



Fair Oaks Inner Wheel Wins Award

Page 2

Pops go the Zombies

Page 4



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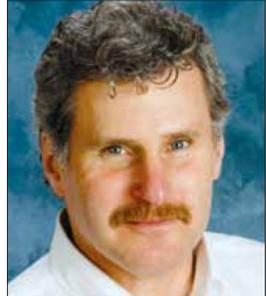
October 23, 2015

FOLSOM HOSTS THE "END OF TIME"



Page 3

DARE TO LIVE WITHOUT LIMITS



Page 5

POPOFF!

with Mary Jane Popp



Page 11



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Homecoming Honors Casa Robles' Graduating Class



The homecoming candidates themselves (above), while nervous, had the hand of either their closest family or friends who came to support them in their moment of honor. The school's Air Force J.R.O.T.C. (at right) members proudly presented their sabers overhead.

Story and photos by Ben Barber

ORANGEVALE, CA (MPG) - On Friday, October 16th, the Casa Roble Rams celebrated their 49th homecoming. As people on floats patiently waited around the bend of the track, the homecoming court—geared up and dressed to the nines—were driven to the stage in classic Model Ts, where the school's Air Force J.R.O.T.C. members proudly presented their sabers overhead.

Smiling and waving, the court traveled through the salutes and up the stage as the crowd roared and cheered for their favorite candidates. The candidates themselves, while nervous, had the hand of either their closest family or friends who came to support them in their moment of honor.

As the Model Ts left the track and the Greek mythology-themed floats finished their last lap, certain members of the court had to turn their heads back to the scoreboard and strap up for the second half of football. With the El Camino Eagles ahead 22-0, the Rams had quite a bit of work to do heading into the third quarter. The Rams have struggled this year coming into the game at 0-5, a frustrating situation for both coaches and athletes. With select seniors deciding to skip practice during the week, an already struggling team came into the



game limping. As the quarters passed, the Rams continued to display a high effort, reminding the visiting Eagles that the City of Oak has a pedigree of strength. In the end, it wasn't quite enough to get a win. However, fans weren't deterred, and they left the field looking forward to the dance the following night where the homecoming king and queen were to be announced. ★

Bible Chick is Loud and Clear and on Air

Story and photo by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - Though Carole Brewer was named for a Christmas song, she didn't embrace religion until her college years. "My difficult childhood left me with low self-esteem," she recalls. "My college friends—including my future husband—were Christians. They introduced me to the Bible. It resonated. I thought I'd give God a try and he didn't disappoint."

The Fair Oaks woman has built a career singing, ministering, and running organizations that apply Bible principles to daily life. In recent months, Brewer extended her mission across the United States through broadcasting. She calls her weekly radio and internet show "Bible Chicks."

The name originated from a group of women—Bible Chicks—who discussed literature under the leadership of Carmichael woman Robin Williams. "I thought Bible Chicks would be a great name for a radio show," said Brewer. Two years ago, my friend Sandi Padilla suggested we check whether the name was available as

a domain. Well, it was; I was able to secure BibleChicks.com."

If the name seems lighthearted, Brewer's sense of humor sets her apart from many missionaries. Calling women of faith "chicks" does not trivialize their efforts; chicks, she reminds us, are disciples of a protective parent. Indeed, Jesus likened Jerusalem's people to chicks he wanted to gather together "the way a hen gathers her chicks under her wings."

The flight to cyberspace—then radio waves—tested the head chick's faith and skill. With degrees in music and education, penning a radio jingle was the fun part. The song declares the composer's perpetual optimism:

*"...loving and growing,
And hoping our faith is showing,
Don't you know we're Bible Chicks!"*

Finding guests was the next step. "I invite women with a variety of platforms," she explains. "They're musicians, authors, broadcasters, speakers, and filmmakers. Their faith reflects in whatever they do. I've met them through conventions and

Continued on page 3



Women who share their faith are featured in a nationally-broadcasted radio show anchored by Fair Oaks singer/speaker Carole Brewer.

California Survey Sees Lower Rate of Illegal Tobacco Sales to Minors in 2015

Rates Still Remain High in Specialized Tobacco Retail Outlets

SACRAMENTO REGION, CA (MPG)

- California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith announced that a survey has found that the California rate of illegal tobacco sales to minors has decreased. According to the 2015 Youth Tobacco Purchase Survey, illegal tobacco sales to minors at retail outlets occurred at a rate of 7.6 percent, compared to last year's rate of 9 percent.

When the state first started monitoring illegal sales of tobacco in 1997, teens participating in the survey were able to buy tobacco products during 21.7 percent of tobacco purchase attempts.

"For seven consecutive years, the rate of illegal tobacco sales to minors has remained under 10 percent. However, the Healthy People 2020 target is to reduce this to 5 percent or less, which indicates that California still has room for considerable progress. I'm concerned that too many stores, especially certain types such as tobacco-only stores and convenience stores, are willing to illegally sell tobacco products to youth," Smith said.

Notably, stores specializing in the sale of tobacco products, commonly known as tobacco-only stores, had the highest illegal sales rate, with 14.8 percent in 2015. Other stores with high rates of illegal tobacco sales include:

- Convenience stores without gas (9.5 percent)
- Convenience stores that sell gasoline (8.8 percent)
- Less common retail outlets, such as discount and gift stores, gas stations without convenience stores, and car washes (8.6 percent)

The difference between the rate of sales at non-traditional tobacco retail stores and the rate at more traditional retailers continues to narrow, and is only separated by 0.2 percentage points (7.7 percent vs. 7.5 percent, respectively). Supermarkets and drug stores/pharmacies had the lowest rate of illegal sales at 3.9 percent and 0 percent, respectively.

This annual survey of illegal sales of cigarettes to minors is conducted to gauge the rate

Continued on page 3

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FBI Announces Results of Nationwide Human Trafficking Operation

Local Operations Aid in Recovery of Five Juveniles and Arrest of Seven Alleged Pimps

From FBI Press Release

SACRAMENTO REGION, CA (MPG) - Officials from the FBI and its state and local partners (including the Citrus Heights, Rancho Cordova, Fresno, Fairfield and Sacramento Police Departments as well as Sacramento County Probation Department) recently announced that 149 underage trafficking victims were recovered and 154 pimps were arrested in a nationwide human trafficking operation last week. The initiative, dubbed Operation Cross Country IX is a national program spearheaded by the FBI and the National Center for Missing and Exploited Children, along with state and local law enforcement partners across the country. The initiative targets the criminal enterprises responsible for the commercial sex trafficking of children.

