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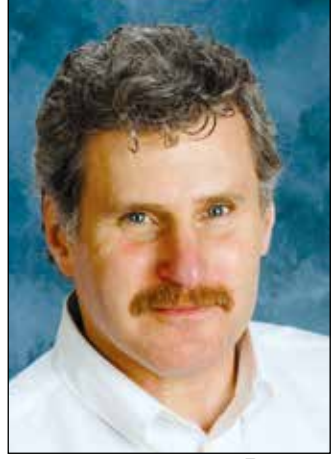
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CARMICHAEL COMMUNITY UPDATE



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INNER PEACE



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COOLEY’S FOSTER YOUTH BILL SIGNED BY THE GOVERNOR



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Nature Fest Stars Wild Cast



An October 9 open day at Effie Yeaw Nature Center will feature a menagerie of rescued wild animals, including an Opossum called Opal and Archimedes the owl.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Bats, birds and reptiles will be among educators during the Effie Yeaw Nature Center’s annual NatureFest on Sunday, October 9. The event is a fundraiser for programs offered by the Ancil Hoffman Park facility.

Celebrity presenter is Gabe Kerschner, who runs an animal sanctuary in Placer County. He and his animals are TV stars who annually present hundreds of school programs. Rescued from adversity, his cast includes an opossum, a coyote, a raccoon, a rattlesnake, a skunk and other native Californian animals. Punctuated with audience interaction and jokes, Kerschner’s talks also contains heartbreaking histories. His rescued bald eagle, for example, was shot

and rendered flightless by an Alaskan angler.

Petaluma naturalist Lynette Lyon will present a second wildlife show. Her cast features exotic species such as an African porcupine, a bush baby and African cats. Effie Yeaw Center’s resident raptors and reptiles will also greet visitors.

Craft projects are among activities offered to children and parents. As the facility is also a center for Native American studies, basket-making and the creation of tule reed dolls will be demonstrated. Guides will lead walks through the center’s 100-acre wildlife preserve. Outings by youth groups are welcome.

NatureFest runs from 10 a.m. to 3 p.m. in the Nature Center at Ancil Hoffman Park.



Admission is \$5 for visitors aged 13 and up; free for children. Parking is included. For more information, call (916) 489-4918. ★

State Now to Dictate Religious Practices?

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-El Dorado) issued the following statement regarding Governor Brown’s signing of Senate Bill 1146 (Lara), a bill that discriminates against all religious-based universities and infringes their ability to ensure faith-based practices are upheld on campus, undermining the concrete right of religious freedom guaranteed in the First Amendment.

“We are heading towards a one belief system, and anyone who strays from that state-sponsored orthodoxy gets punished. This bill is a step towards putting a scarlet letter on the chest of all religious institutions.

“The First Amendment is clear: Christian and other religious institutions should be free to practice their faith without state interference. This is phase one of a radical strategy to tear down religious institutions. First it’s to identify the target, isolate it, then demonize it. This bill could have been worse, but as part of a larger strategy to eliminate religion, it’s alarming.

“California prides itself on multiculturalism, but it seems like Christians are one culture the ruling elites fear and target more than any other. We are blessed to live in a free nation and we should be able to respect beliefs that differ from our own.”

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. ★

California Capital Airshow Welcomed Huge Crowds

SACRAMENTO, CA (MPG) - The 2016 California Capital Airshow, presented by Sacramento County, in partnership with the City of Rancho Cordova, opened the gates at Mather Airport this past weekend with an increase of more than 20 percent in attendance over last year. The Airshow welcomed the world-famous U.S. Navy Blue Angels, US Army Golden Knights for the very first time, the Royal Canadian Air Force CF-18 Hornet Demo, US Air Force F-16 Viper, ‘FIFI’, the iconic B-29 Superfortress and so much more.

After a full day of awe-inspiring performances, sadly, due to unforeseen circumstances, the Blues Angels were unable to perform on Saturday. The commanding officer and flight leader, Cmdr. Ryan Bernacchi, contracted a food-borne ailment offsite and was under the medical supervision of the team’s Flight Surgeon and could not fly. The Blue Angels decide whether



“We were thrilled to learn Sunday morning that USN Blue Angels Cmdr. Bernacchi was feeling better and medically released to perform” said Darcy Brewer, executive director of the California Capital Airshow. The Blue Angels (shown above) did perform during Sunday’s show. Photo courtesy of Tim Engle, EnglePhoto.com

or not they perform per regulations, as safety is their number one priority. Once the Airshow was notified that the team would be grounded due to the Commander’s illness the public was informed immediately.

“Fans were thrilled that ‘Boss’ was feeling better and that the Show welcomed back thousands of Saturday ticket holders.

All were excited to return for a second day of Airshow fun.”

The Airshow acknowledges the unexpected parking and traffic delays on Saturday, and worked quickly to remedy the problems for Sunday attendees who experienced a smooth entry and exit. While Sunday weather reports initially called for stormy conditions, weather was not a

factor and fans enjoyed the full line up of performers including the heart-stopping Blue Angels demonstration.

“Putting on an Airshow is a massive undertaking and preparation takes years. The event is almost completely run by dedicated volunteers that work tirelessly to provide an amazing guest experience,” continued Brewer. “Without events like these, our children and grandchildren would never be able to see up-close examples of the ingenuity that makes our country great or spend a weekend in the presence of heroes and legends. That’s why we strive to produce this thrilling and meaningful community event every year.”

Airshow proceeds fund scholarships to regional students interested in pursuing education and careers in Science, Technology, Engineering, Mathematics, Aviation and Aerospace, charitable group donations and educational youth programming throughout the year.

A special thank you goes to Sacramento County, City of Rancho Cordova, Aerojet Rocketdyne, Sacramento Jet Center, Lasher Auto Group, Dr. Pepper Snapple Group, Budweiser, Fox 40, iHeart Media and many more sponsors as well as an army of volunteers for their support each year.

Established in 2004, the California Capital Airshow 501(c)(3) is an exciting, family-friendly annual event designed to honor the Sacramento region’s rich aviation heritage and veterans while using the power and magic of flight to inspire young people. CCA gives back to the community through scholarships, charitable group donations and exciting educational youth programming throughout the year. For more information, please visit www.california-capitalairshow.com.

