



Local Songwriter is Finalist for National Video Award
Page 5

Great Nosh at Beth Shalom
Page 18



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LOCAL MAN TO COMPETE AT MMA WEST COAST CHAMPIONSHIP



Page 4

ANIMAL RESEARCH AT THE HEART OF MEDICAL PROGRESS



Page 4

ATHLON SPORTS INSIDE COLLEGE FOOTBALL



Page 17

Beloved Deputy to be Honored



Slain North Area Deputy Danny P. Oliver (inset) will join Wall of Honor heroes in Patriots Park on November 7th. The ceremony also recalls other local men who fell in service to community or nation.

Story and photos by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - A new name will soon join those inscribed on the Wall of Honor at Patriots Park. November 7th remembrances will induct Sheriff's Deputy Danny P. Oliver to the ranks of treasured local heroes.

Oliver died during a 2014 criminal incident that spread from Arcade to Placer County. The 47-year-old father of two was slain as he and another officer investigated activity in an Arden Way motel parking lot. The shooter and a female companion then fled to Auburn. En route, they carjacked two vehicles, shooting and injuring one car owner. Near Interstate 80,

the male suspect fired on two Placer County officers. One investigator, Michael Davis, died from his wounds.

At the time of his death, 15-year Sheriff's Department veteran Oliver worked with Problem-Oriented Policing in the North Area Division. "We hold Danny Oliver in a place of honor and distinction in the department and in the community," said Sacramento Sheriff Scott Jones. "He will never be forgotten."

Situated near the Carmichael and Fair Oaks border, Patriots Park is dedicated to Carmichael and Fair Oaks heroes. Their Wall of Honor bears plaques naming local legends who gave their lives in service since the Carmichael Park District began.



Anyone may attend the November 7th ceremonies. Remembrances begin with a flag-raising at 10 a.m. A strong representation of law enforcement agencies is expected at this year's event. Police and armed service veterans are welcome.

Patriots Park is located at 6825 Palm Avenue, near Dewey and Madison Avenues. ★

Danger in the Dark: Women's Safety and Self-Defense Alert



Robinson's Taekwondo offers a free clinic on personal safety and self-defense just for women.

SACRAMENTO REGION, CA (MPG) - As days get darker earlier in the changing seasons, criminals get bolder. Dark mornings and earlier nights invite trouble for those unaware of their surroundings. Criminals seek the dark and target the unaware. With the time change comes greater danger. Awareness and conflict avoidance are the first steps.

Robinson's Taekwondo offers a free clinic on personal safety and self-defense just for women. Women are especially vulnerable as they are often exposed to danger as they pick up and drop off family members in school or shopping mall parking lots.

Plan to attend this safety awareness and simple self-defense clinic. Robinson's Taekwondo instructors will help raise awareness of dangerous situations and locations, show how to escape an attacker's hold, and give everyone who attends a safety "mindset."

Dark Dangers Safety and Self Defense Free Clinic will be held in two sessions beginning on Friday, October 23rd at participating Robinson's Taekwondo locations across the Sacramento region. Registration is required to reserve your space at <http://www.robinstonkd.com>. Or, call (888) 249-7853 for more information.

Source: Rick Reed Public Relations ★

Sacramento Employment Trends Rise

SACRAMENTO REGION, CA (MPG) - Hiring in the Sacramento region has exploded. Seventy-six percent, or just over three quarters of all companies surveyed in direct contacts by phone report, have opened doors for applicants, raising the demand a full six percentage points over this same time last year. Just twenty-four percent (24%) of top regional employers surveyed between August 17th and September 17th say they are not hiring in the upcoming months.

When asked about motivation for hiring in October, November, and December, Pacific Staffing learned more than half—54%—of Sacramento regional hiring related to workforce growth or expansion of payrolls. However, a larger number—61%—say part of their hiring is required for replacements or attrition among existing employees.

Pacific Staffing also discovered a shortage of qualified applicants and growing worry about retention in keeping those already on the payrolls. Going back to 1992 when the Employment Trends Survey began among top Sacramento regional employers, an unprecedented number of companies report difficulty in finding people with skills to do the work. When asked what challenges they face in hiring, 26% of Sacramento regional companies polled report concerns about finding qualified applicants.

Skills Demand

Shortages of skills include construction trades, route and delivery drivers, RNs with obstetrics experience, sales and accounting, or finance backgrounds. Skills also in-demand include customer service, warehouse, shipping, manufacturing, product assembly, and general office experience.

Special Report: Degrees in Hiring

When asked, "If you were a student, what specific degree, major, or course of study would be most beneficial to getting a job after graduation?" Sacramento employers overwhelmingly said a business administration degree is your best choice. Many also suggested that the degree should include an important minor, such as communications, English, finance/accounting, or economics. Fifty percent of all sectors in service, manufacturing, construction, and retail contacts recommended business.

Seven percent suggested English, while another 7% cited information technology as a major. Five percent said accounting/finance or economics. Other interesting choices included medicine/health, systems analysis, and a new degree in mechatronics. The latter is a new major, blending skills relating to both mechanical engineering and electronic systems.

Sacramento regional top companies polled by industry: 42% are service, 27% are manufacturers, 17% are construction, and 14% are retail.

How does this quarter compare to last quarter or last year? Find out for yourself. For more information, employment blogs, and market surveys, go to www.pacificstaffing.com.

Source: Rick Reed Public Relations ★



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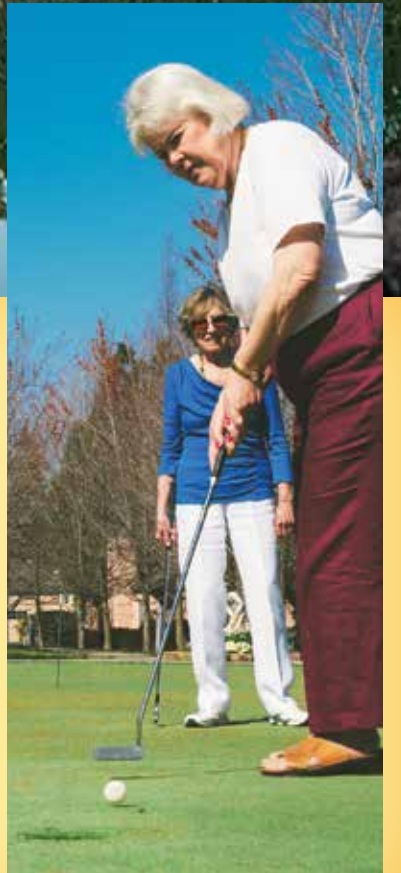
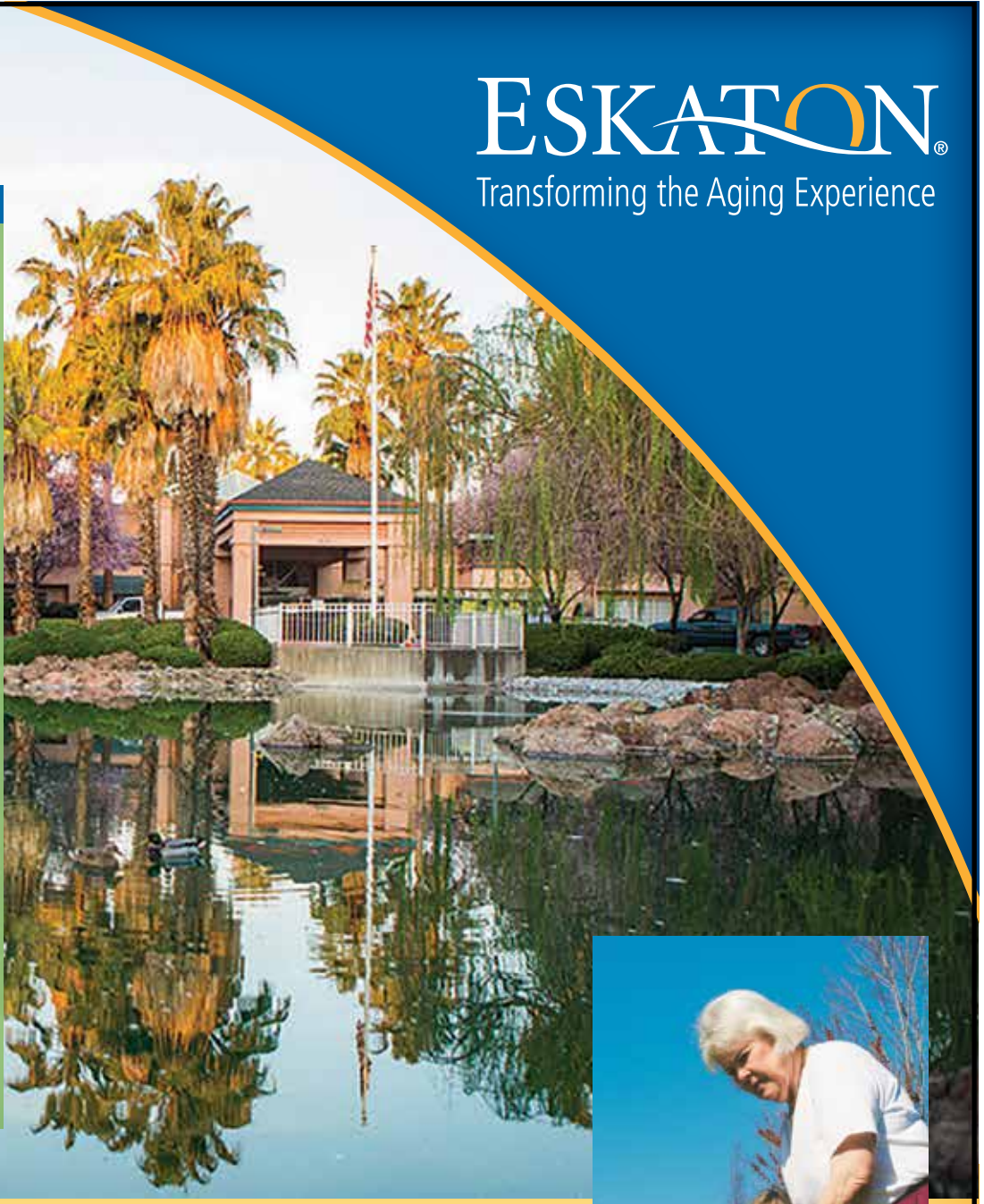
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Local Man to Compete at MMA West Coast Fighting Championship

