

## Dusty Gets the Call, Now Managing the Nationals

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### Say "Thank You" on Veterans Day



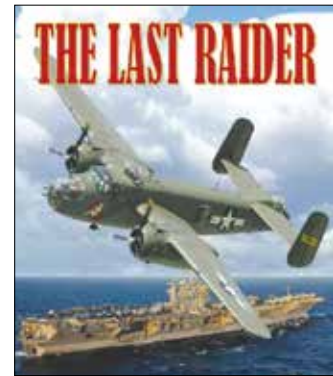
# Carmichael Times

Volume 35 • Issue 45

Serving Carmichael and Sacramento County since 1981

November 6, 2015

## SALUTING THE LAST RAIDER



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## UPDATE: LATEST ON BIG FIRES



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## COUCH THEATER DVD PREVIEWS



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# Olive Oil Expert Shares Skills at Library Tasting

Story and photo by Susan Maxwell Skinner

Born in Argentina and raised in California, Maria Farr has good reason to bless an age-old staple that oils the wheels of Latino kitchens.

"Most Argentinians are of Italian origin," said the Carmichael resident. "My mami had a huge can of Italian olive oil under her sink. She used it in everything she cooked. "As a teenager in California, I wanted our food to taste more American. But mami even cooked our French fries in olive oil. Our mashed potatoes tasted of oil and garlic."

No surprise, Farr grew up with good health, hair, and skin. "Mami gave my hair oil treatments," she recalls. "Olives produce excellent, healthy oil. If I get it on my hands when cooking, I don't wash it off. I rub it in. It's too good to waste. She taught me that."

Mami also bequeathed her only child a second career. After 20 years of teaching Spanish at Sacramento Waldorf School (Fair Oaks), Farr is now exploring more inherited skills. Her rapport with olive oil has made her one of a very few sensory experts recognized by the international olive oil industry.

Farr will share her knowledge at a free tasting event in Carmichael Library on November 10th. Her program introduces participants to the good, the great, and the ugly of oil production.

"Certain qualities can only be detected by human taste," she explains, "whether it's virgin, extra virgin or not fit for human consumption. The more virgin (pure) your oil, the more of its healthy qualities you'll ingest. What skill I have was developed by



Olive oil aficionado Maria Farr (and pooch Cassius) with tools of the taster's expertise. Farr will share olive oil knowledge in a tasting event at Carmichael Library on November 10th.

many years of tasting and training," she says.

Honed by UC Davis study, her sensory talent led to a seat on a panel that helps oil producers. The panelist has since sniffed, sipped, swirled (and occasionally spat) hundreds of oils.

Samples are submitted from olive farms all over the world. Panel protocol requires that sensors are isolated with small cups of oil, water, and sliced apples (for cleansing palates).

"Every taster has their own style," Farr observes. "Some swallow, some spit. Our observations are tallied. We also give descriptors—like buttery, nutty or peppery—that producers can use on labels." These tests also identify problems with

harvesting, milling, storage, and indicate if improvements are needed.

UC Davis has since discontinued this service but the experts' mission continues. Farr and panelist friends now work for Applied Sensory, a Fairfield consulting company that tests wines, olive oils, and beer.

"The law requires growers and millers' products to be tested by a lab and a sensory panel," she explains. "We're one of only seven panels recognized by the American Oil Chemists' Society. We're paid a stipend but it's fun; we feel that we're also benefiting consumers. People should eat what's good for them."

Some professional tasters cosset palates by avoiding alcohol she confides. "I don't

Continued on page 4

## Wood Burning Restrictions Have Begun

SACRAMENTO REGION, CA (MPG) - The Sacramento Metropolitan Air Quality Management District's annual wood burning law, Check Before You Burn, began Sunday, Nov. 1st. To protect public health, it is illegal to burn any solid fuel, including wood, pellets or manufactured fire logs when particulate matter 2.5 (PM2.5) pollution is forecast to be high.

This law applies to residents and businesses in Sacramento County and the cities of Folsom, Citrus Heights, Elk Grove, Galt, Isleton, Rancho Cordova, and Sacramento through February. You must Check Before You Burn to find out if burning is allowed in your indoor or outdoor fireplace, wood stove, fire pit or chimney.

New to this year's Check Before You Burn season is the Sacramento Region Air Quality app. With this free app—which is available for Android, iOS, and Windows mobile devices—Sacramento County residents can check the daily burn status, obtain the daily air quality forecast, and get current conditions at monitoring sites in the region.

Wood smoke contains invisible particles that are small enough to enter the bloodstream. Breathing wood smoke increases the risk of asthma, heart attack, stroke, and many other health problems. It is especially harmful for children whose lungs are still developing, older adults, and anyone with a pre-existing heart or lung condition.

In addition to the mobile app, residents can get the daily burn status by calling (877) NO-BURN-5/ (877) 662-8765. You can also follow on Twitter @AQMD; "like" Spare The Air Scooter on Facebook (www.facebook.com/scooterthesparetheairdog); or visit www.AirQuality.org or www.SpareTheAir.com. Sign up for daily Air Alert emails at www.SpareTheAir.com. Input your zip code and select the "Daily Air Quality Forecast" box. Read The Sacramento Bee's weather page.

The law applies to all Sacramento residents and businesses with these few exceptions: In homes where wood burning is the sole source of heat; If a financial hardship waiver is approved and renewed each burn season by the Air Pollution Control Officer; and there is an exemption on Stage 1-No Burn days if you use an EPA certified fireplace insert or stove, or pellet stove, and they do not emit visible smoke.

To report a complaint, call (800) 880-9025. First time violations will result in a \$50 fine or the violator can choose to complete and pass a wood smoke awareness course. For more information, visit airquality.org.

Source: Sacramento Metro Air Quality Management District

# IHOP Honors Veterans

Those Who Serve or have Served Will Get Free Red, White, and Blue Buttermilk Pancakes on Veterans Day

CARMICHAEL, CA (MPG) - IHOP restaurants will once again honor the 22 million veterans currently living in the United States and more than 1.3 million Armed Forces members currently serving in the military by offering them a free stack of Red, White and Blue pancakes on Veterans Day.

Participating IHOP restaurants throughout the United States will serve a stack of Red, White, and Blue pancakes—buttermilk pancakes crowned with glazed strawberries, blueberry compote, and whipped topping—free for veterans and active duty military on Veterans Day, November 11th, from 7 a.m. to 7 p.m.

"Having served as an Army Ranger and infantry officer, I am proud to be part of a brand that honors the brave men and women who have dedicated their lives to keeping us safe and free," said President of International House of Pancakes, LLC Darren Rebelez. "We are looking forward to having our nation's heroes as guests at their local IHOP, and personally thanking them for their service."

Veterans and active duty



Participating IHOP restaurants throughout the United States will serve a stack of Red, White, and Blue pancakes—buttermilk pancakes crowned with glazed strawberries, blueberry compote, and whipped topping—free for veterans and active duty military on Veterans Day. Photo courtesy of IHOP.

military must simply show proof of military service to receive their free Red, White, and Blue pancakes. Proof includes: US Uniformed Services ID Card, US Uniformed Services Retired ID Card, Current Leave and Earnings Statement (LES), veterans organization card (i.e. American Legion, VFW, etc.), photograph of themselves in US military uniform, wearing their uniform, DD214, military dog tags, and citation or commendation.

For over 57 years, International House of Pancakes, LLC has been a leader and expert in all things breakfast. The chain is highly competitive

in its menu offering, serving approximately 65 different signature breakfast options as well

as meals less than 600 calories. As of June 30th, 2015, there were 1,658 IHOP restaurants in 50 states and the District of Columbia, as well as in Canada, Guatemala, Mexico, Puerto Rico, the United Arab Emirates, Kuwait, the Kingdom of Saudi Arabia, Bahrain, the Philippines and the U.S. Virgin Islands. IHOP restaurants are franchised and operated by Glendale, California-based International House of Pancakes, LLC and its affiliates. International House of Pancakes, LLC is a wholly-owned subsidiary of DineEquity, Inc. (NYSE: DIN). ★



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# All American Speedway Hosts Vintage Racing Event



A restored and ready to race Hardtop, circa 1940. Photo courtesy West Capital Alumni Association

Story by Linda Haynes Harper

**SACRAMENTO REGION, CA (MPG)** - During the 10th annual All American Vintage Classic, the All American Speedway in Roseville was taken back in time to when circle-track racing was wild, dangerous, and at the top of the "thrill meter." The West Capital Raceway Alumni Association (WCRA) hosted the three-day event October 22nd through 24th. This included a vintage car and travel trailer show, swap meet, silent auction, and a BBQ to celebrate 2015 Hall of Fame inductees. The event wrapped up with an exciting Saturday night vintage car race, highlighting Pre-1980s Sprints, Midgets, Super Modifieds, Roadsters, and Hardtops. Drivers, owners, and fans came from all over the nation as well as Canada to join local participants in showing off their restored machines and to compete on the track against fellow alumni.

West Capital Raceway, formerly known as Capitol Stadium and Capital Speedway, was considered one of the most challenging circle tracks in California and was described by drivers as a 1/4-mile bullring. It took real skill and determination to race on West Sacramento's sticky clay short track. Often, brave fans in the first few rows of bleachers were covered in mud by the end of the evening's race.

Slipping, sliding, flipping, and crashing into one another was what made racing on West Capital Raceway fun and memorable for decades. The raceway opened in 1946 and provided local race fans with exciting track action until its closing in 1979,

when the property was sold. Racing is one of the only sports that has historically included generations of family members in the evolution of race teams. This is especially evident during an event such as the Vintage Classic. The pits are cluttered with teams consisting of grandfathers, fathers, wives, and kids.

Congratulations go out to the WCRA 2015 Hall of Fame inductees: Jim Allen, Tom Herseith, Bill Highfield, Harold and Pat Holtsman, Clyde Lamar, Robbie Padgen, Pat Tongo, ShaneScott, and Bill Sanders. Gene Carlton's car was also inducted.

For more information about the West Capital Raceway Alumni Association, or if you're interested in becoming a member of this fun group dedicated to the sport of vintage racing, call Frank Richards at (916) 786-3944 or visit WCRA on Facebook. ★



Rough and tumble racing on West Capital Raceway's mud track, circa 1970. Photo courtesy www.shutterstock.com



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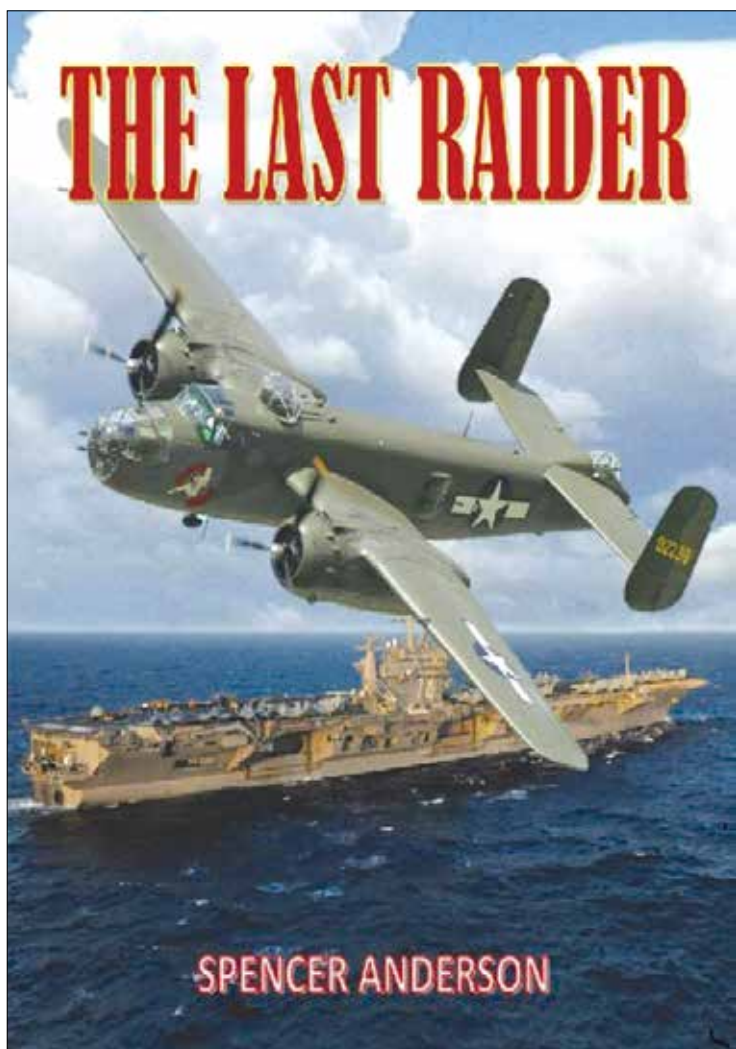
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# Saluting the Last Raider



By Sal Arrigo, Jr.