Special Release from the CCA★



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Cooley's Bill to Expand Foster Youth Access Signed by the Governor

RANCHO CORDOVA, CA (MPG) - Assemblyman Ken Cooley's (D-Rancho Cordova) AB 2417 was signed in to law by Governor Brown this afternoon. AB 2417 expands foster youth access to court appointed special advocates, known as CASAs. These are volunteers who are appointed by a judge to provide one-on-one mentorship and advocacy to abused and neglected children who are under the jurisdiction of the juvenile court. Children with court appointed special advocates have demonstrably better long-term outcomes: they are more likely to find a safe permanent home, half as likely to reenter the foster care system, and have far greater success in school. However, there are currently not enough CASA volunteers to advocate on behalf of the foster children in need of their services.

CASA programs are required by law to fingerprint each volunteer to screen for a criminal background before allowing

them to mentor and advocate for youth. Non-profit organizations that serve children do not have to pay the California Department of Justice fees for background checks, but CASA programs are currently excluded from this benefit. This places an undue financial burden on this critical child advocacy program.

AB 2417 enhances foster youth access to CASA volunteers by including CASA programs in the existing fee exemption that other child-focused non-profit organizations enjoy.

"Foster kids face obstacles that affect their long-term education, job prospects and even housing stability," said Assemblyman Cooley. "AB 2417 expands access to CASAs that provide foster youth vital support



Assemblyman Ken Cooley (D-Rancho Cordova)

and services they need to transition into independent adulthood."

"We applaud Assemblymember Cooley for his leadership and Governor Brown for his approval of this simple legislative change which will result in more children in foster care having the caring advocacy of a Court Appointed Special Advocate," said John Lipp, CEO of the California CASA Association. "This represents a great savings to our local CASA programs that they will leverage to recruit, train, and supervise CASA volunteers, whose advocacy improves and transforms the lives of abused and neglected children."

AB 2417 will take effect January 1, 2017. ★

Water Year 2016: We Suffered 'Snow Drought'

SACRAMENTO, CA (MPG) - As California's 2016 Water Year draws to a close, it is ending a fifth consecutive year marked by meager precipitation that fell more often as rain than snow.

Record warm temperatures created an early and below-average runoff that was in large part absorbed by parched soil before ever reaching the State's reservoirs. The water content of the California Sierra snowpack, often referred to as 'the State's largest reservoir,' flows each spring into a series of above ground storage reservoirs that essentially serve as California's water savings accounts in order to meet the growing demands of an uncertain climate future.

These all-too-familiar dry, warming conditions have led State water officials to describe

the situation as a California 'snow drought.' A 'water year,' a 12-month time period during which precipitation totals are measured, runs from October 1 to September 30 of the following year. The year is designated by the calendar year in which it ends.

Water Year 2016 is officially listed in the record books as 'Dry' statewide, even though parts of Northern California experienced average to slightly above average precipitation.

Water officials warn that making seasonal forecasts of precipitation - the ability to predict now if 2017 will be wet or dry (and how wet or dry) - is scientifically difficult, and the accuracy of such predictions is very low; much less than that of a seven-day weather forecast.

Historical records are the only

source of facts to study for any indication of what California may see in the form of precipitation in coming months.

Of the 18 La Niña winters since 1950-51, 16 have provided below average precipitation for Southern California's coastal region, and 15 winters have resulted in below average precipitation for Southern California's interior region. Above average precipitation was recorded in 11 winters for the Northern Sierra and in eight years for the Central and Southern Sierra.

Sixty percent of the state currently remains in severe or extreme drought. While mandatory water restrictions today vary across California, making water conservation a California way of life remains a statewide goal and a top priority.

Source: DWR ★

Cancer Awareness Engine Goes into Service

Enter the Photo Contest!



In support of every person affected by cancer, Metro Fire will be operating a Cancer Awareness engine for the third year. The engine will run out of five fire stations, one in each of our Battalions, during the month of October.

Special Release from Sac Metro Fire

SACRAMENTO COUNTY, CA (MPG) - Most all of us have been touched by cancer in one way or another, by our own personal battle, or that of friends and loved ones. Firefighters are not exempt. Not only do we respond to the homes of cancer patients on a regular basis, but we've watched fellow firefighters lose their battles with cancer and we've rejoiced with those who have beaten it.

In support of every person affected by cancer, Metro Fire will be operating a Cancer Awareness engine for the third year. The engine will run out of five fire stations, one in each of our Battalions, during the month of October. The engine will start its month of service today at

Station 24 (4942 College Oak Drive). The cost to wrap the fire engine was 100% donated by Vehicle Wraps, Inc. and Sacramento Area Firefighters Local 522.

Get your cameras out because this year we have added a photo contest!

The Contest:

- During the month of October, 2016, we want the public to take pictures of the pink engine wherever they see it (other than in a fire station): on a fire, at a school teaching kids, with families at a park, saving an animal, etc...
- Submit the picture, along with your name, and contact info to: PinkEngine@metrofire.ca.gov by November 4th, 2016.

All properly submitted photos will be evaluated and the ONE determined to best represent Metro Fire will be selected as the winner. The winner will be announced on or before November 14, 2016.

The Prize:
*Become a Firefighter for a Day!**

The winner becomes an honorary member of the crew on a fire engine, doing what firefighters do on a daily basis: responding to 9-1-1 calls, assisting at community events, washing the fire engine, training, making dinner and eating with the crew, etc... Alternative accommodations will be made, if needed.

Full contest details can be found at www.metrofire.ca.gov. ★

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“Got Clutter? It’s Gotta Go!”

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Many people own more than their jam-packed homes can hold. “I know a family whose house you can hardly move in,” says Carmichael Honorary Mayor Julie Woodworker Hubbs. “They also rent three storage sheds.”

Possession overload is not just an issue of affluence. “There seems to be some emotional security in possessions,” she considers. “Perhaps you feel you’re disrespecting your loved ones if you part with inherited things.” Mayor Hubbs – also a professional life coach -- recently offered free Carmichael “decluttering” clinics and experienced attendee overload. “More than sixty people came for each of two classes,” she reports. “I would say clutter is a common problem.”

