



Great Balls of Fire!

California Capital Airshow Celebrates 10th Anniversary
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GAINES' PRIVACY PACKAGE BILLS HEAD TO GOVERNOR



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with Mary Jane Popp



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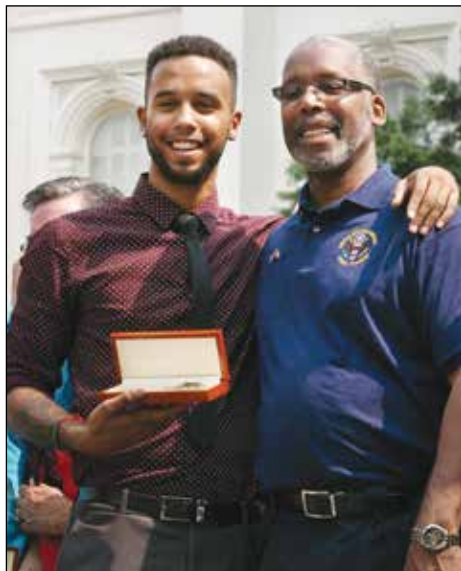


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Our Boys Are Back in Town

Hometown Heroes Honored in Capitol Parade



Photos clockwise from top left: Riding a hero-mobile on Capitol Mall, Alek Skarlatos, Spencer Stone, and Anthony Sadler (from left), bask in cheers from 10,000 admirers—their actions to thwart a terror attack brought international fame for the Carmichael and Rancho Cordova-raised trio; Three generations of Stone and Skarlatos' Carmichael and Fair Oaks kin gather to celebrate; Firefighters and police officers joined observances for the 9/11 tragedy; CSUS student Anthony Sadler embraced proud papa, Anthony Sadler Sr.; Airman First Class Stone, National Guard Specialist Skarlatos, and CSUS student Sadler (from left) rejoice in their keys to Sacramento City; Supervisor Susan Peters and Assemblyman Ken Cooley greeted their famous constituents; Del Paso High School students were vociferous fans—alma mater to Stone and Skarlatos, the San Juan District school also supplied ROTC honor guardsman for the parade.

Story and photos
by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Spencer Stone, Anthony Sadler, and Alek Skarlatos began a European vacation as ordinary tourists. The chums returned home as international heroes.

Armed with quick wits and aided by luck the Christian trio regard as divine intervention, they prevented a massacre that might have turned a train ride from Amsterdam into murder on the European express. Disabling an armed-to-the-teeth terrorist is now their legend—and probably inspiration for future movies. Meantime, France's Legion of Honor award, TV appearances, and hero worship are their overwhelming lot.

But homecoming topped all previous thrills. “We’ve been all over the world these last couple of weeks,” an emotional Anthony Sadler said at last week’s Sacramento rally. “All the thanks we’ve received don’t compare to being in front of our home crowd like this.”

Carmichael-raised Spencer Stone was amazed by the adulation. “We all love you,” he told a 10,000-strong crowd. In uniform, the Airman First Class lived up to the “Captain America” moniker from his training days. Sadler was sartorial in slacks, shirt, and tie; Skarlatos’ polo shirt and jeans

did little to hide an athlete’s physique. Indeed, the three amigos were hotter than tar seal on a 100-degree Capitol Mall day.

Heralded by marching bands, drums, hoof beats, and cheers, they took the earlier procession—from Crocker Park to the State Capitol—in their formidable stride. At first indulging in selfies atop their gaudy float, they soon warmed to waving and hand-slapping duties. They stooped to shake hands with front row fans. They returned compliments from well-wishers. “Thank you, boys” was a phrase often yelled at the modest trio. At Fourth Street, the first confetti blizzard provoked onboard delight.

A jet fly-over and Mayor Kevin Johnson’s keys to the city were icing on the Capitol cake. An hour of ovations later, our boys were ushered away. Tearful moms, proud dads, and awed young relatives awaited.

Accolades are far from over. Captain America Stone was moved to tears when a little girl asked if he was able to fly. Former Army National Guardsman Skarlatos once envisioned a police career. Now the Carmichael hunk is foxtrotting with the stars in Los Angeles. “At some point, our lives will probably return to their intended courses,” he considers. “For now, we’re just trying to figure out what we’re doing next week.” ★

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Best of Broadway is Back

FAIR OAKS, CA (MPG) - The Fair Oaks Theatre Festival is carrying on a Sacramento tradition that has been enjoyed for decades: the popular *Best of Broadway*! This year, under the direction of Bob Irvin and Corey Winfield, the show (subtitled *Broadway Re-Viewed*) takes a musical romp through some of American musical theatre's most revered, most memorable, and most hilarious songs. The show runs through September 27th on Fridays, Saturdays, and Sundays, with all performances beginning at 7:30 p.m.



Corey D. Winfield is featured in Best of Broadway — Broadway Re-Viewed. Photo by Brian Williams

This year's *Best of Broadway* features some of the best of Sacramento's and the Festival's musical talent as well, including Deane Calvin (of *Gypsy* and *The Great American Trailer Park Musical*), Brianne Hidden-Wise (of *Seussical* and *Minnie's Boys*), Corey Winfield (of *The Drowsy Chaperone* and *Planet X*), Analise Langford-Clark (of *Cinderella* and *The Drowsy Chaperone*), Karen Bombardier (of *Sugar and Annie*), and returning *Best of Broadway* favorites, Kathryn Skinner and Brittini Profit.