I met Spencer R. Anderson at the recent 10th Anniversary of the California Capital Airshow at Mather Air Force Base. Mr. Anderson, a Vietnam veteran who obtained the rank of Staff Sergeant E-5, enlisted in the US Air Force after he completed his duty as a Civil Air Cadet in Salt Lake City, Utah, and served his country from 1962-1970. Mr. Anderson has also written a book titled, "The Last Raider." A work of fiction with a sprinkling of real-life combat scenarios, it is a good read for those intrigued by rescue missions and dramatic life situations.

As a communications specialist serving under Marine General Lewis Walt at Da Nang Air Base, Vietnam, it was Mr. Anderson's duty to monitor telephone land line communications and make sure no one, including General Walt, mentioned any classified information, or happened to express their political opinion of the Vietnam War while using the telephone.

Vietnam was a controversial war, to say the least. The United States was in a turbulent period in its history and our government was not going to make reparations and rebuild Vietnam while putting a drain on our own economy. "Peace with Honor" was how then-President Richard M.

Nixon described the Paris Peace Accord in January, 1973. Upon his honorable discharge, Staff Sergeant Anderson was advised not to wear his uniform when landing in the United States, "as you will be spit on and have garbage thrown at you."

But Mr. Anderson was "proud to represent [his] country" and he wore his uniform upon landing in San Francisco. "I was not going to hide as people called me names," he said.

Mr. Anderson had witnessed his buddy die in Vietnam and could not understand how his fellow citizens could treat servicemen and women with such hatred.

Presently, Mr. Anderson and his wife, Carole, follow the air show circuit around the United States enjoying the shows and selling "The Last Raider." He is also an honorary Colonel with the Commemorative Air Force, Airbase Arizona, an organization dedicated to honor the military airmen and flyers and to preserve and maintain classic wartime airplanes, such as the B-17 and B-25 aircraft.

You can find out more information about Mr. Anderson at [www.spencerandersonauthor.com](http://www.spencerandersonauthor.com), and more information regarding the Commemorative Air Force at [www.azcaf.org](http://www.azcaf.org). ★

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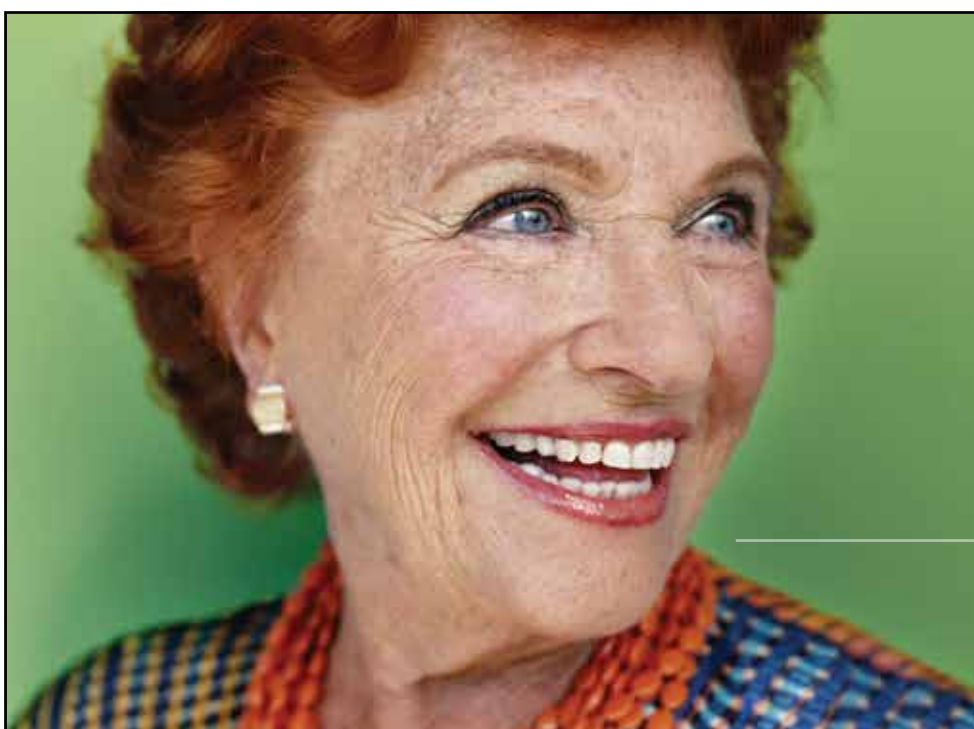
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# Olive Oil Expert Shares Skills at Tasting

*Continued from page 1*  
eat the morning of a tasting. I have tea, nothing else. I love the smell and taste of olive oil. I don't want to overwhelm it."  
Love for the humble olive extends to cookery. Farr has established a blog to share recipes and knowledge. "My mother cooked from scratch; that's what I do, too," she says. "I can't just open a box and call it dinner.

Like mami, I use olive oil in everything—cakes, breads, I even give it to my dog for his coat. I love exploring new recipes. Friends are my guinea pigs. When they ask for a recipe, I know I've succeeded."  
Maria Farr's Carmichael Library program begins 6 p.m. on Tuesday, Nov. 10th. Registration is required via [www.saclibrary.org](http://www.saclibrary.org). The library

address is 5605 Marconi Avenue. Future oil tasting programs are planned for Eskaton (Roseville) on November 19th; Eskaton Monroe Lodge (Freeport Boulevard) on December 11th; and Eskaton (Carmichael) on February 4th, 2016.  
You can access Maria Farr's culinary blog at [www.therenaissancekitchen.com](http://www.therenaissancekitchen.com). ★

# Update: Latest on Big Fires



Valley Fire cleanup and debris assessment

**CALIFORNIA (MPG)** - The U.S. Environmental Protection Agency (EPA) and its federal, state, and local partners continue the assessment and clean-up of household hazardous wastes in the aftermath of the Valley Fire in Lake County, CA and the Butte Fire in Calaveras County, CA. EPA mobilized to the two fire-impacted areas first to clear properties near public schools in Lake County, then more broadly in fire impacted communities under mission assignments from the Federal Emergency Management Agency (FEMA).

As of the end of October, the number of properties cleared are as follows:

- Butte Fire: 610 parcels have been cleared as of Oct 24th, 2015 (approximately 90%)
- Valley Fire: 632 properties have been cleared as of Oct 27th, 2015 (approximately 61%)

**Accomplished and Ongoing Response Activities**

EPA has three household hazardous waste task forces and one survey team in Lake County to assess residential properties destroyed by the fire. Each task force conducts air and radiological monitoring, and once completed, begins household hazardous waste characterization and removal. To date, 981 properties have been identified for household hazardous

waste assessment and removal. This number is determined by the County as those properties where Right-of-Entry has been granted by the homeowner.

In Calaveras County, EPA has three teams assessing residential properties following a similar process, and three teams from the California Department of Toxic Substances Control (DTSC) are also working in the area. The cleaned-up properties listed above are for all six teams working in Calaveras County. 678 properties have been identified to date.

**Response Background Information**

The Governor of California, Edmund G. Brown Jr., issued Executive Orders (B-33-15 and B-35-115) in response to the wildfire in Lake, Trinity, and Calaveras Counties to initiate clean-up of burnt debris and ash. The Department of Resources Recycling and Recovery (CalRecycle) has been assigned to manage the removal and proper disposal of the solid waste and debris left over from the fires. On September 28th, 2015, EPA On-Scene Coordinators (OSCs) from the Pacific Southwest Regional Office in San Francisco, using Comprehensive Environmental Response, Compensation, and Liability Act (CERCLA) authority, began clearing properties of household waste

in a buffer zone around public schools and performing air and radiation monitoring.

On October 3rd, 2015, EPA received two Mission Assignments from FEMA for debris management and to collect, stage, and dispose of household hazardous waste.

For these tasks, EPA manages the categorization, removal, and appropriate disposal of household hazardous waste and orphaned containers at properties with destroyed residential structures within the Valley Fire boundary in Lake County and the Butte Fire in Calaveras County. Teams first sample the air for possible volatile or radiation contaminants, then assess the property for household hazardous waste (propane tanks, aerosol cans, pressurized cylinders such as oxygen tanks and SCUBA tanks that can pose an explosive hazard, and other containers that could have wastes that survived the fires). Items are collected and brought to the staging area, sorted, and properly disposed. Larger items such as drums and household propane tanks are also removed from the properties before CalRecycle removes the remaining debris. Properties are then sampled to ensure that contaminants have been removed and are suitable for rebuilding.

Source: Rusty Harris-Bishop, Environmental Protection Agency ★

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# See Faculty Art on Display at Harris Center

SACRAMENTO REGION, CA (MPG) - Harris Center for the Arts hosts the 15th annual exhibition of Folsom Lake College Visual Arts faculty in the Bank of America Gallery, now through November 8th, 2015, with a special artists' reception set for Friday, October 16th from 5 p.m. to 7 p.m.

The Folsom Lake College visual arts faculty includes professional artists with diverse specializations encompassing the spectrum of classes offered, from studio arts, to art history and photography. Folsom Lake College faculty members have exhibited regionally, nationally, and internationally. The artwork exhibited will reflect a wide range of media and styles. Participating artists include: Diana Coco-Russell, Talver Germany, Aleris Hart, Brian Hayes, Eunyoung Hwang, Shadih Mirmobiny, Marisa Sayago, Heike Schmid, Kristine Wendt, and Margaret Welty.

The Bank of America Gallery is open to the public from 10 a.m. to 2 p.m.



"Self Portrait with Wisdom" by Margaret Welty. Photo courtesy of Folsom Lake College

Tuesdays, Wednesdays, and Thursdays when exhibits are installed. In addition, the gallery is open beginning one hour before—and during intermissions of—each scheduled performance at Harris Center.

Regular admission to the gallery is free of charge. When visiting the gallery on a weekday, a parking permit is required. Permits are available for \$2 per vehicle from automated kiosk dispensers located near the parking lot entrances.

For more information on Harris Center for the Arts and

the Bank of America Gallery, please visit [www.harriscenter.net](http://www.harriscenter.net).