Hubbs’ lifeline to the overloaded continues. She and Mission Oaks Park District are offering four-week ‘Got Clutter?’ lessons. The first of several courses started last week. “Many people with problems are seniors,” observes Hubbs. “Their kids moved out and expect mom to store stuff for them.” Hubbs (60) overcame her own burdens. “My husband and I inherited items from three households and had to make difficult decisions. My son went to the military; it took 20 years for the last of his things to leave our house.”

One recent class attendee’s overstuffed purse was the bane of an otherwise efficient existence. Magazines lay in unread stacks in another’s home. Bulging wardrobes were a problem for many.

For the faint-hearted hosting hundreds of ball-points, Hubbs advises choosing a dozen pens. “Wrap them in a rubber band and put them in a drawer,” she says. “Get rid of the remainder. No matter how many conferences you attend, vow to never pick up another



Carmichael Honorary Mayor Julie Woodworker Hubbs offers classes in decluttering.

pen.” If dental or doctor’s surgeries won’t take magazines, dumpsters will. “There is nothing wrong with recycling paper,” affirms the coach.

For sartorial oversupply Hubbs shares her own rule. “When I buy something, I give another garment to charity. Nothing goes in my closet without something leaving.”

These and more streamlining tips will be shared at Hubbs classes. “If you’re cluttered with things you really don’t want, you can get so emotionally stuck that you become immobilized,” she believes. “Together we can come up with doable plans for individuals. Sometimes it’s just one kitchen drawer at a time. But your life will benefit.”

“Got Clutter?” courses are held at Mission Oaks Community Center. They continue through November, a four-week course costs \$25. For information, visit www.morpd.com. ★

Legislation Expanding Veterans' Property Tax Exemption Signed Into Law

SACRAMENTO, CA (MPG) - Governor Brown has signed legislation (SB 1458) sponsored by Board of Equalization Member George Runner and authored by Senator Patricia Bates (R-Laguna Niguel) that expands eligibility for the state's property tax exemption to disabled military veterans who were discharged under “other than honorable conditions.”

“We should do everything we can to honor veterans injured as a result of their service,” said Runner. “By making this small change,

more California veterans will be given access to a benefit offered to them by a state grateful for their sacrifices.”

Before this bill was signed, only veterans who received an honorable discharge were eligible for California's disabled veterans' property tax exemption. This includes veterans who have a service-related 100% disability rating from the U.S. Department of Veterans Affairs and are receiving all federal benefits related to their service.

SB 1458 expands the disabled

veterans' exemption eligibility by changing the state requirement that a veteran's character of discharge from military service be under “honorable” conditions to the standard of “other than dishonorable” conditions. This bill does not provide any benefit to those discharged under dishonorable conditions. As a tax levy, SB 1458 becomes law immediately, but for practical reasons will not take effect until January 1, 2017.

Source: BOE

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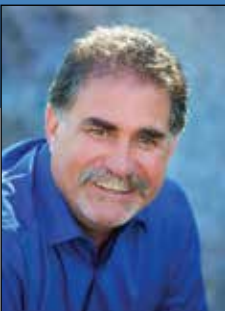
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**By County Supervisor
Susan Peters**

Through the generosity of the Carmichael Times, this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

Community Meetings on Transportation Measure B

A special community meeting will be held in Carmichael on Thursday, October 6, to provide information about Measure B, the half-cent transportation sales tax proposal that will be on the November ballot which is expected to raise \$3.6 billion over 30 years to repave streets, repair aging roads and bridges, and fund new highway, connector and interchange projects as well as provide funding for Regional Transit.

Sacramento County Department of Transportation Director Mike Penrose and Sacramento Transportation Authority Executive Director Jeffery Spencer will be the guest speakers. This information meeting will be at the Carmichael Park Clubhouse from 6-7 pm. Measure B is being

CARMICHAEL COMMUNITY UPDATE

sponsored by the Sacramento Transportation Authority and you can learn more by visiting sacta.org.

I will be holding a similar information meeting at my upcoming Community Coffee Meeting in nearby Fair Oaks on Wednesday, October 19, 7:30 am at the Fair Oaks Water District. A meeting also is scheduled for Tuesday, October 25, at the Arden-Dimick Library Community Room, 6-7 pm.

San Juan Unified STARS

The STARS Hall of Fame was established in 2009 by the San Juan Education Foundation, with the support of the San Juan Unified School District, to honor exceptional district graduates who embody an innovative spirit and have made their mark in their chosen profession.

The San Juan Foundation believes inspired and innovative teaching better prepares students for success by utilizing science, technology, arts, and reading (STAR). By providing funds for teacher-driven learning projects where public funding falls short, the foundation rewards initiative and creativity and helps ensure that children are not denied critical learning opportunities.

Each year the inductees into the STARS Hall of Fame are honored at a special dinner and this year's event will be on Friday, October 14, at the Arden Hills Resort Club & Spa. The 2016 honorees are National Basketball

Association Executive Vice President Amy Brooks (Bella Vista High School), Capitol Advisors Group President and Education Advocate Kevin Gordon (San Juan High School), and Rock Climber and Author Alex Honnold (Mira Loma High School).

The honorary chair of the event is past honoree Roger Niello (Encina High School). For more information, please visit sanjuaneducationfoundation.org.

Nature Fest at

Effie Yeaw Nature Center

NatureFest, the Effie Yeaw Nature Center's largest family event of the year promoting science & nature education and outdoor recreation, will be held on Sunday, October 9, 10 am to 3 pm.

This special day includes live animal shows, kid's activities, demonstrations, guided nature hikes, and family-friendly food on the beautiful Nature Center grounds. Activities include animal shows from Wild Things on the main stage and close up visits with the Nature Center's own ambassador animals at Critter Corner plus many more creatures of all shapes and sizes!

For more information contact the Nature Center at 489-4918 or email info@sacnaturecenter.net

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

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Make It Fun and It Will Get Done!

