 million on criminal justice/law enforcement.

Despite these expenditures, homelessness remains a complicated and pressing issue. That’s why I wanted to challenge my fellow board members to raise funds for SSF’s Navigator Program

which reaches out to homeless individuals. These navigators make contact with transients and work to gain their trust to accept services in order to leave the life of living on the streets. SSF’s program works the urban downtown as well as here in the suburbs.

With the BIG Day of Giving approaching the Board’s pledge is designed to spur more donations and more pledges so Sacramento Steps Forward can increase their outreach staff (the navigators) to work one-on-one with individuals in the field to assess needs, programs they may qualify for, making calls and connecting them with services. These Navigators are an essential component of reaching people who need help and getting them the right help. To learn more, please visit www.sacramentostepsforward.org.

The Big Day of Giving is a 24 hour giving challenge that lifts up lives and improves our region. Starting at midnight on May 3rd, the Big Day allows the Sacramento Region to come together in the spirit of philanthropy to make the place we call home better. For more information, please visit bigdayofgiving.org.

Office Hours at Fiesta Day

I will be holding “Office Hours” during Fiesta Day in Fair Oaks Village Park from 1:30 to 3 p.m., Sunday, May 1st, to provide residents the opportunity to visit with me and talk about issues without the need of having to make an appointment downtown at the County Administration Center.

I started holding “Office Hours” in 2005 and now it is an on-going program. In March, I kicked off my 2016 “Office Hours” series starting at Howe Park in Arden Arcade during the annual fishing derby hosted by the Fulton-El Camino Recreation and Park District. Later that month I moved my “office” to

Carmichael Park for the annual egg hunt sponsored by the Carmichael Recreation and Park District.

Please stop by and say hello when you are enjoying the activities during Fiesta Day. Appointments will be handled on a first served basis.

April Was Safer Thanks to SAFE

During April 7th and 8th the Sacramento Sexual Assault Felony Enforcement (SAFE) Team led by the Sheriff’s Department conducted a two day sex offender compliance operation resulting in multiple arrests.

This operation focused on residential targets as well those on the American River Parkway and Bike Trail with the aim to locate sex offenders who were in violation of their registration requirements or other laws plus develop information regarding the whereabouts of sex offenders who had active warrants for their arrest.

The SAFE Team is a multi-agency task force assigned to supervise, monitor, and arrest registered sex offenders who are out of compliance with their statutory requirement to register or are in violation of their probation or parole status. During the two day operation 426 subjects were contacted resulting in 43 arrests. Among the other law enforcement partners assisting the Sheriff’s Department in this operation included Sacramento County Probation and Sacramento County Park Rangers.

Kudos to the SAFE Team for its vigilance and making our communities safe. For more information, please visit the Sheriff’s Department’s media webpage at www.sacsheriff.com.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susan-peters@saccounty.net. ★

Rebecca Jagers at the Artistic Edge

Continued from page 1

attention and spontaneous response. I love the experience of communication in this way with my subject, it is very exciting to me.”

From May 1st through the

31st, 2016, Artistic Edge will feature works by Linda Abbott Trapp, Rebecca Jagers, and Jim Marxen. A reception will be held on Saturday May 14th, from 4 p.m. to 7 p.m. at 1880 Fulton Ave., Sacramento 95825. For more information call the gallery

at (916) 482-2787 or visit www.artisticedgeframing.com. In addition to their featured artist they are also having a SMALL ART Show, where all work is 8x10 or smaller.

Source: Artistic Edge Gallery★

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FAIR OAKS CEMETERY

18th ANNUAL MEMORIAL DAY EVENT

SATURDAY, MAY 28TH, 2016 @ 10:00AM



Honoring Pearl Harbor Survivors

The Eighteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 28, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10am. This year’s theme is to honor the “Survivors of the Attack on Pearl Harbor”, and with special emphasis on our Pearl Harbor Veterans.

The Fair Oaks Cemetery will be decorated with hundreds of flags lining its roadways as ‘The Avenue of Flags.’ We will also be adding more names to the Veterans Memorial Wall.

The laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The musical program will consist of Pipers, a Drummer and Recorded Music by a local disc jockey. Refreshments will be served at the conclusion of the ceremony by the Orangevale/Fair Oaks Grange & Fair Oaks Historical Society.