By B.T. Stephenson

SACRAMENTO REGION, CA (MPG) - Imagine growing up in the Sacramento area and one day becoming a World Champion. Now imagine holding six of those Championship titles at the same time. That's reality for Max Griffin, known in the mixed martial arts (MMA) world as Max "Pain" Griffin. On October 10th, the kid who grew up in Carmichael and Fair Oaks and went to Bella Vista High School will defend two of those belts in a featured match as part of the West Coast Fighting Championships at McClellan Conference Center in Sacramento.

"I fought a lot as a kid growing up, but it was around 18 or 19 when I decided to be a professional fighter," said Griffin. He thinks there are several things that make a person a good fighter. "You have to be intelligent and able to adapt, you've got to have heart and probably be a little crazy, because in the ring or the octagon it's 'kill or be killed.' Some people think we're savages, but it takes a lot of discipline and it's fun."

Griffin was recently signed by Iridium, an elite sports agency known for representing exceptional fighters. He believes it will launch his career into the UFC, the leading organization for today's MMA fighters. "I want to be a UFC Champion and one of the best in the world. Hands down," said Griffin.

Being one of the best takes a huge amount of dedication to training and working out, and Griffin has some of the best in the world to work with every day here in the Sacramento area. "Doug Casebier, Dave Marinobles, Jaime Jara, Grand Master Perry...they've got me at 6% body fat and unbelievable cardio conditioning. I'm in the best shape of my life."

We asked Griffin why local



You can support Max "Pain" Griffin, the local kid who now holds several title belts, at the West Coast Fighting Championship on Saturday night, October 10th at McClellan Conference Center. Photo by Tribal Action Photography

people should come out to watch and support him. "It's like watching any sport on television. You can feel the excitement live, the momentum, and hear how the crowd gets into it," he said. "It's the best way to experience MMA." This will be the first time in two years that the Sacramento-area Champion will have fought on his home turf.

When asked if he could fight anybody in the world right now, who would it be, without hesitation, Griffin said, "Robbie Lawlor, because he's a Champion." Lawlor is the current

UFC Welterweight Champion. For now, Griffin will have to focus on his current opponent.

You can support Max "Pain" Griffin, the local kid who now holds several title belts, at the West Coast Fighting Championship on Saturday night, October 10th at McClellan Conference Center. Doors open at 4:30 p.m. and fighting starts at 5 p.m. The evening will feature a full slate of matches. For a full list of competitors and for tickets, see <http://westcoastfighting.com/WFC15.html>. ★

CARMICHAEL COMMUNITY UPDATE



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 Coffee in Fair Oaks

Please join me at my next Community Coffee Meeting which will be held on Wednesday, October 21st, 7:30 a.m., nearby at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way. The program will consist of a photographic narrative by Carmichael-based journalist Susan Maxwell Skinner regarding the recent Hometown Heroes Parade held last month to honor the three young men who thwarted the terrorist attack on a European passenger train.

The courageous actions of Anthony Sadler, Alex Skarlatos,

and Spencer Stone, showed the entire world how one single act of bravery can stop the horrors of terrorism. Our community recognized these three local hometown heroes on September 11th with a parade down Capitol Mall followed by a special ceremony on the West Steps of the Capitol.

Our local heroes all grew up in the Sacramento area and formed a bond of life-long friendship when attending middle school in Fair Oaks (Alex and Spencer attended Carmichael's Del Campo High School; Anthony attended Rosemont High School).

San Juan Unified STARS

Friday, October 16th, please support the San Juan Education Foundation and recognize three outstanding graduates of the San Juan Unified School District at the STARS Hall of Fame dinner.

This event honors exceptional San Juan Unified School District graduates who embody an innovative spirit and have made their mark in their chosen profession. This year's event will be at the Arden Hills Resort Club & Spa which will include wine tasting, a formal dinner, live and silent auctions, music and entertainment. The 2015 honorees are Facebook Security Chief Officer Alex Stamos (Bella Vista High School), Teichert Chief Operating Officer Mary Rotelli (Rio Americano High School), and Tony nominated award-winning actress Kate Levering (El Camino High School).

The San Juan Foundation

believes inspired and innovative teaching better prepares students for success by utilizing science, technology, arts, and reading (STAR). For more information about the dinner and tickets, please visit www.sjefeveningwiththestars.squarespace.com.

No Campfires in the Parkway

Since May more than 50 wildfires have ignited in Sacramento County Regional Parks with a majority occurring in the American River Parkway. In response to the increasing fire danger, the Board of Supervisors approved an urgency ordinance granting additional authority to the Regional Parks Department to restrict the use of barbecues and other incendiary devices in Regional Parks except in designated picnic areas. In addition, the ordinance makes it a misdemeanor crime to ignite, maintain or use a fire in any Regional Park facility without a permit from the Director.

Fires in the American River Parkway are an immediate threat to public safety. The goal of this ordinance is to protect everyone who uses the Parkway, the neighborhoods surrounding it, and the public safety personnel who respond to the fires.

These stronger rules and enforcement measures give our Park Rangers another tool to stop fires before they start.

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

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Diplomas, Not Disorders

Commentary
by Alan Shusterman

According to the U.S. Department of Education nearly 55 million kids will report to elementary or secondary school this fall.

But the journey from kindergarten to commencement is inflicting collateral damage on kids; more than eight in ten students report experiencing moderate to extreme stress. Teen suicide rates are three times what they were 50 years ago.

Schools must cultivate not just their students' intellect but their physical and mental well-being. They can do so by taking a page from the medical profession and, first, "do no harm." Then they must devote more energy to teaching kids the social and emotional skills they need to become healthy, successful adults.

Students' mental health takes a hit the moment they wake up. Most secondary schools start at 8 a.m. or earlier. Yet studies have shown that's too early for adolescent brains and bodies.

According to the American Academy of Pediatrics, teens, on average, need nine hours of sleep nightly. Only 59 % of middle school students and 87 % of high school students are getting enough sleep.

Sleep-deprived kids exhibit diminished attention spans and concentration and have higher

rates of depression, suicidal ideation, and obesity.

The pediatricians propose a radical solution to this problem: start school later.

Even an extra half-hour would do a world of good. The Academy of Pediatrics study sampled 9,000 students from schools that started at 8:30 a.m. or later. It found that late starts improved students' standardized test scores and reduced car accidents involving students by as much as 70%.

Schools can also reduce harm by assigning less homework. Seriously!

A recent Stanford study found that high school students had, on average, more than three hours of homework a night.

Yet research shows that excessive amounts of homework have little or limited learning value.

This is not surprising. After all, students generally must complete their homework in distracting locations—their homes, away from the people best able to answer their questions—their teachers. And they must do so after expending all their energy to get through the long school day.

Homework has been linked to stress and academic disengagement among both young children and teens. In many households, it's the major cause of kids' stress—and stress between kids and parents.

All of this exacerbates teenage anxiety and depression, both

of which are reaching epidemic levels.

According to the National Institute of Mental Health, about 8% of teens have an anxiety disorder, and 9% succumb to a major depressive episode each year.

In sum, the American educational status quo is taking in ever-more students, but breaking their psyches in the process.

There are better, less destructive ways to educate kids.

Paramount among them is social-emotional learning. This approach blends traditional academic curricula with integrated methods for understanding and honing self-awareness, self-regulation, social awareness, relationship-building, and effective decision-making.

According to the Collaborative for Academic, Social, and Emotional Learning, students who follow a social-emotional learning track display a greater desire and capacity to learn—and reduced levels of anxiety and stress—than those who don't. They also score better on academic achievement tests.

Our nation's schools must do more than just turn out a new crop of graduates each year. They must prepare children to lead happy, productive, healthy lives long after they've moved on.

Alan Shusterman is the Founder and Head of School for Tomorrow (www.sftedu.org). ★

Local Songwriter is Finalist for National Video Award

SACRAMENTO REGION, CA (MPG)

Sometimes when you are holding onto a dream, you hope you never have to wake up. Gwen Scholl has been dreaming about becoming a successful songwriter and performer, working on her craft on weekends and evenings after her regular workday. It now seems to all be coming together as she has her first music video in the top ten being considered for a national award.