The Secret to Being Organized

Pam Young's Corner

If You Can Ride a Bike, You Can Get Organized

Who taught you to ride a bike? Do you remember how different riding a bike was than riding your trike? With a trike, you really had to pedal hard to get over bumpy terrain, but with a bicycle you could almost glide over it. As soon as you mastered the skills of riding, you were given the joy of riding fast and easy. Remember feeling like you were flying? To go faster than you could run was addictive and you had the same joy a dog has with his head out the window of a Subaru, fur smashed back by the wind.

But what does it have to do with getting organized? Well, wouldn't you say that every, able-bodied child can learn to ride a bike? Do you remember your pre-biker days? Remember how impossible it looked? Remember thinking, 'I can't do that.'? And then what happened? You learned! You could do it. When you were learning, there were basic skills you had to acquire in order to stay on the bike when your teacher let go.

- Enough speed
- Keep eyes forward
- Use your balance
- Keep pedaling

If you left any one of those basics out, you crashed.

The basics for getting organized are the same and if you leave any one of them out, you'll crash (which we'll do until we're in the habit of using all four skills). When anyone says, "I'm overwhelmed," what's happened

is they've left out one of the steps.

- Enough speed (timer)
- Keep eyes forward (calendar, watch)
- Use your balance (balance work, recreation and rest)
- Keep pedaling (decluttering)

Wouldn't you say you know all about these basics? Now if you fail to use any one of them (just like you need the basic skills to ride a bike), you're going to find yourself in a mess. But you know the saying, "It's just like riding a bike," implying once you learn, you never forget. So which basic skill or tool have you been leaving out? Once you nail that, it's just a matter of putting more focus on using it and just like riding a bike; you'll be back on top of things.

Commitment and Desire

But there's more. When you were young, you looked at riding your bike as something fun to do, because the rewards for pleasure were great. You also had the commitment to learn, because you saw all the other kids having fun and there you were on your little, red trike, with a stupid bell that rusted into silence.

To get organized, you have to have the commitment to change your comfortable routine, in order to enjoy the fruits of that change. You can see the other "kids" with clean and neat homes and you know you would love that. You're a social person and you want to be comfortable when you have friends and family over. You'll also discover

staying organized is more comfortable than the routine that's gotten you in a mess.

I'm working with a delightful woman who has a goal of having her home organized and clean so she can have her new granddaughter in her home (the daughter won't let her babysit there until that happens). This woman has the desire to be able to babysit her granddaughter in her own home and she totally understands why her daughter won't allow that until things change in her home.

This brings up one more thought; get the right reason to get organized and make it juicy enough to stick. When I got organized my reason was to have more free time to play. In 40 years of being organized my playtime has allowed me to do what I love to the degree that even my work (writing) is play!

So get the right reason and start using the skills you haven't been using and get out of the mess. Let me be your "teacher holding the seat of your bicycle" until you get strong on your own. My book "The Joy of Being Disorganized" will have you on your way with the right reasons and the desire to get organized just enough to please you.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, ways to lose weight and get your finances in order, all from a reformed SLOB's point of view. ★

Thoughts on the Passing of Three Sports Legends

Commentary by Dr. Mark Hendrickson

With the recent passing of Arnold Palmer, yet another all-time great sports icon has left us in 2016. How ironic that three athletes, each of whom was the face of his sport in the 1960s—Arnold Palmer in golf, Muhammad Ali in boxing, and Gordie Howe in hockey—all have left us this year.

Perhaps that is fitting. They deserve to be remembered together for their combined impact on the world of sports.

Although I am a lifelong sports fan, I'll confess to having only modest interest in golf. That interest, though, stems entirely from the winsome personality of Arnold Palmer. The combination of his sonorous drawl, charismatic smile, twinkling eyes, easy-going manner, modesty, genuineness, and gentlemanliness made it impossible not to be charmed by the man. Arnie was the hook that drew me to watch enough golf tournaments over the years to at least know who the outstanding players are in any given year.

For the baby boomer generation, Arnold Palmer, Muhammad Ali, and Gordie Howe were three of the brightest stars in the sports firmament. Every generation has its iconic sports figures, but what other decade has featured three superstars who reigned supreme as both the top athlete and dominant personality in their respective sports as Arnie, Ali, and Gordie were in the 1960s? Their stature is bespoken by their

nicknames: In the world of golf, Arnie was "the King" and in boxing, Ali was "the Greatest" and in hockey, Gordie was "Mr. Hockey." Perhaps the greatest testimony to their exalted status is that the respect of their peers and their popularity among fans never waned, but lasted for decades.

Arnold Palmer won 62 PGA tournaments and seven majors. That, combined with his off-the-charts likeability and photogenic good looks made him a natural for the television era. He was tailor-made to establish golf as one of the most popular sports in America and cemented his legacy as golf's perennial ambassador.

Gordie Howe overcame a near-fatal fractured skull early in his career to eventually win six MVP awards, set a ton of career records, and eventually play his grueling sport for an unmatched and probably unmatched 26 professional seasons. I saw him play when he was in his prime—what a privilege—and again at age 52 when he was still able to make younger professional hockey players look foolish with his skill, artistry, and smarts. Gordie was an "aw, shucks" modest hero whose dominance on the ice and exemplary behavior off of it made him hockey's supreme exemplar.

Muhammad Ali was graceful, intelligent, creative, and resourceful. He starred in some of the most memorable boxing matches in history, defeating formidable opponents like Sonny Liston, Joe Frazier, and George Foreman. He won the heavyweight

championship of the world an unprecedented three separate times.

Out of the ring, like Arnie and Gordie, Ali was his sport's dominant personality, although, unlike them, he was brash and immodest. I had a hard time accepting that behavior, but eventually I learned to respect Ali. His boisterous, unconventional behavior constituted a clever form of psychological manipulation designed to disrupt the concentration and confidence of his opponents. The only other sports hero who matched Ali in that department was the legendary Detroit Tiger baseball superstar, Ty Cobb. (Read Charles Leerhsen's recent biography of Cobb to learn more.) Actually, Ali's attention getting antics were ahead of his time. He realized that, for fans, the essence of sports is entertainment, and so he devised unorthodox, flamboyant ways to entertain people and increase public interest in boxing. As boxing's ambassador to the world, Ali used his fame to help others and promote the brotherhood of the human family.