"Human trafficking is a monstrous and devastating crime that steals lives and degrades our nation," said Attorney General Loretta Lynch. "As a result of the FBI's outstanding coordination



In Sacramento, the FBI's Sacramento Child Exploitation Task Force—that includes officers from the Sacramento Police Department—recovered two minors and arrested three alleged pimps; the Sacramento County Sheriff's Department recovered one minor. Stock Photo

and exemplary efforts alongside state and local partners during Operation Cross Country, more children will sleep safely tonight, and more wrongdoers will face the judgment of our criminal justice system. The Department of Justice

will continue to aggressively and persistently fight this heinous crime, and to hold its perpetrators accountable to the fullest extent of the law."

In the area served by the FBI's Sacramento field office, FBI

officials announced the recovery of five underage victims and the arrest of seven pimps as part of the takedown. The FBI Sacramento field office and its law enforcement partners conducted multi-day operations in the area served by the

FBI Sacramento field office focusing on the metropolitan areas of Fairfield, Fresno, and Sacramento. These operations also resulted in the arrest of 90 adults for various offenses including probation violations and prostitution-related charges.

In Sacramento, the FBI's Sacramento Child Exploitation Task Force—that includes officers from the Sacramento Police Department—recovered two minors and arrested three alleged pimps; the Sacramento County Sheriff's Department recovered one minor.

In Fairfield, the FBI, Fairfield Police Department, Solano County Sheriff's Office, and Vallejo Police Department recovered one child and arrested two alleged pimps.

Fresno operations conducted by the FBI's Child Exploitation Task Force—which includes officers from the Fresno Police Department—the Fresno Sheriff's Office, and Tulare Police Department resulted in the recovery of one minor and the arrest of two alleged pimps.

five-week operation focused on commercial sexual exploitation of minors primarily in Clovis, Fresno, and Merced. The multi-week effort resulted in the recovery of 11 children as well as the arrest of six pimps. Additionally, 105 adults were arrested for a variety of other violations including probation violations and prostitution-related charges.

Operation Cross Country IX is the largest in the nine-year history of the initiative, with 53 FBI field offices and 73 Child Exploitation Task Forces taking part in the operation in 135 cities across America, including Citrus Heights, Rancho Cordova, Fairfield, Fresno, and Sacramento. Nationwide, more than 500 law enforcement officials conducted both "in-call" and "out-call" operations in hotels, casinos, truck stops and in other areas known as frequented by prostitutes, sex-traffickers, and their customers.

"We're proud to partner with the FBI and provide support to both law enforcement and victim specialists in the field as they work to locate and recover survivors of child sex trafficking," said Linda Krieg, Acting Chief Executive Officer of NCMEC. "The number of children recovered and pimps arrested in this year's operation highlights the importance of these efforts today and every day in protecting our children from exploitation."

Operation Cross Country is part of the FBI's Innocence Lost national initiative, which began in 2003. Since the program's inception, more than 4,800 children have been recovered from underage prostitution and prosecutors have obtained more than 2,000 convictions, including at least 15 that have resulted in life sentences. For additional information on Operation Cross Country IX, and the Innocence Lost initiative, please visit www.fbi.gov.

Source: Federal Bureau of Investigation, Public Affairs Specialist

Fair Oaks Inner Wheel Wins Award



Fair Oaks, CA (MPG) - The Fair Oaks Inner Wheel chapter won a notable "Year of Achievement 2014-2015" award for supporting local programs and projects. The Fair Oaks Inner Wheel has the distinction of being the first chartered club west of the Mississippi, and recently celebrated its 45th anniversary. The club meets monthly and welcomes new members. For more information, please contact club President Bev Purcell at beverly.purcell5@gmail.com. Story and photo courtesy of Bev Purcell

Sheriff's November Community Meetings

SACRAMENTO REGION, CA (MPG) - The Sheriff's Department holds regular community meetings to share information about trends in crime and recent activities.

- Arden-Arcade: Tuesday, November 3rd at 6 p.m. at Country Club Lanes—Skyroom (second floor), 2600 Watt Avenue.
- North Highlands/New Foothill Farms: Thursday, November 5th at 6 p.m. at the North Highlands Community Center, 6040 Watt Avenue.
- Old Foothill Farms: Wednesday, November 11th at 6:30 p.m. at Pioneer Elementary School, 5816 Pioneer Way.
- Carmichael: Tuesday, November 17th at 6 p.m. at the Del Campo High School Library, 4925 Dewey Drive.
- Fair Oaks: Wednesday, November 18th at 6 p.m. at La Vista School, 4501 Bannister Road (North of Winding Way). ★

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Bedtime, School Time, and Families

By Rob Schwarzwald
Senior Vice-President
Family Research Council

It's been said that bedtime is "the perfect time for kids to ask questions, request food, require additional bathroom breaks, and need a nightlight."

All parents can identify with that! Sometimes the simple act of tucking a little one into bed seems like the implementation of a military campaign.

Another thing all parents share is the desire for a quality education for their children, preparing our boys and girls for the challenges of the workplace, training their minds to think well, and giving them a solid grounding. Virtues that build good citizens are among the highest priorities for every mom and dad.

These are things most of us take for granted. But what too often is ignored is that children learn best in a home with a mother and a father.

The Marriage and Religion Research Institute (MARRI) has done research showing that the children "who have the best chance of success in schools are also those who come from intact families and attend church weekly or more."

Church attendance counts a lot in many ways. In addition to biblical instruction, moral guidance, and the fellowship of good friends, church attendance seems to inspire a higher level of self-discipline, curiosity, and intellectual interest. For example, teens who attend church at least once a week have the highest GPA, the highest combined average GPA in English and math, and received the highest percentage of As in school.

On the other hand, teenagers who report never going to church have the lowest GPA, the lowest combined average GPA in English and math, and the lowest percentage of receiving

mostly As in school.

Similarly, having a mom and a dad in the home has an equally profound impact on school performance. As MARRI research shows, "Teenagers from always-intact married families had the highest GPA average (3.0), the highest combined average GPA in English and math (2.9), and the highest likelihood of receiving As (28%)."

And teens "from a non-intact family or adoptive family are three times less likely than any other family structure to have repeated a grade, while teens from always single-parent families had the lowest GPA (2.5) and were least likely to have received mostly As at school."

This is not to disparage the brave and faithful single parents who do their best to encourage their children to excel in school. Rather, these data simply make the point that the intact, married family that worships together weekly demonstrably has better educational outcomes than other types of families.

Being a mom or a dad is hard work—hard and important. The shaping of a young life is, perhaps, life's noblest calling. In that molding and building process, the education a child receives will often set the tone for his or her professional achievement, income-earning ability, and capacity to contribute to one's community and country.

Marriage matters, for adults and children, for work and school, for neighborhood and culture. So does worship and education. If we're serious about fostering a society in which civility, prosperity, liberty, and personal character combine to make our country the place it can and should be, all of these factors need to be combined so as to provide future generations with the nation and culture they deserve.

