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Students and Older Adults Benefit From Award Winning Intergenerational Program
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Valley History at October 23rd and November 7th Talks
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AEGIS' ANNUAL CASINO NIGHT



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ATHLON SPORTS INSIDE COLLEGE FOOTBALL



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Mighty Menagerie at Nature Fest

Creatures Great and Smelly are Effie Yeaw Stars

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Raptors, marsupials, mammals, and reptiles paraded for visitors at the Effie Yeaw Nature Center's recent Nature Fest.

The event temporarily boosted American River Parkway animals with 1,100 wannabe naturalists. Up-close wildlife encounters were the main attraction. "It's fantastic to see raptors up close," enthused a bird watcher. "You see a golden eagle's talons and realize how she can catch a wolf."

A coyote pup called Cody was another crowd pleaser. Resident of Wild Things Inc., an animal refuge near Newcastle, the rescued baby provoked much oohing and aahing but proved a feisty handful for handler Gabe Kerschner.

All animals that help educate are deemed unreleasable because of injuries or imprintation on humans. "I love showing you this coyote but I'd rather see him running free in the wild," Kerschner told the pup's admirers. California Raptor Center (UC Davis) and the Nature Center provided other ambassadors.

"This event is central to our mission," said American River



A wink and a smile. Junior naturalist Nadine Ozeir (10, at right) is enraptured by raptor Pickwick. The one-eyed owl was among educators at the recent Effie Yeaw Nature Fest. Handler Brenton Pierce (above) admires a golden eagle called Sullivan.

Natural History Association President Liz Williamson, "bringing nature to people and people to nature." *Learn about the Effie Yeaw Nature Center at www.sacnaturecenter.com.* ★



Brown Signs Legislation Expanding Alternative Custody Program

SACRAMENTO REGION, CA (MPG) - Monday morning, Governor Brown supported family reunification by signing SB 219, regarding the Alternative Custody Program, into law. Authored by Senator Carol Liu (D-La Cañada, Flintridge), the bill expands access to the Alternative Custody Program (ACP), which currently allows eligible incarcerated people to finish their sentences outside of prisons in order to care for their families.

Californians United for a Responsible Budget (CURB), a statewide coalition of over 70 organizations working to reduce the number of people in prison and the number of prisons and jails in the state, co-sponsored the legislation, with member organization Justice Now, a legal advocacy organization that works with people in women's prisons, leading the charge.

"I'm a personal testament that the Alternative Custody Program is effective in reuniting people with their families and communities," said Marianna Gray, a former ACP participant. "With the help of my son, Senator Liu, and dozens of advocates, I was able to participate in this program. There were many difficulties and disappointments I faced in my own journey towards receiving this program, so I know this bill is a step in the right direction."

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"Captain America" on the Mend

Story and photo by Susan Maxwell Skinner



Decorated hero Spencer Stone is making steady progress after a mid-town Sacramento knife attack.

With a little help from his friend, and surgery at UC Davis Medical Center, Carmichael hero Spencer Stone is recovering from life-threatening injuries. One of three Sacramentans who prevented a train massacre in France, Stone (23) was stabbed in an October 8th Sacramento street fight. After surgery for a collapsed lung, the airman has been buoyed by his Carmichael family and is rated

in fair condition. More support came from fellow train hero Alex Skarlatos. The Dancing with the Stars competitor flew from LA to his buddy's bedside.

"He still has his sense of humor, so that keeps me optimistic," Skarlatos shared. "He'll recover; it might just take him a minute."

Stone is dubbed "Captain America," at Travis Air Force Base. Police are investigating the incident in which the he was knifed; apparently while defending a young woman. ★



One hundred percent of all tournament proceeds will benefit victims who lost their homes. To further the impact, Saddle Creek owner Castle & Cooke will match all donations. Golfers who wish to participate in the tournament should call (209) 785-3700 to register.

Golf Tournament to Benefit Fire Victims

100% of Proceeds go to Victims Who Lost Homes, Saddle Creek Owner Castle & Cooke to Match All Donations

CARMICHAEL, CA (MPG) - Saddle Creek Resort, the Castle & Cooke golf community in the Sierra Nevada foothills of Calaveras County, will host a golf tournament fundraiser Sunday, October 25th to help victims of the Butte Fire.

Four-person teams are invited to compete in a scramble format that will begin at noon (shotgun start). The entry fee of \$50 per person covers golf/cart fees and dinner. A raffle and a silent auction will also be held.

One hundred percent of all tournament proceeds will benefit victims who lost their homes. To further the impact, Saddle Creek owner Castle & Cooke will match all donations. Golfers who wish to participate in the tournament should call (209) 785-3700 to register.

The Butte Fire destroyed 475 homes in Calaveras and Amador counties and burned more than 71,000 acres.