Source: Folsom Lake College



"Raku Vase" by Brian Hayes. Photo courtesy of Folsom Lake College

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<p style="font-weight: bold;">JVC STEREO</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$130</p> <p>INSTALLED</p>	<p style="font-weight: bold;">FINANCING AVAILABLE</p> <p style="font-size: 0.7em;">See Store For Details</p>	<p style="font-weight: bold;">WINDOW TINTING AVAILABLE</p>	<p style="font-weight: bold;">Pockiford fosgate R1675 6.5"</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$49.99</p> <p>TO GO</p>
<p style="font-weight: bold;">PAGER ALARM</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$149.99</p> <p>INSTALLED</p>	<p style="font-weight: bold;">6.2" TOUCH SCREEN DVD DOUBLED IN</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$149.99</p> <p>TO GO</p>	<p style="font-weight: bold;">SOUNDSTREAM 7" DVD PLAYER</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$149</p> <p>TO GO</p>	<p style="font-weight: bold;">Pockiford fosgate R16936 "x9"</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$59.99</p> <p>TO GO</p>
<p style="font-weight: bold;">JVC CSJ620 300 Watts 6.5" (2)</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$25</p> <p>TO GO</p>	<p style="font-weight: bold;">KICKER SUB 10"</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$49.99</p> <p>TO GO</p>	<p style="font-weight: bold;">1400 WATT AMP FREE BASS KNOB</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$99.99</p> <p>TO GO</p>	<p style="font-weight: bold;">2000 WATT AMP FREE BASS KNOB</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$120</p> <p>TO GO</p>

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### CLUES

- ACROSS**
- Hassan Rouhani's language
  - Filling station filler
  - "\_\_\_!" In the Name of Love
  - Like closed curtains
  - Paleontologist's estimate
  - Unit of electrical energy
  - Bitter
  - Between generations?
  - Harbor city of Ancient Rome
  - \*Tennis great
  - Kind of can
  - \*Golf Trevino
  - Hefty competitor
  - Island strings
  - Queen of Carthage
  - Mexican ranch
  - Salty septet
  - Chow
  - In no manner
  - Up it in poker
  - Polynesian dance, pl.
  - Like a broken horse
  - Kelly Clarkson and Phillip Phillips
  - Hindu Mr.
  - Julia Roberts' Brockovich
  - Dairy choice
  - NCAA tourney position
  - "Owner of a Lonely Heart" band
  - Affirmative
  - Indigo extract
  - \*1968 Olympic figure skater
  - \*Bruce no more
  - Bad car
  65. \_\_\_ Tzu
  - Be of use
  - Wine ripening
  - Caribou kin
  - Dots and dashes code
  - A \_\_\_ move
  - \*Result of first Lewis-Holyfield title fight
  - Like Tin Man after being helped
- DOWN**
- Health and Human Services org.
  - Parentheses, e.g.
  - Hard to find
  - Top of a DQ cone
  - Truly
  - Lady singer
  - Eastern title
  - Part of a calyx
  - Average
  - Sounds of reproof
  - Medley
  - Church sound
  - \*Bull and Wizard
  - Black Beauty's cry
  - \*Mike Tyson bit one
  - Hungarian stew
  - \*Fastest man on Earth
  - Japanese sword fighting
  - To \_\_\_ a table
  - Clobber
  - Do, re or mi
  - Characterized by great caution
  - Friend, slang
  - \*Credited for crushing Hitler's myth of Aryan supremacy
  - Narcissist's love
  - \*a.k.a. The Sultan of Swat
  - Napped leather
  - "I'm just \_\_\_"
  - X
  - Electrical current generator
  - End of a shoelace
  - Concluding portion of a poem or essay
  - Old Glory
  - Children's construction block
  - What exhaust pipes do
  - Opposite of stereo
  - Jester's remark
  - \* \_\_\_ "The Pearl" Monroe
  - Do like phoenix
  - \*He floated like a butterfly?
  - Light-emitting diode

**CROSSWORD**

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
19				20		21	22				
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25	26	27		28	29	30		31	32	33	34
35		36		37		38		39			
40				41		42		43			
44			45		46			47			
48				49		50		51		52	
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57	58	59	60			61			62	63	
64					65	66		67			68
69					70			71			
72					73			74			

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

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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# There is No Pipeline

*Commentary by Ryan Calhoun*

We are told there is a pipeline in the United States that travels from our school system to our criminal justice system. Correct as the data corroborating the pipeline's existence may be, it is a flawed way of conceptualizing the issue. There is no pipeline out of schools and into prisons, because schools and prisons in this country are not conceptually separable.

Every child is mandated to receive an education with the threat of reprisal by the judicial system if they fail to. Children are thus coerced into attending a learning center, almost none of which adequately meet the educational needs of children. Some opt for public school "alternatives" like homeschooling or private schools, but the model of education is still generally the same and attendance is vigorously enforced. Through forced schooling, children are largely deprived of the ability to engage with the world and learn by means of play. They must cease the process of seeking fulfillment of genuine desires and begin one of alienation from their natural curiosity.

The consequences are shockingly apparent in a case out of Columbia, South Carolina where a police officer at a public high school physically manhandled a young black girl. The scene:

A female student sits passively in her chair while the officer demands she stand. The lead-up to the incident is irrelevant. Insubordination to authority in schools is an inevitability for any child with a mind and drive of her own. For having such a mind and drive of her own ("resisting" in law enforcement-speak) the student was grabbed by the neck, slammed to the ground and dragged across the classroom, all while still partially connected to her desk.

Once again, this is not abnormal behavior. Disobedience is something youth do well and often. The response to disobedience, insubordination, and general independent-streaks at any school usually boils down to authoritative command and punishment. Physical assault on children is not legal in all schools, but it is in 19 states. Each year, over 800 children are assaulted legally and as a matter of policy at their schools. In South Carolina, it is legal to handcuff students for simply being loud.

In addition to the female assault victim in the South Carolina incident, the classmate who filmed the shocking video was also later arrested and held on bail. She was kidnapped for filming what was, by any reasonable standard, child abuse. Why was this allowed to happen? Her charge was "Disturbing school." Please allow this to fully register. Non-violent, peaceful actions by children

are construed as attacks on the supposed civility of school.

This officer's assault is not an aberration; it is how schools treat students. They have no freedom to leave. Anyone who escapes is treated as a fugitive. They are permitted to go home, but this does not change the striking similarities between prisons and schools. It is now regular for schools to have guards—some are cops hired out and some are the schools' own security staff. Students are filed along corridors and into rooms in such a way as to surveil and control their flow of activity.

People of color are far more likely to find themselves physically assaulted by staff in schools. They are more likely to receive punishment than their white counterparts for the same behavior, and as a result, they begin to recognize the system's perception of them as marked criminals. Eventually, many are sent to even more coercive penal environments, where the violence and authoritarianism from the administration only escalates. Many students are lucky enough to avoid the transition from educational to criminal detention centers. But far too many either aren't able to successfully navigate the educational-police state, or have the deck stacked against them from the outset. Their fate is a sad and unnecessary one.

There is no pipeline from school to prison. Some are just forced to stay in class. ★

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**ARIES** (March 21 to April 19) Deciding to work out that pesky problem (even though you might have been bored, bored, bored with it) should be paying off right about now. Expect to hear some very welcome news very soon.

**TAURUS** (April 20 to May 20) Unexpected news might cause you to rethink a previous conclusion. Don't be bullheaded and try to bluff it out. Make the needed change, and then take a bow for your objectivity.

**GEMINI** (May 21 to June 20) Money matters should be considered as you continue to work out your holiday plans. This is a good time to scout out discounts before demand for them outstrips their availability.

**CANCER** (June 21 to July 22) A calm period early in the week helps you complete most, if not all, of your unfinished tasks. A new project appears by mid-week, and this one could carry some big career potential.

**LEO** (July 23 to August 22) Positive results from recent ventures continue to pump up those self-esteem levels, making you Fabulous Felines feel you can tackle any challenge anyone wants to throw at you.

**VIRGO** (August 23 to Septem-

ber 22) Family and friends might feel neglected because of your almost total focus on a project. Try to rework your schedule so you can have time for both your loved ones and your work.

**LIBRA** (September 23 to October 22) Don't be surprised if you suddenly hear from someone from your past who wants to contact you about the possibility of renewing a long-dormant (if not dead) relationship.

**SCORPIO** (October 23 to November 21) This is a good time to check over what went right and what went wrong with recent efforts. This can provide valuable lessons for projects that will be coming up soon.

**SAGITTARIUS** (November 22 to December 21) Dealing with people who feel they're always right about everything might be a problem for some. But the savvy Archer should be able to deflate their oversize egos.

**CAPRICORN** (December 22 to January 19) This week favors a balance between the demands of your work and your need for fun timeouts. Taking breaks helps restore and keep your energy levels high.

**AQUARIUS** (January 20 to February 18) There could be an occasional setback in what you're working on. But look at them as lessons on how to do better as you move along. More supporters turn up to cheer

you on.  
**PISCES** (February 19 to March 20) Although a more positive aspect influences this week's course, you still need to be sure that those who will work with you have no reason to work against you. Good luck.

**BORN THIS WEEK:** You believe in keeping your promises. It's not always easy to do, but somehow you do it.

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When in New Jersey, you'd best mind your manners at the table. In that state, it's illegal to slurp your soup.

It's a well-worn trope that men refuse to stop and ask for directions when they're lost. That point of view might seem to be supported by the results of a survey conducted by the American Automobile Association, which found that 34 percent of male drivers admit to stopping to ask for directions. However, the same survey found that only 37 percent of women did the same.

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4. Maine
5. Florida
6. New Hampshire
7. Alaska
8. North Dakota
9. Oklahoma
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— Brenda Weaver  
Photo courtesy of NRCS



**PICKS OF THE WEEK**



Arnie Hammer in "The Man from U.N.C.L.E." Warner Bros.

**"The Hobbit: Battle of the Five Armies"** (PG-13) - It's the final installment of the extra-large trilogy about an extra-small hero. Defeating the vicious dragon Smaug (voiced and motion-captured by Benedict Cumberbatch) has vacated its big ol' pile of gold, but now there's some conflict over who gets to have a big ol' pile of gold. Turns out that Thorin (Richard Armitage), leader of the heroic dwarves accompanying Bilbo (Martin Freeman), has decided that he's not going to split the loot with the other kingdoms like he promised.

This movie has more battle and bluster than the past two combined, but it similarly lacks charm. This final clash has been built up so much, and it does put a good ending on the saga. However, no computer can yet replicate the feel of the ornate sets and masterful practical effect in the earlier "Lord of the Rings" movies.

**"The Man from U.N.C.L.E."** (PG-13) - Two Cold War agents from opposite sides of the Berlin Wall have to collaborate to take down an evil crew bent on kicking off World War III. American agent Napoleon Solo (Henry Cavill), "The Man of Steel" buddies up with Russian agent Kuryakin (Arnie Hammer, "The Lone Ranger") in this modded-up reboot of the '60s TV show of the same name.

Guy Ritchie made his reputation bringing cool, brassy style to low-level Brit gangsters, and he makes a cool retro style out of something that could have been laughably irrelevant. Since James Bond has grown kinda serious (but still awesome), this jaunt offers a lighter side to slick espionage.

**"Meru"** (R) - Ever wonder why people who climb Everest and other massive mountains tend to go up the easy side? For extreme climbers and best pals Jeremy Chin, Conrad Anker and Renan Ozturk, their dream was to scale the roughest side of them all, a sheer climb called the Shark's Fin on Meru Peak in the Himalayas. They tried and failed once in 2008 -- but not for lack of grit. They were forced to quit 100 meters from the summit and retreat back to their tent -- not really a tent, but a dangly bag nailed to a furious mountain. This majestic documentary shows some of the most thrilling views that anyone has ever achieved, and explores what would drive them to try such a feat, and what would drive them to try it again a few years later.

**"Trash"** (R) - Three little boys living in a third-world garbage dump find a wallet that sets them on a high-stakes adventure with corrupt police at their heels. Rafael (Rickson Tevis) splits the cash with his pals Rato and Gardo. Then the wallet yields a key that leads to further enticing clues. Martin Sheen and Rooney Mara help the boys as a beleaguered priest and burdened charity worker, respectively. The movie can generate some good feelings, but eventually too much sugary sentiment sprinkled over such squalid settings rings false.

**TV RELEASES**  
"Brain With David Eagleman"  
"Jeff Dunham: Unhinged in Hollywood"  
"All Or Nothing At All"  
"Avatar: The Complete Series plus Book"  
"McHale's Navy: The Complete Series"

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by HEALTHY EXCHANGES

**Chunky Tomato Soup**

Soups have always been one of my favorite foods, and fall has always been my favorite season. Stir up this "soup of the harvest" on a cool fall night, and let it warm you up with pleasure-pleasing taste!

- 1/2 cup chopped onion
- 1 3/4 cups (one 14 1/2-ounce can) beef broth
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 1 teaspoon Italian Seasoning
- 1 1/2 cups peeled and chopped fresh tomatoes
- 1 1/2 cups chopped, unpeeled zucchini

1. In a medium saucepan sprayed with olive oil-flavored cooking spray, saute onion for 6 minutes. Add beef broth, tomato soup and Italian seasoning. Mix well to combine. Stir in tomato and zucchini.
2. Bring mixture to a boil. Lower heat and simmer for 10 minutes or until vegetables are tender, stirring often. Serves 4 (1 1/4 cups each).

\* Each serving equals: 94 calories, 2g fat, 3g protein, 16g carb., 604mg sodium, 2g fiber; Diabetic Exchanges: 2 Vegetable, 1 Starch.

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## Dare to Live Without Limits Getting Your Way



by Bryan Golden

We are told from a young age that we can't always get our way. There's even an underlying stigma associated with wanting to get your way. Getting your way is goal attainment. So there is nothing wrong with wanting to get your way.

Problems occur when getting your way conflicts with what others want. When this is the case, it's no longer an issue of reaching goals but rather of imposing your desires on someone else.