Scholl has been a saxophonist, songwriter, and singer for many years but found a special niche in writing and recording songs on positive and spiritual messages. She co-produced the video with her brother Eric, a budding director from the Los Angeles area. "He pushed me way out of my comfort zone and the whole effort was an incredible learning experience in what goes into producing a video from the permits, paperwork, rehearsals, filming, editing, and all the little things you just would not anticipate. I never would have guessed the need to rent a stunt saxophone!" said Scholl.

Scholl notes that, "Music really has the power to move people. With so many messages bombarding people every day I wanted to make a positive contribution with songs on positive and inspiring themes."

The video that is up for the national award is for her song called "My Evolution," written on the theme that people have their own personal path in life that involves great ups and downs. Scholl believes these life changes expand our spiritual growth and our own personal evolution.

The video features breathtaking scenery, beautiful colors, two wonderfully talented dancers, and Scholl playing sax on the beach.

Winning the best video title would not provide a cash prize, but rather a confirmation that the



The video that is up for the national award is for her song called "My Evolution" written on the theme that people have their own personal path in life that involves great ups and downs.

message touches people's hearts. "I have been very fortunate to have been able to perform my songs at my church and would also love to bring a message of inspiration to a wider spiritual community," she said.

You can view the video and vote for Gwen Scholl. Voting runs through October 14th. The best video award is a PEOPLE'S CHOICE award and is based solely on voting by ranking the videos on a scale of 1 to 10 stars. To watch the top ten choices, go to <http://www.empowerma.com> and assign it the stars you think it deserves. (You will have to create a free account to view and rate the finalist videos).

The national competition is produced by emPower Music and Arts. They are a community dedicated to positive global change through music, writing, and the spoken word. The Posi Awards were introduced in 2005 to recognize excellence in songwriting for positive, empowering music and to celebrate the powerful music and extraordinary artists who are transforming lives and helping to create a world that works for everyone through the power of positive music. To hear more of Gwen Scholl's music or to buy her cd, go to GwenScholl.com. ★

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Criminals' Free Ride About to End

By Roberta L. Barth
Government Affairs
Reporter

SACRAMENTO REGION, CA (MPG)
- In 1996, California voters approved Prop 215 that made marijuana for medicinal purposes legal, yet, that ballot measure failed to provide consumer protections or regulations to thwart criminal activity.

A three-bill package now sits on Governor Jerry Brown's desk waiting approval that will make the marijuana industry accountable. Known as the Medical Marijuana Regulation & Safety Act (MMRSA), it proposes to fix the alleged flaws in Prop 215.

One of them, AB 266, will be a landmark action because it would put the licensing power in the hands of the cities and counties, as to who can grow and/or sell marijuana. It also empowers local governments to ban marijuana businesses.

"This is a big victory for cities because it gives us local control so we can jump on problems immediately and nip it in the bud," said Tim Cromartie, Legislative Representative for the League of California Cities, which co-sponsored AB 266. "Regardless of their policies or politics about marijuana, every jurisdiction will be in the driver's seat."

If signed into law, those bills will reverse SB 420 legislation of 2004 that then Governor Grey Davis signed into law that forced all cities and counties to allow anyone to grow or sell medical marijuana. Oakland immediately approved an ordinance to tax marijuana businesses in that city.

Since 2004, parents and school officials throughout California have been expressing frustration at law enforcement and local officials for the

denigration of their communities, allowing marijuana operations, and not stopping teens and children from having access to marijuana.

California Assemblyman Ken Cooley (D-Rancho Cordova) co-authored AB 266 with Assemblymen Rob Bonta, (D-Oakland), and Reginald Jones-Sawyer (D-Los Angeles).

One of the three bills, AB 243, is especially important for rural counties because it offers remedies for the widespread destruction of forests and waterways, according to Paul A. Smith, senior legislative advocate for the Rural County Representatives of California.

AB 243 requires all licensed medical marijuana growers to comply with regulations of the Department of Food and Agriculture, the Department of Pesticide Regulation, the State Department of Public Health, the Department of Fish and Wildlife, and the State Water Resources Control Board.

"Marijuana cultivation has caused severe environmental damage in rural counties and especially the national forests and water ways," Smith said. AB 243 will make the marijuana industry accountable for environmental damage including illegal waste discharges and water diversions.

Threatening to sue the state if it enacts those laws, the American Medical Marijuana Association (AMMA) issued a press release declaring the proposed laws would kill patients because a provision in one of the bills requires that a patient must have a legitimate prescription from a licensed primary physician.

"These bills are a mean-spirited attempt to thwart the will of the people and deprive them of medical cannabis," stated Steve Kubby, executive director

of AMMA, in his press release. "The medical community is not up to speed with cannabis' medicinal properties. It is unacceptable and illegal infringement on our rights under Prop 215."

Disagreeing with Kubby's assertions is Chula Vista Police Chief David Bejarano, who is also current president of the state's Police Chiefs' Association.

"With these bills, law-abiding people will be allowed to flourish, while for the first time the same will not be said about illegal operators," Bejarano said.

Albeit, cities' and counties' ability to stop marijuana crimes may end this year if Congressman Ted Lieu (D-Los Angeles) succeeds in stopping federal funds allocated to local law enforcement specifically for criminal marijuana operations. He is aiming for the law to take effect in 2015.

"It is a huge waste of federal resources for the DEA to eradicate marijuana," said Congressman Lieu. "The federal government should focus its precious resources on other issues and let the states innovate in the cannabis field."

The U.S. Justice Department in Washington D.C. refuses at this time to comment on Lieu's proposed legislation, according to Patrick Rodenbush, spokesperson for the justice department.

Local officials expressed concern that Lieu's bill could create lawlessness because most of the cities and counties are cash strapped, so the stripping of the DEA funding for marijuana crimes could hinder criminal enforcement.

"Lieu's proposal does not take into account the severity of the crimes occurring in local jurisdictions that need the funding," Smith said. ★

Animal Research Remains at Heart of Medical Progress



Commentary
by Frankie L. Trull

Scientists are on the cusp of potentially the greatest advance in cardiac care since the heart transplant. Federal regulators just approved a device that allows physicians to replace faulty heart valves without opening patients' chests up. The procedure could save the lives of countless patients who are unfit for surgery.

For their new lease on life, these patients can thank a few dozen pigs, who were the first animals to undergo the procedure and prove that it could be a life-saver. They stand out as only the latest evidence that animal research is essential to medical advancement.

The procedure pioneered is called transcatheter aortic valve replacement. Doctors performing TAVR insert a tube holding a folded-up valve into the groin. They thread the tube into the heart and then open up the valve with a balloon.

Before TAVR, valve

replacements required open-heart surgery. Many seniors in need of a new valve were too frail to survive such an operation. That was especially true of patients with aortic valve stenosis—a severe narrowing of the aorta.

Now that Americans are living longer, aortic valve disease has grown more common. Nationwide, its incidence has increased by 35% over the last decade. It kills 8,000 Americans each year. TAVR offers hope that this condition might no longer be a death sentence.

This breakthrough owes its existence to animal research. When Danish physician Henning Rud Andersen conceived of the procedure in 1989, he first tried it in pigs. Not long after, French cardiologist Alain Cribier attempted a similar procedure in sheep. These tests proved it was possible to replace heart valves without surgery—an idea that, then, seemed preposterous.

TAVR isn't the first cardiac procedure that began with animal research. World-renowned surgeon, Michael DeBakey, performed thousands of cardiac operations using techniques developed in dogs—including the first successful heart bypass. Thanks to his research, doctors now perform over 500,000 of these surgeries in the United States annually.

Research involving dogs was also crucial to the development of everything from the pacemaker to artificial heart valves. Animal research is currently helping scientists understand other devastating diseases including Alzheimer's and Parkinson's.

Identifying treatments for these diseases of aging will be more urgent as Americans live longer.

Yet some activists want to end animal research models. They claim approaches like computer modeling and cell cultures can substitute for animal research.

But it's hard to believe such techniques could have convinced a skeptical medical community—and regulators—that certain heart procedures were safe for humans without first studying new procedures in animals.

Consequently, those who oppose animal testing are obstructing medical innovations that can add years to the lives of older Americans. Consider former Secretary of State Henry Kissinger, who underwent TAVR last year. He said, "I am more energetic, people tell me I look better, and I feel much less tired." Without the procedure, his doctor told him he'd be in a wheelchair with only a fifty-fifty shot of living another year.

Similarly, film director Robert Altman, who received a new heart around 1995, continued to make movies until his death 11 years later. These added years of creativity were contributed to animal research.

Examples like these show the rewards that animal models provide. Activists who oppose this essential technique are seeking to deprive future patients—particularly seniors—of the many benefits animal research has to offer. And that's just heartless.

Frankie L. Trull is president of the Foundation for Biomedical Research. ★

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MPG

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ARIES (March 21 to April 19) Some flashes of Aries ire might erupt as you confront an unusually bewildering situation. But you should be able to keep your temper under control as you work through it.

TAURUS (April 20 to May 20) That marriage 'twixt the arts and practicality that Taureans excel at once again highlights your enjoyment of much of the week. However, you need to watch any sudden urge to splurge.

GEMINI (May 21 to June 20) Even with all the plusses apparently outweighing the minuses, you still might want to defer an important decision to make sure you have all the facts you need.

CANCER (June 21 to July 22) One or two problems might threaten to derail otherwise smoothly running situations at work or at home. But a few well-placed words should help get things back on track quickly.

LEO (July 23 to August 22) This could be a good time for all you Leos and Leonas in the spotlight to open your generous Lion's hearts and share the glory with those who helped you accomplish so much along the way.