"We're a tight-knit community and acutely aware that many of our friends and neighbors are suffering," said Rick Morgan, General Manager of Saddle Creek Resort. "Losing a home and everything you own is a devastating life event and this tournament is just one example of how we're pooling our resources to help those affected by the tragedy."

The Calaveras County Association of Realtors (CCAR) has also been instrumental to the response effort, organizing a streamlined system to help displaced evacuees find rental properties. It is offering

Continued on page 4

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Brown Signs Legislation Expanding Alternative Custody Program

Continued from page 1

SB 219 enacts a responsible timeline for ACP application review, provides applicants with an opportunity to appeal, and ensures that everyone eligible for acceptance into ACP are part of a more transparent and informed process. The bill also removes significant barriers for program entry by specifying that a person's existing medical or psychiatric condition not be the sole basis for exclusion from ACP. SB 219 also requires the California Department of Corrections and Rehabilitation (CDCR) to assist ACP participants with medical coverage enrollment.

"This program was always intended to support the reunification of incarcerated mothers and their children," says California State Senator Carol Liu, the author of SB219. "Our recent victory to make this program stronger and more accessible will likely increase the number of people who apply, decrease the number of children in the foster care system, and reduce the destruction that incarceration causes among families."

Although the program has only been available to women, a court decision earlier this month ordered CDCR to expand the program to men. And last year, the Legislature encouraged the implementation of ACP at the county level.

"This is a major victory for people in prison with dependent family members. It supports



SB 219 enacts a responsible timeline for ACP application review, provides applicants with an opportunity to appeal, and ensures that everyone eligible for acceptance into ACP are part of a more transparent and informed process.

family reunification. We know there are further ways to expand this program," says Diana Zuñiga of CURB. "We want to use this momentum to push for people to be able to participate in the program regardless of conviction offense, and to push counties to implement family reunification strategies as well. Now is the time to continue working for incarcerated people and their children."

During the 2015 legislative session, Senator Liu supported several additional ways to reduce prison and jail overcrowding and recidivism reduction.

To learn more about the bill, visit: http://leginfo.ca.gov/faces/billNavClient.xhtml?bill_id=201520160SB219.

Source: *CurbPrisonSpending.org* ★

Governor Brown Signs Landmark Medical Marijuana Legislation

SACRAMENTO REGION, CA (MPG)

- Assemblyman Ken Cooley (D-Rancho Cordova) announced that Governor Brown signed AB 266, AB 243, and SB 643, the historic package of bills that will finally regulate the medical marijuana industry after nearly twenty years of legal gray areas. The package of bills establish a balance between California's communities' ability to preserve influence over medical marijuana distribution within their borders and the rights secured by Proposition 215 (1996) for California's citizens to access medical marijuana. Establishing health, public, and environmental safety rules affecting distribution and cultivation, these bills will improve the current status quo and will not alter patients' existing rights of access to, or cultivation of, medical marijuana provided by Proposition 215.

"For almost twenty years, medical marijuana has had no standards at the state or local levels to ensure the safety of patients or the communities where this distribution takes place," said Cooley. "Finally, California is addressing this issue in a way that carefully balances patient's rights and the community's needs. I am grateful to have the input and support of both Citrus Heights and Rancho Cordova throughout this process."

AB 266 (Bonta, Cooley, Jones-Sawyer, Lackey, and Wood) creates a Bureau of Medical Marijuana within the Department of Consumer Affairs, a central head agency with accountability that will create licenses for all types of industry actors, from cultivators to dispensaries. In addition, AB 266 ensures both a state and

local license must be in place for a medical marijuana business to operate, which creates both statewide standards and accountability while also respecting local control for those communities who do not wish to allow medicinal marijuana businesses. Additionally, the bill provides for a task force to help advise the Bureau regarding issues of patient access and affordability, a key component of Proposition 215's original intent.

AB 243 (Wood) creates critical environmental standards for medical marijuana cultivation—something never before achieved on a statewide level. This bill ensures that violations of environmental standards will be dealt with swiftly and monies from those penalties used to remediate environmental damage.

Finally, SB 643 (McGuire) creates licensing standards for cultivation, requires background checks for all licensees, and provides for the establishment of a "track and trace" program to ensure that any contaminated medicinal marijuana can be traced back to its source.

"AB 266 proves that, for the first time, Californians can work collaboratively to develop and produce comprehensive medical cannabis regulation," said Chief David Bejarano, president, California Police Chiefs Association. "This piece of legislation is an example of bipartisan collaboration, compromise, and growth. I am thrilled that this measure received the support of Governor Brown. We look forward to working with all stakeholders to ensure the successful implementation of this significant piece of legislation."

"The Governor's signature

on this trio of bills represents a major victory for California cities," said League Executive Director Chris McKenzie. "The Medical Marijuana Regulation and Safety Act establishes a different regulatory model for medical marijuana than what exists for the regulation of alcohol in this state through the dual licensing requirement that is paramount to ensure that local jurisdictions have local control over the cultivation and distribution of medical marijuana within their communities."