As always, the children in the cast bring a fresh energy to the show and include Sarah Arata, Emma Huffman, Malachi Little (of *Seussical*), Benjamin Hirsch (of *Aladdin*), and fifteen kids from the cast of StageRight Production's *The King and I*! Jonathan Blum (recently featured in STC's *Pirates of Penzance*) is at



Brianne Hidden-Wise is featured in Best of Broadway — Broadway Re-Viewed. Photo by Bob Irvin

the helm as musical director, leading a live band of local musicians who provide the perfect musical backdrop for the talented cast of singers and dancers. This show is fast-paced and full of high-spirited energy, and is overflowing with talent for young and old alike.

Songs featured in the musical revue run the gamut from Gilbert & Sullivan's "Three Little Maids from School," to "Do, Re, Mi" from *The Sound of Music*, "Where is Love" from *Oliver*, and "Getting to Know You," from *The King and I*, all linked together with humor and at a pace that keeps the audience on its toes. With songs from nearly every decade of musical theatre, there's truly something

for every member of the family to enjoy. What's more, the "theatre under the stars" setting, plentiful concessions, and colorful gaggle of Fair Oaks' trademark chickens combine with the music to make for a unique and delightful evening of live theatre.

Ticket prices are \$20 for general, \$18 for seniors/students, and \$15 for children 12 and under. Group rates are available. The show is located at Veteran's Memorial Amphitheatre, 7991 California Ave. Fair Oaks, 95628. For more information, call (916) 966-3683 or visit FairOaksTheatreFestival.com.

Source: Tracy Martin Shearer ★

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Fair Oaks Welcomes 36th Honorary Mayor Karyn BarthMoore

First Jr. Honorary Mayor is Matthew Mason



From left to right: Gabby Coulter, Miss Fair Oaks; Bob Clouse, this year's former Honorary Mayor; Karyn BarthMoore, new Honorary Mayor; Rose Erickson, Chamber of Commerce president; Dot Boyd, mayoral candidate; and Matthew Mason, new Fair Oaks Jr. Honorary Mayor. Photo by Elise Spleiss

By Elise Spleiss

FAIR OAKS, CA (MPG) - Over 100 Fair Oaks Chamber of Commerce former Honorary Mayors and members gathered on September 10th at the Northridge Country Club to announce the new Honorary Mayor.

The two candidates for the new term, Dot Boyd and Karyn BarthMoore, spent the last five months engaged in nonstop fundraising and other activities in Fair Oaks. With the help of family, friends, and others in their community, they describe the bid for the honor as a “fun and friendly campaign.”

Since Fair Oaks is not incorporated, there can be no elected mayor. In 1979, the Chamber came up with the idea of using this opportunity to raise funds for the needs of their city. Candidates for Honorary Mayor would each raise funds for a cause close to their heart. To date, including this year, \$347,839.56 has been raised, with many charities receiving much-needed financial support since 1979.

The total raised by BarthMoore and Boyd this year was \$24,247.40, the highest combined total raised by candidates. Half the funds raised will go to the Chamber of Commerce, and the other half will be divided between the two charities that candidates chose.

New Honorary Mayor Karyn BarthMoore chose the Fair Oaks Foundation for Leisure and Arts as her charity. She presented a check for \$7,110.11 to Warren McWilliams, past president of the Foundation and 1996 Honorary Mayor. BarthMoore’s work will assist with the building of the Founders Monument at Fair Oaks Village Oaks, created by local artist Phil Evans.

Dot Boyd presented a check for \$5013.59 to Bella Vista High School principal Peggy Haskins for her high school Alma Mater. Funds will be used for the purchase of educational technology. The students will help decide the specifics of the purchases.

Proud to be an alumnae of Bella Vista, Boyd sees her choice as a way to give back to her high school

and the community. She was helped in her fundraising by two students from the high school, Matthew Mason and Gabby Coulter.

Mason is a freshman and student body president at his former school who holds a 4.0 average. He took on many leadership roles during the summer to help both candidates. Mason developed his own website and social media sites. Boyd recognized Mason’s potential and was the person who suggested he run for Jr. Honorary Mayor.

Coulter (Miss Fair Oaks) also played a big part in the campaign. Cheerleader and Key Club member, Coulter has a 4.0 average. She was present at many of the events. One of outgoing mayor Bob Clouse’s most memorable moments during his term was the crowning of Coulter as Miss Fair Oaks, the first Miss Fair Oaks crowned since 1999.

Both candidates made the Fair Oaks community proud. Congratulations! ★



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Save Our Water Launches “Fix It For Good” Public Education Campaign

SACRAMENTO REGION, CA (MPG) - Save Our Water—California’s official statewide conservation education program—launched its “Fix It For Good” public education campaign at a turf replacement demonstration event put on by the California Department of General Services at the State Capitol. The campaign urges Californians to “Fix It For Good” by making permanent changes to save water by rethinking their yards, going water efficient with new toilets and fixtures, and fixing leaks.

“Save Our Water’s message this summer asked Californians to take extraordinary and immediate actions to save water, which helped the state reach a 31.3% reduction in water use in July,” said Jennifer Persike, Deputy Executive Director of External Affairs and Operations of the Association of California Water Agencies. “As we shift into fall, Save Our Water is building on that water conservation momentum and asking Californians to consider permanent changes with the “Fix It For Good” message.”

“Fix It For Good” campaign elements include billboards, outdoor media, traditional and digital radio, digital and social media, direct mail, theatre ads, and on-the-street efforts that will be seen and heard throughout areas of the state facing the highest water-use reduction targets set by the State Water Resources Control Board. The campaign also includes Save Our Water’s first television commercial, “Helping Hands,” which challenges Californians to face the drought together. The commercial started airing during Labor Day weekend in English and Spanish on ABC, CBS, NBC, Univision, Telemundo, and Fox networks in six targeted media markets: Sacramento, Fresno/Bakersfield, Chico/Redding, Central Coast, Inland Empire, and Palm Springs.