VIRO (August 23 to September 22) You might want to get

advice from someone who's been there and knows these situations better than you do, before investing time or money (or both) in a questionable matter.

LIBRA (September 23 to October 22) Be careful how you handle a workplace matter that seems out of place in the schedule you've prepared. Before you act, one way or another, find out who set it up and why.

SCORPIO (October 23 to November 21) Your entertainment aspect is strong this week. Besides providing a wonderful break from everyday obligations, sharing fun times brings you closer to those you care for.

SAGITTARIUS (November 22 to December 21) Having a weekend fun fest? Your friend or relative who's down in the emotional dumps could perk up if you find a way to include him or her in your plans.

CAPRICORN (December 22 to January 19) If you're in one of those "the Goat knows best" periods, you might want to ease up and try listening to what others have to say. You could learn something.

AQUARIUS (January 20 to February 18) That new challenge is getting closer, and you should be out there now showing facts and figures to potential allies to help persuade them to rally to your support. Good luck.

PISCES (February 19 to March 20) Getting a head start on holiday plans could help free up some time later to spend on other projects. Meanwhile, a colleague has some ideas that you might find worth discussing.

BORN THIS WEEK: You are always there for others, and sometimes you need to be reminded that you need to be there for yourself as well.

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Strange BUT TRUE

- ◆ In the 1830s you could give someone a blizzard. Back then, of course, the word wasn't referring to a snowstorm; rather, that phrase meant to give someone a piece of one's mind.
- ◆ It was 20th-century Swiss playwright and novelist Max Frisch who defined technology as "the knack of so arranging the world that we need not experience it."
- ◆ Men certainly aren't lacking in the self-confidence department. A survey found that 76 percent of men believe they are "somewhat" or "very attractive."

top ten TRAVEL CITIES FOR AMERICANS

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3. Rome
4. Toronto
5. Vancouver
6. Montreal
7. Barcelona
8. Tokyo
9. Hong Kong
10. Amsterdam

Source: Hotels.com



PICKS OF THE WEEK



Bryce Dallas Howard in "Jurassic World"

"Jurassic World" (PG-13) -- Boldly defying the lessons of the past, somebody decides to build a theme park with dinosaurs surrounding poorly protected humans. Chris Pratt stars as Owen Grady, a velociraptor trainer who has a shaky alliance with a few dino-buddies. He's opposite Bryce Dallas Howard, who plays an uptight park director who doesn't take off her heels even when being chased by dinosaurs. The greedy genetic-tinkerers who run the park have crafted the biggest dino-attraction yet: the Indominus, a mutant hybrid monster made pointlessly deadly and intelligent. The visual effects and overall scope of the action sequences go beyond what was done in the original, but even with upgraded tech and bigger teeth, this Jurassic thriller isn't as thrilling. Characters are so one-sided that even Pratt's immutable charm gets a little muted.

"Testament of Youth" (PG-13) -- Adapted from the bestselling memoir, this drama tells the story of a young woman finding herself and her whole world changed through World War I. Vera Brittain (Alicia Vikander) was an intellectual and rebellious student at Oxford, part of a growing feminist movement, and she'd fallen for her brother's friend Roland (Kit Harrington from "Game of Thrones"). When the fighting breaks out, Vera becomes a nurse, while many of her friends and loved ones become memories. The film is visually stunning, es-

pecially in the jarring contrast between the English countryside and the bleary chaos of trench warfare. Vera is a fine and fascinating character, and her transformation is handled expertly by Vikander's performance.

"Z for Zachariah" (R) -- Nestled in a Southern valley, Ann (Margot Robbie) and her farm animals are safe from the killer radioactivity that took out (almost) every other living thing on Earth. One day, a scientist named Loomis (Chiwetel Ejiofor) stumbles into her idyllic sanctuary. As the Last Man and Woman on Earth, Loomis and Ann make good-faith efforts to get along, understand each other and try to grow some romance in the post-apocalypse. Just when things seem to click, in comes Caleb (Chris Pine), a strapping miner who has more in common with Ann than Loomis ever could. The tension in the triangle, and the ideas that the characters represent, make it a slow-burning but effective post-apocalyptic drama.

"The Wolfpack" (R) -- This documentary tells the strange tale of the Angulo brothers, six young men who spent most of their childhoods stuck in a tiny Manhattan apartment, watching movies as their main source of contact with the outside world. The documentary shows interviews and old footage of how the boys became staunch cinephiles, re-enacting blockbuster movies in their apartment, with intricate homemade costumes and handwritten scripts transcribed from watching the VHS tapes over and over. The documentary explains that they were kept inside by an alcoholic father and homeschooled by their mother. It's a fascinating, if somewhat jumbled portrait of some surprisingly personable and creative brothers.

TV RELEASES
 "Tales From The Crypt Presents: Demon Knight"
 "Dr. Seuss' How the Grinch Stole Christmas"
 "WWE: Night of Champions 2015"
 "The Odyssey"
 "Space Brothers: Collection 5"

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Comfort foods
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by **HEALTHY EXCHANGES**
Baked Caramel-Apple Pecan Pie

If you have the apples -- we have the recipe! If you are like us, autumn is the time to savor fresh apple desserts. Here's one to get you started!

1 purchased refrigerated unbaked 9-inch pie crust
 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
 1 cup water
 1 teaspoon apple pie spice or ground cinnamon
 4 cups cored, peeled and sliced cooking apples
 1/4 cup chopped pecans
 1/4 cup fat-free caramel topping
 1/2 cup reduced-calorie whipped topping

1. Heat oven to 375 F. Place pie crust in a 9-inch pie plate and flute edges.
2. In a medium saucepan, combine dry pudding mix, water and apple pie spice. Stir in apples. Cook over medium heat until mixture thickens and apples start to soften, stirring often. Remove from heat. Add pecans and caramel topping. Mix gently to combine. Spoon hot mixture into prepared pie crust.
3. Bake for 40 to 45 minutes. Place pie plate on a wire rack and allow to cool. Cut into 8 pieces. When serving, top each piece with 1 tablespoon whipped topping.

* Each serving equals: 221 calories, 9g fat, 1g protein, 34g carb., 206mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit, 1 1/2 Fat.

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The Garden Bug

The **witch hazel** plant's bark and leaves were used by native Americans to treat many ailments, and the plant is still used today in modern healthcare products. It is a strong anti-oxidant and astringent used for itching, pain, swelling, skin injury, varicose veins, hemorrhoids, bruises, insect bites, poison ivy, minor burns, and other skin irritations. It is often recommended to women to reduce swelling and soothe wounds resulting from childbirth.

- Brenda Weaver
 Source: <http://www.webmd.com>, www.naturallivingideas.com, urbanecologycenter.org