Arnie, Ali, and Gordie all led long, full lives. They weren't short changed, and neither were we, their legions of fans. And now may "the King" rest in peace with "the Greatest" and "Mr. Hockey."

-- Dr. Mark W. Hendrickson is an adjunct faculty member, economist, and fellow for economic and social policy with The Center for Vision & Values at Grove City College. ★

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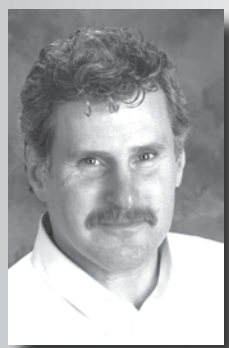
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Dare to Live Without Limits

Inner Peace

by Bryan Golden



You can achieve inner peace. Although it doesn't have to be elusive, it seems to be when you are distracted by life's problems and challenges. If your attitude is negatively affected by all you have to deal with, a circular chain reaction ensues. A sour outlook attracts undesirable outcomes, which in turn reinforces the poor attitude.

Finding inner peace begins with breaking this endless cycle. You don't wait for this to happen, you make it happen. Being proactive in your life is key. Inner peace is exactly that; it exists within you. Contrary to some conventional wisdom, inner peace is a cause, not a result.

Inner peace starts with your outlook. Look at every day as wonderful, filled with endless possibilities. Always be grateful for your blessings. Look for solutions rather than wallowing in problems. Engage in positive self-talk.

Seek simplification. Your mind tends to complicate things. Every situation can be broken down into simple components. This approach enables you to formulate an effective strategy for both the short and long term.

Recognize what you can change and what you can't. Don't get mired in all that is beyond your control. Focus your efforts on what you can influence. This concept is especially applicable to people. They are who they are. You

can't change them. Instead, work on yourself.

Harness the power of smiling. You'll feel better because you smile, not vice versa. Smiling is a source of happiness more than a result. Those people who wait until they are happy before they smile are constantly waiting.

Inner peace is connected to what you do for others rather than how much you acquire for yourself. You can get everything you want in life by helping enough other people get what they want. Always be polite, courteous, and respectful.

Keep learning, improving, and growing. Education is necessary for growth. Repeatedly making the same mistakes inhibits inner peace. Learn from your past. Live in the present. Take action to prepare for the future.

Stop worrying. It's a pointless activity that causes stress. Take action regarding anything you have control over. Let all the other stuff go. Eliminating worry takes a tremendous load off you. This one act alone moves you a lot closer to inner peace.

Have fun. Do what you enjoy. Laugh. Inner peace is unattainable when you are miserable. Having fun is not selfish. You have more to offer others when you are happy. Being miserable repels people. No one wants to associate with someone who is always dragging themselves around.

Take responsibility for your

life. The path you take is up to you. Change your direction if you don't like where you are headed. Don't blame other people or circumstances. Thinking or acting like a victim repels inner peace. In its place you will attract stress and frustration.

Be aware of how you feel and where you are headed. You must understand your current situation in order to take corrective action. Life is fluid. The only thing constant is change. You change and your goals change. Remain flexible. Be ready to make adjustments as needed.

Inner peace isn't an all or nothing proposition. It is attained over time. It is achievable by anyone. No special training, aptitude, or sacrifice is required. You can work toward it on a regular basis.

Setbacks are part of the process. There are times where it seems as if you are going backwards. Don't get frustrated or discouraged. When you stumble just get back up. Inner peace is more of a journey than a destination.

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@columbian.com or write him c/o this paper. © 2011 Bryan Golden. ★

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Sacramento County DA Reports



Defendant Convicted of Multiple Charges from Sexual Assault of Woman Defendant Convicted of Sexually Assaulting 17 Year Old Defendant Convicted for Murder, Series of Attacks

DATE: September 22, 2016

CASE: Anthony Ray Jones (Case #15F05868)

PROSECUTOR: Deputy District Attorney Maria Wilson, Adult Sexual Assault Prosecution Unit

Anthony Ray Jones was convicted by a jury of two counts of forcible rape, three counts of forcible oral copulation, and one count of forcible digital penetration. The jury found true the allegations that Jones was armed with a deadly weapon and that the crimes were committed during the commission of first-degree burglary on all six counts. Jones was also convicted of three counts of assault with a deadly weapon, two counts of felony sexual assault, assault with intent to commit rape, two counts of false imprisonment, first-degree burglary, criminal threats, and child endangerment.

On September 21, 2015, the victim returned home with her 3-year-old son. As the victim entered her apartment, Jones forced his way inside. When the victim screamed, Jones pointed a gun at her son and threatened to shoot him if she didn't stop screaming. Jones continued to threaten the victim to follow his orders or he would shoot her and her son. Jones then ordered the victim to take her clothes off and proceeded to sexually assault her multiple times, including raping and forcing her to perform sexual acts on him. Jones videotaped the victim during the assault with his phone. When the victim's husband returned home, Jones ordered him into the bathroom at gunpoint and threatened to shoot him. Jones then left the apartment and told the victim that if she called the police, he would come back and shoot the whole family.

Jones faces a sentence of approximately 160 years to life in prison. Sentencing is set for October 28, 2016, at 1:30 p.m. in Department 28 before the Honorable James McFetridge.

DATE: September 22, 2016

CASE: Randy Klippenstein (Case #15F06223)

PROSECUTOR: Deputy District Attorney Kevin Jones, Adult Sexual Assault Prosecution Unit

Randy Klippenstein was convicted by a jury of two counts of rape by force, two counts of digital penetration by force, four counts of oral copulation by force, and three counts of sexual misconduct.

In August 2013, Klippenstein began

making sexual comments about the appearance of a 17-year-old female. Soon after, Klippenstein sexually assaulted the victim and continued the sexual assaults for the next year and a half. The victim told Klippenstein "no" and tried pushing him away in an attempt to prevent the assaults, but she was unsuccessful. Throughout this time, Klippenstein threatened to kill the victim or lock her away in a basement if she ever told anyone about the abuse.

Klippenstein faces a maximum potential sentence of 66 years in prison. Sentencing is set for October 21, 2016, at 8:30 a.m. in Department 39 before the Honorable James Arguelles.