“It is more important than ever to remind Californians that we have to keep saving water as we move into fall and winter,” said Mark Cowin, Director of the California Department of Water Resources. “Even facing a strong El Nino, there are no guarantees that California’s historic drought will end this winter.”

Save Our Water’s website is available in both English and Spanish and is filled with tips, tools, and inspiration to help every Californian find new and creative ways to conserve. From tips on how to keep trees healthy during the drought to an interactive section allowing users to visually explore how they can save water both inside and outside the home, Save Our Water has a wealth of resources available for Californians.

Throughout the drought, Save Our Water has aimed to give Californians tools and tips to help everyone easily conserve every day at home and at work. Save Our Water connects with Californians on its Facebook page and through Twitter and Instagram accounts.

Governor Edmund G. Brown Jr. has directed the first-ever statewide mandatory water reductions in California, calling on all Californians to reduce their water use by 25% and prevent water waste. Save Our Water is a partnership between the Association of California Water Agencies and the California Department of Water Resources.

Source: California Department of Water Resources ★

ACAI Gallery and Studios Presents Black & White

FAIR OAKS, CA (MPG) - Don’t miss the Third Saturday Artist Reception at ACAI Gallery and Studios on September 19th from 6 p.m. to 9 p.m. There will be wine, appetizers, and a stunning group show of 13 distinguished artists that includes Rhonda Egan, Sid and Donine Wellman, Mimi Fogg, James Klein, Marie Dixon, Dave Hodapp, Larry Klink, Chris Max Thompson, Dorothy Champion, Barbara Noble, Tina Hartley, and John Hardwick. The artwork will showcase a variety of media types, including oil, acrylic, ceramic, wood sculpture, mixed media, photographs, ceramic, dry point, and collograph. All work is in black and white. ACAI Gallery and Studios is located at 7425 Winding Way, Fair Oaks, 95628.

Source: Carol Brewer ★



Sid Wellman and Donine Wellman “Conflict” collaboration piece. The wings are 3D mixed media on board, 66 x 40 x 10.



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WELLS FARGO



Dare to Live Without Limits

Adapting to Change

by Bryan Golden



The only constant in life is change. Yet change can be unsettling, especially when it is unwanted. Predictability and consistency provide a certain amount of comfort. Change often carries the prospect of having to deal with the unknown.

Knowing how to adapt to change is an essential skill that will serve you for a lifetime. There’s no point to resisting change because you can’t prevent it. People who try doing so get extremely frustrated. Attempting to resist change is as effective as seeking to stop the waves in the ocean. You are better off learning to surf on the waves rather than being constantly tossed around by them.

Here are some tips to help you adapt to change. Go ahead and use them, especially if you have trouble adapting to change.

Start by accepting change. You may not like it or want it, but it happens. Denying change doesn’t make it go away. Hiding from it doesn’t work either. Recognize it for what it is. Life goes forward and you must adapt to change.

When faced with change, don’t act or think like a victim. Complaining about unfairness or whining about why things always happen to you is counter productive. Although you may not have any control over the source of the change, you do have control over your response.

Don’t lament the past or it will pollute your future. Getting caught up with what you would have, should have, or could have done differently, wastes your time. Any feelings of anger, resentment, or bitterness will impede your ability to adapt to change. Your attention should be on where you want to go from here.

Resist reacting impulsively to change. Before taking any action, stop and think. Determine what’s causing the change. Is the change the result of decisions you made or is it out of your control? Understanding the source of change helps you formulate an appropriate response.

Next, list all possible options without evaluating any of them. Brainstorming in this fashion will give you many more choices than if you judge them first. Reviewing a big list will help you generate even more ideas.

Knowing your likes and dislikes will assist in picking the most appropriate course of action. Without this insight, you are more likely to make dissatisfactory choices. Your decisions should be based on what you want to accomplish, rather than what others expect of you.

While assessing your various options, keep your mind open. Let your mind dream about ideal solutions. More things are possible than you realize. Look for hidden opportunities. Change can alter your perspective. Change reveals prospects you may not have previously considered.

The old adage, “when one door closes another opens,” has a lot of validity.

When faced with change, assess each option based on your requirements. Don’t let the opinions of others taint your evaluation process. Be flexible. Let go of preconceived notions. Adapting to change requires a fresh perspective. Your priorities may have to be rearranged. Be willing to alter your course as needed.

When the change is significant, concentrate on one day at a time and one step at a time. There are occasions where it’s not possible to see very far down your road. That’s OK. As you move forward your vision will become clearer. With each step forward, more comes into focus.

Life is fluid and filled with surprises. Learning to become more adept at adapting to change is a worthwhile endeavor. You can even get to the point where you welcome change as an opportunity to grow. Adapting to change is essential to accomplishing your goals.

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 the only creative source and origin for true love! His book of love, the Bible, confirms this. “Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God” (1 John 4:7). He created love, as well as the empty hole that exists within all of us for true love to reside. Mankind has a hard time realizing that love that endures, sustains, fulfills, and satisfies does not come from another human being, but from our creator.

“In this is love, not that we

Starved for Love

loved God, but that He loved us and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another” (1 John 4:10-11).

True love is implanted in us when we make a genuine commitment to live by God’s standards for life. Once that happens and we invite Jesus into our hearts, God miraculously provides His love within us that never ends. When we know Him, He plants His perfect genuine love in our hearts to love others. Another place scripture tells us that others will know us by our fruit! That means our actions, acts and our words.

Every human being has a deep inner need to experience genuine love. Unfortunately, many search for it in wrong places (sex, drugs, money) and are never satisfied. Wholeness and a good self-image only come from a personal intimate relationship with God. Sadly, people run from God because their conscience is seared by the sins they have committed.

