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Nautilus Tea Company
Autumn Walk in Fair Oaks Park



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AMERICAN RIVER Messenger

"Written by the people, for the people"

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August 21, 2015

FOLSOM STATE PRISON INMATE RIOT LEAVES ONE DEAD



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with Mary Jane Popp



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A Lifetime of Dedication



GFWC Sutter District President Alice Frankland (left) holds the 2012 Heifer International award accepted by Spiker on behalf of the work of members of CFWC while she was State International Outreach Chair. Spiker (right) displays the first Linda Dennis Heifer Hope Award, a GFWC personal achievement award, presented at the 2015 GFWC International Convention in Memphis, Tennessee.

Story and photo
by Elise Spleiss

SACRAMENTO REGION, CA (MPG) - Carol Spiker, past president of the Citrus Heights General Federation of Women's Clubs (GFWC), recently received a prestigious award from the nonprofit Heifer International, which helps people in underdeveloped countries lift themselves out of poverty.

Since its founding in 1944, Heifer has been able to assist over 22.6 million families in 125 countries around the world to become self-sufficient as a result of monetary donations to fund the gifts of animals and other resources for these families. In 2014, Heifer celebrated its 70th anniversary and partnership with GFWC by creating an award, the Linda Dennis Heifer Hope Award. Spiker was the recipient of this initial award that was given out at the 2015 GFWC International Convention in Nashville, Tennessee on June 15th.

When baby boomers across America heard their parents say, "Clean your plate; there are starving children in China," many children

did just that and never thought more about it. Spiker asked her parents, "Can we send our food to them, even the stuff I like?" Later, when she learned about how Heifer helped people in underdeveloped countries make a living and feed themselves through farming and other avenues, she was sold.

Spiker's official involvement with Heifer began after a 2009 presentation by Heifer International at one of her club meetings. When she heard the percentage of people in the world who go to bed hungry every night, she knew she had to get involved. In 2010, as Sutter District's new president, Spiker's signature project was Heifer. She invited the same speakers to present a program at the district convention. The response from members was overwhelming.

Following Spiker's term as district president, she requested to be the CA State Chairman of International Outreach. Heifer International had just been accepted as a Partner. Holding this chair from 2012 through 2014, she traveled to state meetings, boards, conventions, and gave workshops to spread the

Heifer message. Members again responded and CFWC's International Outreach Partnership projects and programs took top honors at the state convention both years, along with recognition from Heifer International.

In October of 2014, in appreciation for her continuing work with GFWC, Spiker was invited to attend Heifer's local 70th birthday celebration. There, she accepted an award on behalf of the club members who worked so hard during her chairmanship. This award was then passed on to state board members at their February 2015 meeting in Sacramento.

Her passion was also a family affair, as Spiker honored her family members by donating chickens, goats, trees, and honeybees to Heifer in their honor. As a token of those donations, she would give the honorees salt and pepper shakers and other knickknacks representing the farm animal or gifts she had donated in their name.

Spiker's dedication to Heifer also involved her church in Fair Oaks, California. When the children of the Sunday school challenged the

Continued on page 2

Free Anti-Bullying Clinic at Robinson's Taekwondo

SACRAMENTO REGION, CA (MPG) - From the beginning of time and recorded human history, the appearance of weakness is the first sign a bully looks for in choosing a victim. Times change but bullies don't, unless you make them.

According to the Simple Acts of Care and Kindness (SACK) Foundation, these are five reasons to fight back with education and community awareness of bullying:

- 56% of students have personally felt some sort of bullying at school. Between fourth and eighth grade in particular, 90% of students are victims of bullying.
- The most common reason cited for being harassed is a student's appearance or body size. Two out of five teens feel that they are bullied because of the way that they look.
- One in four teachers see nothing wrong with bullying and will only intervene 4% of the time.
- A victim of bullying is twice as likely to take his or her own life compared to someone who is not a victim.
- One out of 10 students drops out of school because they are bullied.

Grandmaster Clint Robinson invites the community to bring the family to a special anti-bullying free clinic. The one-hour clinic will use role-playing, information, and demonstrations to provide specific anti-bully strategy, resources, and helpful self-defense techniques.

This free clinic will be held on Friday, August 28th at 6:30 p.m. at participating Robinson's Taekwondo locations. Registration is required at www.robinsonstkd.com or by calling (888) 249-7853.

Source: Rick Reed Public Relations ★

Bella Vista Students Win River Cats Digital Media Competition

FAIR OAKS, CA (MPG) - The River Cats will introduce a youth-produced, digital media competition-winning video to the public on August 21st. The video was made by students at Bella Vista High School and has been titled *Spirit of Sacramento*. It will be awarded first place at Raley Field's pre-game ceremonies and shown to the game audience.