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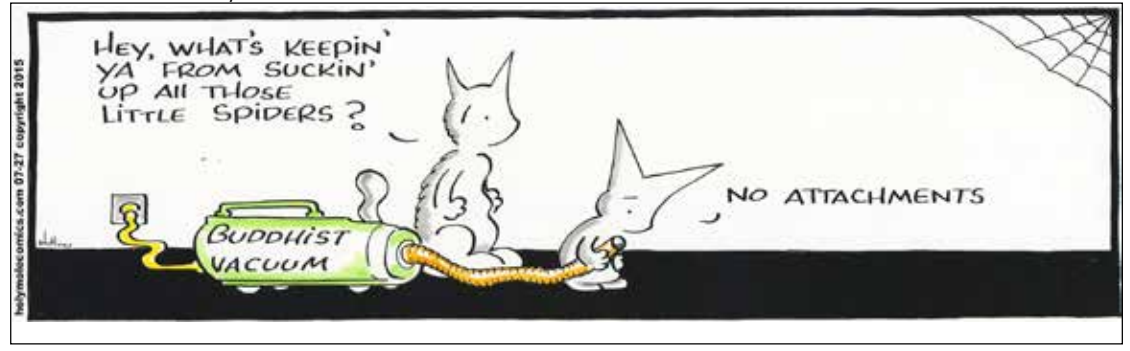
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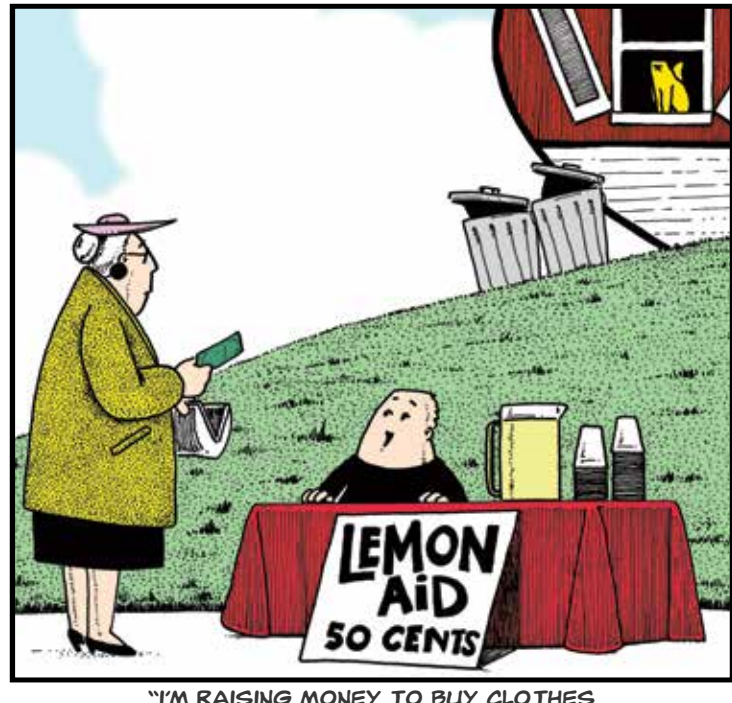
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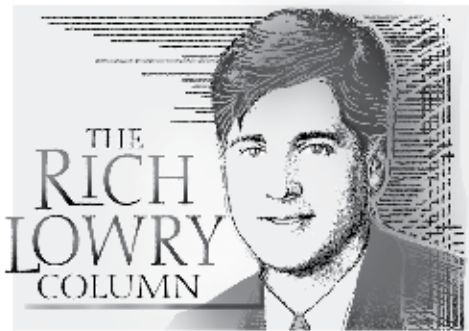
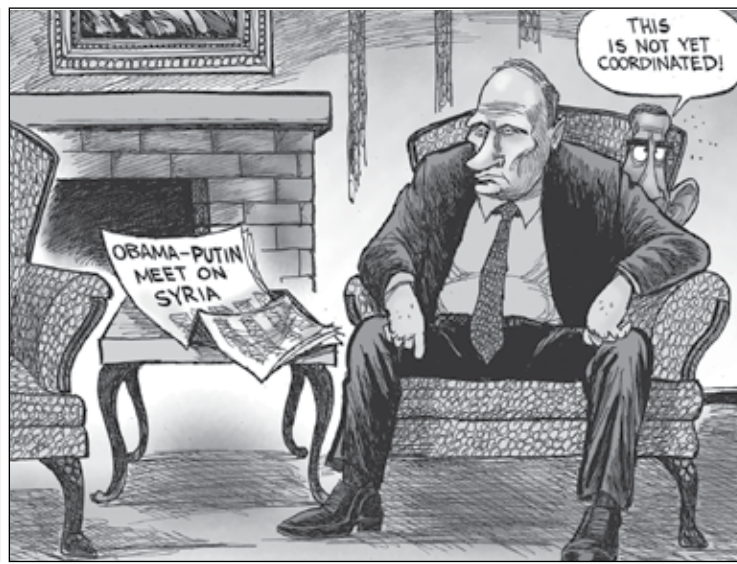
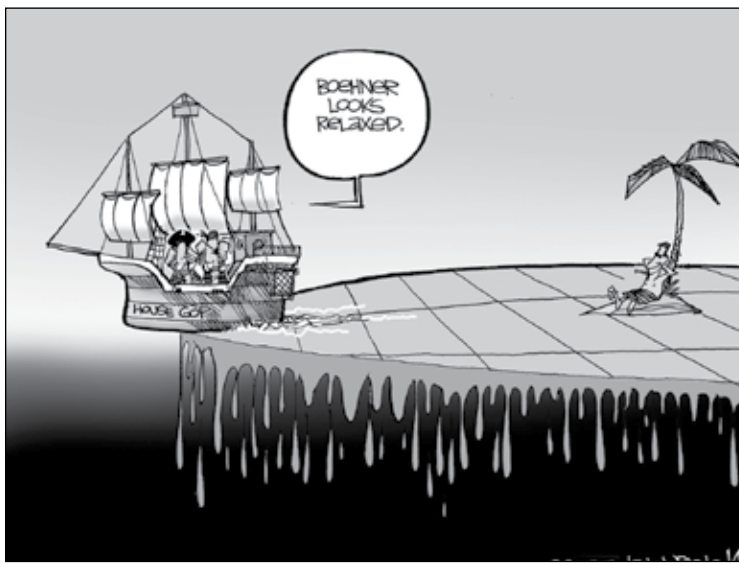
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Feminists Should be Terrified of Carly

Carly Fiorina is a no-nonsense former business executive who is showing she can play -- and throw elbows -- with the big boys in the Republican presidential nomination battle.

Feminists have noticed, but their admiration is tinged with dread -- and it should be. An eloquent, fearless critic of abortion, the latest outsider to climb into the Republican race is a clear and present danger to what feminists hold most dear.

Even if she had said nothing else at the CNN debate, Fiorina would have stood out for her gut-punch of a statement about the horror of the guerrilla Planned Parenthood videos capturing the ghoulish organ harvesting that is an important side business of the organization (the main business, of course, is aborting babies).

The novelist Jennifer Weiner told The New York Times for a story about the conflicted feelings of feminists, "It's so weird -- she looks like one of us, but she's not." The managing editor of the feminist website Jezebel tweeted the night of the debate, "I'm in love with and terrified of her."

Yes, be afraid, very afraid. Fiorina already may be the most effective, high-profile woman that the pro-life movement has. At the debate, she captured the enormity of the Planned Parenthood scandal, for which there are almost no words, speaking of it in the harshly indignant terms that it deserves.

No sooner had she made her statement than the media fact-checkers got to work. Fiorina had described a video of a living fetus and a technician working to harvest its brain. This was wrong. The video was stock footage of a briefly living victim of an abortion that played while a former technician described -- in a different case -- her horrifying experience cutting an aborted baby's face open to preserve its brain for sale.

Fiorina should have been more precise, but her electric condemnation of Planned Parenthood has inevitably gotten the attention of the pro-abortion sisterhood. In Iowa, protesters chanted and threw condoms at her, even though Fiorina had said nothing about birth control.

At the same event, a woman accosted Fiorina to ask, "How can you as a woman not support our health care?" Fiorina probably left the woman determined never to try that again. "Oh, I support your health care," she shot back. "I don't support butchering babies."

Fiorina is so formidable because she has a tough-as-nails public persona, together with an ear for the music of public speech. At their best, her riffs are pungent, memorable -- and persuasive. "Liberals and progressives will spend inordinate amounts of time and money protecting fish, frogs and flies," she said after a visit to a pro-life pregnancy center. "They do not think a 17-week-old, a 20-week-old, a 24-week-old is worth saving."

Hillary Clinton's fans can be forgiven for wishing their candidate had some of Fiorina's flare as a communicator. A writer at Cosmopolitan lamented, "Carly Fiorina Is the Candidate I Wanted Hillary Clinton to Be." She and others ought to get used to feeling envious and chagrined. Even if she flames out as a candidate, in Carly Fiorina conservatives and pro-lifers have discovered a formidable champion.

Rich Lowry is editor of the National Review.

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Cat's Shedding a Hairy Issue

DEAR PAW'S CORNER: My cat "Chester" has always been a big shedder with his long hair. I've pretty much kept up with it by brushing his coat every evening. But lately I've noticed a lot more hair deposited on the furniture and carpet, and when I comb him I have to clean out the brush several times. What could be causing this increased shedding? -- Cherie K. in Dubuque, Iowa

DEAR CHERIE: To start, make an appointment with Chester's vet for a complete physical exam. Excess shedding doesn't always have a concrete explanation, but it can signal a change in his health, especially if it wasn't a problem before. Excess shedding can have a cause as benign as changes in the season -- shedding in spring and fall, for example. Or it could be triggered by allergies to dust, pollen and molds, which can irritate his skin and make him scratch more. Skin diseases such as ring-

worm can be another cause -- it's something the vet will certainly check for, along with flea infestation or other irritants. Excess shedding also can signal much more serious conditions, such as diabetes or hyperthyroidism, something that a vet can diagnose. Ahead of the appointment, watch Chester's behavior: Is he drinking excessively? Does he seem agitated? Is he eating as much as he used to? Write down anything that seems unusual and shared it with the vet. If Chester has developed a health condition, the vet can prescribe the right medications and advise you on the best diet to feed him. If allergies or some unknown irritant is at work, the exam will rule out other possible causes so you can focus on finding a shedding solution. Send your questions or tips to ask@pawscorner.com. (c) 2015 King Features Synd., Inc.

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END OF THE BENCH BY GERRY SCHOU

Bye, Bye, So Long, Farewell

The Autumn wind is a Raider Pillaging just for fun He'll knock you 'round and upside down And laugh when he's conquered and won.

The final stanza of "The Autumn Wind," a poem written by the late NFL films producer Steve Sabol and made popular as the Battle Hymn of Raider Nation by the profound voice of John Facenda through the years, may be making a comeback this fall if the Oakland Raiders continue to compete as they have thus far this season.

Finally, the Raiders are showing some life, and trying to say farewell to their losing ways and make a legitimate run at surpassing the 4-win barrier this season, something they haven't done the last three years.

The team didn't let a lopsided opening home defeat, 33-13, at the paws of the Cincinnati Bengals, keep them down. Behind the leadership of second-year quarterback Derek Carr, the Raiders rallied to defeat the visiting Baltimore Ravens, 37-33, and the Cleveland Browns on the road, 27-20.

Their revived more-aggressive style of offense, with top draft choice Amari Cooper (U. of Alabama) contributing greatly with 24 catches for 339 yards and two touchdowns through four games, had them on the verge of a third straight victory. But new head coach Jack Del Rio's squad backed off just a bit to settle for a field goal and a late lead, 20-19, with 2:05 to go. But that allowed the Bears to push downfield just enough to convert a 49-yard field goal for the win. Next time, maybe take a couple of shots at a decisive touchdown and force the opponent to match that.