Bedtime is challenging for parents and little ones alike. But it

can also be a time of joy, sweetness, hugs, and prayers. Educating a child can be hard but keeping the home intact and stable and loving makes such a difference—for parents and kids alike. And when worship is added to the mix, the results are even better. The numbers prove it; so do kids and parents who know the satisfaction of a good report card, a well-shaped mind, and character ready for life.

Rob Schwarzwald is Senior Vice President at Family Research Council in Washington, D.C. ★

California Survey Sees Lower Rate of Illegal Tobacco Sales to Minors in 2015

Continued from page 1
of illegal tobacco sales across California and to comply with the Stop Tobacco Access to Kids Enforcement (STAKE) Act. All U.S. states and territories are required to assess their rate of illegal sales of tobacco to youth, pursuant to the Federal Synar Amendment. Besides conducting the annual survey, the California Department of Public Health, Food and Drug Branch, conducts ongoing illegal sales compliance checks. The survey of 733 stores throughout the state is conducted by monitoring more than 100 youth who are sent to retail outlets to attempt to purchase tobacco products. California retailers caught selling tobacco products to minors during these enforcement operations may be subject to fines up to \$6,000 for repeated violations.

Source: California Department of Public Health ★

Folsom Hosts the "End of Time"

By Ben Barber

FOLSOM, CA (MPG) - John Wagner, local film producer, writer, and director, saw the drought-ridden Folsom Lake and decided to turn a negative to a positive. With Folsom Lake experiencing record lows, the once familiar topography of recreational swimmers and boaters is now replaced with an alien landscape that fits the dramatic nature of "Finis Temporis." "Finis Temporis," which means "End of Time," is a futuristic drama starring Craig Deluz and Mark Nemmers. It is being produced by Wagner Media, a local Sacramento Independent Film Production company.

On Saturday, October 10th at 8 a.m., a contingent of 12 actors and crew arrived to film one of the key scenes at the Granite Bay Park portion of Folsom Lake. What makes this shoot unique is the dry lakebed that creates a motif that is visually provocative, representing a world that is destined for extinction. The



What makes this shoot unique is the dry lakebed that creates a motif that is visually provocative, representing a world that is destined for extinction. Photo courtesy of Wagner Media

screenplay for "Finis" was written by John Kenneth Wagner, who is also directing the film from behind the camera. The cast includes several well-known Sacramento actors, including Janine Romney, Dan Beard, Voress Franklin, Cynthia Gatlin, Greg Jones, and Courtney Conklin.

Many of the actors and crew are volunteering their time. Included in the veteran crew are a handful of students eager to learn and get some hands-on experience. "Finis Temporis" hopes to have everything in the can by the end of the year for a summer 2016 limited local release. ★

Bible Chick is Loud and Clear and on Air

Continued from page 1
networking. Our reconnection made my shows especially fun.

"We are all imperfect people who follow a perfect Savior. We often blow it. Our victory is our faith. We know God wants the best for us." Guests have included actress/model Geniene Johnson, breast cancer survivor Karen Penfold, and Nicaraguan emigre Guadalupe C. Casillas. "Their stories are uplifting and inspiring," said the host.

Her 30-minute show records in the North Highlands studio of Steve and Sandi Padilla (Sunrise Community Church pastors and founders of PureWorshipRadio.com). Bible Chicks is sponsored by Carole Brewer Ministries, a company that supports Brewer's

music and speaking engagements.

Chick gospel is spreading. "I've had great feedback from all over—Georgia, New Jersey, Texas, South Dakota, and California," said the broadcaster. "It's a joy to share my music and to provide a venue for stories of how faith brings us through difficult times." Off-air, Brewer is National Networks Director for Christian Women in Media Association. This group unites thousands of female media professionals. "Our industry is dominated by men and it's not always easy to connect with like-minded women," said Brewer. "We're often working on our own, from home offices. By connecting and sharing our faith, we support each other."

By contrast, in-house support is masculine. Husband Jan Brewer is a retired San Juan School District principal and musician whose help bolstered his wife's projects through a 43-year marriage. "I think of my husband as the reason behind everything I do," Carole Brewer said. "After all, it was he who first brought me to the Lord."

The Bible Chicks radio show launches in Northern California on Sunday November 1st, at 2:30 p.m. on AM 710 KFIA. For additional scheduling and archived shows, visit www.BibleChicks.com. Learn about Christian Women in Media Association at www.cwima.org. ★

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Pops go the Zombies



(Clockwise from top) Little horrors. North Highlands, Citrus Heights, and Fair Oaks kids staged zombie moves. Their routine was part of the annual Boos and Brews festival at Citrus Heights Community Center. Capitol Pops brass and woodwind section (including a clarinet-playing Miss Piggy) were dressed to thrill. Multiple Minions hijacked the band's percussion section.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - The annual Boos and Brews event recently entertained a packed Citrus Heights Community Center. The free festival combined October-fest and Halloween traditions.

Dressed to the creepy nines, the Capitol Pops Concert Band rendered Teutonic and terrifying tunes. Selections included "Phantom of the Opera" and hell-for-leaderhosen polkas. Vocal numbers were presented by the Capitolaire Men's Chorus. The highlight for scores of children and parents was the annual mass zombie routine to Michael Jackson's "Thriller." Faux blood-spattered ghouls were students of the Creative Connections Arts Academy (North Highlands) and Harry Dewey Elementary School (Fair Oaks).

Guests were sustained by German food, beer, and wine. The event is a shared fundraiser for the Capitol Pops Concert Band and Citrus Heights Kiwanis, sponsored by Citrus Heights Park District. ★



2nd Annual Sunrise Crafts Fair

Saturday, November 14, 2015

10:00 a.m. - 3:00 p.m.

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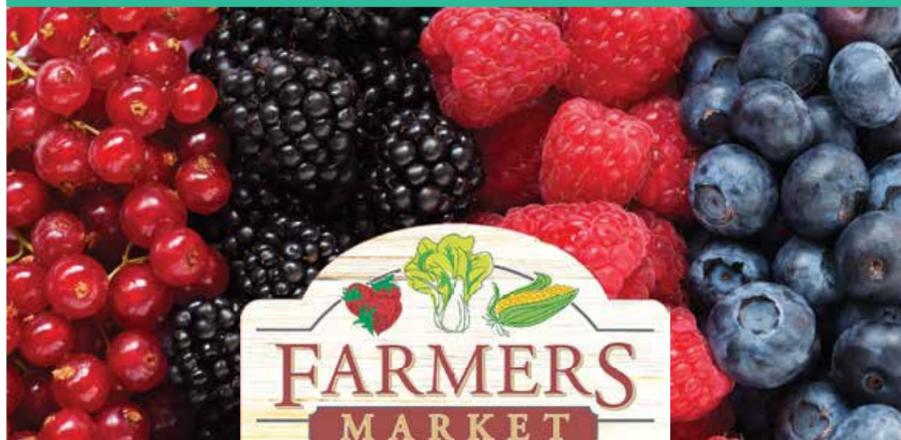
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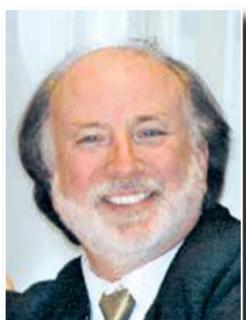
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Dare to Live Without Limits Waiting



by Bryan Golden

Is waiting an effective strategy for success? Have you heard people say they are waiting for things to get better? Or, that they are waiting for their luck to improve? Perhaps you've seen people waiting for the right time or waiting until they are in a proper frame of mind or waiting until they are motivated.