The video was chosen by the River Cats media leaders as the best of the 11 short videos produced by high school media artists from across the Sacramento region at their fourth annual Youth Media Day in partnership with the Tower of Youth (TOY) and Youth Broadcast & Media Association (YBAMA). Bella Vista High student producer Nick Manascalco, director Alex Earls, and Keegan Keiting, Grant Bailey, and Louis Jackson plotted their beautifully shot and narrated work at the Tower of Youth's Sports Media Theatre training sessions. The Cats designated two more youth studio teams from Christian Brothers High School and

Cosumnes Oaks High School as excellence awardees in this year's competition.

William Bronston, CEO of the nonprofit Tower of Youth, said, "The River Cats are a model entertainment industry hub with all the diversity of jobs under their organization's umbrella to deliver their wonderful games to our region and beyond." In partnership with the Pre-Professional Youth Media Guild, the Youth Broadcast & Media Association, and the Sacramento Sierra Digital Arts Studio Partnership (501c3), the Cats introduce aspiring moviemakers from the 16 hosted youth high school teams to the spectrum of personnel in every niche of their organization to tell their personal and professional career stories.

The 65 participating TOY/YBAMA youth from Franklin, Mesa Verde, Grant, Natomas Charter, Folsom, Bear River, Rio Linda, Center, Woodcreek, and Cosumnes Oaks high schools, including the three school team awardees, plunged into the Cats'

world to capture the joy and professionalism of baseball behind the scenes. The voices of the Raley Stadium volunteers, kids, and grown-ups weave into the 11 finished videos that were juried for recognition this year. All submissions are posted for public view at www.youtube.com/towerofyouth.

It's not a winner-take-all game, according to the River Cats Entertainment and Promotions Manager, Dane Lund; Community Relations Coordinator, Mike Osborn (Mike on the Mic); and

Continued on page 3

Elizabeth Solomon, Cosumnes Oaks junior, preps her team's cameras. Photo by William Bronston



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Folsom State Prison Inmate Riot Leaves One Dead



So far, correctional officers have recovered at least 15 inmate-made weapons. The


Pinell, who was born in Nicaragua, was convicted of rape in 1965 in Marin County and sentenced to life with the possibility of parole. Pinell began his sentence on March 19th, 1965 at San Quentin State Prison, where he was convicted in 1968 of attacking a correctional officer and was transferred to Folsom State Prison. There, he attacked another correctional officer and was transferred to a Correctional Training Facility in Soledad.

Sacramento's California State Prison opened in 1986 and is a maximum-security prison that houses approximately 2,300 general-population inmates and employs about 1,700 people. The institution houses inmates serving long sentences and those who have proven to be management problems at other institutions. It also houses inmates requiring specialized mental health treatment.

Source: CDCR Today Blog ★

This story is another example of how one person can make an important difference in the world.

Sources: www.heifer.org, CA
Federation of Women's Clubs
(www.cfwc.org) ★



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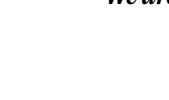
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Sacramento County
DA Reports

Recent cases of interest



CASE: David Acuna & Guadalupe Cabrera

PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit

District Attorney Anne Marie Schubert announced that the Honorable Michael Kenny sentenced 31-year-old David Acuna to 39 years to life in prison and 32-year-old Guadalupe Cabrera to 8 years in prison. On May 7, 2015, a jury convicted Acuna of first-degree murder, personal use of a weapon, arson, and use of an accelerant. On April 20, 2015, Cabrera pled no contest to arson, use of an accelerant, and accessory after the fact to murder.

On February 1, 2013, Acuna knocked Patrick Kendrick unconscious during a dispute over electronics. Acuna then dragged Mr. Kendrick into the kitchen and stabbed him seven times in the neck and back, killing him. Acuna left the scene and asked Cabrera to help him obtain materials to craft two Molotov cocktails. Both defendants returned to the apartment and started a fire in an attempt to conceal evidence of the homicide.

CASE: Kenneth Anderson

PROSECUTOR: Deputy District Attorney Laura West, Adult Sexual Assault Prosecution Unit

District Attorney Anne Marie Schubert announced that 24-year-old Kenneth Anderson was convicted by jury of five counts of forcible sexual penetration by a foreign object and one count of unlawfully attempting to dissuade the victim from reporting the crime to law enforcement. The jury also found true special allegations that Anderson bound and personally inflicted great bodily injury on the victim during the commission of the sexual assault.

On March 25, 2014, Anderson entered a Subway restaurant approximately one hour before the victim was scheduled to open the business. He reset the alarm so the victim would not know he was inside when she arrived at approximately 6:30 a.m. Anderson struck the victim in the head, duct taped her mouth, and covered her face with a shirt. He then proceeded to sexually assault the victim.