The Raiders host Denver (4-0) in their next game, offering them a direct shot at gaining

ground on the division leader. Oakland's bye week follows, but viewing the schedule going forward it appears there will be some opportunities, as well as they are playing, for the Raiders to tell goodbye to their 12-year stretch of non-winning seasons. The best they have done during that era was 8-8 (twice), and have gone 56-136 through that dismal period. We haven't heard much of "The Autumn Wind" for a while, since the early 2000s when the Raiders were a playoff factor three straight years, culminating in a 48-21 loss to Tampa Bay in Super Bowl XXXVIII.

As the autumn winds pick up and the leaves continue to fall, across the Bay Bridge there seems to be another fall going on --- a fall from grace for 49ers quarterback Colin Kaepernick. Some people have been singing opening farewells to Kap, whose play has been in decline, particularly evident in three straight losses. Behind an unproductive makeshift offensive line, Kap has been operating at a distinct disadvantage and hasn't handled it well.

Usually, he's running for his life on most plays, frantically looking to make anything happen. His ability to have vision downfield has been greatly hindered, and when he has had openings he has been inaccurate on many occasions. A la Matt Cain, Kap is having trouble locating the fastball.

You have to wonder if he is beginning to go the way of Steve Sax or Chuck Knoblauch, second basemen that experienced a tough stretch when they developed an inability to field a ball and throw it accurately to first base. Kap is having trouble connecting on some of the simplest throws --- like former New York Mets catcher Mackey Sasser, who couldn't toss the ball back to the pitcher consistently. Or is Kap more like the Pittsburgh

Pirates pitcher in the 70's, Steve Blass, who experienced significant success (103-76, 3.63 ERA, All Star) before suddenly losing command --- 91 walks and 12 hit-batsmen in his final 94 innings?

Looking ahead at the 49ers' schedule, perhaps they will be the ones to finish with four wins this season. If so, the conquering Raiders might get a good laugh out of that. If that were to happen, that team-friendly contract of Kap's --- described by Yahoo Sports as "a contractual trap door under Kaepernick" --- might come in handy if the team brass determines he is no longer their guy.

The San Jose Sharks, ready to begin their NHL season this weekend, should decide that Raffi Torres is no longer one of their guys. Torres, an undeniable head-hunter, has been suspended for half the season after another blatant blow to the head of Jakob Silfverberg in a preseason game. Torres was out all of last season with an injury. He has had four suspensions, three fines and two warnings by the league over dangerous hits. Just tell the guy, "bye, bye."

It was a weekend to say "So long" in the final series for the Giants at AT&T Park this season. Moving farewell ceremonies were held before games for two retirees: Tim Hudson, who was the winningest active pitcher with 222 wins when he decided to hang 'em up, and Jeremy Affeldt, the Giants' reliever who did not allow a run in his final 22 postseason appearances --- a mark that is second only to Yankees star Mariano Rivera --- and was a key component of the Core Four of the Giants bullpen that won three World Series titles. Affeldt was the winning pitcher in Game 7 in 2014. ★

Dare to Live Without Limits

Symptom vs. Problem

by Bryan Golden

Problems are a cause while symptoms are the result. When dealing with challenges, you have to be able to differentiate between symptoms and problems. In order to make changes in your life you have to address problems. Treating only symptoms leaves problems untouched.

For example, water dripping from your ceiling is a symptom. Putting a bucket under the leak does nothing to correct the problem. The cause may be a leaking pipe, a hole in the roof, a defective drain, or an overflowing sink. Until the source of the water is identified and repaired, the leak will persist. If the leak is not fixed, additional damage will occur, creating new problems.

How people deal with stress, being upset, or any of a variety of emotional issues, is another good example of handling symptoms without correcting the problem. A common source of "relief" for emotional issues is drinking or substance abuse. Even if this approach provides a temporary reprieve from one's feelings, the problems are still there once the effects wear off.

When one becomes addicted to or dependent on substances to deal with their symptoms, they now have additional problems to deal with. Instead of attempting to drown sorrows, a more effective strategy is to identify and rectify the source of emotional discontent.

How some people deal with finances is another pertinent illustration of the folly of addressing symptoms rather than correcting

problems. Using credit cards to buy items one can't afford can pile up debt without the means to pay it off. When you can't afford to buy something, the problems is a lack of money.

When people use credit to live beyond their means, they create the new problem of a debt load that grows faster than they can pay it off. Rather than spending more than they can afford, these people would be better served by spending less or increasing their income.

So, a symptom is what happens and a problem is why. As the previous examples show, people distracted by focusing on symptoms wind up ignoring the causes. Not only does this strategy enable problems to persist, ignoring problems can make them worse. Furthermore, strategies for dealing with just the symptoms spawn new problems.

However, it is important to pay attention to symptoms as soon as they occur. If you ignore symptoms, there's no chance of finding and correcting problems. Symptoms are the signals that indicate something is wrong.

In order to effectively deal with problems, you have to understand what is happening and then identify why. Here are four questions you can use as a guide to help you.

1. What happened? You have to maintain an awareness as to what occurred. This question seeks to identify symptoms. Answers might be, I got upset, I gained weight, I overslept, I don't have enough money, I

2. Why did it happen? The answer to this question identifies the problem. You must be honest, objective, and willing to take responsibility when appropriate. It's impossible to take corrective action until you have an accurate answer.

3. What did you learn? Problems provide you with an exceptional opportunity to learn. You can learn more when you encounter problems than when everything goes OK.

4. What can you do to prevent the same problem from recurring? The answer form the previous question is used to map out your future strategy. Doing the same thing repeatedly and expecting a different result is one definition of insanity.

Here's your strategy in a nutshell. Be constantly vigilant for symptoms. Identify the root cause for each symptom. Devise a strategy to correct each problem. Take the appropriate action.

Learn from your experience. This approach is an effective way to deal with problems as they occur.

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

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Sacramento County DA Reports

Recent cases of interest



CASE: Will Smith Jr.

PROSECUTOR: Deputy District Attorney Allison Dunham, Adult Sexual Assault Prosecution Unit

Thirty-three-year-old Will Smith, Jr. was convicted by jury of multiple counts of forcible rape, forcible oral copulation, and assault with intent to commit rape as well as kidnapping and robbery in attacks against three separate women in two counties.

On May 30, 2012, a woman was strangled and sexually assaulted near Watt and El Camino Avenue by an unknown assailant. The victim submitted to a sexual assault examination. The sexual assault kit was analyzed by the District Attorney's Laboratory of Forensic Services, and a DNA profile was identified and submitted to the state DNA Data Bank. On October 16, 2012, the District Attorney's forensics lab was notified that the DNA profile matched Smith. Smith was arrested, charged, and arraigned.

During Smith's pending case, the District Attorney's Office was notified that Smith's DNA profile matched the DNA profile from a January 2012 sexual assault and robbery of woman in Oakland. He was also a suspect in a July 2013 sexual assault in Oakland. The Alameda County District Attorney authorized the Sacramento County District Attorney's Office to prosecute the allegations arising out of Oakland.

Deputy District Attorney Allison Dunham states, "This case demonstrates the value of DNA and the DNA Databank. Two cold case sexual assaults were solved and the offender has been brought to justice."

Smith faces a maximum potential sentence of 57 years in prison. Sentencing is set for October 23, 2015 at 1:30 p.m. in Department 40 before the Honorable Richard Sueyoshi.

CASE: Wade Stevenson

PROSECUTOR: Deputy District Attorney Jennifer Kennedy, Major Narcotics Unit

Forty-seven-year-old Wade Stevenson was sentenced by the Honorable Michael Sweet to 8 years in prison. On August 20, 2015, a jury convicted Stevenson of manufacturing concentrated cannabis and recklessly burning an inhabited structure.

On January 22, 2014, firefighters responded to reports of a loud explosion and fire at an apartment on Mills Tower Road in Rancho Cordova. Law enforcement located an illegal butane honey oil extraction lab in the bathroom of a ground floor apartment. The blast blew out a neighboring apartment's wall and window. With the structural damage, the apartment complex's electrical, gas and water supply was turned off, leaving 146 tenants displaced from their homes.

CASE: Dinette Patterson

PROSECUTOR: Deputy District Attorney Caroline Park, Homicide Unit

Forty-year-old Dinette Patterson was convicted by jury of first-degree murder. The jury also found true a use of a deadly weapon allegation.

On March 7, 2014, a group of longtime friends were playing video games and smoking marijuana at an apartment complex on Florin Road. After several hours, some of the friends left the apartment. Without an apparent reason, Patterson then stabbed the victim, Charles Jordan, ultimately killing him. Patterson fled to San Diego where he was captured at his brother's residence.

Patterson faces a maximum potential sentence of 26 years to life in prison. Sentencing is set for November 2, 2015 at 4:00 p.m. in Department 33 before the Honorable Michael Savage. ★

National Centenarian's Day

CARMICHAEL, CA (MPG) - National Centenarian's Day was September 22nd and Aegis of Carmichael has three residents who belong to the Centenarian club, one who will be 101 on October 21st! Centenarians have witnessed so much history and have wonderful stories to tell. Happy Centenarian's Day to Aegis residents Evelyn Stuart, Irene Stoxen, and Esther Smile!