DATE: September 28, 2016

CASE: Christopher Franklin (Case #15F06717)

PROSECUTOR: Deputy District Attorney William Satchell, Homicide Unit

Christopher Franklin was convicted by a jury of first-degree murder, attempted murder, assault with force likely to cause great bodily injury, and illegal possession of a concealed firearm. The jury also found that Franklin discharged a firearm causing death and great bodily injury.

On July 10, 2015, Dennis Clark was homeless and sleeping under a bridge. When Mr. Clark awoke, he found Franklin standing over him. Without warning or provocation, Franklin began shooting at Mr. Clark, striking him four times. Multiple .40 caliber casing were recovered at the scene.

On October 11, 2015, Anna Bernaix was sleeping near a homeless encampment when she was found shot to death. Several .40 caliber casings were also found at the scene.

On October 13, 2015, Douglas Bean was working as a surveyor near remote railroad tracks. Franklin approached Mr. Bean from behind and placed him in a strangle-hold. Other workers witnessed what was happening and stopped Franklin just as Mr. Bean was losing consciousness. The Sacramento County Sheriff's Department responded and apprehended Franklin. Deputies searched Franklin and found a concealed .40 caliber handgun. Testing by the District Attorney's Crime Lab determined the handgun Franklin was carrying was used to shoot both Mr. Clark and Ms. Bernaix.

Franklin faces a maximum potential sentence of 75 years to life plus 21 years in prison. Sentencing is scheduled for October 25, 2016, at 9:00 a.m. in Department 24 before the Honorable Shelleyanne Chang. ★

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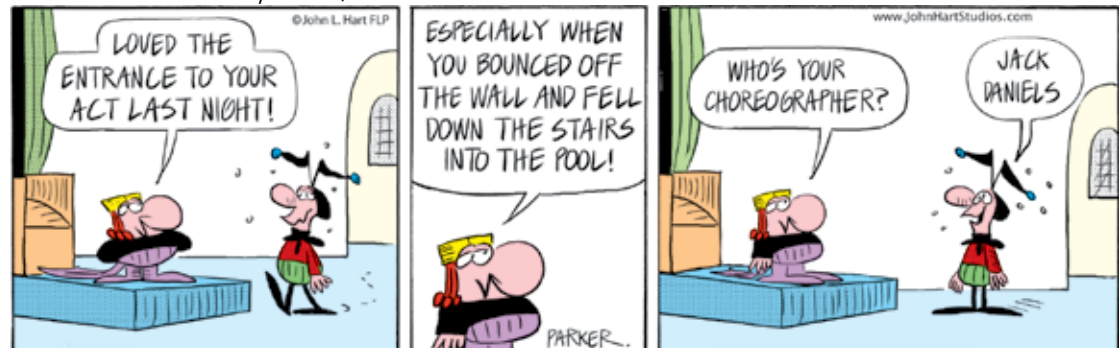
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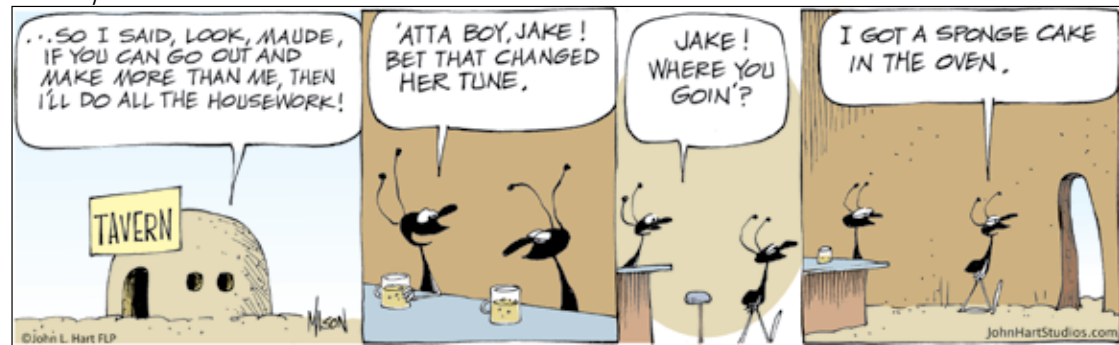
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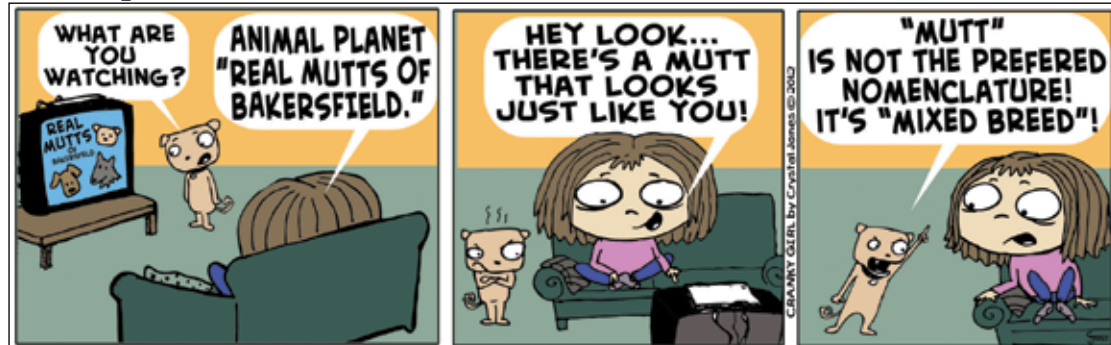
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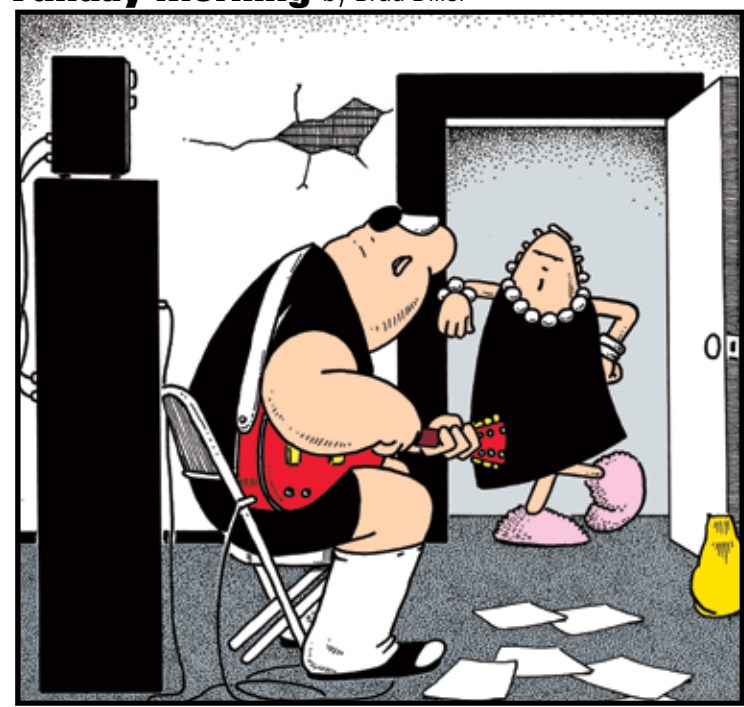
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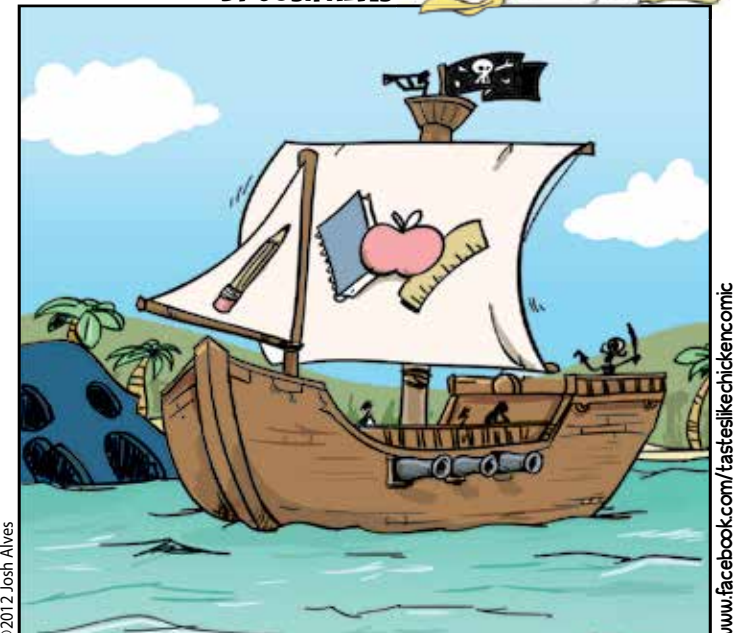
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Riley Reviews