Deputy District Attorney Laura West stated, “Based on the incredible bravery of the victim, and the excellent investigative work of the Sacramento County Sheriff’s Department, Anderson will now be held accountable for his heinous crimes.”

Anderson faces a maximum potential sentence of 125 years to life in prison. Sentencing is scheduled for September 11, 2015, at 11:00 a.m. in Department 12 before the Honorable Maryanne Gilliard.

CASE: Andre Oroy Sr.

PROSECUTOR: Deputy District Attorney Bruce Chang, Special Assault & Child Abuse Unit

District Attorney Anne Marie Schubert announced that Andre Oroy Sr. was convicted by jury of two counts of committing a lewd and lascivious act upon a child.

Oroy molested a 3-year-old female family member. The conduct occurred when Oroy was babysitting the victim while her mother was at work. The victim in this case is the third family member to be molested by Oroy.

Oroy faces a maximum potential sentence of 25 years in prison. Sentencing is scheduled for September 9, 2015, in Department 17 before the Honorable Ernest Sawtelle. ★

Bella Vista Students Win River Cats
Digital Media Competition

Continued from page 1

River Cats Radio announcer Johnny Doskow, who selected the top entries. They will invite all the young filmmakers back after the season for serious mentored feedback at the Tower of Youth’s Theatron training session on each video to help refine the teens’ work toward commercial quality.

“Digital media literacy is the centerpiece of a creative and engaged youth community, and we are going to do everything we can to support this in our region’s schools,” said Dane Lund. Mike Osborn is the biggest advocate of youth media communications, given his own career experience, and is the lead mentor who continues to work with Tower of Youth to train scores of their student members and to energize high



A Woodcreek High School student practices videography. Photo by William Bronston

school sports. Osborn and Bronston agree that their partnership with the Sacramento River Cats is a growing, annual, mutual investment to build artistry, civic engagement, and career professionalism in our region’s youth. ★

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Memories Live On With Goldenlynk

Preserve Your Family History for Generations

By Sal Arrigo Jr.

Do you ever wonder if your family stories and history will be remembered after you are gone? If you want to ensure these memories live on, a local family-owned business called Goldenlynk, the brainchild of Cameron Fisher, which started in 2014, is “making memories to last generations.” People may think about writing down their family memories, or putting together a photo album on grandma and grandpa, but many never actually take the time to do so. Often we wind up with pictures, letters, military memorabilia, and the like scattered about. Goldenlynk can help create a visual connection with all of this information, and much more.

Designed to capture stories through video sessions and resulting in the production of a top-quality DVD for all to share, Goldenlynk will interview individuals and let them tell their life’s history, the good and the bad times, the chance to share the wisdom and experience of a lifetime. People are humbled by life’s experiences when they begin to tell their personal and intimate

stories. Fisher mentioned that for those being interviewed, talking to a stranger such as himself actually allows the person to open up and say something about their lives that they may have a hard time expressing to a loved one face to face. Through the video, the person can leave these memory moments for loved ones to share. Goldenlynk will create multiple DVDs of their interview session as well.

Recently, Fisher preserved the stories of an 88-year-old gentleman who, soon after the interview, passed away. As the family was settling their relative’s estate, they were made aware of the Goldenlynk DVD and expressed to Fisher their delight in having this DVD as a part of their family history. Fisher said, “They were able to

open up grandpa’s journal and hear him tell the stories in his own way.”

Goldenlynk has had the privilege of recording family histories for many households in the area. One of the attractive elements of the completed DVD is that still photographs are inserted into the video to further bring to life a person’s story, and if so inclined, a person can add their favorite music as well!

I have often thought, “What if?” What if I had the opportunity to professionally record the memories of my mom and dad? It would be delightful to see them both and hear their voices describe our childhood, sharing many particular family events. Oh, to hear my dad once again tell the story of his walk across the Brooklyn



Designed to capture stories through video sessions and resulting in the production of a top-quality DVD for all to share, Goldenlynk will interview individuals and let them tell their life’s history, the good and the bad times, the chance to share the wisdom and experience of a lifetime. Photo courtesy of Goldenlynk

Bridge during the great black-out of 1965!

Goldenlynk can be found at www.goldenlynk.com, or you can contact Cameron Fisher at (916) 224-9111. There are

several video session options available for purchase, and all at a reasonable cost. As Goldenlynk expands in the local community, the business has plans to sponsor a

community-wide event for families and friends so that all can see the benefits of “sharing the priceless nuggets of wisdom” that Goldenlynk can provide. ★

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Dare to Live Without Limits

Forces of Nature: Dealing with the Unexpected

by Bryan Golden



Nature has a tendency to present us with unexpected problems, often with little or no warning. Earthquakes, floods, hurricanes, blizzards, tornadoes, and forest fires cause havoc and have a devastating impact on the communities they hit.