Source: Aegis of Carmichael



Happy Centenarian's Day to Aegis residents Evelyn Stuart, Irene Stoxen, and Esther Smile! Irene Stoxen (right, top photo) with daughter Roma Heerhartz. Evelyn Stuart and her son Gary Stuart (at left) Esther Smile (at right). Photos courtesy of Aegis of Carmichael



State Officials Honor Latino American Veterans

SACRAMENTO REGION, CA (MPG) - State officials gathered on September 15th at El Soldado ("The Soldier") Memorial in the State Capitol Park to honor the sacrifices and contributions of Latino American Veterans.

"We are so grateful to the veterans who continue to serve," said Senator Jim Nielsen (R-Gerber), who leads the Senate Committee on Veterans Affairs. "In celebrating Hispanic Heritage Month, it is appropriate to thank and express our gratitude to generations of Latino men and women for their love of country and selfless service."

To kick off National Hispanic Heritage Month, CalVet held a ceremony to honor the 296,000 Latino American Veterans who honorably defended our country in war and those who serve during times of peace.

Latinos represent the highest number of Medal of Honor recipients per capita of any ethnic group. During World War II, about half a million Latinos served with distinction.

A symbol of the military contributions of Latinos from all branches of the military, El Soldado is the only such monument located on a state capitol grounds in the nation. The existing statue is the centerpiece of a planned expansion, which will recognize Latino military veterans from all wars, including Medal of Honor awardees. The expansion is funded by private donations.

The statue was commissioned in 1948 by the wives and mothers of Mexican-American veterans, and eventually donated to the State of California, with the expectation that it would

become an official and permanent state memorial. In 1975, El Soldado was moved to its present location across the street from the Main (West) entrance to the State Capitol.

"These heroes volunteer to risk their lives to protect ours; I cannot think of a higher calling than that. With gratitude in our hearts, we thank our veterans and their families for their service," Senator Nielsen added.

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama, and Yuba. To contact Senator Nielsen, call (916) 651-4004 or via email at senator.nielsen@senate.ca.gov.

Source: Office of Senator Jim Nielsen ★

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Mather Airport Capital Air Show October 2 - October 4, 2015 All Day	10425 Norden Ave, Mather, CA 95655 (916) 875-7077
On Stage At The State Farm to Film Festival October 2 - October 3, 2015 7:30 pm - 10:00 pm	985 Lincoln Way, Auburn, CA 95603 (530) 885-0156
Get Bit at Callson Manor Scar Park Placer County Fairgrounds October 2 - October 31 2015 7:30 pm - 10:00 am	Placer County Fairgrounds Jones Hall 800 All American City Blvd. - Roseville Contact: Dorothy Drake (775) 348-7713
Eggplant Festival October 3, 2015 9:00 am - 5:00 pm	Loomis Train Depot: 5775 Horseshoe Bar Road, Loomis (916) 652-7252
Sacramento Aloha Festival California Expo Center October 3, 2015 9:00 am - 6:00 pm	California Expo Center -1600 Exposition Blvd - Sacramento E-mail: sacalohafest@gmail.com or call: 916-420-7290
1st Annual Citrus Heights Chamber and Rotary Golf Tournament October 9, 2015 9:00 am - 4:00 pm	8791 Morgan Creek Ln, Roseville, CA 95747 (916) 786-4653
Neighborhood Walk with the Mayor Riverview STEM Academy October 10, 2015 9:00 am	10700 Ambassador Dr, Rancho Cordova, CA 95670 (916) 294-2435
Call For Artists The Fall Show Rancho Cordova City Hall October 15, 2015 5:30 pm - 7:30 pm	2729 Prospect Park Dr Rancho Cordova, CA 95670 (916) 851-8800
Capital POPS Concert Citrus Heights Community Center October 16 - October 18, 2015 - All Day	6300 Fountain Square Dr, Citrus Heights, CA 95621 (916) 727-5400
Folsom Renaissance Faires Folsom city Lions Parks, October 17 - October 18, 2015 - All Day	50 Natoma St, Folsom, CA 95630 (916) 985-5555
Rancho Cordova Sports Hall Of Fame Rancho Cordova City Hall October 17, 2015 - 6 pm	2729 Prospect Park Dr, Rancho Cordova, CA 956705 (916) 851-8700

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Senior tailback Devontae Booker has rushed for 443 yards and four touchdowns in the Utes' four games.

ALL EYES ON UTAH

Cal visits Salt Lake City for key showdown between Pac-12 upstarts

CALIFORNIA AT UTAH

These two teams were barely on anyone's radar before the season started. Now, California and Utah meet in the premier game in the nation in Week 6. Cal's rise to a fringe-top 25 team isn't that big of a surprise; we knew the Bears — who boast arguably the top quarterback in the nation in junior Jared Goff — had the potential to take a step forward if the defense made any progress. Utah's ascension to the Associated Press top five (and No. 1 in Athlon Sports' poll), however, is quite shocking. You can argue that Utah might not be one of the five best teams in the country, but it's tough to argue with the Utes' résumé: No team has two better wins than at home vs. Michigan and at Oregon (by 42 points). Still, there are reasons to doubt Utah as a legitimate CFB Playoff contender; the Utes were outgained on a per-play basis in wins over Utah State and Fresno State. True, they still won both games — and quarterback Travis Wilson didn't play against Fresno State — but you would like to see a more impressive effort on a consistent basis. *Utah 34-30*

NORTHWESTERN AT MICHIGAN

Michigan and its new coach Jim Harbaugh are stealing the national headlines, but Northwestern could stake the claim as the most improved team in the Big Ten. The Wildcats, who went 4-12 in the league in the last two seasons, are 5-0 overall on the strength of one of the nation's top defenses. Northwestern has allowed a total of three touchdowns in five games and limited Stanford, which has averaged 42.3 points in the last four games, to six points in Week 1. Michigan is also playing some impressive defense. Since losing at Utah 24-17 in Week 1, the Wolverines have allowed a total of 14 points in four games, including shutouts of both BYU and Maryland. Don't expect much offense in this one. *Michigan 17-14*

OKLAHOMA STATE AT WEST VIRGINIA

Oklahoma State remained unbeaten with a 36-34 win over Kansas State that was aided by a bizarre officiating mistake in which the Cowboys were erroneously awarded a first down late in the first half. Sophomore Mason Rudolph was superb in the win, throwing for 437 yards and three touchdowns. The Pokes' running game, however, continues to be a concern; they are last in the league with 138.2 yards per game and have averaged only 2.1 yards per carry in their two league games. West Virginia put up a decent fight in Norman but lost for the first time this season,

eventually losing by 20 points to Oklahoma. Quarterback Skyler Howard, who was so solid in the Mountaineers' three home wins, completed only 17-of-32 passes and was intercepted three times. WVU needs Howard to play well against Big 12 competition. *West Virginia 30-21*

FLORIDA AT MISSOURI

The two-time SEC East champs host the surging Florida Gators in a matchup that will feature two of the top defenses in the league. Missouri has allowed 20 points or fewer in all five games this season, but the Tigers don't appear to have the necessary firepower on offense to challenge for the division title. True freshman quarterback Drew Lock, who threw for 136 yards and two TDs in Saturday's win vs. South Carolina, will get the start once again. Florida is coming off one of the most impressive performances by any team this season, a 38-10 win over previously unbeaten Ole Miss. Jim McElwain is emerging as the favorite for SEC Coach of the Year honors. *Florida 24-14*



Mitch Light
Athlon Sports
Executive Editor
@AthlonMitch

ARKANSAS AT ALABAMA

Arkansas finally looked like the team we expected to see this season on Saturday night in a 24-20 win at Tennessee. The Hogs rushed for 275 yards on 50 attempts while the defense held UT to only two field goals after the first quarter. The challenge this week, however, is immense. Alabama, fresh off a dominating win at Georgia, returns home with everything seemingly in place to make a run at the SEC West title. If Jake Coker continues to play well at quarterback, as he did in Athens, this is a team without a discernible weakness. *Alabama 30-17*

GEORGIA TECH AT CLEMSON

Georgia Tech opened the season with dominating wins against two over-matched opponents (Alcorn State and Tulane) but has since dropped three straight games, at Notre Dame, at Duke and vs. North Carolina. But this is still a dangerous team that is capable of getting on a roll at any point this season. The Jackets have scored 28 points or more in four straight games against Clemson and beat the Tigers 28-6 last year in Atlanta. Dabo Swinney's task at Clemson this week will be to get his team prepared to play the struggling Yellow Jackets after last Saturday night's emotional win over Notre Dame. Clemson is the better team, but Paul Johnson has made a career of beating teams with superior talent. *Georgia Tech 28-24*

ATHLON SPORTS TOP 25

1. **Utah** (4-0, vs. California)
2. **TCU** (5-0, at Kansas State)
3. **Baylor** (4-0, at Kansas)
4. **Texas A&M** (5-0, Bye)
5. **Ohio State** (5-0, vs. Maryland)
6. **Clemson** (4-0, vs. Georgia Tech)
7. **Oklahoma** (4-0, vs. Texas*)
8. **Florida** (5-0, at Missouri)
9. **LSU** (4-0, at South Carolina)
10. **Michigan State** (5-0, at Rutgers)
11. **Ole Miss** (4-1, vs. New Mexico State)
12. **Alabama** (4-1, vs. Arkansas)
13. **Northwestern** (5-0, at Michigan)
14. **Stanford** (4-1, Bye)
15. **Florida State** (4-0, vs. Miami)
16. **Notre Dame** (4-1, vs. Navy)
17. **UCLA** (4-1, Bye)
18. **Georgia** (4-1, at Tennessee)
19. **USC** (3-1, vs. Washington)
20. **Michigan** (4-1, vs. Northwestern)
21. **Iowa** (5-0, vs. Illinois)
22. **California** (5-0, at Utah)
23. **Oklahoma State** (5-0, at West Virginia)
24. **West Virginia** (3-1, vs. Oklahoma St.)
25. **Boise State** (4-1, at Colorado State)

*Dallas, Texas

NUMBERS TO WATCH

- 30** Boston College is the only team in the nation that has not allowed a play from scrimmage of at least 30 yards. Aided in part by a weak non-conference schedule that featured two games against FCS opponents, the Eagles rank third in the nation in scoring defense (8.0 ppg) and first in total defense (140.0 ppg).
- 18** The California defense leads the nation with 18 takeaways through five games. Last season, the Golden Bears ranked 94th in the country in takeaways with 17 in 12 games.
- 100** Virginia Tech managed only 100 yards of offense in Saturday's 17-13 loss at home to Pittsburgh. It was the Hokies' worst offensive output since a 60-yard effort in Frank Beamer's first game at the school, a 22-10 loss to Clemson in 1987.
- 7-3** Clemson, which defeated Notre Dame on Saturday night, is now 7-3 against top-10 teams under Dabo Swinney. Notre Dame entered the game ranked No. 6 in the Associated Press poll.