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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

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

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Sacramento County DA Reports

50 Years to Life and for First-Degree Murder and 15 Years to Life for Second Degree Murder

CASE: Luther Frazier

PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit

The Honorable Helena Gweon sentenced Luther Frazier to 50 years to life in prison. On March 10, 2016, a jury convicted Frazier of first-degree murder. The jury also found true a use of a firearm allegation.


Frazier purchased heroin from the victim, Shaun Blechinger, over several months. After a while, Frazier allowed the victim to use his car in exchange for heroin. When the victim wrecked Frazier’s car, he would not pay for the damage. Frazier then stole his father’s gun and went over to the victim’s residence to collect the money. The two of them met outside in an alley, where they exchanged words. When the victim was walking back to his apartment, Frazier shot him six times, killing him.

CASE: Montrell Woods

PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit

The Honorable Allen Sumner sentenced Montrell Woods to 40 years to life in prison. On February 8, 2016, a jury convicted Woods of second-degree murder in the shooting death of Kenny Hernandez. Woods was also convicted of being a felon in possession of a firearm.

On January 22, 2014, Mr. Hernandez was helping family members move into an apartment on Ethan Way when he bumped into Woods. The two got into an argument. Woods then pulled out a .38 handgun and shot Mr. Hernandez in the chest. Mr. Hernandez died while



being transported to the hospital; his mother and girlfriend were with him when he passed away.

CASE: Ernest Salmons


PROSECUTOR: Deputy District Attorney Thomas Asker, Homicide Unit

The Honorable Ernest Sawtelle sentenced Ernest Salmons to 15 years to life in prison. On March 8, 2016, a jury convicted Salmons of second-degree murder.


Salmons was cellmates with Edward Larson at the Sacramento County Jail. On December 14, 2014, Salmons informed jail staff that Mr. Larson was not moving. Mr. Larson was cold to the touch and stiff. Medical personnel responded immediately, but efforts to revive Mr. Larson were futile. There was no apparent evidence of a struggle or blood in the cell. When the cell was processed with a latent blood reagent, significant blood traces were revealed, including a large pool of blood on the floor along the wall next to the bunk. Blood collected and tested by the District Attorney’s Crime Lab confirmed it was Mr. Larson’s blood.

The coroner concluded Mr. Larson died from blunt force injuries inflicted by an assault. Among other injuries, Mr. Larson suffered lacerations to the liver, and sustained nine broken ribs on his right side and seven broken ribs on his left side.

In an interview with detectives, Salmons indicated he slapped Mr. Larson twice with an open hand and kicked him once. He stated Mr. Larson hit his head a few times by his own volition. ★



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CLUES

ACROSS

1. Santa and Uncle Sam have this in common

6. Be in a cast

9. Plural of cecum

13. “___ beaver”

14. “Pitching ___”

15. Sacrificial spot

16. Less than 90 degrees

17. Grass bristle

18. Had in mind

19. “Retail ___”

21. “___ it”

23. Bruin legend Bobby

24. Forbidden fruit, e.g.

25. “___, humbug!”

28. Ready and eager

30. Foot part

35. Mosque V.I.P.

37. Indian restaurant staple

39. Bodies

40. Part of cathedral

41. Binary digits code

43. Interest ___

44. Writer behind a writer

46. Rodeo Drive tree

47. Cold War’s Warsaw Pact, e.g.

48. Protective embankment

50. “You ___ what you sow”

52. King Kong, e.g.

53. Kick out

55. India’s smallest state

57. *Add this to injury?

60. *Disorderly person or thing

64. Ice cream amount

65. Roswell subject

67. Figure with vertex and rays

68. Coastal town in southern England

69. Animal’s nose

70. Leg of lamb

71. Actress Hathaway

72. “A bird in the hand is worth ___ in the bush”

73. Cardinal compass point at 90 degrees, pl.

DOWN

1. “Don’t ___ around the bush”

2. “To ___ his own”

3. Chills and fever

4. Old but in

5. Like rainy afternoon?

6. “An apple a day keeps the doctor ___”

7. “Don’t have a ___!”