There are many areas of the country that are prone to certain natural phenomena. People living in these areas know if they are flood prone, in tornado alley, have to be concerned about hurricanes, or are likely to be hit by severe snow storms.

Worrying about unexpected events is a waste of time. Nothing is accomplished, your stress level is increased, and your energy is depleted. Attitude, preparation, and planning are key components to surviving the unexpected. You can't control the environment but you can control your response.

People who have dealt with hardships make sure they are prepared for the unexpected. They have extra food and emergency supplies on hand. They make sure they are equipped to make it through whatever circumstances may come their way.

There is a lot to be learned from how people prepare for natural disasters that will help you deal with all of the unexpected things life throws at you, many of which are not related to nature. Here are some tips to help you deal with the unexpected.

Start by recognizing and accepting that the unexpected will occur. Your mental state determines how successfully you'll handle unexpected events. Panic, shock, fear, and denial prevent you from taking appropriate action when needed. Other self-defeating emotions are guilt and depression. Acting like a victim only makes matters worse.

Be prepared for a variety of scenarios. Don't wait until something happens to take action. For example, buy an umbrella or raincoat before it rains. Save money when times are good so that you have a cash cushion if needed in an economic downturn. Advance preparation enhances your chances for success when faced with the unexpected.

Maintain a clear mind. Don't allow a situation to overwhelm you. Focus on what action you need to immediately take and start there. Begin with where you are rather than being discouraged by how far you have to go.

Consider all options before selecting the best course of action. Avoid knee jerk reactions. Stay flexible. Be ready to change strategies as needed. Adjust to changing circumstances. Don't allow your ego to affect your judgment. If you make a bad decision, take corrective action immediately.

Closely monitor your self-talk. Replace negative statements with positive ones. Maintaining and cultivating a positive attitude is essential to getting through unexpected circumstances. A negative outlook will obscure your thinking, which will prevent you from identifying the best course of action to take.

People around you may be panicking. Block out their negativity. Other people's negative thinking tends to be infectious. Unless you are vigilant, they will drag you down. Trying to change their attitude may be futile. Stay calm while you stay concentrated on what needs to be done.

Take one day at a time or even one hour at a time. Focus on what needs to be done immediately. Keep your mind on the task at hand. Remain active. Accomplishments are a result of action.

Unexpected events are part of life. Copy the strategies of those who successfully handle these challenges. They all utilize the approaches outlined above. Use your visualization to rehearse your response to various scenarios. Review different "what if" scenarios and how you would deal with each one. Expect the unexpected. You shouldn't be caught by surprise when you have to deal with it.

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. ★



Carnally Minded Souls

occur, but we often fail to show forth the love of God as we ought.

You might ask: what is a "carnally minded soul?" The best definition is found from God in the scriptures. The carnally minded live to satisfy their fleshly desires.

"For those who live according to the flesh set their minds on the things of he flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace" (Romans 8:5-6 NKJ).

"For those who live according to the flesh set their minds on the things of he flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace" (Romans 8:5-6 NKJ). We can determine from this that living this way leads nowhere but to eternal destruction.

"Because the carnal mind is enmity against God, for it is not subject to the law of God, nor indeed can be. So then those who are in the flesh cannot please God" (Romans 8:7 NKJ). Satan is the one who causes a person to have a carnal mind. In the garden, he wanted to replace God and be worshipped, but God sent him out of heaven to earth.

"But those not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not his. And if Christ is in you, the body is dead because of sin but the Spirit is life because of righteousness" (Romans 8:8-10 NKJ).

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



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CLUES

ACROSS

1. Had, with thou

6. Exclamation of disgust

9. Fit of shivering

13. American writer Jong

14. Beauty treatment site

15. "No guts, no ____"

16. ____ in, for a doctor

17. "C' ____ la vie!"

18. *A portable one is great
for camping

19. eBay participant

21. *Power provider

23. *A smart one syncs
everything you write

24. *Pretty hot and tempting,
in a text

25. Public health org.

28. Bluish green

30. ____ talk

35. ZZ Top hit

37. Lady Gaga's 2010 dress
material

39. Lowest Hindu caste

40. Tons

41. "Walk the Dog" device,
pl.

43. Civil wrong

44. Done to some documents

46. "Cheers" regular

47. "The Iliad," e.g.

48. Interruption in continuity

50. Medieval domain

52. Emerald ____ borer

53. Naive, alt. spelling

55. Hat

57. *Bose, e.g.

61. Iron Man's robotic
nemesis

64. Like a ballerina

65. Unit of electric current

67. Scape goat's due

69. ____ circle

70. Likewise

71. More ill

72. No I in this

73. Long, long time

74. Working shoelaces

DOWN

1. "For ____ a jolly ..."