What happens when a young child doesn't get their way? They throw a tantrum until their demand is met. When a parent gives in, the child learns that irate behavior is rewarded. They will then repeat this process whenever their desires are not being satisfied.

Unfortunately, these children often attempt this strategy as they get older in an attempt to achieve their objectives. When it doesn't succeed in producing the desired outcome, their attitude can turn negative or even develop into a victim mentality.

People may exhibit a variety of detrimental reactions when they don't get their way. They blame others. They give up. They become resentful or bitter. Negative responses to getting your way work against you, making it harder or impossible to get your way.

As you know, you don't always get your way. Sometimes it may even be unfair. What's significant is your response to not getting

your way. When you don't get your way, you need to determine the best way to move forward. Resentment or bitterness inhibits this process.

Things do happen for a reason. When you don't get your way, what insight can you gain? At times, not getting your way may actually be a blessing. So when you don't get your way, first determine if it's a sign that you were going in the wrong direction and should be adjusting your orientation.

If you conclude your goal and direction are indeed what you really want, you have to formulate a strategy for getting your way. Here are some useful traits for getting your way.

A clear vision of what you want. A detailed mental picture of your objective is essential for stoking your motivation. Your mind works to attain whatever images it's given. This is why people post pictures of places they want to go, where they want to live, or things they want to acquire.

*Desire.* The stronger your desire, the greater the chances of getting what you want. It's virtually impossible to attain challenging goals you don't really care about. In order to get your way, your way has to be what you want rather than what someone else says you should want.

Determination and persistence. It may not be easy getting your way, but it's possible. You will face challenges and obstacles.

There will be numerous problems you need to solve.

Determination and persistence keep you going through tough times.

*Knowledge.* You need to know what to do and how to do it. You can either acquire the necessary knowledge yourself or consult with those having the needed expertise. A great way to gain knowledge is to study those who have already obtained that which you are seeking. Learn from their experience rather than reinventing the wheel.

*Flexibility.* You have to be ready to adjust direction as needed. Your strategy has to change when you uncover unexpected opportunities or run into dead ends. Flexibility enables you to adapt to changing circumstances.

*Resiliency.* Setbacks are a normal part of any journey. When you stumble and fall, you have to get back on your feet. Bouncing back up is a key to success.

You can get your way when it's appropriate. Maintain a positive attitude and follow these suggestions. It's a process, so stay with it.

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

# Slim Randles' HOME COUNTRY

"I see you're planning a subdivision here."



I was invited recently to join Bob Milford, manager of the prestigious Diamond W Ranch, on a drive-around tour of the place. It's a huge, private ranch, with tiny ex-logging roads winding around through 13,000 acres of pine trees and rocks. A real

paradise. But I was horrified to see wooden street signs nailed to trees wherever two of these old logging trails came together.

"Oh no," I said, out loud. "What's the matter?" Bob asked.

"I see you're planning a subdivision here."

Bob started laughing when I pointed at the signs. "Those are for the owners," he explained. "They live Back East and visit here one weekend a year. When they get out here, they take the pickup and drive around and get lost."

"Once I got a call on the cell

phone from the owner, who said he was lost and couldn't find his way back to the house. So I asked him where he was and he said he was right there, sitting on a rock and close to a pine tree."

He chuckled. "That narrowed it down to about 13,000 acres. Well, I managed to find him, and after that, I put these signs up. I tell them now, if they get lost, to drive until they come to Home Road and then head downhill. It solved the problem."

**Brought to you by the Home Country podcast at [http://www.doublewidennetwork.com/index.php/MusicStarWorldwide/detail/home\\_country](http://www.doublewidennetwork.com/index.php/MusicStarWorldwide/detail/home_country)** ★

## Sacramento County DA Reports



Recent cases of interest

**CASE:** Mohammad Khan  
**PROSECUTOR:** Deputy District Attorney Caroline Park, Homicide Unit  
The Honorable Kevin McCormick sentenced 35-year-old Mohammad Khan to 35 years to life in prison after he pled guilty to second-degree murder and admitted to a use of a firearm allegation.

On June 28, 2014, Khan met Kelsey Snyder and her friends at the Dive Bar. The friends described the interaction between the two that night as tense, and the two had a verbal argument.

After Khan went back to Ms. Snyder's apartment with her, her friends were unable to get a hold of her. A friend ultimately found Ms. Snyder shot to death in her bed with multiple gunshot wounds. Khan fled to Mexico during a vehicle pursuit, but ended up turning himself in to authorities. Khan was found to have had a 9 mm registered to him.

**CASE:** Alex Bruno  
**PROSECUTOR:** Deputy District Attorney Morgan Gire, Gangs & Hate Crimes Unit  
The Honorable Marjorie Koller sentenced Alex Bruno to 61 years to life in prison. On June 26, 2015, a jury convicted Bruno of two counts of attempted murder, each with enhancements for causing great bodily injury and discharging a firearm causing great bodily injury.

In September 2012, Nick Stevenson was at a family birthday party at their south Sacramento home. Alex Bruno disliked the Stevenson family and went to the house to get his girlfriend, who was at the party. As Bruno and his girlfriend pulled away from the house in their car, Bruno fired shots through the rear window. Mr. Stevenson was struck in the abdomen, critically injuring him. A 16-year-old friend of the family was struck in the back and seriously injured as he turned to run away from the gunfire.

The car Bruno was driving was recovered a week later. The District Attorney's Laboratory of Forensic Services matched broken glass found inside the door frame of the car to the glass left at the scene. Witnesses were initially reluctant to identify the shooter, but ultimately came forward to identify Bruno, who remained at large for several months before his arrest.

**CASE:** Allen Dee Taylor  
**PROSECUTOR:** Deputy District Attorney Tate Davis, Domestic Violence Unit

The Honorable Patrick Marlette sentenced 41-year-old Allen Dee Taylor to 23 years, 8 months in prison. On August 24, 2015, a jury convicted Taylor of felony false imprisonment with use of a screw driver, assault with a deadly weapon, criminal threats, and child endangerment.

On August 11, 2014, deputies responded to a 911 hang up call at Taylor's residence. Officers immediately noticed Taylor appeared to be under the influence of a controlled substance.

When the victim attempted to leave the house with her children, Taylor took hold of her and pressed a screwdriver into her side, threatening her if she tried to leave. After Taylor refused commands to drop the screwdriver, officers drew their weapons. Taylor responded by corralling the victim's crying children behind him. When more officers arrived at the scene, they were able to gain control of Taylor and arrest him.

Taylor's criminal record goes back more than 20 years, including a 1996 strike conviction for burglary. Other convictions include domestic violence, DUI, felony drug possession and possession for sale, and forgery.

**CASE:** Aaron Lee Ramzy  
**PROSECUTOR:** Deputy District Attorney Valerie Brown, Homicide Unit

Twenty-four-year-old Aaron Lee Ramzy was convicted by jury of first-degree murder. The jury also found true a personal use of a deadly weapon allegation.

The victim, 23-year-old Zachary Kane, shared an apartment with three other young adults, one of whom was Ramzy's sister. The roommates agreed to let Ramzy stay with them when he became homeless. On February 23, 2015, Ramzy stabbed the victim more than 18 times as the victim sat in a chair watching movies with friends.

Prior to the murder, Ramzy exchanged text messages with his ex-girlfriend stating his intent to kill the victim. The victim's three roommates testified that there had been no altercations or disagreements between the two leading up to the murder.

Ramzy face a sentence of 26 years to life in prison. Sentencing is set for December 17, 2015, at 1:30 p.m. in Department 29 before the Honorable Timothy Frawley. ★

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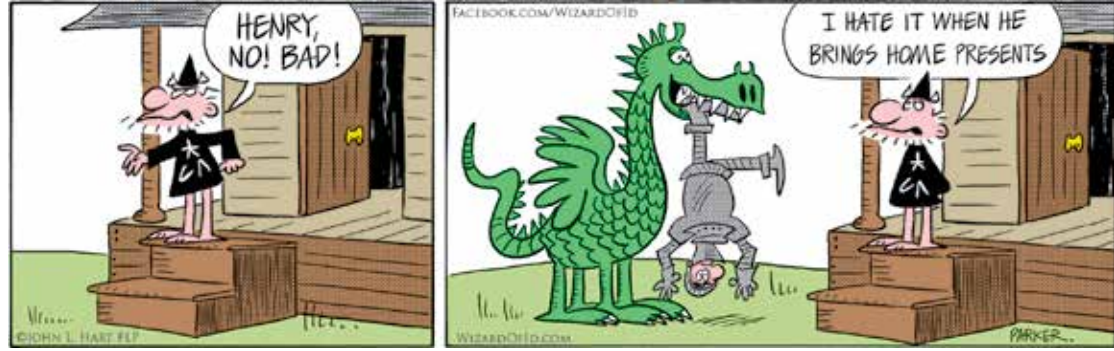
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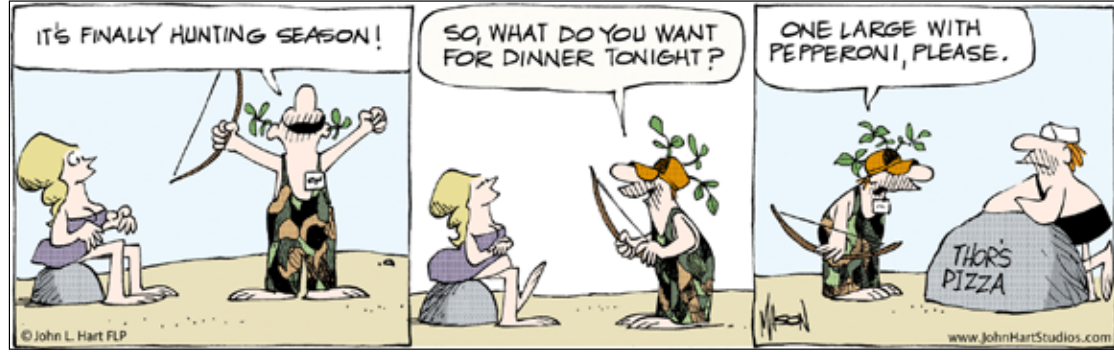
**Wizard of Id** by Parker, Mastroianni & Hart



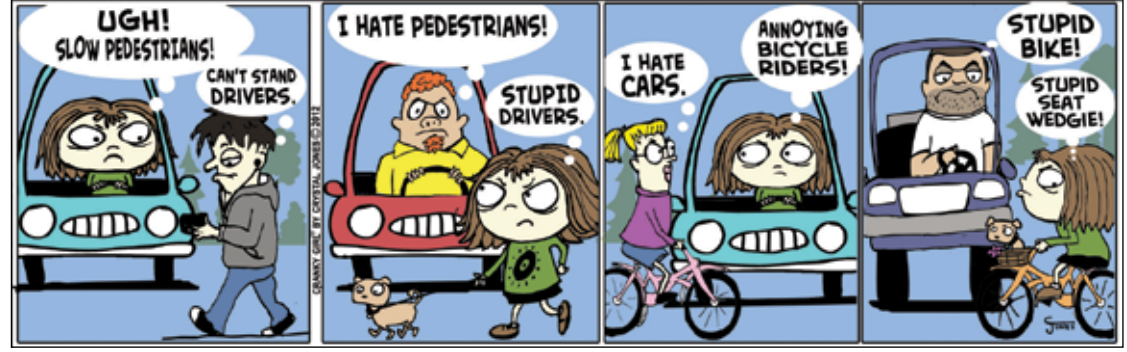
**Hole Mo!é** by Rick Hotten



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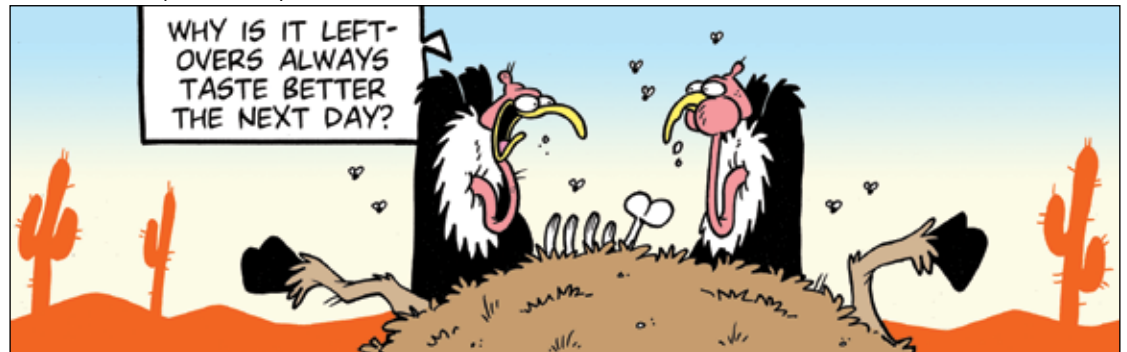
**Cranky Girl** by Crystal Jones