"MISS PEREGRINE'S" HAS TIM BURTON TOUCH; "WESTWORLD" ON TV

remains of Miss Peregrine's Victorian castle. Left to his own devices, he soon discovers the Peculiar and a passageway to Miss Peregrine's alternate universe.

Time travel takes Jack back to 1943, where Miss Peregrine and her charges live in a "time loop" of reliving the same day, similar to "Groundhog Day," where the mission is to thwart a Nazi warplane from bombing the Home.

The residents at Miss Peregrine's Home have their own peculiarities, mostly supernatural or incredible powers that set them apart from other kids, as if they candidates for Professor Xavier's school in the "X-Men" franchise.

Jake finds a like-minded soul in Emma (Ella Purnell), a blonde beauty who has the ability to manipulate air and must wear a pair of heavy lead boots to keep from floating away. Their relationship blossoms into a sweet, naïve teenage love story.

Not so loving is Enoch (Finlay MacMillan), the oldest boy with a talent for giving life to inanimate objects, who distrusts the newcomer and begrudges the affection Emma shows for Jake.

Among the many children, Olive (Lauren McCrostie) is a free spirit who must wear long black gloves at all times because she ignites everything she touches. The cutest kid might be the Shirley Temple-like look alike who has sharp teeth on the back of her neck.

The central villain is Samuel L. Jackson's Barron, who commands an army of invisible skeletal monsters that only Jake can see. His mission is to destroy all the children for the odd purposes of consuming their eyeballs.

Consistent with Tim Burton's darker material, "Miss Peregrine's Home for Peculiar Children," though stunning in its surreal imagery, has plenty of nightmarish visuals that might be too much for the very young to handle.

For all others, including

teenagers and adults, the twisted fairytale with creepy moments is equal parts entertaining and fascinating as only the creator of "Beetlejuice" could conjure.

TV CORNER – "WESTWORLD" ON HBO

More than forty years have passed since Yul Brynner starred as a robotic gunslinger in "Westworld," and now a modernized but still Old West fantasy world based on the Michael Crichton novel runs on HBO for ten episodes.

In HBO's "Westworld," under the autocratic rule of theme park founder Dr. Robert Ford (Anthony Hopkins), the very wealthy are willing to pay top dollar to share Wild West adventures with android "hosts."

Visitors to the Westworld playground indulge in every appetite, no matter how noble or depraved. No wonder these fantasies include gunfights, drinking and gambling, and visits to the brothel run by Maeve (Thandie Newton).

The virtual reality of Westworld, staged with Old West authenticity, includes fascinating characters which keep you guessing as to whether they are "guests" or "hosts."

Rancher's daughter Dolores (Evan Rachel Wood) begins to discover that her idyllic existence is a carefully constructed lie.

James Marsden's charming Teddy is handy with a revolver, but the Man in Black (Ed Harris) distills the essence of pure villainy.

More importantly, the Man in Black speaks on more than one occasion about the fact that "there's a deeper level to this game," and the audience, much like this character, will be seeking this greater truth over the run of this science-fiction Western.

Another point of fascination with Dr. Ford's fantasyland is that incidents of aberrant behavior cropping up in some recently re-coded hosts lead to top programmer Bernard Lowe (Jeffrey Wright) bickering with staff members.