2. Circle parts

3. Awful

4. Create a sculpture

5. *Mobile computer

6. * ____-friendly

7. *Directional helper

8. Appear like a chick

9. Winglike

10. "It's time!" signal

11. Impulse

12. One who eyes another

15. Costing nothing

20. Public ____, rappers

22. As opposed to mishap

24. It's often sudden death

25. * ____ drive

26. Indian metropolis

27. Greek bazaar

29. Long, long time, alt. spelling

31. Mandolin's cousin

32. Parkinson's drug

33. Root of iris

34. *Apple or Pebble, e.g.

36. Proofreader's mark

38. Amos or Spelling

42. Perceive by olfactory sense

45. a.k.a. Norwegian Hound

49. Sigma Alpha Epsilon

51. *Activity tracker

54. All worked up

56. ____ bar, DQ treat

57. Skirt opening

58. A conifer

59. Largest volcano in Europe

60. Throat-clearing sound

61. On top of

62. French Sudan, today

63. Black cat, e.g.

66. Jersey call

68. Energy unit

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

Fill in the blank squares in the grid, making sure that every
row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 7

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Sudoku Puzzle on Page 6

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

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Crossword Puzzle on Page 6

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

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Jim Miller
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Senior
Questions



Check Out This
Week's Topic!

Savvy
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How to Protect Your Eyes from Macular Degeneration

*Dear Savvy Senior,
Is macular degeneration hereditary? My mother lost her vision from it before she died a few years ago, and now at age 65, I'm worried I may get it. What can you tell me?*
Nearsighted Susan

Dear Susan,
Having a parent or sibling with macular degeneration does indeed increase your risk three to four times. But the good news is there are things you can do to protect your eyesight, and a number of treatments that are available if you do happen to get it. Here's what you should know.

What is AMD?

Macular degeneration, also known as age-related macular degeneration (or AMD) is the most common cause of vision loss in people over age 50, affecting about 10 million Americans.

AMD is a progressive eye disease that damages the macula, the part of the eye that allows us to see objects clearly, causing vision loss in the center of your vision. This affects the ability to read, drive, watch television and do routine daily tasks, but it does not cause total blindness.

There are two types of AMD – wet and dry. Dry AMD, which affects about 90 percent of all people that have it, progresses slowly and painlessly over a period of years. While wet AMD is much more aggressive and can cause severe vision loss in a mat-

ter of weeks or months.

Factors that can increase your risk of getting AMD include age (60 and older); smoking; excessive exposure to sunlight especially if you have light-colored eyes; certain genetic components; a family history of AMD; high blood pressure; obesity; and being Caucasian.

For anyone over the age of 60, it's a smart idea to get your eyes examined by an ophthalmologist every year. They can spot early signs of AMD before vision loss occurs. Early signs, however, may include shadowy areas in your central vision or unusually fuzzy or distorted vision. The Amsler grid at amslergrid.org, is a good tool to check your eyes for AMD.

Preventing AMD

While there's currently no cure for AMD there are some things you can do if you're high risk. One option is to talk to your doctor about taking a daily dose of antioxidant vitamins and minerals known as AREDS – vitamins C and E, plus copper, lutein, zeaxanthin, and zinc. Studies by the National Eye Institute have shown that AREDS can reduce the risk by about 25 percent that dry AMD will progress.

Most drug stores sell these eye supplements in tablet or soft gel form over-the-counter for around \$20 to \$30, but be aware that not all eye supplements contain the proper formulation.

Choose either the PreserVision Eye Vitamin AREDS Formula, PreserVision Eye Vitamin Lutein Formula, PreserVision AREDS2 Formula, or ICAPS AREDS. These four options contain the right formula mix.

Other lifestyle adjustments that may help prevent or delay AMD include eating antioxidant-rich foods such as dark green, leafy vegetables, and cold-water fish for their omega-3 fatty acids; protecting your eyes from the sun by wearing UV protective sunglasses; controlling high blood pressure; exercising regularly; and if you smoke, quit.

Wet AMD Treatments

For wet AMD, there are several effective medications (Lucentis, Avastin and Eylea) available that can stop vision loss and may even restore it. These medications are given by injection into the eye, and repeated every month or two, perhaps indefinitely.

Note that each of these three drugs works equally in treating wet AMD, but there's a big cost difference. Avastin costs just \$50 per month, compared with \$2,000 for the other two. So experts recommend Avastin as the first choice for most people with wet AMD, especially if you don't have supplemental Medicare coverage.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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THE MAN FROM U.N.C.L.E. (Rated PG-13) A Film Review by Tim Riley

The Sixties, which to this day generates feelings of nostalgia for what many view as the coolest decade, enjoyed a long run of spy capers that might have been, in certain ways, the antidote to anxiety about the tensions underlying the height of the Cold War.