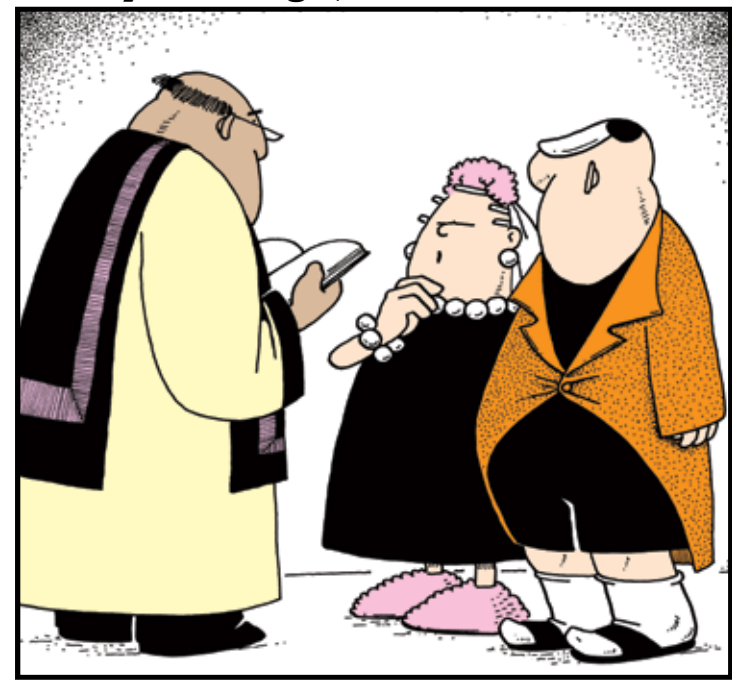
**Frank and Steinway** by Wil Panganiban



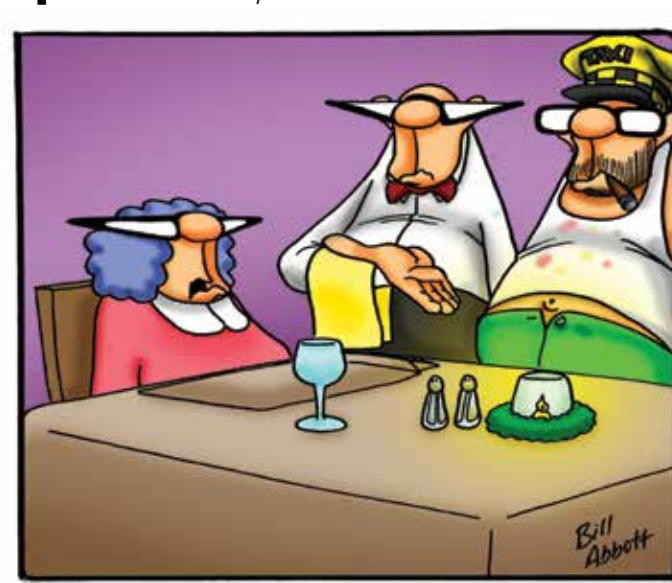
**Tundra** by Chad Carpenter



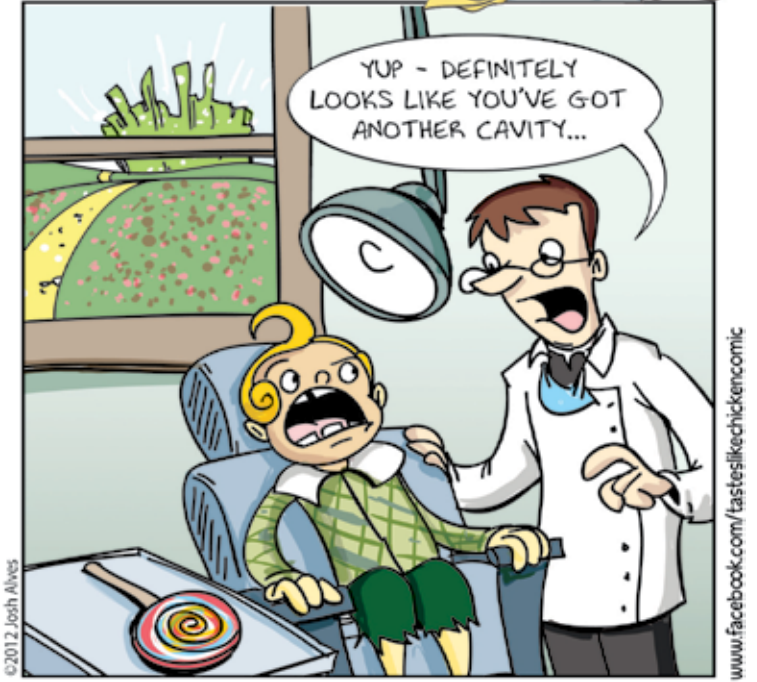
**Friday Morning** by Brad Diller



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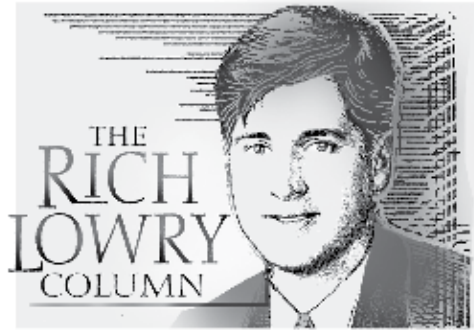
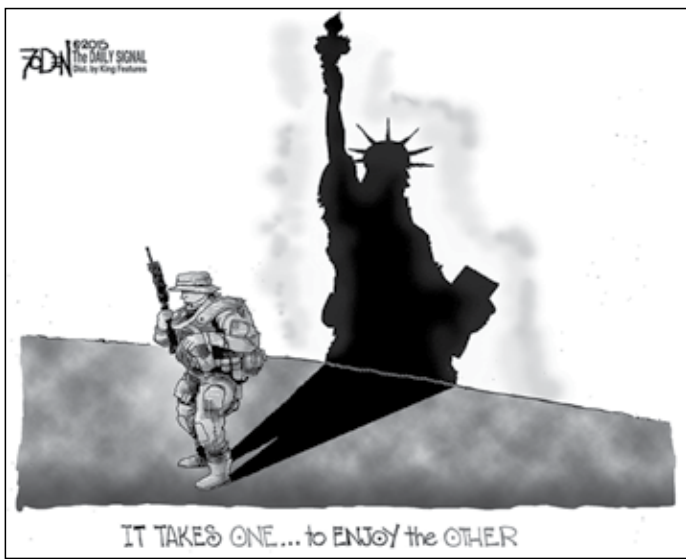
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**Hillary: It's the Sexism, Stupid**

It was inevitable that Bernie Sanders would be accused of sexism sooner or later.

His day came at the signature Jefferson-Jackson dinner in Iowa. Hillary Clinton hit the Vermont senator for saying in the first Democratic debate that "all the shouting in the world" wouldn't keep guns out of the wrong hands. According to Clinton, Sanders had directed a notoriously sexist insult at her -- although not one of the 15 million people watching at the time had noticed it.

"I haven't been shouting," Clinton intoned, "but sometimes when a woman speaks out, some people think it's shouting." What Clinton's plaint lacked in plausibility, it made up for in bad faith.

Shouting has not typically been considered a loaded term. Sanders

didn't say "screaming." He didn't say "nagging." In fact, he had been saying that shouting is ineffectual in the gun debate long before he was entangled in an argument about gun control with Hillary Clinton.

Nonetheless, Sanders felt compelled on the CNN show "State of the Union" to tout his record on women's issues and say, "I think what the secretary is doing there is taking words and misapplying them." But there he goes again -- suggesting that women aren't capable of correctly applying words.

Sanders should get used to it. If he remains a threat to Clinton in the early states, he'll be deemed a cross between Archie Bunker and Andrew Dice Clay. Already, the left-wing publication Salon ran a headline urging on the sisterhood: "Let's storm the Sanders' he-man women-haters club."

If Hillary is willing to use this tack against Sanders, a down-the-line supporter of the feminist policy agenda, just wait until she gets into a race with Donald Trump, Ted Cruz or any other Republican. No microaggression will be too "micro" to try to use to win a news cycle.

Hillary has already broadcast that she's going to wield her gender as an all-purpose argument for her candidacy. At the Democratic debate, she said she's an outsider -- because

she's a woman. She said she wouldn't simply be the third term of Barack Obama -- because she's a woman. Hillary clearly doesn't want anyone to be mistaken about her gender.

Hillary will need to do all she can to motivate women voters to make up for what may well be a historic poor showing among men. In the latest Wall Street Journal/NBC poll, her favorable rating among white men was an abysmal 26 percent.

Republican pollster Kellyanne Conway says there are three positive attributes that voters tend to attribute to women candidates: They are warm and understanding; they are new and fresh; they are honest. Hillary, a partisan warrior who's been on the national stage for decades, usually trailed by an ethical cloud, is an imperfect vessel for all of those qualities. Which is why she'll use her gender as a means of attack as much as a selling point.

In Iowa, she defended playing the "gender card," saying if that's what it's called when you stand up for women's rights, then "deal me in." Actually, she'll be doing the dealing, and it will be from the bottom of the deck.

**Rich Lowry is editor of the National Review.**

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**Why Cats Won't Use Litter Box**

**DEAR PAW'S CORNER:** I read your column responding to the reader whose cats will not use the litter box. I have three cats and two litter boxes, and they're doing just fine. Here's what I use: I put a litter called "Feline Pine" in the boxes. It comes in pellets, which don't weigh much, and you don't have to use much, just cover the bottom of the pan. When the cats pee, the pellets turn into something like sawdust.

Also, if the reader scoops the boxes every day, or even twice a day, no one will even know he has cats! Trust me! -- Jean H., via email

**DEAR JEAN:** Thanks for the tip! Trying a completely different type of cat litter can help in the case of litter box avoidance. Some cats are turned off by scented litter, while others have an aver-

sion to a litter's texture. And of course, diligent litter box cleaning makes every one in the household -- humans and cats -- much happier.

As I said in the previous article, owners whose cats are avoiding the box have to experiment a bit to find a solution. Using boxes with lids, or boxes without lids; replacing heavily soiled carpet and backing and treating with a "keep away" spray; increasing the number of litter boxes available; and observing the cats' behavior for potential conflict or health issues.

Readers, if you have more suggestions for owners dealing with this problem, send them my way at ask@pawscorner.com.

Send your questions or tips to ask@pawscorner.com.

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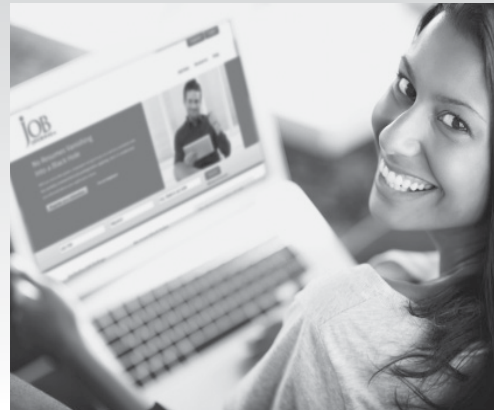
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\*The initial Annual Percentage Rate (APR) is currently 4.25% for a new Home Equity Line of Credit (HELOC), and is fixed for the first 5 years of the loan which is called the draw period. After the initial 5 year period, the APR can change once based on the value of an Index and Margin. The Index is the weekly average yield on U.S. Treasury Securities adjusted to a constant maturity of 10 years and the margin is 3.50%. The current APR for the repayment period is 5.50%. The maximum APR that can apply any time during your HELOC is 10%. A qualifying transaction consists of the following conditions: (1) the initial APR assumes a maximum HELOC of \$100,000, and a total maximum Loan-to-Value (LTV) of 70% including the new HELOC and any existing 1st Deed of Trust loan on your residence; (2) your residence securing the HELOC must be a single-family home that you occupy as your primary residence; (3) if the 1st Deed of Trust loan is with a lender other than El Dorado Savings Bank, that loan may not exceed \$200,000 and may not be a revolving line of credit. Additional property restrictions and requirements apply. All loans are subject to a current appraisal. Property insurance is required and flood insurance may be required. Rates, APR, terms and conditions are subject to change without notice. Other conditions apply. A \$375 early closure fee will be assessed if the line of credit is closed within three years from the date of opening. An annual fee of \$50 will be assessed on the first anniversary of the HELOC and annually thereafter during the draw period. Ask for a copy of our "Fixed Rate Home Equity Line of Credit Disclosure Notice" for additional important information. Other HELOC loans are available under different terms.