There's a virtually endless list of things people are waiting for: other people, circumstances, attitude, timing, the weather, the economy, money, etc. The problem with waiting is that it's a passive activity. The things people wait for may or may not happen.

However, sometimes there are situations where it is prudent to wait. Waiting to save up enough money for a discretionary purchase rather than accumulating debt that you can't readily pay off.

Waiting for a storm to end before going sailing. Waiting for a lake to freeze before walking on the ice. Waiting until you have the appropriate skills and knowledge before undertaking a new venture.

Even when waiting appears to be a prudent strategy, you can have contingency plans and alternative courses of action. So, you can be proactive even while waiting. Additionally, while you are waiting for one thing, you can be taking action on something else.

You can't control the environment but you do have control over your response. Idle waiting leaves you at the whim of fate. You are then like a cork floating on the ocean waiting to see which way the waves, currents, and winds take you.

Waiting is passive. You put yourself in a position to accept whatever comes your way. You can hope all you want, but hope by itself is like playing the lottery. Things may work out in your favor but the odds are against you.

Paralysis by analysis keeps you waiting. Since you can't decide on the best course of action, you do nothing. So not only are you waiting for things to change, you are now waiting to figure out what you should do, if anything.

It's easy to slip into waiting mode when feeling overwhelmed or uncertain as to the appropriate path to take. Rather than waiting, get your mind into gear searching for possible strategies. The process of seeking options transforms you from passive mode to active. List everything you can think of. At this point, don't evaluate any idea as being either good or bad. The longer your list, the better the chances of identifying the appropriate strategy.

Once you have your list, start to evaluate and prioritize each idea. Now you are no longer waiting,

you are doing something. By seeking out viable options you have become proactive.

Once you have identified the best possible strategy, you have to initiate it by taking action.

Action is the root of all accomplishment. Conversely, waiting is a source of frustration, stress, missed opportunities, and unfulfilled dreams. Your objective is to make things happen rather than wait for them to happen. The significance of taking action can not be overstated.

Taking even a small first step gets you out of waiting mode. Your first step paves the way for the next step and so on. As you change from passive to proactive, you begin to take control of your life rather than just being a passenger.

Stop waiting. Take action now. Decide what you want and then start taking the steps necessary to make it happen. It's not magic. This process enables you to seize control of your life.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2011 Bryan Golden. ★



By Marlys Johnsen Norris, Christian Author

God is our Heavenly Father and His divine desire is to heal us, help us, and answer our prayers. "For everyone who asks receives, and he who seeks finds, and to him who knocks, answers will be opened" (Matthew 7:8). "And whatever things you ask in prayer, believing, you will receive" (Matthew 21:22). Isn't that much like the nature of most earthly fathers as well? Meeting our deepest and most realistic

Ask and You Shall Receive

need is his priority. God and some earthly fathers are sincerely motivated by love for their children.

Life for all of us brings challenges and disappointments. However, the closer one walks to God and depends on His love and power to guide them, the more they are given strength and faith to endure. Being conscious of God's presence is vital to seeing His work in our lives, and when we are conscious, we can rely on God's powerful presence in us and our lives are transformed. It is through prayer and talking to God about everything that we are helped and guided.

"But I know that even now God will give you whatever you ask" (John 11:22, NIV).

"If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit

of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you" (John 14:13-17).

"But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do" (James 1:6-8, NIV).

"There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor?" (James 4:12, NIV). Instead, have faith in the one true God and let us love one another as we are called of God to do.

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

If Only I Would've Thought of That

Dr. James L. Snyder

Everybody knows certain situations calls for some serious thinking. My problem, and I think I share with other people still breathing, is I do things without thinking it through.

Most people, and I include myself in this group, have not had a serious new thought in years.

I do not include the Gracious Mistress of the Parsonage in this group, for she is always thinking up something new—at least from my perspective it seems to be new. Then, how do I know it is really new? I just take her word for it, which makes for peace in our home. Most homes are full of pieces while our home is full of peace.

My thinking is simply this: A peaceful home is a home I want to live in. That is as far as my thinking really gets. Often she will complain to me she has a headache. I don't wonder because of all the thinking she does. If I did half the thinking she did, my head would be thumping for a year.

My philosophy is: Let other people do all the hard work of thinking up new things to do.

I suppose it would be good to think of something new and create something everybody wants to buy. That is one way to make money.

I look at some things created in the world that have changed the way people live and often I say to myself, "If only I would've thought of that." But then, thinking takes a lot of energy and who has energy to spare these days?

When it comes to thinking, I am three winks short of a snooze. Why should I think when everybody else is thinking for me? I know there is the attitude of self-esteem that you should not let other people think for you. I come back and say, "Why not?"

What is so bad about other people doing most of the

thinking?

In our home, for example, my wife does all the thinking. This allows me to indulge in the wonderful habit of not thinking. I know I have a brain. I know God gave me a brain to use. I also know I do not want to over use my brain. I am saving some real thinking time for when I am too old to do anything else.

Right now, I can enjoy myself with a variety of physical activities. Well, not so much physical and when I come down to it, not too much activity either. I like to think I am doing something along that line.

There I go thinking again. If only I would just leave it alone and simply enjoy life as it comes.

Perhaps that is what is wrong with people. They just think too much. Something happens and it gets them to thinking about this, which then causes them to think about something else, which then causes them to get lost in their thinking.

What it is, is people just think too much. For most people, they do not have much of a base for their thinking.

A great philosopher, I can't think of who, once said, "I think and therefore I am."

If only I would've thought of that. In thinking of that, I am a little confused as to what in the world that philosopher meant. Does he mean, if I don't think, therefore I am not?

Me thinketh that he thinketh way too much. Now I have a headache!

I would not mind if people did some thinking if their tongue was not attached to that thought. Why is it everybody has to tell me what they are thinking at the time they are thinking it?