Early in the decade, James Bond, the suave, cool super-spy, made his debut with “Dr. No,” quickly followed by “From Russia with Love,” “Goldfinger,” and an endless stream of 007 adventures.

Less serious efforts mimicked the Bond popularity, with James Coburn as master spy Derek Flint and Dean Martin as secret agent Matt Helm. Like James Bond, both Flint and Helm, exuding Sixties cool, were popular with the ladies.

The spy business was not confined just to the big screen. Of course, there was the hugely popular 1960s television series “The Man from U.N.C.L.E.,” starring Robert Vaughn and David McCallum, which has now been adapted by director Guy Ritchie for a fresh take on the stylish spy genre.

Set in 1963 at the height of the Cold War, Ritchie’s “The Man from U.N.C.L.E.,” developed as an origin story, centers on the seminal yet reluctant alliance of two agents on both sides of the Iron Curtain given the mission to stop a mysterious international criminal organization.

Henry Cavill’s debonair CIA agent Napoleon Solo, dressed in a natty suit, is first seen crossing Checkpoint Charlie into

Riley Reviews

STYLISH ACTION IN “MAN FROM U.N.C.L.E.” RETRO SPY CAPER

East Berlin. His mission is to extract the daughter of a vanished German scientist, who is the key to infiltrating the criminal organization.

Armie Hammer’s rough-edged KGB agent Illya Kuryakin, a volatile yet loyal soldier for Communist Russia, has also been sent to East Berlin to snatch the same vital German asset. When Solo and Kuryakin first meet, they are trying to kill each other.

Meanwhile, in an exciting, breakneck, winner-take-all street chase, Solo makes his way to the free world with Gaby Teller (Alicia Vikander), a whip-smart East German auto mechanic who is the estranged daughter of Dr. Udo Teller, once Hitler’s favorite rocket scientist.

The German scientist has gone missing, presumably now in the clutches of the secretive criminal cabal, which happens to be organized by neo-fascist Italian heiress Victoria Vinciguerra (Elizabeth Debicki), an attractive ice queen who looks like a model in Vogue magazine.

Given the high stakes of dealing with a rogue terrorist group with Nazi ties, the Soviet and American agents are forced by their handlers to work together to find the missing scientist and avert nuclear disaster.

Sworn rivals, Solo and Kuryakin vent their national and professional antagonism in a bare-knuckled, bust-up-the-furniture fight designed to convey in no uncertain terms that they might be stuck with each other, but they don’t have to like it.

What results from lingering hostility is a strange sort of buddy movie, with Solo as the suave and often self-serving agent (we learn that he was an art thief after World War II, then given a job in the CIA rather than jail time).

Solo’s background sounds very much like the premise for Robert Wagner’s thief-cum-agent Alexander Mundy in the late Sixties TV series “It Takes a Thief.” Both Solo and Mundy are the sophisticated playboy types.

For his part, the petulant Kuryakin, faithful foot soldier for his authoritarian homeland, deals awkwardly with his newfound role of cooperative spy, and yet he manages to pretend to be an architect engaged to Gaby as a cover when they arrive in Italy.

Using his playboy charm and skills as a thief, Solo gets close to the villainous Victoria, finagling his way into her exclusive party held during an auto race where her husband (Italian actor Luca Calvani) spends his time mostly on the track.

In the hands of Guy Ritchie “The Man from U.N.C.L.E.” proves to be an interesting and entertaining summer action film. As a director, Ritchie has an interesting career, starting with great crime films “Lock, Stock & Two Smoking Barrels” and “Snatch.”

More recently, Ritchie directed the acclaimed blockbusters “Sherlock Holmes” and “Sherlock Holmes: A Game of Shadows.” However, he is not immune to bad judgment; while married to Madonna, he co-wrote and directed the execrable “Swept Away” for this then-spouse.

Fortunately, the director knows how to stage impressive set pieces and thrilling action sequences where the stunts are remarkably striking in their execution. “The Man from U.N.C.L.E.” has plenty enough of both.

The best of “The Man from U.N.C.L.E.” involves many moving parts, from the chemistry that develops with the trio of Gaby, Solo and Kuryakin to the sometimes playful, lighthearted tone where humor is an important ingredient.

The film is also visually dazzling, where the setting of 1963 appears so authentic that the scenic locations in “The Man from U.N.C.L.E.” are indistinguishable from the style of the predecessor movies and TV shows that were actually filmed during the Sixties. ★

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Can Your Refrigerator Hack You?