# END OF THE BENCH BY GERRY SCHOU

## Turning Back the Hands of Time

Last weekend we all wandered around our homes dialing back our clocks as Daylight Savings Time came to a close. We were willing to fool ourselves to feel as though we were getting an extra hour for free --- an instant do-over.

But most normal people likely chose to do the obvious with that free time --- get an extra hour of sleep. What could be better? Maybe if our extra sleepy-time dreams would come true...and when we awakened all was right with the world.

If we really had that hour to live over again, what would we do different? What if we had whatever amount of time we might desire to do all over again? Whether or not we are living with any regrets, that would be a pretty cool option to have.

If we could go back to the past from the present, knowing what lies ahead back in the future, what might we want to change in the past to alter the future? But, we couldn't be sure of what we might have in our present --- our future while in our past --- if we do decide to change things while we are back in the past. But, if our present is not so bright, we might be willing to take our chances of changing the past if given the opportunity. (There's a movie plot in there somewhere. Perhaps Marty McFly or Calvin can help us sort it all out).

It's "a lock" bet that the San Francisco Forty Niners would elect to go back in time and alter a few things that went down in their recent history.

Set the Wayback Machine to February 3, 2013. It's the Harbowl --- Super Bowl XLVII in New Orleans, pitting 49ers then-coach Jim Harbaugh against his brother John, coach of the Baltimore Ravens. Quite a game, but the 49ers trailed late, 34-29. They advanced to a first-down-and-goal at the Ravens' 7-yard line in the closing

moments with a great shot at stealing the victory.

A 2-yard run and a pair of incompletions preceded a last-ditch pass from QB Colin Kaepernick that sailed about a foot beyond the outstretched hands of WR Michael Crabtree in the end zone. Forty Niners all-time leading rusher Frank Gore never touched the ball during that final set of downs, even though he had just reeled off a 33-yard run to finish with 110 yards on the day. An intentional safety by the Ravens and an unsuccessful, final-chance kick return by the 49ers' Ted Ginn ended the game at 34-31, Baltimore.

Look at the 49ers now. Where would they be if they had done a couple of different things back then? Now, Harbaugh's gone; most of the other coaches are gone; Gore's gone; Ginn's gone; Crabtree's gone; Kaepernick (who went 4-2 in six playoff games and was one play away from winning a Super Bowl) is gone to the bench and backup QB Blaine Gabbert (5-22 as a starter in the NFL) will start at home Sunday against the Atlanta Falcons; TE Vernon Davis is gone, traded to Denver; a whole host of other guys are gone by way of free agency, retirement, injury; winning is gone, gone, gone, solid gone. What if?

There are a few people around the NBA who wish they had June 25, 2009, to do over again. That's the day that point guard Stephen Curry, the reigning league MVP, was selected seventh in the draft lottery by the now World Champion Golden State Warriors. All Stars Blake Griffin and James Harden (neither a champion as yet) were chosen ahead of Curry --- acceptable; the others among the top six --- not so much.

Chosen No. 2 by the Memphis Grizzlies was 7' 3" center Hasheem Thabeet, last seen playing for Grand Rapids in the D League after averaging about ten

minutes per game in the NBA. Curry and the W's beat the Grizz in the playoffs last year and just the other night torched Memphis by 50 points with Curry going for 30 in just 28 minutes.

The other three players selected ahead of Curry, unbelievably, were all point guards. Your Sacramento Kings picked Tyreke Evans at No. 4. A fan favorite for a while, Evans, now with New Orleans, has had a respectable career but is out for weeks with a knee injury. The Minnesota Timberwolves had two picks just ahead of Golden State and used them both on point guards --- Ricky Rubio, still hanging on though shooting under 37% for his career, and Jonny Flynn, out of the league after 163 games for three teams over three seasons. What if any of them had taken Curry, the baby-faced assassin and new face of the league, who has the Warriors off to a high-flying start with four straight blowout wins (average margin of 25 points) while averaging 37.0 ppg? If only they could've seen it all coming.

Throughout sports everybody wishes they had enough gigawatts to power their own flux capacitor and ride a DeLorean back and forth through time to ensure success. Just for one more example, take the Portland Trailblazers --- in 2007 they drafted injury-prone Greg Oden No. 1-overall ahead of Kevin Durant, and back in 1984 after Houston took Hall of Famer Hakeem Olajuwon at No. 1, they took oft-injured Sam Bowie No. 2 ahead of Michael Jordan, the greatest player of all time to date.

There are infinite examples. Everybody in sports (including Lucas Duda and the New York Mets, who threw away the deciding game of the World Series to the Kansas City Royals) would love it if mulligans were not exclusive to golf. But since we can't do it over, take that extra nap and dream on... ★

# Dusty Gets the Call, Now Managing the Nationals

Congratulations to the Chamber's 2015 Person of the Year, Dusty Baker. He has just been named the manager of the Washington Nationals Major League Baseball team. Dusty is the sixth manager of the Nationals with an impressive record of being the National League Manager of the Year three times. At 66 years old, Dusty is the 17th winningest manager in baseball history. "Go get 'em, Dusty!"

*Here are Dusty's Career Highlights (from wikipedia.org)*

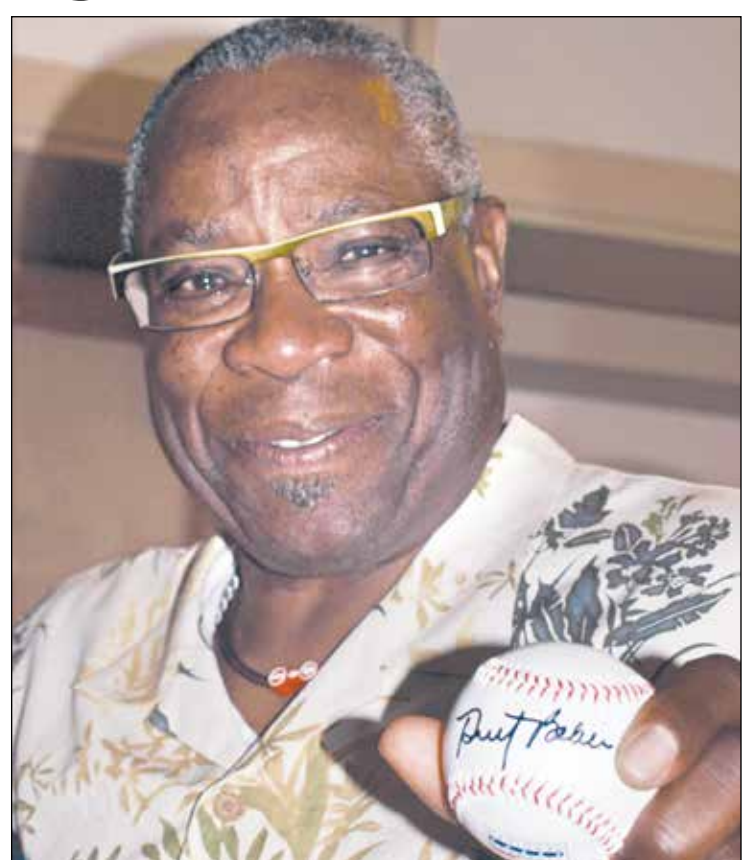
### San Francisco Giants

Baker's coaching career started with his former Dodger arch-rival: the San Francisco Giants. Baker began his coaching career as a first base coach for the San Francisco Giants in 1988. He became the manager in 1993.

In his first year as Giants manager, he won the N.L. Manager of the Year award, leading the team to a 103-59 record, which was the second-best record in baseball.

His Giants went on to win division titles in 1997 and again in 2000; Baker would win Manager of the Year honors in both of those years.

In 2002, his Giants gained the wild-card berth and from there advanced to the World Series, where they lost in seven games to the Anaheim Angels. To date, Baker is one of only three African Americans to manage a World Series team.



In his first year as Giants manager, Dusty Baker won the N.L. Manager of the Year award, leading the team to a 103-59 record, which was the second-best record in baseball. Photo by Susan Skinner

### Chicago Cubs

Baker made a major impact with the Cubs in his first season as manager. They were able to claim their first divisional title in over a decade.

### Cincinnati Reds

On October 13, 2007, Baker was hired as manager of the Cincinnati Reds. Baker and the Reds finished 74-88 and 78-84 in 2008 and 2009. In 2010, the Reds enjoyed

success and on September 28, 2010, the Reds won the Central title. This was their first playoff appearance in 15 years.

### Washington Nationals

On November 3, 2015, Baker was named the new manager for the Washington Nationals for the 2016 season. He is the only black manager in Major League Baseball and has the second-highest total for most wins in MLB. ★

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# Counseling Corner

Are You Getting The Most Out Of That Visit To Your Doctor?

From the American Counseling Association

**SACRAMENTO REGION, CA (MPG)** - As we get closer to the end of the year, many families find themselves facing more visits to the family physician, or dentist, or eye doctor. It might be due to insurance deadlines, increased levels of the colds and flu which come with the season, or just catching up on health issues that you put aside, hoping they would just go away.

Whatever the case, visits to a health practitioner often make people nervous and anxious, not only because of the possible health problems that may be present, but also because many of us are unsure of how to deal with a busy doctor and all the medical jargon, tests, and procedures we simply don't understand.

But this anxiety can be minimized. One way is to adopt an attitude that professional counselors call "appropriately assertive." This starts by remembering that the person you're seeing is actually working for you—you, or your insurance company, is paying him or her for the time and expertise they share with you.

"Appropriately assertive" means speaking clearly and directly about the issues on your mind. Understanding that the doctor has a busy schedule should not stand in the way of getting your concerns addressed.

To make things easier, make a list of those questions before getting to your health professional's office. Tell your doctor you have issues to discuss and ask if he or she wants to do so before or after your exam. And if your doctor answers your questions in terms you



It's not uncommon for people in white coats to unintentionally make the rest of us feel nervous during an office visit. Your goal is open communications between you and your health practitioner.

don't fully understand, don't just pretend you get what's being said. Rather, politely ask for clarification.

It's not uncommon for people in white coats to unintentionally make the rest of us feel nervous during an office visit. If you find that happens to you and you can't always remember a diagnosis or instructions, ask if a friend or family member can come along as a second set of ears. Most doctors will say yes immediately.

Your goal is open communications between you and your health practitioner. You want

to be able to ask follow-up questions, to clarify unclear information, and to leave the office confident that you've understood what has happened and what you were told.

Being prepared and willing to be proactive when you visit a medical professional can help ensure that you are getting the care you require.

Counseling Corner is provided by the American Counseling Association. Send comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org. ★

## SPOTLIGHT ON BUSINESS

### Senior Computer School (50 +)

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The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2½ hour session workshops are offered for \$5 per workshop.

Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

Senior Computer School is a non-profit organization staffed by volunteer instructors, assistants, and office staff. We train 40-60 students every month with 8 to 16 students in each class. Step by step instructions are conducted with clearly written lessons. There is no need to take notes as the lessons are provided for you to keep after each session. Assistants provide individual help, as needed during each session.

The Senior Computer School learning center is located at the back of the Rio Americano High School campus, 4540 American River Drive, Sacramento, CA 95864. Free parking is available near the levee road, inside the chain linked fenced area. Look for the Senior banner on the Learning Center.