They don’t know that God loves you unconditionally no matter what you have done. He understands and He waits patiently for each of us to realize we want and need Him. His Holy Spirit nudges all of us many times until we come to that place “we are ready” and then exciting transformation and healing takes place as He fills us with His genuine love that lasts forever.

You will be amazed once you experience the true love and power of God in your life. The words of the Holy Bible will come alive and enrich your life beyond any hope or dream you have ever had. God will become more real than life itself. Read this again and join His huge family throughout the world as soon as possible.

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

It’s Hard Being a Fool When There’s So Much Competition

Dr. James L. Snyder

Ever since I was a young lad, I have had a competitive spirit. Quite frankly, I like to win at everything I do. After all, who doesn’t.

Being married has accelerated that competitive spirit, sometimes to my personal detriment. Overall, it has been a rather good run and the Gracious Mistress of the Parsonage and I just celebrated another wedding anniversary. I know who won in this competition, but don’t let her know. I am a gracious winner.

I certainly was not a fool to get married; it turned out to be a rather major win for me. What was on the other side of the matrimonial aisle, I am not quite sure. I have a “don’t ask and she won’t tell” philosophy here.

The fact that we have made it this long is a tribute to my wisdom in selecting the proper wife. Do not let this get out, but I will take credit wherever I can find credit. Just look at my bank account and you will know I need some credit. It has been a marvelous journey to say the least, not, however, without its difficulties.

Every time I get into some kind of “difficulty,” my wife will look at me and say rather stiffly, “Are you acting like a fool?”

After being married for so long, you would think she would get the idea that I am not acting at all. I wish I could act like a fool, to be able to turn it on and off at will. I must say that being a fool comes rather naturally to me, no acting needed whatsoever. I wonder what it would be like to act like a fool and where would a person get the training for that kind of acting? Perhaps some political university.

For years, I have met so many people who have a PhD in the thespian arts of being a fool. I am not sure where they get their degree or how long it takes to get that kind of a degree. But let it be clear, I do not have any degree in the art of being a fool.

Not being a “Professional Fool” I am not in competition with anybody else.

But that does not keep the good wife from saying to me on occasion, “Would you quit fooling around?”

I am not exactly sure what I am supposed to do at that point, I do not want to ask her what she means because I know she would tell me. Do I really want to know? There is something to be said for being in the dark about some things. This is definitely one of them.

Of course, if I knew what she meant by “fooling around,” I could make some adjustments in my personal behavior. As it stands, I am only guessing.

I get into trouble because many times when I am caught red-handed, as they say, I justify what I am doing (big mistake) by telling her. “I was just fooling.”

To which she usually responds, “I know that and I wish you would quit fooling around.”

Then she says something that is rather confusing to me. “You can’t fool me.”

I have often wondered what she means by that. This is where the competitive spirit kicks into high gear. I ponder very enthusiastically the thought, what would it take to fool her? If I can only figure that out, life would take on a brand-new exuberance.

It is easy to fool other people, particularly those that do not know you that well. I might as well say it is also easy to be fooled by other people. That does not matter to me one bit. But if I could pull off a major “fool you” on my wife it would make my day.

I am not sure that it would take much. As I look around, I realize it is hard being a fool was so much competition.

If I could find the perfect fool, perhaps I could get some pointers on how to be a better fool. Maybe I could learn some special techniques associated with the craft of acting a fool.

I know my wife is an expert in identifying fools and foolish things for that matter. Every once in a while, I try to find out what her secret is, but, being the fool I am, I never seem to be good enough to fool her.

Just when I think I have accomplished a trophy level of being a fool, my wife steps in and says, “You’re not fooling me in the least.” Then she flashes one of her smiles and goes back to the arduous task of being my wife, which she has done so brilliantly.

I suppose I am a low-level fool in just about every level of my life. There is one level, however, where I am not a fool. I confess to making foolish statements, doing foolish things and just plain acting a fool. But I have discovered an area where I am no longer a fool.

I think David had it right when he said, “The fool hath said in his heart, There is no God. Corrupt are they, and have done abominable iniquity: there is none that doeth good” (Psalms 53:1).

Some people deny God until they need help. Then, they call out to God. The wise man does not deny God, but pulls Him into his daily living experience.

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 jamessnyder2@att.net. His website is www.jamessnyderministries.com. ★