8. Polynesian kingdom

9. Horsefly

10. Short for “and elsewhere”

11. C&H crop

12. Product of creativity

15. Quantity

20. Vital life, in Sanskrit

22. ___-Wan of “Star Wars”

24. Server on wheels

25. “___-watch” a lot of TV

26. Wet nurses

27. “Wreak ___”

29. Coarse file

31. Kind of apple, gritty and acidic

32. ___-___-la

33. Bar by estoppel

34. “___ of cake”

36. Table in Mexico

38. African river

42. Idealized image

45. Group of performers

49. Afghan monetary unit

51. Thick soup

54. Dangerous movie trick

56. Plural of amnion

57. Desktop picture

58. Lunch time?

59. Worn from walking

60. Great Depression drifter

61. *Don’t put these into one basket

62. Vegas bandit

63. They make up a tennis match

64. R&R spot

66. “The _____. The Proud. The Marines”

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I Don't Get Headaches, I Give Them

Dr. James L. Snyder

This past week the Gracious Mistress of the Parsonage was complaining she had a headache and did not know how to get rid of it. At first I thought she was referring to the other person who lived in the parsonage with her, but I soon discovered she had a headache and it seemed to be very painful.

She was complaining about this headache and so I thought I would step in or step up, whichever the case, and tell her, “Don’t worry about your headache. It’s all in your head.” At the time I did not know what I was saying.

When I did say it, she glared at me with one of “those” glares. Every husband knows exactly what I am talking about.

This just shows the compatibility of our household. Every household, every relationship needs glue to hold it together. This is our glue. She gets headaches and I give them.

I suppose the reason I do not get very many headaches is because there is nothing up there to ache. If I would clutter my head with all sorts of things I would run the danger and possibility of

acquiring a headache.

When my wife gets a headache she takes medication, lays down on the couch, puts a heating pad around her neck and before she closes her eyes she looks at me as though daring me to make a noise.

Two weeks ago I had to take a two hour trip on I-75. Now, the speed limit is 70 mph. Normally I can handle that, I just said my speed control thingamajig and go cruising (or is it trumping?) down the highway.

The headache came when there was an accident which brought the traffic to an amazing 2 mph. I do not mind stopping, but when it is moving 2 mph, it is really a headache.

Then, coming north on the same highway there was another accident, but this time we were going 3 mph.

Talk about a headache.

The problem with my headache on the highway was, I could not take any medication, lie down and put a heating pad on my neck and go to sleep. I had to stay awake and watch where in the world I was going even though I was not going very fast.

Of course, there is always the idea that I cause headaches. And

I suppose there’s not much I can do about that. Except, maybe, try not to cause a headache. But when you’re person like me, you don’t know you’re causing a headache until you’ve caused that headache.

What would life be without headaches either getting them or giving them? I suppose that’s what life is all about. If you think you can live your life without getting or giving a headache you are in for a truly severe migraine.

As I thought about this I was reminded of a very special verse of Scripture. “And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away” (Revelation 21:4).

In this life you can’t get away from headaches, but I have something to look forward to and that is what God has for me.

Rev. James L. Snyder is pastor of the Family of God Fellowship, P.O. Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at 866-552-2543 or e-mail jamesnyder2@att.net. His website is www.jamesnyderministries.com. ★



By Marlys Johnsen Norris, Christian Author

The America I grew up in has truly changed, but its reality still exists within the hearts of many of older citizens. We were taught to love and honor our country from the first day of school our appreciation began when we said the flag salute to begin every morning.

Today we want and need to see those old values and beliefs restored in our country.

Plus some improvements to include all peoples of all colors and religions as so was intended by the fathers of our country. People legally becoming citizens with rights they earned by learning our laws and English language. And how can that happen?

Every single person who has a legal vote must vote this year

America Still Exists

because it is extremely important that those values we hold dear and enjoyed years ago to return to our land. We have seen people in the political arena take liberties above what the American peoples have given them to arrange laws in their personal favor and benefit over them. Politicians getting rich at our expense and it is time to permanently shut that kind of practice down.

Permanently and forever! We are the people, we are those who vote for laws we desire, it is not up to any one person to take away our rights – as has been happening many times in the past few years. They hide these things within laws with other apparently good things and we are too trusting to read it all until something happens.