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For more information on how to become a Senior Computer School volunteer or to enroll for classes, contact the Sacramento Computer School Learning center at (916) 485-9572 or email to student2917@hotmail.com

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# Television Listings for the week of November 6-11

## FRIDAY EVENING

## NOVEMBER 6, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
<b>BROADCAST</b>	ABC: Last Man Standing (N) HD	CBS: The Amazing Race (N) HD	NBC: Undateable (N) HD	FOX: MasterChef Junior (N) HD	ION: Criminal Minds (N) HD	A&E: My Haunted House (N) HD	AMC: Hard to Kill (9.0, R) ★★	ANIMAL: Tanked: Unfiltered (N) HD	BET: Martin (N) HD	BRAVO: Vanderpump Rules (N) HD	CARTOON: Adventure Regular (N) HD	CMT: Pickler (N) HD	CNN: This Is Life (N) HD	COMEDY: Drunk (N) HD	DISCOVERY: Gold Rush: The Dirt (N) HD	DISNEY: BUNK'D: Girl Meets (N) HD	E! Botched (TV14) HD	ESPN (7:30): NBA Basketball: Houston vs Sacramento	ESPN2: SportsCenter (N) HD	FAMILY: (15) Nanny McPhee Returns (10, PG) ★★	FOOD: Diners (N) HD	FX: Men in Black III (12, PG-13) ★★	HGTV: Tiny House (N) HD	HISTORY: Curse Island (N) HD	LIFETIME: Step It Up (N) HD	MTV: Ridiculous (N) HD	NICK: Sanjay (N) HD	SPYKE: Cops (N) HD	SYFY: Casino Royale (06, PG-13) ★★	TBS: Broke Girls (N) HD	TCM: There Were None (45) HD	TLC: Say Yes (N) HD	TNT: The Longest Yard (05, PG-13) ★★	TRAVEL: Mysteries (TVPG) HD	TV LAND: My Cousin Vinny (92, R) ★★	USA: Law & Order: SVU (N) HD	VH1: Back to the Future (85, PG) ★★	WGN: How I Met (N) HD	<b>PREM</b>	HBOW: The Leftovers (N) HD	MAXW: (7:45) Blackhat (15, R) ★★	SHOWW: Death of Superman Lives (TVMA) (N) HD

## SATURDAY EVENING

## NOVEMBER 7, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
<b>BROADCAST</b>	ABC: Coll. Ftbl Local Programs	CBS: Local Programs	NBC: Dateline NBC (N) HD	FOX: Local Programs	ION: Law & Order: SVU (N) HD	A&E: Walking Tall (04, PG-13) Dwayne Johnson (N) HD	AMC: Max Payne (08, PG-13) ★★	ANIMAL: Dr. Dee: Alaska Vet (N) (C) (01) Dr. Jeff: Rocky (N) HD	BET: (04) Madae's Family Reunion (06, PG-13) ★★	BRAVO: Bridesmaids (11, R) ★★	CARTOON: Regular Regular (N) HD	CMT: Jerry Maguire (96) HD	CNN: Glen Campbell (14) Anthony (TVPG) HD	COMEDY: Archer (N) HD	DISCOVERY: Alaskan Bush People (N) HD	DISNEY: Sharkboy and Lavagirl (05, PG) ★★	E! A Cinderella Story (04, PG) ★★	ESPN (7:30): College Football: Arizona vs USC (Live) HD	ESPN2: (7:30) College Football: California vs Oregon (Live) HD	FAMILY: Tangled (10, PG) ★★	FOOD: Unwrapped Unwrapped (N) HD	FX: (7:00) Captain Phillips (13, PG-13) Tom Hanks (N) HD	HGTV: Buying and Selling (N) HD	HISTORY: The World Wars: "Never Surrender" (TVPG) HD	LIFETIME: Caught (15, NR) HD	MTV: (7:00) 8 Mile (02, R) ★★	NICK: Henry (N) HD	SPYKE: Cops (N) HD	SYFY: The Fifth Element (97) HD	TBS: Big Bang (N) HD	TCM: Marie: True Story (85) HD	TLC: Real Life Mysteries (N) HD	TNT: The Fast and the Furious (01, PG-13) ★★	TRAVEL: Ghost Adventures (N) HD	TV LAND: Instant (N) HD	USA: NCIS: "Crescent II" (N) HD	VH1: Tower Heist (11, PG-13) Ben Stiller (N) HD	WGN: Bridget Jones: The Edge of Reason (04, R) HD	<b>PREM</b>	HBOW: Unfinished Business (15, R) ★★	MAXW: Horsemen (09, R) HD	SHOWW: Last Vegas (13, PG-13) Michael Douglas (N) HD

## SUNDAY EVENING

## NOVEMBER 8, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
<b>BROADCAST</b>	ABC: Once Upon a Time (N) HD	CBS: Madam Secretary (N) HD	NBC: Football Local Programs	FOX: Simpsons (N) HD	ION: (7:00) Hitman (07, R) HD	A&E: Cleveland Abduction (15, NR) Taryn Manning (N) HD	AMC: The Walking Dead (N) HD	ANIMAL: Rugged Justice (N) HD	BET: Reunion (C44) Beasts of the Southern Wild (12, PG-13) ★★	BRAVO: The Real Housewives of Atlanta (N) HD	CARTOON: Adventure Regular (N) HD	CMT: Heart Is (N) HD	CNN: Anthony: "Borneo" (N) HD	COMEDY: South Park (N) HD	DISCOVERY: Alaska: Last (N) HD	DISNEY: Liv (N) HD	E! Kardashian (N) HD	ESPN: SportsCenter (N) HD	ESPN2: 2015 World Series of Poker: "Final Table" (Live) (N) HD	FAMILY: (1:10) Sleeping Beauty (59, G) ★★	FOOD: Guy's Grocery Games (N) HD	FX: Despicable Me 2 (13, PG) ★★	HGTV: Life (N) HD	HISTORY: American Pickers (N) HD	LIFETIME: Caught (15, NR) HD	MTV: Teen Mom 2 (N) HD	NICK: Liar (15) Shakers (N) HD	SPYKE: Bar Rescue (N) HD	SYFY: (6:30) Day After (04) HD	TBS: Big Bang (N) HD	TCM: The Brave One (56) HD	TLC: Sister Wives (N) HD	TNT: The Librarians (N) HD	TRAVEL: Extreme RV's (N) HD	TV LAND: Reba (N) HD	USA: Law & Order: SVU (N) HD	VH1: Love & Hip Hop (TV14) HD	WGN: Walking Tall (04, PG-13) Dwayne Johnson (N) HD	<b>PREM</b>	HBOW: Unfinished (15) HD	MAXW: Wonder Boy (C25) The Boy Next Door (15, R) HD	SHOWW: The Affair (TVMA) HD

## SUNDAY EVENING

## NOVEMBER 9, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
<b>BROADCAST</b>	ABC: Dancing with the Stars (TVPG) (N) HD	CBS: Supergirl (TVPG) (N) HD	NBC: The Voice: "The Live Playoffs, Night 1" (N) HD	FOX: Gotham (TV14) (N) HD	ION: Criminal Minds (N) HD	A&E: The Haunting Of... (N) HD	AMC: The Matrix (99, R) ★★	ANIMAL: To Be Announced (N) HD	BET: Martin (N) HD	BRAVO: Ladies of London (N) HD	CARTOON: Adventure Regular (N) HD	CMT: Last Man (N) HD	CNN: Anderson Cooper 360° (N) HD	COMEDY: South Park (N) HD	DISCOVERY: Street Outlaws: Full (N) HD	DISNEY: Invisible Sister (15, NR) HD	E! I Am Cait (TV14) HD	ESPN: (C20) SportsCenter (N) HD	ESPN2: 2015 World Series of Poker: "Final Table" (Live) (N) HD	FAMILY: (1:15) Steel Magnolias (89, PG) ★★	FOOD: Chopped (TV G) (N) HD	FX: (7:00) Fast & Furious 6 (13, PG-13) Vin Diesel (N) HD	HGTV: Love It or List It (N) HD	HISTORY: Pawn Stars (N) HD	LIFETIME: Women of Honor (N) HD	MTV: Awkward (N) HD	NICK: iCarly (N) HD	SPYKE: Cops (N) HD	SYFY: Live Free Die Hard (07) HD	TBS: Family Guy (N) HD	TCM: (7:30) Limelight (52, G) ★★	TLC: To Be Announced (N) HD	TNT: Major Crimes (N) HD	TRAVEL: Bizarre Foods America (N) HD	TV LAND: Facts Life (N) HD	USA: WWS Monday Night Raw (Live) (N) HD	VH1: Love & Hip Hop (N) HD	WGN: Manhattan: "Overlord" (N) HD	<b>PREM</b>	HBOW: Dawn of the Planet of the Apes (14, PG-13) HD	MAXW: The Knick (TVMA) HD	SHOWW: Homeland (TVMA) HD

## TUESDAY EVENING

## NOVEMBER 10, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
<b>BROADCAST</b>	ABC: Muppets (N) HD	CBS: NCIS: "Saviors" (N) HD	NBC: The Voice: "The Live Playoffs, Night 2" (N) HD	FOX: Grand (N) HD	ION: Criminal Minds (N) HD	A&E: Storage (N) HD	AMC: The Matrix Reloaded (03, R) ★★	ANIMAL: To Be Announced (N) HD	BET: (7:00) Movie (N) HD	BRAVO: Vanderpump Rules (N) HD	CARTOON: Adventure Regular (N) HD	CMT: Last Man (N) HD	CNN: Post Debate (N) HD	COMEDY: Tosh.0 (N) HD	DISCOVERY: Yukon Men: "All In" (N) HD	DISNEY: Austin (N) HD	E! Total Divas (TV14) HD	ESPN: SportsCenter (N) HD	ESPN2: NFL Live (N) HD	FAMILY: Magnolias (N) HD	FOOD: Chopped Junior (N) HD	FX: (7:30) 2 Guns (13, R) ★★	HGTV: Fixer Upper (TV G) HD	HISTORY: Curse of Oak (N) HD	LIFETIME: Celebrity Wife Swap (N) HD	MTV: (7:30) 8 Mile (02, R) Eminem, Kim Basinger (N) HD	NICK: iCarly: "Psycho" (N) HD	SPYKE: Sweet Inc.: "Interval" (N) HD	SYFY: Aeon Flux (05) ★★	TBS: Big Bang (N) HD	TCM: (7:15) Let Us Be Gay (30, NR) ★★	TLC: 7 Little Johnstons (N) HD	TNT: Castle: "Hunt" (N) HD	TRAVEL: Bizarre Foods (N) HD	TV LAND: Facts Life (N) HD	USA: Chrisley (N) HD	VH1: Couples Therapy (N) HD	WGN: Manhattan (TV14) HD	<b>PREM</b>	HBOW: The Leftovers: "Lens" (N) HD	MAXW: The Mexican (01, R) Brad Pitt, Julia Roberts (N) HD	SHOWW: Homeland (TVMA) HD

## WEDNESDAY EVENING

## NOVEMBER 11, 2015

	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30																																
<b>BROADCAST</b>	ABC: The Middle (N) HD	CBS: Survivor Cambodia (N) HD	NBC: The Voice (N) HD	FOX: Rosewood (N) HD	ION: Law & Order: "Church" (N) HD	A&E: Duck (N) HD	AMC: The Karate Kid (84, PG) ★★	ANIMAL: To Be Announced (N) HD	BET: Sister Code (15, R) Amber Rose, Eva Marcille (N) HD	BRAVO: Los Angeles (TV14) (N) HD	CARTOON: Adventure Regular (N) HD	CMT: Last Man (N) HD	CNN: Anderson Cooper 360° (N) HD	COMEDY: South Park (N) HD	DISCOVERY: Dual Survival (N) HD	DISNEY: Descendant (N) HD	E! WAGS (TV14) HD	ESPN: (7:30) NBA Basketball: San Antonio vs Portland (N) HD	ESPN2: SportsCenter (N) HD	FAMILY: The Notebook (04, PG-13) ★★	FOOD: Cutthroat Kitchen (N) HD	FX: (7:00) Fast & Furious 6 (13, PG-13) Vin Diesel (N) HD	HGTV: Property Brothers (N) HD	HISTORY: American Pickers (N) HD	LIFETIME: Daddy's Little Girls (07, PG-13) Gabrielle Union (N) HD	MTV: Catfish: The TV Show (N) HD	NICK: Thunderman (N) HD	SPYKE: The Expanding 2's (12, R) ★★	SYFY: Orphan (09, R) ★★	TBS: Big Bang (N) HD	TCM: Wise Blood (C45) To Kill a Mockingbird (63, NR) ★★	TLC: My Big Fat (TVPG) HD	TNT: The Town (10, R) ★★	TRAVEL: Expedition Unknown (N) HD	TV LAND: Facts Life (N) HD	USA: NCIS: "Twenty Klicks" (N) HD	VH1: Couples Therapy (N) HD	WGN: Manhattan (TV14) HD	<b>PREM</b>	HBOW: (7:10) Unbroken (14, PG-13) ★★	MAXW: God Night (05) HD	SHOWW: (6:55) The Jackal (97) HD



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Nick Saban, who won a national championship while the coach at LSU, is 6-3 vs. the Tigers since taking over at Alabama in 2007.