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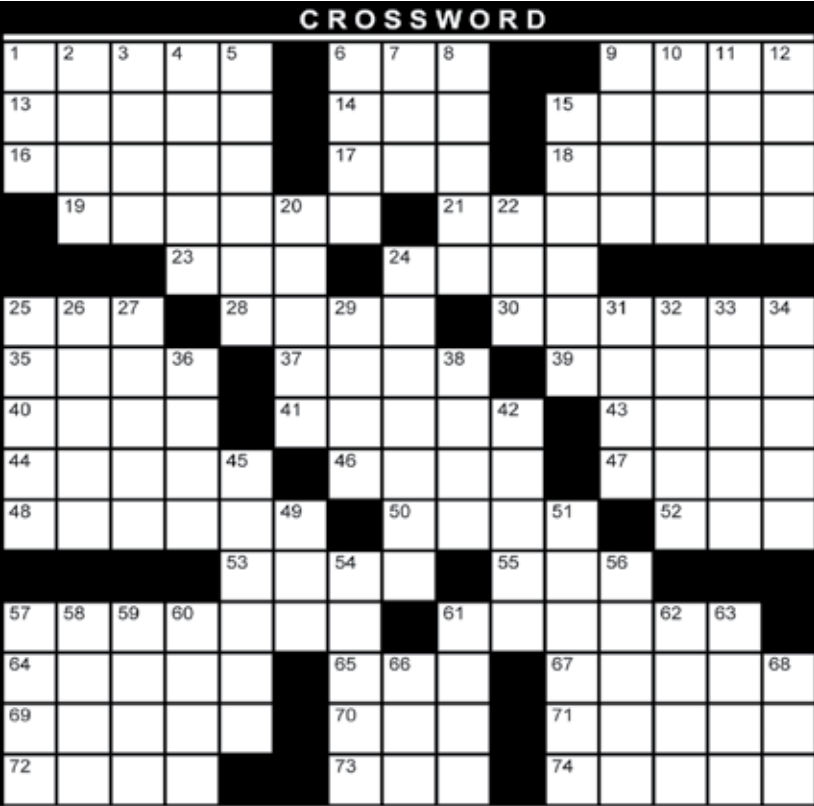
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 - Are not
 - Tiny toiler
 - Haul up
 - *Hair trend-setting friend
 - *Lady Mary or Lady Violet
 - Immeasurable period
 - Herring-like food fishes
 - Commonwealth of Independent States
 - Gaspar, Balthasar and Melchior
 - Opposite of lead
 - Burden
 - *Most of the characters in Oz
 - Sound of a fast move
 - Harbor ill feelings
 - Greyish brown
 - South American monkey
 - Army doc
 - Good earth
 - State of irritation
 - Trail
 - Functions
 - Fraternity
 - Stir fry pans
 - Indefinite degree
 - *Gandolfini's character
 - Ancient theaters
 - Not our
 - Found at the end of a series
 - More wry
 - What sitcom did
 - Zeppelin
 - Opener
 - Recipe direction
 - Sometimes they just pop up
 - City in North Rhine-Westphalia

DOWN

- Calyпсо cousin
- Unit of pressure
- a² of a square
- Made of pickets
- 6 feet, to a captain
- *Because of Winn-Dixie" protagonist
- *Mad Man
- Dine and
- Flat-bottomed boat
- Work hard
- English river, of Virginia Woolf fame
- Bohemian
- What Peter Pan lost
- Perform in a play
- Luftwaffe's WWII enemy
- Like a curvy line
- *Given name of Seinfeld's neighbor
- Lay to rest
- Blue fabric in Elvis song
- Guarded by Hope Solo
- Land parcels
- Under fig leaves?
- Plural of ostium
- *a.k.a. Heisenberg
- of whiskey
- R&R destinations
- Make corrections
- English playwright Noël
- Blondes, rock band
- *The youngest Griffin
- Aussie bear
- French brass, pl.
- Bayonet wound
- Home to Columbus
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- Things to pick
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- *Eddard Stark, for short
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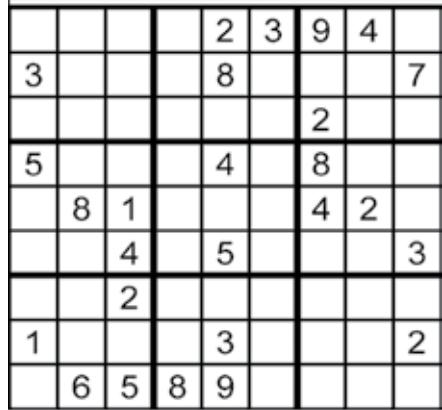
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Sudoku Puzzle on Page 6

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

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Crossword Puzzle on Page 6

S	T	A	F	F		O	D	D		S	T	O	A		
K	O	R	E	A		P	O	I		S	C	O	U	R	
A	R	E	N	T		A	N	T		H	O	I	S	T	
		R	A	C	H	E	L		C	R	A	W	L	E	Y
			E	O	N		S	H	A	D					
C	I	S		M	A	G	I		F	O	L	L	O	W	
O	N	U	S		C	O	N	S		W	O	O	S	H	
S	T	E	W		T	A	U	P	E		T	I	T	I	
M	E	D	I	C		L	O	A	M		S	N	I	T	
O	R	E	G	O	N		U	S	E	S		S	A	E	
				W	O	K	S		N	T	H				
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T	H	E	I	R		A	N	D		W	R	I	E	R	
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B	O	I	L			A	D	S		E	S	S	E	N	

American River Comes Clean

Community Schedules Housekeeping



After a summer of trash-producing activity, the American River will be scoured for debris on September 19th.

Story and photo by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - A passion for a pristine river inspires one of Sacramento County’s biggest volunteer efforts this fall.

On September 19th, more than 1,500 workers will remove trash and household items that rafters, picnickers, and illegal dumpers inevitably leave in the American River.

Coordinated by the American River Parkway Foundation, the project spruces up 23 miles of river and reserves between Discovery Park and Hazel Avenue. Twenty-two sites—including beauty spots in Carmichael, Fair Oaks,

Gold River, Rancho Cordova, Arcade, and Sacramento—are included in the housekeeping. The event coincides with Coastal Clean-Up Day, spearheaded by the California Coastal Commission.

The project marks the end of the summer parkway activity. “We tell people to always take out what they bring in,” said a Parkway Foundation spokesman. “Unfortunately, many rafters and picnickers forget to bring trash bags.” Debris not only mars landscapes; it causes pollution and endangers natural species that inhabit, feed, and breed in waterways and coastal areas.

While drought is generally

bad news for the American River, low water levels enable easier recovery of sunken debris. Last year, almost 22,000 pounds of trash (including many thousands of cigarette butts and plastic bags) were removed from the artery. Sacramento County disposed of the haul.