Remember folks! Kids only had play guns, not real ones? Today kids get guns and kill people! All kinds of people had rifles and went hunting for food to eat. Today crazy people have not only rifles but guns that are used to fight wars. Guns sold in local stores.

Why on earth would anyone really want that kind of gun? And why would anyone want to kill another person, even in a war? War times too have become

too violent. And now we have a religious war where one group believes they will go to heaven while they are murdering people. Insanity at its worst has come alive in our land. What on earth are we going to do about it?

Certainly there is a God who has the power and ability to stop it all. And you may be surprised to learn hat the Bible clearly tells us He will yet, He will allow us to “reap what we have sown”. Certainly this tells us that those who have sown this kind of life will be dealt with severely by the God who created us. We were lovingly created in His image to have fellowship with Him, love Him with our whole heart and life. But also closely following His precepts taught in the Holy Word of God and written on the tablets Abraham brought down from the mountain – THE TEN COMMANDMENTS. Not murder to kill anyone, ever! Plus the teaching of love, mercy and death of His Beloved Son, Jesus Christ who came for you and I to receive eternal life through God’s forgiveness.

Marlys Johnsen Norris is the Christian author of seven books. You may contact her at Marlysjn@gmail.com. ★



A Film Review by Tim Riley

CRIMINAL (Rated R)

Kevin Costner, creeping slowly into senior citizen status, still has the action chops. Only two years ago in “3 Days to Kill,” he was a dying CIA agent trying to reconnect with his estranged family while on one last dangerous action-fueled mission.

In “Criminal,” Costner’s Jerico Stewart is a death-row inmate estranged from reality. Lacking emotions and empathy, Jerico is a treacherously unhinged sociopath incapable of having any moral concept of right from wrong.

But first, the set-up for Jerico’s role in this action picture is the fate of an American CIA operative stationed in London. Ryan Reynolds’ Bill Pope, a dedicated family man, has a beautiful wife, Jill (Gal Gadot), and a young daughter, Emma (Lara Decaro).

The propulsive story begins when agent Pope is tragically killed in the middle of an urgent, top-secret mission. He’s been tracking the brilliant hacker known as “The Dutchman” (Michael Pitt), who has uncovered while navigating the lawless Dark Web the means to take charge of the entire weaponry of the U.S. military’s Central Command.

An international terrorist (or perhaps merely a ruthless mercenary), the anarchic Xavier Heimdahl (Jordi Molla), intent on controlling the U.S. nuclear arsenal to advance his own agenda, is in hot pursuit of The

Riley Reviews

ABSURD BRAIN SWAP DRIVES THRILLS AND ACTION IN “CRIMINAL”

Dutchman with his coldblooded henchmen.

The CIA’s relentless London bureau chief, Quaker Wells (Gary Oldman), embarks on a rather far-fetched scheme that requires the services of maverick neurosurgeon Dr. Franks (Tommy Lee Jones) to find a living recipient for the dead CIA agent’s brain.

The idea is to find the one person who might be able to absorb Pope’s memories. The ideal candidate is located at a maximum security prison in West Virginia. Jerico’s childhood brain damage makes him unpredictable but suitable to the medical experiment.

Like a Frankenstein test, Jerico undergoes brain surgery for the implant of Pope’s DNA directly into the synapses of a brain that just might be the equivalent of a blank slate, given the recipient’s lack of human emotions.

At first, the operation appears to have failed as Chief Wells and two other agents (Amaury Nolasco and Alice Eve) get nowhere with Jerico. But Jerico, unsure of what has happened to him and in fear of his life, escapes and finds himself on the run.

Jerico’s anti-social behavior manifests itself in a series of violent encounters with ordinary Londoners, and soon he has swiped food, medicine and even a service van for transportation. Unaccustomed to freedom, Jerico’s impulses are completely out of whack.

In a relative short period of time, Jerico experiences flashes of Bill Pope’s memories, leading him to visit the widow and daughter at home. They are

naturally surprised that this odd stranger has apparently connected to Pope’s innermost thoughts.

To say the least, Jerico’s strange appearance and odd behavior make the connection with Pope’s widow and daughter even more awkward than Whoopi Goldberg trying to convince Demi Moore that her dead husband is now a ghost with whom she’s in constant contact.