Invariably somebody will come up and say, "I was just thinking..." I know I am in for an extreme tongue-wagging session and nothing I can do about it. Once somebody gets to thinking,

it is very hard to turn off that spigot.

If only I would've thought of some way to keep people who are thinking from telling other people what they are thinking I would become a very rich person.

Then there is that oxymoron when you meet somebody and they begin with, "I was just thinking about you..." For the next 45 minutes, I will have to hear what they had been thinking about me.

If there is any insomnia, this will cure it once and for all.

If only I could think of something to say when somebody begins talking to me about what they are presently thinking about. My problem is, is my thinking machine is on vacation most of the time.

Once I was sitting in a cafeteria by myself, drinking some coffee and enjoying the quiet, when somebody approached me and said, "Hey, what're you thinking about?"

It is very awkward when somebody asks me that because I have not been thinking about anything. Is it really important to be always thinking about something? I once responded to someone by saying, "Oh, I've been thinking about nothing." They looked at me rather strange trying to think of what I have not been thinking of at the time.

The apostle Paul was right when he wrote, "For if a man think himself to be something, when he is nothing, he deceiveth himself" (Galatians 6:3).

If I am going to think, I want my thoughts to honor God and not be just about myself.

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. ★

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Sudoku Puzzle on Page 6

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5 3 9 4 1 8 7 2 6
6 8 2 9 7 3 5 4 1
2 5 8 7 9 4 6 1 3
7 4 6 1 3 2 9 5 8
1 9 3 5 8 6 2 7 4
3 6 7 8 5 1 4 9 2
9 1 4 6 2 7 8 3 5
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Crossword Puzzle on Page 6 M A M B A O T T P S S T
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R E L I T E N E A U G U R
C L O T H E S M I R R O R
S E C H E L P
T H E A L S O O O L O N G
H E R B A W R Y V I S O R
U L N A T A R E S E C R U
M I S T S N I L E N A I F
B O T T O M F L O G R A F
W A V Y U R L
N I G H T S A L A D D I N
C U R I A I S M S O U S A
A D A P T G E E S P A N S
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Riley Reviews

GRIPPING HIGH WIRE ACT IN "THE WALK" PROVES STUNNING, TENSE

Though the 3D presentation of "The Walk" proves to be spectacular and emotional, Gordon-Levitt's Petit fulfills the director's primary objective of what it's like to be on the wire, and to be sure, the actual stunt is breathtaking.

But before the film gets to the scene of the "artistic crime," the story begins in Paris with Petit riding a unicycle and performing stunts in the public square acting the role of a struggling busker.

Performing his circus act of juggling and walking on a rope strung between two trees, Petit was basically in the minor leagues until he met up with street singer Annie (Charlotte Le Bon), who became his girlfriend and partner in the eventual planning of the New York caper.

In many respects, "The Walk" is a caper film, with the heist target being the illicit act of making it up to the 110th floor of the Twin Towers with the necessary equipment and the heavy cable wires.

At first, it appears that Petit's ambition is beyond his talents. His attraction to the Twin Towers comes from a newspaper article about the architectural marvel of what would become at the time the world's tallest buildings.

Petit began doodling on the newspaper photo a line connecting the two towers, dreaming of a feat that would require him to seek out the help of Papa Rudy (Ben Kingsley), a circus performer with a lifetime of experience walking on the high wire.

After mentoring sessions with Papa Rudy, which include walking the wire under the circus tent without a safety harness and practicing in open fields, Petit assembles a team of cohorts to plan the New York adventure.

As time moves along, Petit becomes more immersed in American culture and the English language, even though his accent

remains unmistakably foreign.

Serving as a framing device to capture the Twin Towers in the background, Petit narrates his thought process on moving forward with an ambitious goal from a perch on the Statute of Liberty, a landmark which in itself is the welcoming point for entry into America.

Aside from Annie's dedication to his visionary yet dangerous aspiration, Petit finds a primary accomplice in his friend Jean-Louis (Clement Sibony), who has the responsibility in the pre-Internet age to document the event with still photography.

While picking up supplies at an electronics store in Manhattan, Petit and his team gain another accomplice in J.P. (James Badge Dale), who gets in on the action because, unbeknownst at first to the crew, he speaks French and understands their secret mission.

Once in New York, the story focuses on the planning stages of the caper, with Petit and his gang conducting undercover surveillance and scouting their options. Petit dons a number of disguises, from construction worker to an office drone complete with the appropriate business suit.

Interestingly, and completely riveting, is the notion that the preparation for the act itself is like a reverse heist film. The primary objective is not to steal anything, but to put the cables and equipment in a secure and hidden place.

In real life, Petit's high-wire walk, without a safety harness, took about 45 minutes. In "The Walk," the timeframe is more condensed, and yet it fully captures the extremely perilous nature of this performance.

Petit traverses the wire between the two buildings not just once but many times, pausing occasionally to kneel down and at one point to recline on the wire. If you don't feel the emotional punch of watching this hazardous stunt, check to see if you still have a pulse.

The high-wire walk creates gripping tension and suspense, and as such "The Walk" is a technical marvel that demands to be seen in 3D. You can't watch the climactic daredevil act without a feeling of shear dread or panic. ★

Physicians Warn of Halloween Eye Risk

Over-the-Counter Contact Lenses Could Contain Dangerous Chemicals

SACRAMENTO REGION, CA (MPG)

- Every Halloween, costume contact lenses fly off the shelves as people look to accentuate their outfits with those appealing visual accessories. These non-prescription lenses, however, can cause potentially blinding infections.

To help prevent eye damage and vision loss, the California Academy of Eye Physicians and Surgeons (CAEPS) and the American Academy of Ophthalmology (AAO) are warning costume shoppers about over-the-counter decorative lenses after a recent study found that several varieties tested positive for chlorine and other harmful chemicals.

"While Halloween costumes complete with over-the-counter contact lenses can be fun, many people do not consider the possible damage these seemingly harmless accessories could be doing to their eyes," said Leah Levi, MD, CAEPS president. "We take Californians' vision very seriously, so we believe the safest way to avoid any potential loss of vision or eye damage is to avoid costume contacts altogether."

Research published in September found the potentially harmful substances in three types of cosmetic contact lenses produced in Ireland, Taiwan, and South Korea. Iron was found in four pairs of lenses. One pair seeped chlorine after a routine rinse, prompting concern from researchers about toxicity to the eye. The chemicals likely come from colorants used to

tint and create playful patterns on the lenses. The study also noted that colorants printed or pressed onto some decorative lenses create an uneven texture. Those rough surfaces could scratch the eyes, potentially allowing in bacteria that can cause infection and even blindness.