Anyone may assist the Great American River Clean-Up. Stout boots and gloves are recommended for volunteers. Participation qualifies for student community service hours. For volunteer gathering points, call (916) 486-2773 or visit www.arpf.org. ★



The Real Estate Insider

with Realtor, Developer and Radio Host

Ellen Herrle

Listen weekdays 12n-1pm on Money, The Wall Street Business Network, 105.5 FM

Q&A with Buyers & Sellers

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

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

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A: The market is as good as it is likely to get, especially for those with credit concerns. Right now, both buyers and sellers can make deals work with current low interest rates, especially if you are able to show a positive credit history and put 10% into the purchase. That coupled with recovering prices and growing inventory offer value, selection and opportunity...at present. When rates go up, credit rules tighten and some will be 'locked out' of their dream home. So, act now! As I write this, the Federal

Reserve is thinking rates may rise this month, or soon depending on market and global influences.

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

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This event is presented by the YaYa Red Hatters and the Red Hat 6PAC in collaboration with the Sunrise Recreation and Park District. Proceeds from this event will be used to begin a "Fix the Roof" fund for Rusch Home.

Intel Employees, Local Nonprofits, and School Districts Celebrate Volunteer Work

SACRAMENTO REGION, CA (MPG) - Bringing together hundreds of employees with dozens of local nonprofits and schools where they have volunteered, Intel recently held its annual celebration of its Intel Involved Matching Grant Program. 550 Intel employees gathered with 24 local nonprofits and schools to celebrate the program that combines financial and volunteer support. When employees volunteer with schools and nonprofits, their volunteer hours are matched with dollars from Intel.

“One of Intel’s objectives is to be an asset to our site communities,” said Intel Director of Regional Public Affairs, Jonathan Williams. “Nothing exemplifies that more than the thousands of Intel volunteers who support schools and nonprofits across the Folsom-Sacramento area. I am so proud of our volunteers for both the amazing work they do and longstanding relationships they have developed with education and community leaders across this region.”

The event included check presentations to local nonprofits and school districts, prizes, and a tour of Intel’s Innovation Center and

lab facilities. In 2014, more than 3,000 Intel Folsom employees participated in the Intel Involved program—more than half of the employee population. They donated more than 240,000 volunteer hours to local nonprofits and schools, resulting in matching grants totaling nearly \$2 million, including \$216,755 to Folsom Cordova Unified School District and \$193,570 to San Juan Unified School District.

“There’s a reason Intel is the top member of United Way’s Million Dollar Giving Club,” said Stephanie Bray, president and CEO, United Way California Capital Region. “Their generosity in the community is unparalleled, and it’s great for employee morale and business that Intel gives to organizations that its employees care deeply about. This is a model program for giving, and we are grateful to be a recipient.”

The Intel Involved Matching Grant Program aims to recognize and motivate Intel employees, globally, to engage in outreach and volunteerism to make communities a better place to live, work, and play. Its objective is to support employees

giving their time and talent to qualified nonprofits, non-governmental organizations, and schools. After a minimum of 20 hours has been accrued by Intel employees volunteering at a school or qualified nonprofit, a donation match grant of \$10 per hour volunteered is triggered from the Intel Foundation with a maximum of \$15,000 per school and \$10,000 per nonprofit each year.

For more than 90 years, United Way California Capital Region has brought together nonprofits, businesses, donors, volunteers, community leaders, and more to meet the community’s greatest needs, give immediate aid, and find lasting solutions for future generations. United Way mobilizes members of the community to be first responders in repairing the education level, financial stability, and health of everyone in Amador, El Dorado, Placer, Sacramento, and Yolo counties through donation and volunteer opportunities. To donate or volunteer, visit www.yourlocalunitedway.org.

Source: Kristin Thébaud Communications ★



Stephanie Bray of United Way California Capital Region accepts a check from the Intel Involved program that matches dollars for employee volunteer hours. Photo courtesy of Kristin Thébaud Communications



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Senator Gaines' Privacy Package Bills Head to Governor

Drone-Related Bills Receive Unanimous, Bi-Partisan Support in Senate and Assembly

SACRAMENTO REGION, CA (MPG) - Senator Ted Gaines (R-El Dorado) announced on September 4th that two of his bills related to drone-use—Senate Bills 170 and 271—passed the out of the Senate with unanimous, bi-partisan support and are now headed to the Governor.

"Privacy issues, especially in today's fast-paced internet and technology era, are among the most important policy issues facing Californians," said Senator Gaines. "We must protect the public's right to privacy and more importantly, their safety, from inappropriate drone-use. These bills address this new reality and I am hopeful the Governor will sign them into law."

SB 170 makes it a misdemeanor to fly a drone over a prison or county jail, impeding a drone operator's ability to drop contraband.

Keeping contraband out of prisons and county jails is critical to running safe and orderly facilities. With public access



Senator Ted Gaines (R-El Dorado)

to drones increasing, this issue is becoming even more of a challenge. As drones become smaller and easier to operate, virtually anyone will be able to use the device to drop contraband into a prison or county jail. Drones can also be used to gather sensitive information from inside of prisons. This information can be used for a variety of dangerous exploits, including inmate escapes and prison riots. Placing restrictions

on the use of drones over prisons and jails helps prevent these situations.

SB 271 safeguards children from kidnapping, harassment, stalking, or a host of other potential harm by making it illegal to fly drones over public schools, grades K-12, during school hours. The bill also makes it illegal to capture images of the campus during school hours or during extra-curricular activities.

This bill is intended to stay ahead of the technological curve by providing a safeguard for children while they are at school and provides an important layer of privacy to students at a place that should be a sanctuary.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra, and Siskiyou counties.

Source: Office of Senator Ted Gaines



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with Mary Jane Popp

is a mixture of inputs from our upbringing and environments, from parents and teachers to books, the internet, TV, movies, and travel. We're all on a grand journey. It's like going through several phases of our own reality show. *Happy 95% of the Time* describes in detail the three primary ways to overcome low self-esteem, stress, anxiety, and depression.