Still, the edge slowly comes off the normally disturbed Jerico such that he starts to have abnormal feelings of empathy, where his emotions are not rooted in pure rage and anger, but sympathy and trepidation are taking root in his heart.

As observed by Aristotle, “Memory is the scribe of the soul.” The good memories of Pope have pushed out, albeit only temporarily, the bad memories of a deranged psychotic killing machine. Jerico may be worthy of redemption, but let’s not get ahead of ourselves.

“Criminal,” for all of its good intentions, does not sink into a swamp of sentimentality, though Jerico becomes increasingly protective of Pope’s family, to the extent that he might unselfishly become heroic in efforts to save them after they are kidnapped by Heimdahl.

After all, the filmmakers are not going to waste Costner’s newfound image of tough guy who could convincingly beat the living daylight of assorted thugs. To be sure, there are plenty of fights, car crashes and gunplay to deliver the requisite amount of mayhem.

The high concept at work here is to create a hybrid of high-octane action mixed with the psychological intensity of a man conflicted by another person’s memories.

In the end, “Criminal” is much less the sum of provocative ideas than it is just pure mind-twisting thriller. The absurdity of the brain swap is a reach too far, but the intense action may prove sufficient for an audience seeking the thrills offered by a robust Kevin Costner. ★



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with **Mary Jane Popp**

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taking special x-rays, **Dr. Don** can see the exact misalignment. No force needed. So goes the atlas, so goes the spine. The spine is the control center for the whole body. So you say, I didn't have an accident. I just hurt. Well, NUCCA works for a myriad of problems from sports activities and golf to skiing even lifting or carrying heavy groceries. And what about that computer work, or sleeping the wrong way? Do you wake up saying OMG what have I done? It works for so many other problems like headaches, migraines, TMJ, sciatica, and fibromyalgia. Trauma to that atlas can come from so many sources.

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Alaskan Cruise Season Begins in May, Don't Get Left Out in the Cold Heat

BY DAVID DICKSTEIN

SACRAMENTO REGION, CA (MPG)

- Only two states separate California and Alaska geographically and yet the land dubbed “The Last Frontier” is just that for many of us here in the Golden State. A mere 12 percent of Alaska’s visitors hail from a state that shares an ocean and is the most populous to boot, according to tourism stats, meaning the closest most of us will ever get to the 49th state is feasting on King salmon or getting its commemorative quarter back with your change.

If not for the cruise industry, the number would be even smaller. These days, luxury liners account for nearly half of Alaska’s out-of-state visitors during tourist season, which runs from May through September.

If an Alaskan voyage is under consideration for your 2016 vacation plans, choices are as abundant as at a cruise buffet. All the big players are offering Alaskan itineraries. Each has its pros and cons, so do your research. Part of that step is deciding from where to embark and disembark. San Francisco might appear as the most convenient port for Alaska-bound Sacramento area vacationers, but bear in mind that none of those itineraries is fewer than 10 days and four of those are sea days. Do you really want to spend nearly half of your cruise vacation on the water?

If the sweet spot is a seven-day cruise with two sea days and travel to and from the ship that can be done without an overnight stay, Seattle is your best bet. Princess, Carnival, Holland America, NCL, Royal Caribbean, Celebrity and Disney all sail out of Seattle. Some itineraries include Sitka, Tracy Arm Fjord, Glacier Bay and/or Victoria, but



Rafting down glacier-adorned Mendenhall Lake is a rush. Photo courtesy Alaska Travel Adventures

nearly all have calls in Ketchikan, Juneau and Skagway. Let’s take a closer look at the most popular ports.

Ketchikan

Long before cruise passengers began spending money in Ketchikan on plastic totem pole letter openers made in China, the Tlingit spent their summers there fishing for salmon. A line of faceless shops can cater to all your souvenir needs, but if you want to learn about the people who shutter at the thought of die-cast totems, there’s a family-friendly tour of culturally rich Saxman Native Village (\$49). Inside a grand cedar tribal house is a performance by a native dance group. The natives barely break a sweat during their auto-pilot performance, but the tourists eat it up like the Horizon Court buffet on Princess.