## SEC WEST SHOWDOWN

Undefeated LSU heads to Tuscaloosa to battle one-loss Alabama

## LSU AT ALABAMA

The stakes are once again enormous in the latest edition of what has become the most important game in the SEC in most seasons. Alabama and LSU are considered by most to be the top two teams in the league and among the top five or six teams in the nation. Alabama, however, does not control its own destiny in the SEC West due to an early season loss to Ole Miss. The Tide could win out yet not play in the league title game and be left waiting to see how the College Football Playoff committee treats a team that didn't even win its own division. LSU has no such worries — at this point. The Tigers, who have yet to play Ole Miss, will win the West if they win their remaining four games. This game, on paper, seems to favor Alabama due to its ability to stop the run. The Crimson Tide haven't faced a back as formidable as Leonard Fournette, but they do rank first in the SEC and third nationally in run defense, allowing only 83.4 yards per game and 2.6 yards per attempt. Fournette leads the nation in rushing but has faced only one team (Florida) that has a run defense ranked in the top 60. If Fournette is held in check (let's say under 125 yards), Brandon Harris will have to prove that he can move this offense through the air in the biggest game of the season. *Alabama 24-17*

## TCU AT OKLAHOMA STATE

Oklahoma State has navigated the first two-thirds of its schedule without a loss, but not many consider the Cowboys to be a legitimate threat in the Big 12. Well, the Pokes will have several opportunities to prove their doubters wrong, beginning with this week's visit from TCU. The Horned Frogs, also 8-0, are much more respected by the pollsters even though their schedule has been comparable to Oklahoma State's. The reason? They went 12-1 last year and began the 2015 season in everyone's top five. TCU also boasts the nation's most dynamic quarterback in senior Trevone Boykin and perhaps the best wide receiver in college football in Josh Doctson. These two figure to present some problems for an Oklahoma State defense that gave up 480 passing yards and 53 points in a win over Texas Tech last week. *TCU 44-37*

## FLORIDA STATE AT CLEMSON

Perhaps no team has been as consistently strong in 2015 as the Clemson Tigers. The offense, as expected, has been solid with sophomore quarterback Deshaun Watson leading the way. The rebuilt defense, however, is the reason this team is being mentioned as a favorite to reach the College Football Playoff. The Tigers have allowed only 18 touchdowns in eight

games, and only one team has scored more than 24 points against them. Florida State bounced back from its loss at Georgia Tech with an impressive showing against Syracuse while playing without starting quarterback Everett Golson (concussion) and star tailback Dalvin Cook (ankle). Both should be available this week, but there is no guarantee that Golson will start. Backup Sean Maguire, who threw for 348 yards with three touchdowns and no interceptions against Syracuse, is now being considered as a legitimate option going forward. The guess here, however, is the more mobile Golson will get the nod due to Florida State's issues on the offensive line against Clemson's stout pass rush. *Clemson 31-24*



**Mitch Light**  
Athlon Sports  
Executive Editor  
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## DUKE AT NORTH CAROLINA

This game would be far more hyped had Duke not lost at home to Miami in that crazy finish on Saturday night. But it's still the biggest game of the year (so far) in the ACC Coastal Division. North Carolina, which is undefeated in the league and already has a win over one-loss Pitt, can take complete command of the division race with a win. A Duke win will create a three-way tie at the top between the Devils, Tar Heels and Panthers. North Carolina is playing the best of any team in the division and is a play or two away from being undefeated overall. This team has a veteran quarterback (Marquise Williams), an underrated running back (Elijah Hood) and one of the most improved defenses in the nation. This won't be as one-sided as last year, when UNC rolled Duke 45-20 in Durham, but the Tar Heels are the better team. *North Carolina 30-17*

## PENN STATE AT NORTHWESTERN

This has been a strange season for Northwestern. The Wildcats opened the year with a dominant victory over Pac-12 power Stanford, and they also have a win at Duke and a 27-0 victory over Minnesota. But they lost to Michigan and Iowa by a combined score of 78-10. Pat Fitzgerald's team has clearly proven that it is capable of playing solid football, but they were also alarmingly uncompetitive against the two best Big Ten teams they have played. That makes Penn State an interesting opponent. The Nittany Lions appear to be improved this season, but they have nothing close to a quality win. The offense, however, appears to have hit its stride, with back-to-back 30-point games for the first time in the James Franklin era. Christian Hackenberg is averaging a healthy 9.9 yards per attempt in his last three games and hasn't thrown an interception since Week 3. *Penn State 24-21*

injury, true freshman **Jacques Patrick** stepped in and rushed for 162 yards and three scores as Florida State topped Syracuse 45-21. ... Notre Dame quarterback **DeShone Kizer** accounted for all but 25 yards of the Fighting Irish's total offense in a 24-20 win at Temple, throwing for 299 yards and rushing for 143. He had three total TDs, including the game-winning 17-yard TD pass to **Will Fuller** with 2:09

remaining. ... Ole Miss quarterback **Chad Kelly** threw for 381 yards and two touchdowns (on a season-high 51 passing attempts) to lead the Rebels to a 27-19 win at Auburn. ... One week after getting a curious DNP-coach's decision in a loss at Ole Miss, **Kyler Murray** earned his first start of the season and combined for 379 yards of offense and two touchdowns in Texas A&M's 35-28 win over South Carolina.

## ATHLON SPORTS TOP 25

1. **Clemson** (8-0, Florida State)
2. **Baylor** (7-0, at Kansas State)
3. **Ohio State** (8-0, vs. Minnesota)
4. **Alabama** (7-1, vs. LSU)
5. **TCU** (8-0, at Oklahoma State)
6. **LSU** (7-0, at Alabama)
7. **Michigan State** (8-0, at Nebraska)
8. **Florida** (7-1, vs. Vanderbilt)
9. **Stanford** (7-1, at Colorado)
10. **Notre Dame** (7-1, at Pittsburgh)
11. **Utah** (7-1, at Washington)
12. **Iowa** (8-0, at Indiana)
13. **Michigan** (6-2, vs. Rutgers)
14. **Oklahoma** (7-1, vs. Iowa State)
15. **Florida State** (7-1, at Clemson)
16. **Memphis** (8-0, vs. Navy)
17. **Oklahoma State** (8-0, vs. TCU)
18. **Ole Miss** (7-2, vs. Arkansas)
19. **Houston** (8-0, vs. Cincinnati)
20. **Temple** (7-1, at SMU)
21. **North Carolina** (7-1, vs. Duke)
22. **Toledo** (7-0, vs. Northern Illinois)
23. **UCLA** (6-2, at Oregon State)
24. **Mississippi State** (6-2, at Missouri)
25. **USC** (5-3, vs. Arizona)

## NUMBERS TO WATCH

114

Colorado ran 114 offensive plays in its 35-31 loss to UCLA, one snap short of setting the FBS record. UCLA, on the other hand, ran only 59 plays.

15

Cincinnati's Gunner Kiel completed all 15 of his passes for 319 yards with five touchdowns in a 52-7 win over UCF.

19-11

With a 56-41 win at NC State on Saturday, Clemson improved to 19-11 in ACC road games under coach Dabo Swinney. Virginia Tech's Frank Beamer, who will retire at the end of the 2015 season, leads all active coaches with 33 ACC road wins.

20

Georgia Tech dropped to 1-5 in the ACC with a loss to Virginia on Saturday, ensuring that the Yellow Jackets' streak of 20 straight non-losing seasons in the ACC will come to an end.

## COACHING CAROUSEL

Normally, the college football coaching carousel doesn't get cranked up until after the season concludes. This year, however, hasn't been normal — far from it. In the past week, three more FBS jobs opened up, bringing the total to 10. And we still have one month remaining in the regular season. Here's an update on which schools will be looking for new leadership and our ranking of the quality of the jobs.

**1. USC** — **Steve Sarkisian** was fired in mid-October one day after the school announced it had forced him to take an indefinite leave of absence to deal with alleged alcohol addiction.

**2. Miami (Fla.)** — **Al Golden** was fired last month after his team suffered the worst loss in school history, a 58-0 defeat at home to Clemson. He was 32-25 overall and 17-18 in the ACC during his four-plus seasons.

**3. Virginia Tech** — **Frank Beamer**, who built his alma mater into a national power, announced on Monday that he would retire at the end of the season. He currently has a 234-120-2 overall record, including a 123-52 mark in league games.

**4. South Carolina** — Legendary coach **Steve Spurrier** stepped aside after six games this season due to his team's lack of competitiveness. He went 44-40 in the SEC in his eight-plus seasons at South Carolina.

**5. Maryland** — **Randy Edsall** was let go in the middle of his fifth season with a record of 22-34. The Terps were 0-12 against ranked opponents during his tenure.

**6. Illinois** — This job opened up before the season began when **Tim Beckman** was dismissed in August amid allegations that he mistreated players. Bill Cubit has served as the interim head coach.

**7. Minnesota** — **Jerry Kill** stepped down last week due to health concerns. The highly respected veteran coach had a 29-29 record in his four-plus years with the Golden Gophers.

**8. UCF** — The Knights went a combined 22-2 in league games from 2012-14 under **George O'Leary**, but things got very ugly very quickly. He stepped aside in late October after his team dropped to 0-8.

**9. North Texas** — **Dan McCarney's** program failed to sustain the momentum gained by a breakthrough nine-win season in 2013. McCarney was fired last month after the Mean Green lost to Portland State 66-7 at home.

**10. Hawaii** — **Norm Chow** was fired on Sunday after the Rainbow Warriors dropped to 2-7 with a 58-7 loss to Air Force. Chow is 10-36 in his three-plus seasons at the school.

Photo: Saban; Chris Covatta

## PRIME TIME PLAYERS

Clemson quarterback **Deshaun Watson** enjoyed the most productive day of his sophomore season, throwing for 383 yards with five touchdowns and no interceptions and adding 54 yards and one score on the ground as the Tigers fought off NC State for a 56-41 win in Raleigh. ... For the fourth time this season, New Mexico State running back **Larry Rose** rushed for at least 180 yards. For the first time, however,

it came in a win. Rose, one of the nation's most underrated backs, ran for 212 yards and four TDs to help the Aggies beat Idaho 55-48 in overtime for their first win of the 2015 season. ... **James Washington** caught only four passes in Oklahoma State's 70-53 win at Texas Tech. Not impressed? Well, he averaged 50.0 yards on his four receptions and scored two touchdowns. ... With **Dalvin Cook** sidelined with an

## STOCK REPORT

**▲▲** North Carolina has seized control of the ACC Coastal Division with a 4-0 start highlighted by last Thursday's win at Pittsburgh. Under the watch of new defensive coordinator Gene Chizik, the Tar Heels are allowing 358.0 yards per game, down from an ACC-worst 497.8 last season.

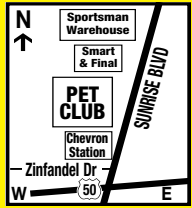
**▼▼** Any confidence Charlie Strong rebuilt at Texas in recent weeks evaporated with a listless performance in a 24-0 loss to Iowa State. The Cyclones fired their offensive coordinator and changed QBs last week, but Texas was the inept team on offense with 127 total yards and seven first downs before their final possession in garbage time.

**▲▲** Purdue snapped a nine-game Big Ten losing streak with a 55-45 win over Nebraska in West Lafayette. The win, however, might not be enough to keep Darrell Hazell off the hot seat. The fourth-year head coach is 6-26 overall (2-18 in Big Ten games), and three of those six wins have come against FCS competition.

**▼▼** Georgia's disastrous October concluded with a 27-3 loss to rival Florida in a game that eliminated the Bulldogs from the SEC East race. Faton Bauta completed only 15-of-33 attempts and was intercepted four times in his first career start at quarterback. Georgia went 1-3 in October, with the lone win over Missouri.

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