1) COGNITIVE BEHAVIORAL THERAPY This is an example of Western, left-brain analytical thinking.

2) PRACTICAL SPIRITUALITY. This is an example of Eastern, right-brain mystical thinking.

3) MINDFULNESS MEDITATION. This is an inner-body, contemplative approach designed to manage our internal thought processes in order to calm the mind.

He had some thought-provoking ways to think about life. "We have to know imperfection before we can know perfection. We have to be hurt before we can heal. We have to be broken before we can know bliss. It's a journey many of us are forced to take." Staples gave me some powerful strategies to overcome depression and despair.

- 1. Self-Talk/Affirmations (I'm Worthy and I Can)
- 2. Visualization/Positive Imaging
- 3. Quiet Contemplation (Spending Time In Nature)
- 4. Regular Sleep Habits
- 5. Daily Exercise (Walking/

- Running/Paddling/Etc.)
- 6. Diet and Nutrition (Natural and Home-Cooked)
- 7. Learn (Apply Critical Thinking)
- 8. Practice Regular Mindful Meditation
- 9. Understand/Develop/Respect Your Spirituality (E.G. Being At One With Nature)
- 10. Develop A Personal Interest/Hobby/Activity
- 11. Engage in Outdoor Recreation (E.G. Hunting/Fishing)
- 12. Read Articles, Books, and Personal Anecdotes About Despair/Depression, its Causes, and How to Manage and Overcome it

It's beginning with 12 drug-free, self-administered ways to stop depression and find happiness. The goal is to help manage and control your thoughts, mood, and feelings. Here are a couple of the 50 memorable quotations from *Happy 95% of the Time*. "It is always your mind, and only your mind, that gets you into trouble; it follows that only your mind can get you out of it." And this one is my favorite: "Most people believe that the next moment is more important, and will be more interesting than the present moment, the moment at hand. This, it could be argued, is the greatest curse of humankind."

I'll finish with my own thought. Enjoy today. It's the best present you can give yourself! ★



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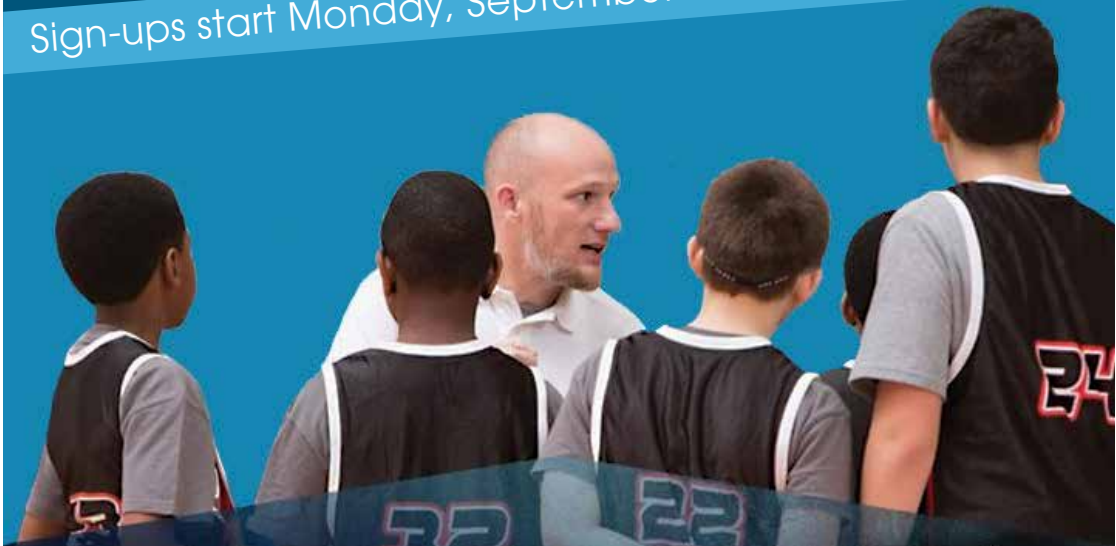
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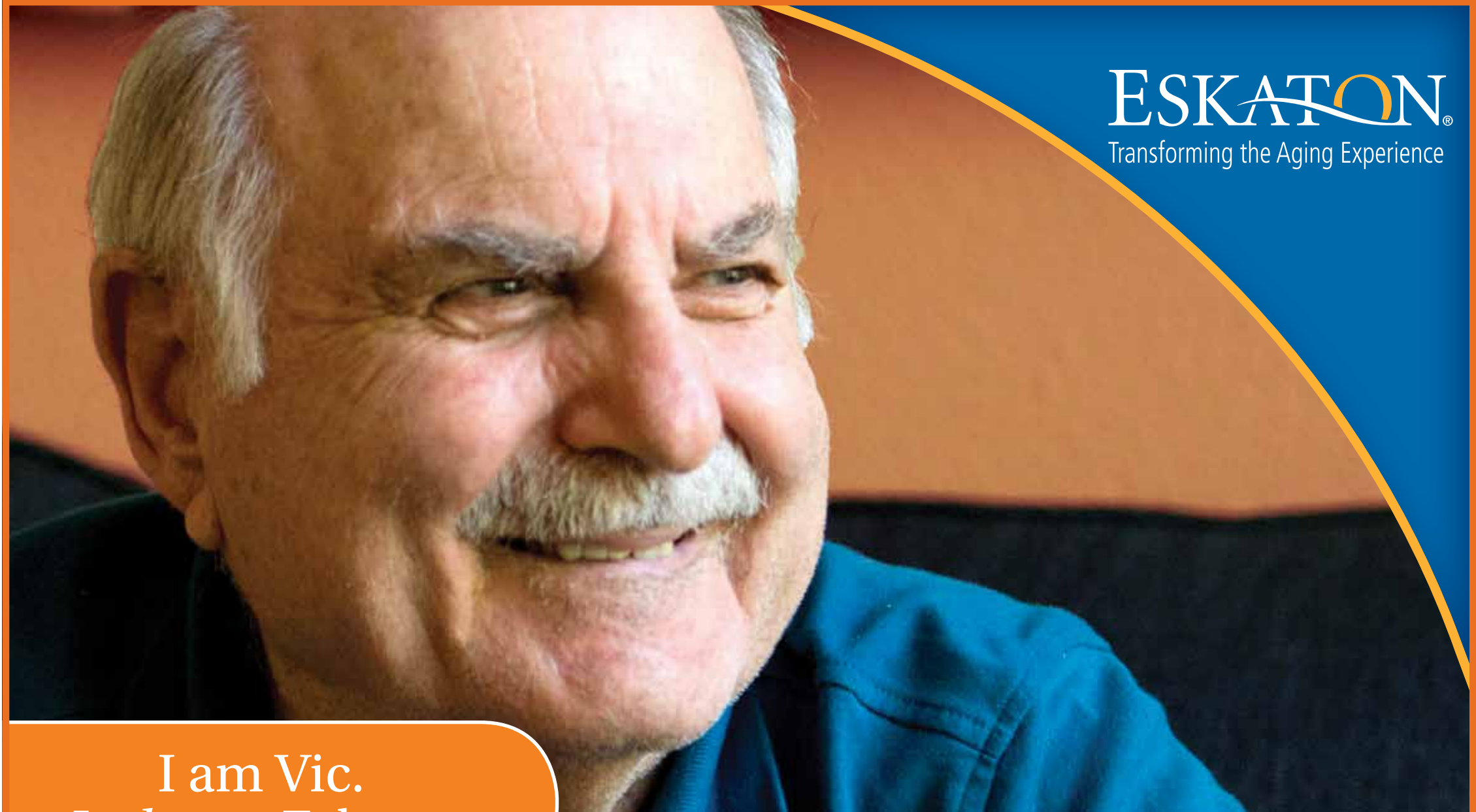
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Great Balls of Fire!