HEISMAN RACE

1. **Leonard Fournette, RB, LSU** As expected, Fournette feasted on the overmatched Eastern Michigan defense, rushing for 233 yards and three TDs in the Tigers' 44-22 win. Fournette, who leads the nation in rushing, is the first SEC player ever to top the 200-yard mark in three straight games.
2. **Trevone Boykin, QB, TCU** Boykin toyed with the Texas defense, throwing for 332 yard and five touchdowns in the Horned Frogs' 50-7 win over the Longhorns. Boykin has thrown for 1,802 yards in five games and has 19 TDs and three interceptions.
3. **Nick Chubb, RB, Georgia** The Bulldogs suffered their first loss of the season — and it wasn't close (38-10 to Alabama) — but Chubb still managed to rush for 146 yards on 20 carries (though 83 came on one play with the game already well out of reach).



4. **Derrick Henry, RB, Alabama** Henry rushed for 148 yards on 26 carries in adverse weather conditions in Alabama's 38-10 win over Georgia. The junior is averaging 6.1 yards per carry in 2015.
5. **Myles Garrett, DE, Texas A&M** Garrett led the Texas A&M defense with seven tackles (two for a loss) and one sack as the Aggies remained unbeaten with a 30-17 win over Mississippi State.

Photos: Booker: Craig Mitchell/Dyer; Henry: Harrison McClary/Athlon Sports

PRIME TIME PLAYERS

Ezekiel Elliott, who closed the 2014 season on a tear, appears to be back on track after rushing for 274 yards and three TDs in the Buckeyes' tougher-than-expected 34-27 win at Indiana. ... Florida quarterback **Will Grier** was near-perfect in the Gators' 38-10 win over Ole Miss, completing 24-of-29 passes for 271 yards. His four TD passes were the most for a Florida QB since Jeff Driskel tossed four against South

Carolina in 2012. ... **Mason Rudolph** threw for 437 yards — the most by an FBS quarterback in Week 5 — and three TDs to help Oklahoma State post a 36-34 win at Kansas State. ... Baylor is known more for its passing prowess, but the Bears also boast a potent ground attack. **Shock Linwood**, the Big 12's leading rusher, ran for 221 yards and three scores in the Bears' 63-35 win over Texas Tech. Linwood

is averaging 9.4 yards per carry. ... **KaVontae Turpin**, a 5'9" true freshman, caught four touchdown passes in TCU's 50-7 win over Texas in Fort Worth. ... Arkansas State senior **Michael Gordon** rushed for a career-high 221 yards and scored three TDs to lead the Red Wolves to a 49-35 win over Idaho. ... In a 38-31 comeback win over Georgia Tech, North Carolina QB **Marquise Williams** completed 13-of-24 passes for

134 yards and rushed for 148 yards and two TDs on 15 carries. He also added a 37-yard touchdown catch. ... Linebacker **Eric Striker** led an overwhelming effort by the Oklahoma defense with a team-high 13 tackles, two sacks, three tackles for a loss and a forced fumble in the Sooners' 44-24 win over West Virginia. ... Houston QB **Greg Ward** accounted for 455 total yards and rushed for three TDs in the Cougars' 38-24 win at Tulsa.

STOCK REPORT

A Alabama was perhaps the most impressive team in Week 5, rolling past Georgia in Athens, 38-10, with surprising ease. Freshman wide receiver Calvin Ridley (five catches, 120 yards) and junior tailback Derrick Henry (26 carries, 148 yards) led the way for the Tide, who dominated every facet of the game.

V Nebraska's difficult 2015 season took another painful turn on Saturday. The Huskers, who lost to BYU on a Hail Mary in Week 1 and in overtime at Miami in Week 3, dropped a 14-13 decision to Illinois on Saturday after leading 14-0 heading into the fourth quarter. The Illini scored the game-winning TD with 10 seconds remaining.

A Left for dead after losing at Northwestern in Week 1, Stanford has emerged as a legitimate threat to win the Pac-12 after opening league play with wins over USC, Oregon State and Arizona by a combined score of 138-72. The Cardinal are averaging 46.0 points and 510.7 yards vs. Pac-12 opponents.

V It's safe to say that Al Golden's approval rating with the Miami fan base is not high after the Hurricanes lost at Cincinnati Thursday night. Now in his fifth season at the school, Golden — who is 16-16 in ACC games — is showing no signs that his program is on an upward trajectory.

Community Roundup



Great Nosh at Beth Shalom

Congregation Beth Shalom opened temple doors to host a 38th annual Jewish Food Fayre. Breakfast, lunch and takeaway dinners were served in the Carmichael synagogue. While many mouthwatering treats were prepared locally, others were shipped from famous Jewish delis in Los Angeles, Berkeley, and Oakland. Photo and story by Susan Maxwell Skinner

Hit the Road Raptor



Effie Yeaw Nature Center's ambassador Echo the owl joined celebrations at the Carmichael facility. The center's educational mission will be aided by a new van to transport nature programs (and resident raptors) to schools. Benefactors Dave and Maxine Clark admired the vehicle with American River Natural History Association president Liz Williamson (right) and raptor handler Jackie DeWeese. Photo and story by Susan Maxwell Skinner

When Olly Met Jelly



Celebrity watchers in Carmichael Park recently spotted an utterly smitten otter with bulbous bean Jelly Belly. The sweethearts were part of a "March of the Mascots" event staged during community Founders Day celebrations. The otter is a booster for Sacramento County and Jelly Belly represents the famous Fairfield candy company. Ten other larger-than-life icons paraded for the delight of children. Photo and story by Susan Maxwell Skinner



Mission Accomplished

Mission Oaks Recreation and Park District staff give retiring Director Debby Walker (front center) an rousing send-off. Walker recently completed 40 years with the district. Celebrations also featured a rock concert to mark the district's 40th year in business. Walker and friends admired a Carmichael Times front page that featured the Mission Oaks staffers. Photo and story by Susan Maxwell Skinner

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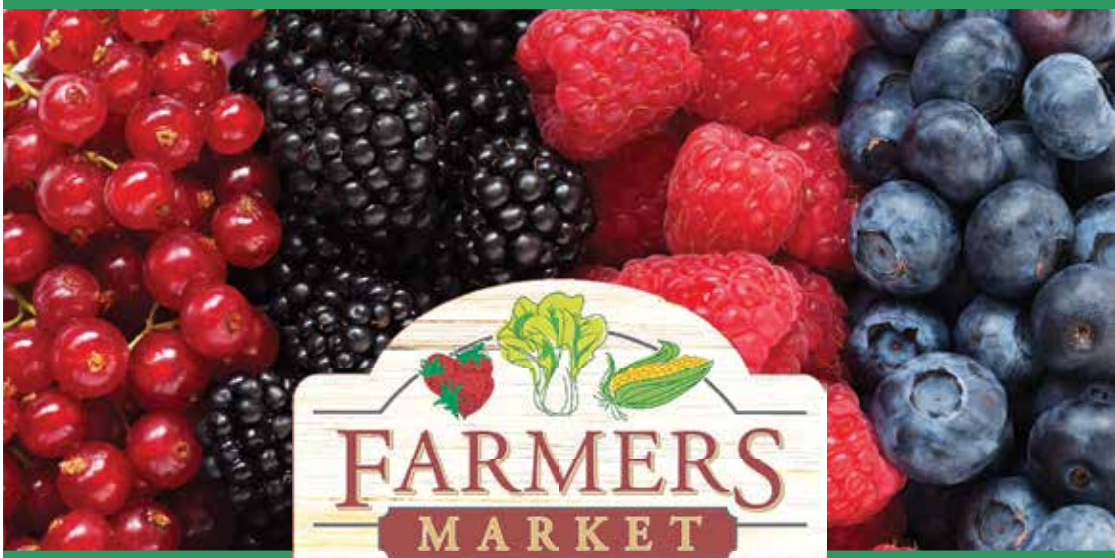
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For more information on how to become a Senior Computer School volunteer or to enroll for classes, contact the Sacramento Computer School Learning center at (916) 485-9572 or email to student2917@hotmail.com

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