Four of the five lenses in the study are not available legally in the United States because they are not approved by the US Food and Drug Administration. Despite that sales restriction, many decorative lenses of unknown origin can be bought online. Around Halloween, they often crop up for sale at beauty parlors, flea markets, or even gas stations. The problem is that contact lenses not approved by the FDA may be made with materials that can harm the eyes by causing corneal ulcers or other corneal irritations or infections (keratitis). These conditions can result in scarring that impairs vision or causes blindness. For this reason, both Academies advise against wearing decorative lenses without a prescription.

"You can't be sure what you're getting when you buy over-the-counter contact lenses, which can be very dangerous to your eyes," said ophthalmologist Thomas Steinemann, MD, spokesperson for the AAO. "If you want decorative contact lenses, get a prescription or steer clear of them. It's not worth the risk to your vision."

Costume Contact Lens Safety Guidelines

To safely wear decorative contact lenses this Halloween or any time of year, the California Academy of Eye Physicians and Surgeons and the American Academy of Ophthalmology recommend following these guidelines:

- Only buy decorative contact lenses from retailers who require a prescription and sell FDA-approved products.
- If you don't already have a contact lens prescription, obtain a valid prescription and eye exam from an ophthalmologist—a medical doctor who treats eye conditions and diseases—or an optometrist.
- Even those who don't require lenses to correct their vision need to get examined and fitted for the right size plano (zero power) cosmetic contacts by an eye health professional. Ill-fitting lenses can scratch the surface of the eye, creating an opening for infection.
- Redness, swelling, excessive discharge, pain, or discomfort can signal eye infection. If you have these symptoms, immediately see your prescriber. Eye infections can cause blindness if left untreated.

For more information on costume contact lenses, visit the American Academy of Ophthalmology's public information website, www.geteyesmart.org.

Source: Stephanie Rosa ★

A Special Article by Tim Riley

THE WALK (Rated PG)

The Twin Towers of New York's World Trade Center come to life again in "The Walk," the story of a Frenchman's surreal participation in an illegal activity that didn't involve the worst strike on American soil since Pearl Harbor.

Apart from the horror of the 9/11 terror attack, let's also not forget that World Trade Center was the target of terror bombings back in 1993.

Fortunately, "The Walk" is set in 1974, allowing director Robert Zemeckis to pen a love letter to the iconic buildings that then loomed large over the New York skyline.

On August 7, 1974, the day before President Nixon resigned from office, Philippe Petit, a French aerialist, surprised unwary passersby with a high-wire walk between the towers of the almost-completed and partially-occupied World Trade Center.

The story of daring wire walker Philippe Petit was documented in "Man on Wire," a film released in 2008 and subsequently awarded the Oscar for best documentary film.

Elsewhere, Petit's act has been described, perhaps fittingly, as the "artistic crime of the century."

An interesting take on why making a film about the seemingly impossible is director Zemeckis' observation that when you watch a wire walker, "you always have to watch by looking up at him."

"The Walk" affords viewers the point of view of Petit, wonderfully expressed here by Joseph Gordon-Levitt, a role that requires him to have a French accent that proves to be only minimally distracting.



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WELLS FARGO

Give Your Sprinklers a Break this Fall

Sacramento Suburban Water District Asks Customers to Voluntarily Limit Landscape Watering to One Day

SACRAMENTO REGION, CA (MPG) - Officials at the Sacramento Suburban Water District (District) are appealing to customers to voluntarily limit their landscape watering to one day a week this fall.

"Our customers did an outstanding job conserving water this summer, and reduced water use by nearly 36% June through August compared to 2013," said Greg Bundesen, SSWD's Water Conservation Supervisor. "We need them to keep up the great savings this fall and winter to meet our overall target."

The request was issued as the District continues working to meet the mandatory water conservation target set by the State Water Resources Control Board. The District is required to reduce its overall water use by 32% from June 2015 through February 2016 compared to the

same timeframe in 2013. The District has so far saved 2,076 million gallons of the 3,072 million gallons it must conserve, approximately 67% of the state-mandated reduction.

"The biggest bang for our buck in water conservation comes from limiting landscape watering," Bundesen said. "As people stop watering their yards during the rainy winter season, we'll need to squeeze additional savings from indoor use—which is typically more challenging. That's why we're asking our customers to step up their efforts now, during the fall."

Lawns, trees, shrubs, and plants all need less water in the fall as the days become shorter and cooler, and with the expected rains, yards will need little to no additional water.

Customers willing to

voluntarily limit their watering to one day per week are asked to choose one of their designated watering days (Tuesday or Saturday for odd addresses and Wednesday or Sunday for even addresses) and water only on that one day.

SSWD customers are encouraged to use the screwdriver test if they're not sure if their landscape needs water. The test can be done by taking an eight-inch screwdriver and pushing it into the ground. If the screwdriver goes in more than three inches below the surface, additional watering is not needed.

For more information on ways to conserve, including details about available water-wise rebates, customers can call (916) 972-7171, or go online to sswd.org.

Source: SSWD



Holiday Craft Faire



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Saturday, November 7

9am-3pm

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FREE CAREGIVER RESOURCE DAY

October 28, 2015

9:30 am - 1:00 pm

**Cordova Neighborhood Church
10600 Coloma Road
Rancho Cordova, 95670**
(Corner of Coloma Road and Cordova Lane)

All Caregivers Welcome

- **Allen & Allen, LLP, Financial Planner / Tax Advisor**
- **Aurora Counseling Center**
- **Compassionate Crossings** (Planning for end of life)
- **Elder Care Management of Northern CA**
(Caring and advocating for loved ones)
- **Elder Law Attorney, R. Dustin MacFarlane**
- **Green Valley Hospice**
- **McIlwain Mobility Service**
(Equipment that promotes independence and mobility)
- **Senior Care Solutions**
(Resources and facility placement of loved ones)
- **Sierra View Mortuary**

Additional information from:
• Alzheimer's Association
• Del Oro Caregiver Resource Center