"Westworld" requires attention to details, such as the meaning of one host having an unscripted encounter with an artifact from the outside world. By the second episode, tension is noticeably rising inside and out of the park and you may wish to stick with this series to the end. ★

NOTICE OF INTENT TO ADOPT A MITIGATED NEGATIVE DECLARATION

FORMER SYLVAN MIDDLE SCHOOL DEMOLITION PROJECT
OCTOBER 3, 2016

Notice is hereby given that the San Juan Unified School District, as lead agency, has prepared a Mitigated Negative Declaration (MND) for the below referenced project. The Draft MND analyzes the potential environmental effects associated with the proposed project in accordance with the California Environmental Quality Act (CEQA). In accordance with Section 15072 of the CEQA Guidelines, the San Juan Unified School District has prepared this Notice of Intent (NOI) to provide responsible agencies and other interested parties with notice of the availability of the Draft MND and solicit comments and concerns regarding the environmental issues associated with the proposed project.

LEAD AGENCY: San Juan Unified School District, Facilities Services Division
5320 Hemlock Street
Sacramento, CA 95841

CONTACT PERSON: David Burke, Director of Planning and Property Management
e-mail: david.burke@sanjuan.edu

PROJECT TITLE: Former Sylvan Middle School Demolition Project

PROJECT LOCATION: 7085 Auburn Boulevard, Citrus Heights, California

PROJECT DESCRIPTION: The project would entail the demolition of the former Sylvan Middle School and associated facilities. All buildings on the school campus, including portable units, would be demolished and disposed of at an appropriate construction waste facility. The project would require demolition work, removal of demolished materials, and removal of vegetation, followed by site grading. Building foundations could be removed as part of the proposed project. The site would be leveled following building removal, so as to cover up any potential voids from foundation removal. The existing school parking lots and basketball courts may be retained. Non-native trees located near buildings would be removed, but native trees would be retained. Post-demolition, the project site would be graded and all building materials cleared

The project is not listed on the Hazardous Waste and Substances Sites List as set forth in Government Code Section 65962.5.

PUBLIC REVIEW PERIOD: A 30-day public review period for the Draft Mitigated Negative Declaration will commence on October 3, 2016 through November 2, 2016 for interested individuals and public agencies to submit written comments on the document. Any written comments on the Mitigated Negative Declaration must be received at the above address within the public review period. Comments can also be made during the public hearing. Copies of the Mitigated Negative Declaration and Initial Study are available for review at the District Offices at the above address (Hemlock Street address) and on the website at <http://www.sanjuan.edu/Page/554>.

Published in the Carmichael Times on Sept. 30, 2016

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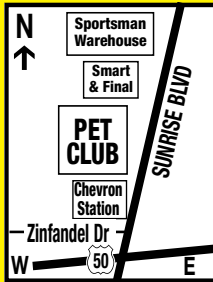
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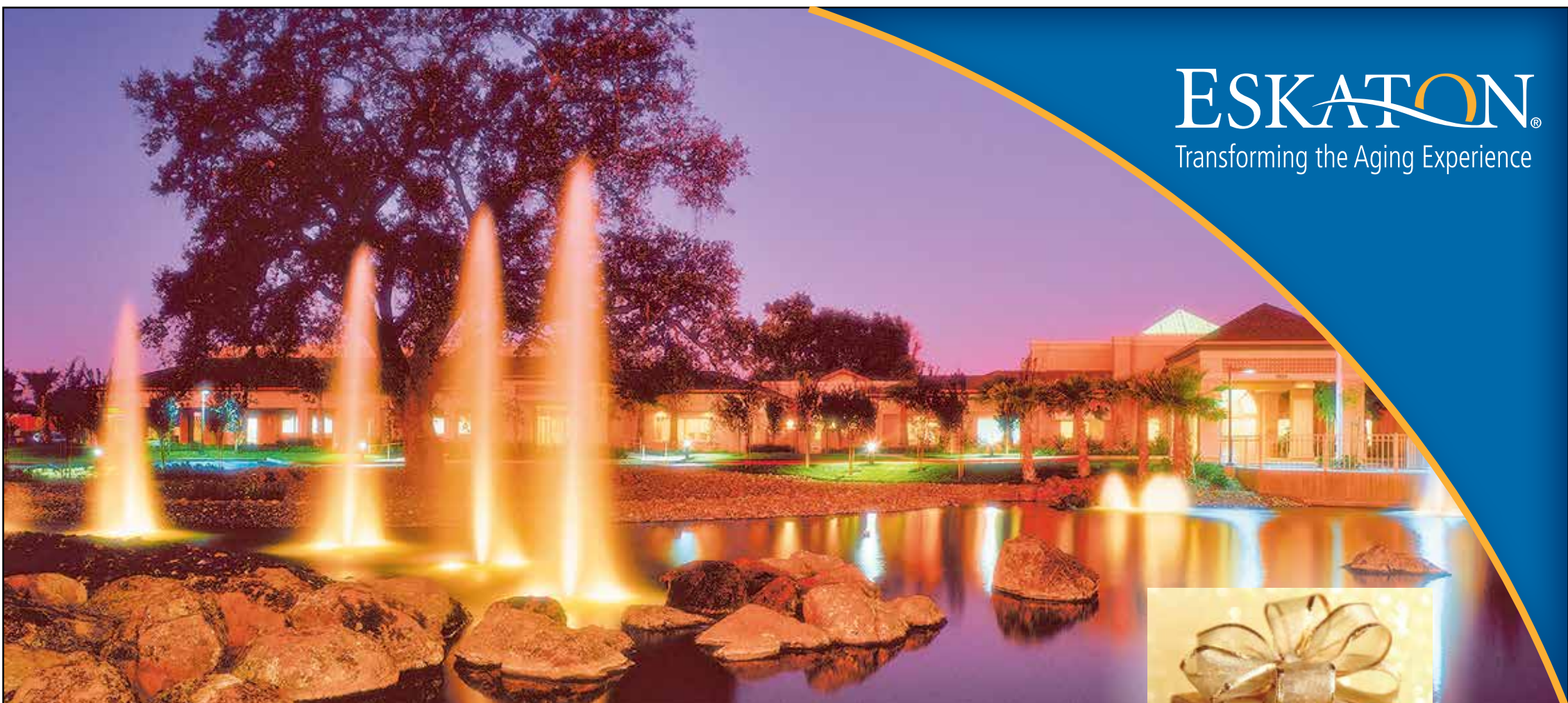
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