California Capital Airshow Celebrates 10th Anniversary



Rockin' the runway at this year's daytime shows are the spine-tingling USAF Thunderbirds, Canadian Forces Snowbirds, and USN F-18 Super Hornet military jet demonstration teams as well as world-class aerobatics, pyrotechnics, barnstorming, and miles of entertainment. Photo courtesy of California Capital Airshow



The California Capital Airshow is an exciting, family-friendly, non-profit event designed to honor the Sacramento region's rich aviation heritage and veterans. Photo courtesy of California Capital Airshow



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SACRAMENTO REGION, CA (MPG) - It's been 10 years, and it is time to celebrate...with a BANG! The California Capital Airshow, presented by Sacramento County in partnership with the City of Rancho Cordova, has announced the addition of the Airshow After Dark on Friday, October 2nd. The hottest ticket in town is on sale now, and tickets are expected to sell out fast!



"We're excited to kick-off our 10th anniversary with Airshow After Dark, an exclusive nighttime Airshow," said Darcy Brewer, executive director of the California Capital Airshow. "As the sun sets on Friday, October 2nd, the skies over Mather Airport will ignite with a feast for the senses as thrilling jets and aerobatic performers light up the sky with streaming flares, showers of colorful bursts from their wings, and thundering pyrotechnics. These phenomenal performances will be skillfully choreographed to awesome concert quality music with a fiery grand finale—it's nothing like the Sacramento region has ever

seen or heard before!" Gates open at Mather Airport for the California Capital Airshow After Dark at 4:30 p.m. Flying begins promptly at 5:30 p.m. with a farm-to-fork dinner being served throughout the evening. Attendees can look forward to performances by the world-famous Canadian Forces Snowbirds, local favorite Julie Clark, Gene Soucy's 'Fireflight,' Matt Younkin's 'Magic by Moonlight' taking place after the sun sets, and a 'Big Rig Salute' dedicated to first responders. A wall of fire and mesmerizing fireworks will conclude this unforgettable evening. For more information, visit <http://www.californiacapitalairshow.com/airshow-after-dark/>.

The action doesn't stop there—don't miss the fun on October 3rd and 4th as three military jet demonstration teams roar across the skies of Sacramento! Rockin' the runway at this year's daytime show are the spine-tingling USAF Thunderbirds, Canadian Forces Snowbirds, and USN F-18 Super Hornet military jet demonstration teams as well as world-class aerobatics, pyrotechnics, barnstorming, and miles of entertainment, music, food, and exhibits. This thrilling, family-friendly, patriotic event has something for everyone! Visit <http://www.californiacapitalairshow.com/lineup/performers/> for the 2015 performer line up.

The California Capital Airshow website is updated regularly with news, attraction information, and more. Fans can follow the Airshow on Facebook, Twitter (@calcapairshow), and Instagram (@capitalairshow). Airshow tickets are on sale now at <http://www.californiacapitalairshow.com/buy-tickets/>.

Established in 2004, the California Capital Airshow is an exciting, family-friendly, non-profit event designed to honor the Sacramento region's rich aviation heritage and veterans. Using the power and magic of flight to inspire young people to pursue education and careers in science, technology, engineering, math, aviation, aeronautics, or aerospace while attracting visitors from all over the nation and beyond to discover what's special about where we live, work, and thrive. California Capital Airshow is a 501(c)3 non-profit organization that gives back to the community through scholarships, charitable group donations, and a wide variety of community events and exciting educational programs throughout the year.

Source: California Capital Airshow ★



The California Capital Airshow attracts visitors from all over the nation and beyond. Photo courtesy of California Capital Airshow