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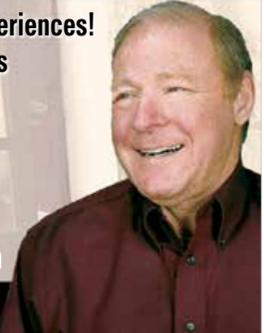
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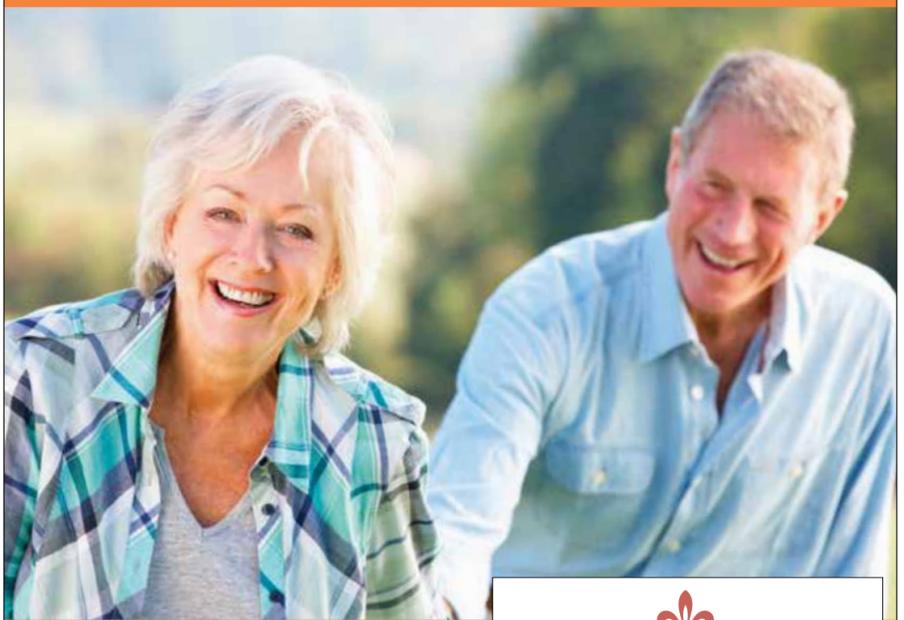
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Lisa West
Community Outreach Director



Where Will Your Loved One End Up

Memorial Parks
Mortuaries & Crematory

By Lisa West

Cremations are happening with such frequency, it's hard to keep up with all of the new products and services available. Did you know that you can have human cremated remains compressed into a diamond? You can have them sanitized and made into tattoo ink. You can even have them shot into space.

Often families choose to take the cremated remains home in a decorative urn and display them on the mantel or scatter them in a person's favorite place. If you choose to take the urn home for a period of time before deciding on a final disposition, keep a few of these ideas in mind.

While scattering of cremated remains can be a meaningful choice, it is wise to wait at least one year before scattering. When considering this choice, it is important to remember that it is irreversible and the land where you scatter can have its usage changed in the future (in other words, something could be built there that you don't like and you may no longer enjoy visiting your loved one in that place). By holding off for one year, you are in a better frame of mind than when the loss was new and you were grieving the most.

Be very cautious when scattering. You are required by law to obtain a permit for scattering and there are many places where it is illegal to scatter cremated human remains. Again, another good reason to wait one year.

Many people choose to scatter only a

small portion of the cremated remains and keep the rest at home. Some spouses choose to keep their partner at home until they themselves pass away, then both sets of cremated remains are buried together in a grave or cremation garden.

If you have not made pre-arrangements for the final disposition of cremated remains, ask yourself this question. What will happen to that urn (that person), 10, 25 or 50 years from now?

Sadly, unidentified cremated human remains are often found in abandoned houses, in the trunk of impounded cars, at garage sales and even in landfills. The coroner is then called to take possession of these unknown cremated remains because there are no family members left to claim them.

Memorializing cremated human remains in a cemetery or memorial park, a cremation garden or a niche are wise decisions to ensure long-term security for your loved ones cremated remains and to have a place to visit them regularly. It will also bring you tremendous peace of mind.

Lisa West is the community outreach director for East Lawn and her column appears monthly. You can reach her at lisaw@eastlawn.com or (916)732-2020. For previous articles, please visit www.EastLawn.com. ★

www.EastLawn.com



Patriots Park

WALL OF HONOR

Saturday, November 7 at 10AM
6825 Palm Avenue Fair Oaks, CA 95628

Join the Carmichael Recreation & Park District's annual event honoring our local fallen heroes

Guest Speaker: Sacramento County Supervisor, Susan Peters

Light refreshments will be served



Wall of Remembrance: 12 former inductees will be honored, along with local fallen hero, Sacramento County Sheriff Deputy, Danny Oliver




For more information:
Visit us at carmichaelpark.com
or call 916.485.5322



WIDOWED PERSONS ASSOCIATION OF CALIFORNIA



The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722

Sunday Support - Any and all widows or widowers are invited.
Every Sunday from 3:00pm - 5:00pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

20 Minute Educational Presentation and a Free Luncheon



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Reservations Required
Please RSVP for the day of your choice.
Seating is limited to 30 attendees per seminar.



This is not a sales seminar. It is a 20-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

Friday, October 30
11:30 a.m. to 12:30 p.m.

Sierra Hills Memorial Park & East Lawn Mortuary
5757 Greenback Lane, Sacramento, CA 95841
Tel: (916) 732-2020 Lic#FD-1242 | RSVP: Jessica at jessicae@eastlawn.com

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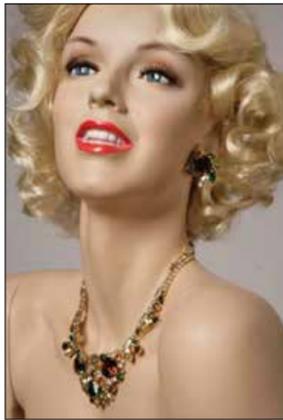
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POPPOFF!

with Mary Jane Popp

Marilyn and Joe, including the original memorial program from Marilyn's funeral; I can't begin to list them all. There were wonderful candid family photos from a private birthday party in San Francisco that have never been



Hollywood History Can Be Yours

It doesn't seem possible, but it's been nearly a year and a half since the passing of my dear friend June DiMaggio just before she turned 91. June was the niece of Joe DiMaggio, and very close friends with Marilyn Monroe until Monroe's death in 1962. She and I collaborated on my book "Marilyn, Joe and Me." June DiMaggio told it like it was.

As I thought back to the 35-plus years I knew June, I recalled the incredible stories she told me about Marilyn, Joe, and some of the many other special people she knew from her days in Hollywood, from Barbara Stanwyck and Jeanette MacDonald to Hoagy Carmichael, Ann Sothorn, and so many more. At the anniversary of her passing in June of this year, I decided to take out all of the memorabilia June gave me over the years for birthdays and Christmas since our first meeting in 1980. I really had forgotten about so many of the precious items she gave me. I loved reading all of the handwritten notes signed by her, which included stories about how she came to own such precious memorabilia like the Kimono—from Japan—that Marilyn wore before she gave it to June. There were so many personal items from both

seen before. There were personal notes from stars like Barbara Stanwyck, Ann Sothorn, Jeanette MacDonald, and musical genius Hoagy Carmichael, who gave us songs like "Stardust." Many of these items can be seen in my book "Marilyn, Joe and Me."

As I held the items and remembered when she brought them to me, I read notes about how she got each item and why she wanted me to have them. I thought to myself, *who will cherish these beautiful memories when I am gone?* So I came to a very difficult decision. I decided to trust them into the hands of Brian Witherell.