Can your personal information be hacked through your refrigerator? Really, no joke—I wish it was. According to cyber security and credit repair expert Paul Oster, forget your doors and windows and look to your kitchen! Oster told me on my POPPOFF radio show that we live in a world where identity theft is, and will continue to be, the fastest growing crime in the world. He added that—believe it or not—the basic concept of the internet has been around since the 60s. The first user-friendly interface that we know today got started in the 90s. Like it or not, we are in the “age of the internet” and there doesn’t seem to be any finish line in sight. He was straight with me that we now have to deal with the fact that everything is connected to the internet. Computers, phones, cars, houses, appliances,

POPPOFF!

with Mary Jane Popp

watches, and more. Would you believe that in one high-profile cyberattack that took place in late June of 2013 and early 2014, hackers broke into 100,000 consumer gadgets, including refrigerators, televisions, wireless speakers, and media centers? They used these appliances to release almost a million malicious emails. All of this connectivity has left us wide open for cyber hacking. Oster gave me his top 10 tips for preventing your information from being stolen.

Early detection is key. Set one day a week to monitor all your statements.

- Enroll in any real-time alerts for all your credit cards, banking, and retirement accounts.
- Change all of your PINS and PASSWORDS on a regular basis.
- Subscribe to a robust credit monitoring service that has a resolution service included.
- Never use public Wi-Fi for sensitive browsing, banking, or shopping.
- Update your browser to the newest version.

- Run a full scan on your computer.
- Back up all your files (pictures, videos, personal banking) regularly.
- Disconnect all devices when not using the internet.
- Limit the amount of information you share on social media. Make your accounts private.

After hearing all this information from someone who deals with these hackers on a daily basis, what I fear most is that this is only the beginning. Almost daily, we hear reports of massive hacks into not only our private information but that of major government sites and companies we all frequent. So I guess we need to be extra vigilant with this newfound tool that seems so innocent to use. I suspect there are no guarantees, but we can certainly do the best we can with what we have.

If you would like more information about Paul Oster and what you can do to protect yourself, check out www.BQ911.com. Life in the fast lane seems like great fun, but it can really come back to bite you big time! Please be vigilant! ★

Great Nosh at Beth Shalom

Story and photo by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - The 38th annual food festival at Congregation Beth Shalom promises fine Jewish cooking on Sunday, August 30th.

A tradition in Arden/Carmichael, the event is held in and outside the synagogue at 4746 El Camino Avenue. Food may be preordered, purchased to eat on site, or taken home.

Lox and bagel breakfasts are a draw for early birds. Lunch includes matzo ball soups and stuffed cabbage rolls. Congregation booths will also sell falafels, pitas, hummus, kosher hot dogs, and barbecued brisket. Pastries, coffee cakes, and kosher babka are much anticipated desserts. While many of the promised treats are prepared locally, other are shipped



Congregation Beth Shalom’s food festival celebrates traditional and modern Jewish cuisine.

from famous Jewish delis in Los Angeles, Berkeley, and Oakland. A bakery section offers specialty breads.

Vendor booths, live music, dancing, and children’s games will fill the synagogue yard.

Activities begin at 9 a.m., continuing until 3 p.m.

Anyone may attend this free festival. To pre-order food, visit www.jewishfoodfaire.com.