Eating dirt is what you get with the Adventure Kart Expedition (\$179), an amped off-road

exploration of remote, private wilderness with amazing views of the Tongass National Forest and Inside Passage. U.S. ATV operations tend to be more conservative (read: less fun) than counterparts in Mexico and the Caribbean, but the guides on one particular outing, though safety conscious as they should be, were laidback and agreeable to the requests of the more experienced drivers. Rookies can go at a comfortable pace and



“British Invasion” is a popular production show on Princess Cruises. Photo courtesy Princess Cruises

still get thrills out of the miles of rocky forest trail. A driver sharing some local history would be nice during the 13-mile motor coach ride to and from the Whipple Creek base, but that’s a nit.

The hour-long Great Alaskan Lumberjack Show (\$17.50-\$35 at the gate) has something for everybody: slapstick comedy for children, power tools for the guys and rugged lumberjacks for the ladies. Competition between Alaskan and Canadian loggers adds to the fun because the audience is divided into rooting sections. Think Medieval Times with chainsaws and plaid flannel shirts.

Juneau

Princess and Juneau partner to provide the most extensive selection of shore excursions in Alaska, and one of the most popular – and deservedly – is the “Mendenhall Glacier Float Trip” (\$109-\$139) from Alaska

Travel Adventures. Starting out with a magnificent view of the iconic glacier, the 6-mile route on Mendenhall Lake is like a ride on Disneyland’s Pirates of the Caribbean – serene until it’s not. Class II and sometimes III rapids give a thrill without a fear of dying thanks to being in good hands with a guide who doesn’t need as much help from the novice rowers as he lets on – all in the name of fun. About half of the memorable 3 1/2-hour excursion is spent on the water, and on the bus ride to and from the lake is a bonus city tour. The day includes an indigenous sampling of reindeer sausage, salmon spread and other tasty treats.

As majestic as the nature is in and around Juneau, its most important building, the flat-roofed, six-story state capitol, is anything but. The same can be said of the city if you’re hoping to find much more than souvenir and jewelry stores within walking distance of the dock. For the non-acrophobic, the Mount Roberts Tramway (\$16-\$32) is right there. A 1,800-foot ascent up the mountain takes six minutes, and the view alone removes any chance of this being called a tourist trap.

Skagway

Situated at the top of the Inside Passage, Skagway was the ideal starting point for prospectors heading to Canada and the Klondike during the Gold Rush of the 1890s. The three-hour, round-trip White Pass & Yukon Route Railroad (\$99-\$129), built during the Gold Rush, is for all ages. An engineering marvel, the narrow gauge railroad chugs through some of the continent’s most ruggedly beautiful terrain, climbing 2,865 feet in just 20 miles.

Other popular excursions send visitors on salmon bakes, a landmark suspension bridge,

horseback, ziplines, the gorgeous grounds of Jewell Gardens and walking tours dedicated to the town’s rich history of prostitutes and ghosts. Downtown’s hot spot is the historic Red Onion Saloon, a raucous tourist trap with snippy



Party time warms up Alaskan waters aboard the Grand Princess. Photo by David Dickstein

service and decent pizza.

If you need to get away from packs of laidback tourists in exchange for packs of harder-working animals, the “Dog Sledding & Glacier Flightseeing” shore excursion from Temsco is a must-do if the vacation budget will allow. The closest a cruiser will get to being in the Iditarod Dog Race, the 2-hour tour (also offered in Juneau) takes you via helicopter to a sub-arctic dog camp, where professional mushers and their canine athletes have a suited-up sled prepared for you to sit in or actually drive standing up. After an exhilarating lap around the camp, it’s time to hold a puppy. Can you say “Facebook profile photo?” Leaving the snow and dogs is ruff, but on this tour there’s the bonus of a return flight over the very glaciers ogled at from sea level. At about \$500 a person, this probably is a once-in-a-lifetime experience. When back on the ship, however, you’ll be the envy of everyone who asks the obligatory question, “What did you do in port?” ★

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There is a reason we use our residents as our photo models. We want you to see real people at real communities enjoying the life they choose. Whether it's joining friends in a card game, taking a stroll around the grounds, stepping on the bus for an excursion or getting together to share a meal, our residents find everything they need right here.

Experience the Eskaton difference. Call or go online now.

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Transforming the Aging Experience



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