Witherell is an "Antiques Roadshow" appraiser and chief operating officer of Witherell's in Sacramento. When I called Brian and told him that I wanted

to pass these treasures on to fans of these icons, he said "Marilyn and Joe were iconic figures. Their marriage was the love story of the century. They were, and still are, American Royalty." He was so right, and so I want these beautiful memories to go to those who will keep them and pass them on for decades to come.

All of these items will be offered to fans November 4th to 18th by Witherell's Auction. You can bid on the items during this time. Go to www.Witherell.com and click on the Dimaggio Auction Link, right below the image of Marilyn Monroe. On November 18th at 9 a.m. Pacific Time, the auction will close. A preview of the auction will be held Saturday November 14th from 1 to 5 p.m. at Witherell's gallery, 300 20th Street, Sacramento.

If you have more questions, please call (916) 446-6490. Own a piece of Hollywood. From the big screen of yesteryear, I hope to share this iconic history of celebrities who will remain in our hearts forever! ★

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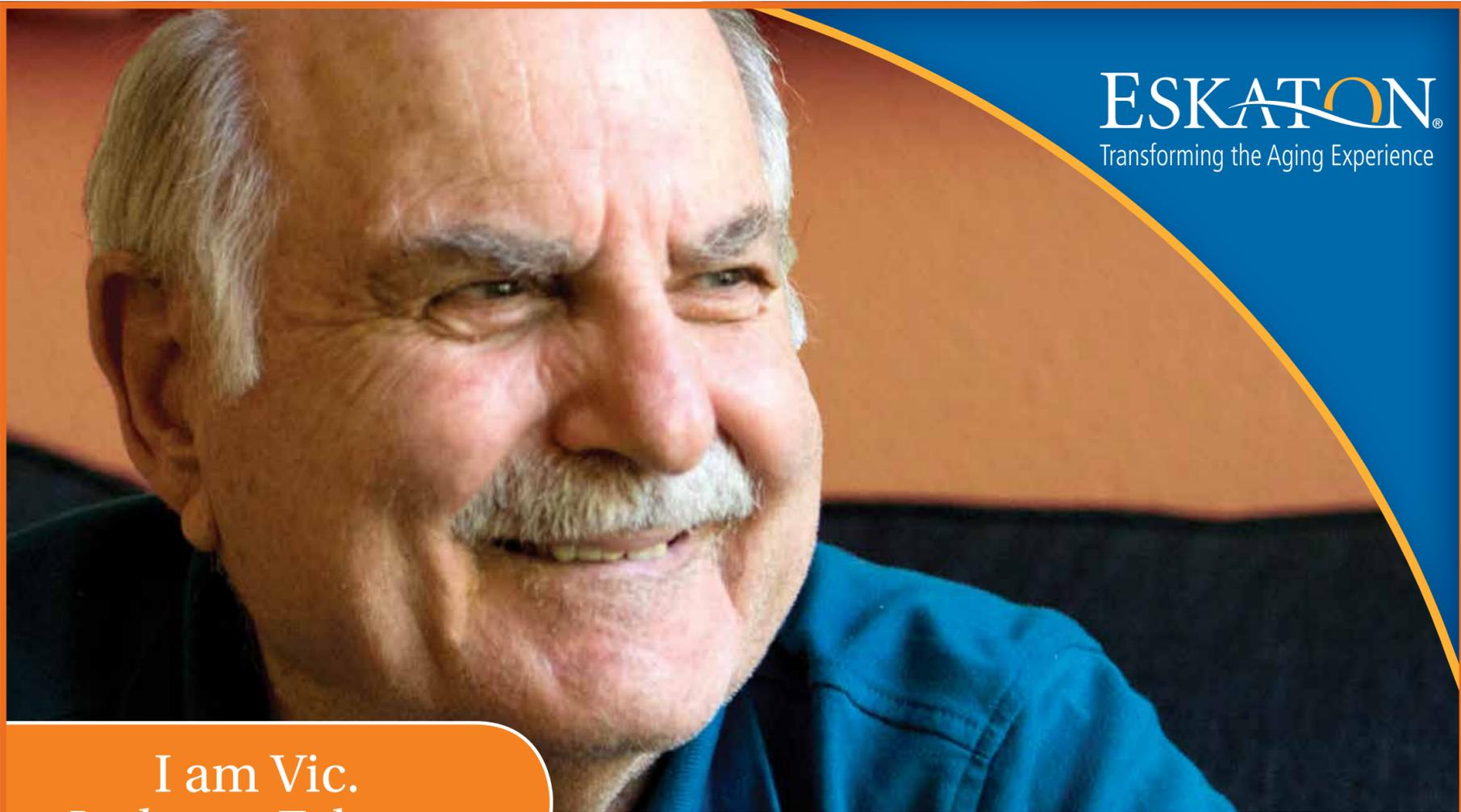
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Whole Lotta Hopps at Whole Lotta Brews 2015



The Whole Lotta Brews Festival offered over 75 different stations where guests could sample beer, wine, and food from throughout the region.

Story and photos by Ben Barber

FOLSOM, CA (MPG) - Once again, the Whole Foods Marketplace at the Palladio in Folsom played host to the Whole Lotta Brews Festival. The fundraiser offered over 75 different stations where guests could sample beer, wine, and food from throughout the region. Local Sacramento entertainers The Used Blues Band set the backdrop for a perfect autumn night. The \$30-\$40 ticket price gave eventgoers a small tasting mug where free beer samples could be taken from each of the tents.

Among the many tasting stations was River City Brew. River

City Brew was kicked out of the old Westfield shopping center to make way for the new stadium, and are now anxious to move into their new location, coming soon to the Milago Center on Marconi and Fair Oaks. "We're really excited about moving and all the extra space the new location has to offer," said the pourer at the booth. But while they may be in transit, the quality of their beer hasn't suffered.

Other notable local breweries included the American River Brewing Company and Track 7 Brewing Company. Both had tasty IPAs to offer. The IPAs were the trend at the majority of the booths, featuring red, white, American,

and European IPAs.

Last year, the festival raised over \$27,000, a number that is sure to be topped this year because the event expanded. An upgrade from last year was a larger row of portable toilets, allowing patrons to do more socializing and less standing in line. Another feature was the cornhole game, where patrons could compete by throwing a bean bag into a hole on a plank of plywood from 27 feet away. Cornhole is a common game at tailgate gatherings and barbecues. Finally, one could swing by the Fork in the Road Foods tent to grab a full-size spicy chicken sausage or the Chicago Fire tent to get some thin-crust pizza. ★



Local Sacramento entertainers The Used Blues Band set the backdrop for a perfect autumn night.



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