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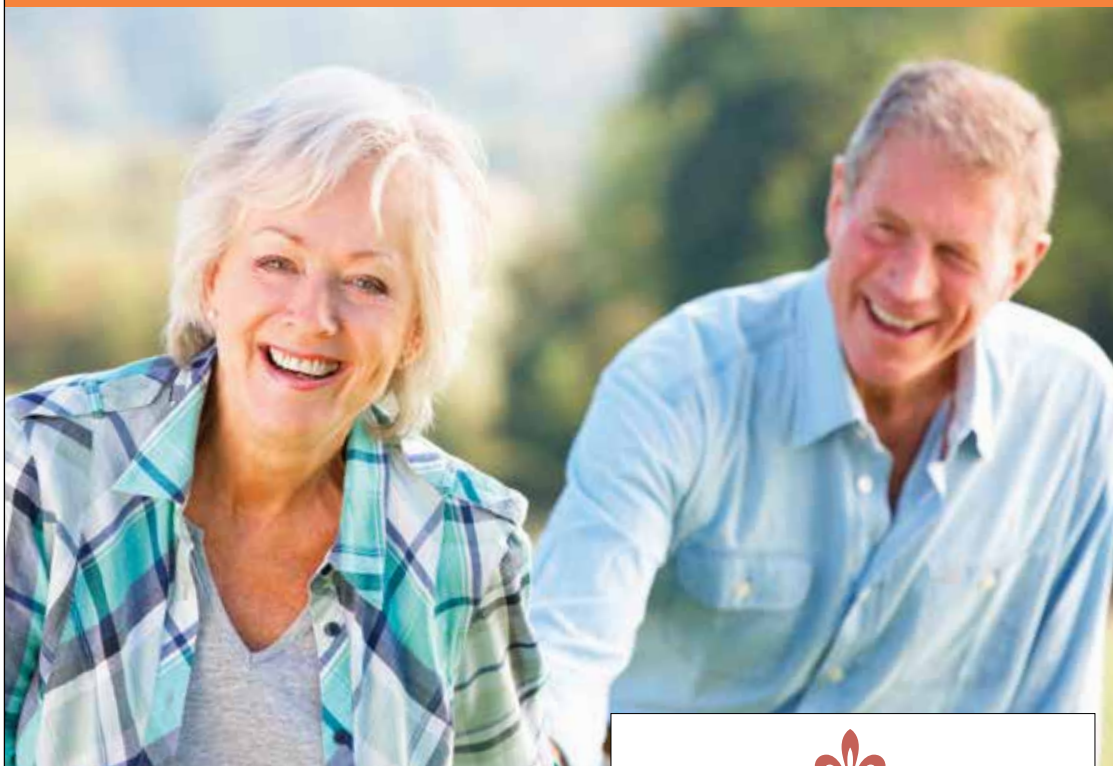
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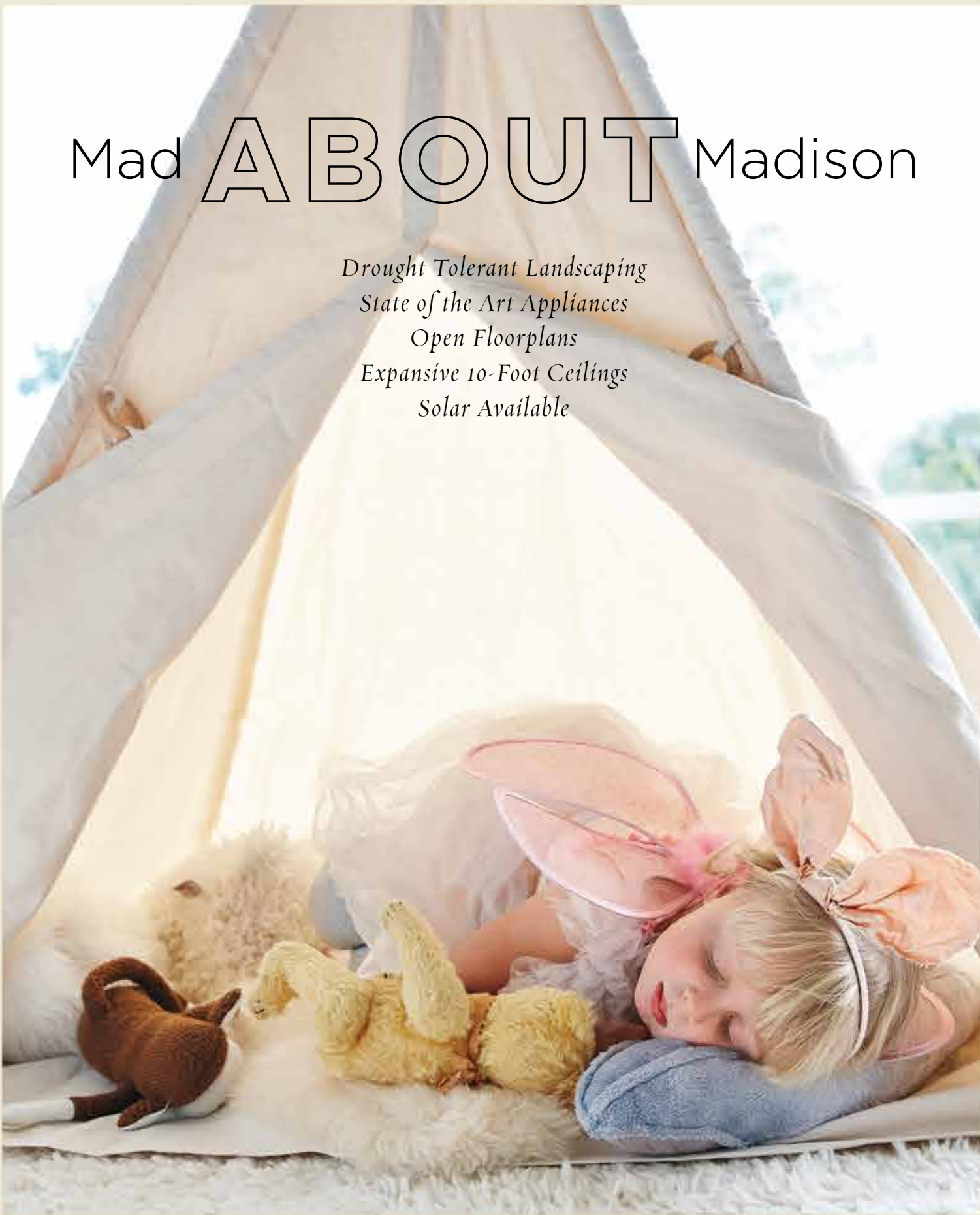
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