In 1996, Proposition 215, or the Compassionate Use Act (CUA), decriminalized the use of marijuana for medical purposes as it provided for patient access to medical marijuana and prevented doctors from being penalized for making medical marijuana recommendations. In 2003, the Legislature's enactment of SB 420, the Medical Marijuana Program Act (MMPA), clarified some specifics of implementing the CUA, including issuance of identification cards for qualified patients and allowing patients and their primary caregivers to collectively or cooperatively cultivate medical marijuana. However, neither Proposition 215 nor the MMPA made any attempt to establish broader distribution standards or lay out how it would be implemented in California's communities.

Assemblyman Ken Cooley represents the 8th Assembly District, which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton, and other portions of unincorporated Sacramento County.

Source: *Ken Cooley's Office* ★

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Golf Tournament to Benefit Fire Victims

100% of Proceeds go to Victims Who Lost Homes, Saddle Creek
Owner Castle & Cooke to Match All Donations



Saddle Creek Resort is situated in the rolling foothills of the Central Sierra region just two hours from the Bay Area and 1.5 hours from Sacramento, Saddle Creek Resort sits in the heart of the Copper Valley in Copperopolis. Photo courtesy Saddle Creek Resort

Continued from page 1

free credit reports, gift cards, and home furnishings while scouring rental listings to match people with homes. CCAR is absorbing all associated administrative fees and also donating 100% of all proceeds raised for the cause.

For more information about the tournament call (209) 785-3700 or visit www.SaddleCreekGolf.com.

About Saddle Creek Resort

Situated in the rolling foothills of the Central Sierra region just two hours from the Bay Area and 1.5 hours from Sacramento,

Saddle Creek Resort sits in the heart of the Copper Valley in Copperopolis. Owned and operated by nationally-renowned developer Castle & Cooke, the premier Northern California golf community is home to a golf course routed through undulating terrain featuring stunning views of the Sierra Nevada and Yosemite mountains. Since opening in 1996, the par 72, 6,826-yard layout has been heralded by players of all skill levels. It is annually ranked by Golfweek as a top-15 "Best Course You Can Play" in California alongside acclaimed layouts like Pebble Beach,

Spyglass Hill, Pasatiempo, and Torrey Pines' South Course.

In proximity to Saddle Creek Resort is Copperopolis Town Square, a traditionally-designed, Gold Rush era-themed "country-town" that is the retail and event hub of the Copper Valley in the Central Sierra region. Featuring charming boutiques, eateries, and specialty shops, the pedestrian-friendly Town Square is the perfect place to spend some time after a round of golf.

Source: Stephen Reynolds, Buffalo Brand Invigoration Group ★

Sheriff's November Community Meetings

SACRAMENTO REGION, CA (MPG) - The Sheriff's Department holds regular community meetings to share information about trends in crime and recent activities.

- Arden-Arcade: Tuesday, November 3rd at 6 p.m. at Country Club Lanes—Skyroom (second floor), 2600 Watt Avenue.

- North Highlands/New Foothill Farms: Thursday, November 5th at 6 p.m. at the North Highlands Community Center, 6040 Watt Avenue.

- Old Foothill Farms: Wednesday, November 11th at 6:30 p.m. at Pioneer Elementary School, 5816 Pioneer Way.

- Carmichael: Tuesday, November 17th at 6 p.m. at the Del Campo High School Library, 4925 Dewey Drive.

- Fair Oaks: Wednesday, November 18th at 6 p.m. at La Vista School, 4501 Bannister Road (North of Winding Way). ★

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Alleged Embezzlement Leaves Local Bands Without Funds



Carmichael-based Sacramento Symphonic Winds is among many volunteer community bands impacted by alleged embezzlement of Sacramento Valley Symphonic Band Association funds. Directed by Dr. Les Lehr (center) the ensemble begins its fall-winter concert season on October 18th at the Crowne Plaza Hotel, Madison Avenue. Photo by Susan Maxwell Skinner

Story by Marjorie Lehr

SACRAMENTO REGION, CA (MPG) - A nonprofit umbrella group for the Sacramento region's community bands has lost virtually all its funds in an apparent case of embezzlement. Many local bands now face turning off the music and shutting down entirely due to this tragic loss. The incident has damaged musical groups from Auburn to Elk Grove.

The loss is an emotional blow to musicians around the region, who have for decades, poured their time and talent into making music for the public. They are asking the public to help them continue playing music and bounce back from this unfortunate hit.

Board members of the Sacramento Valley Symphonic Band Association discovered the loss of funds in late August. The officer in charge of finances has

resigned and has not responded to questions from members. Sacramento County Sheriff's detectives are investigating the case. The loss exceeds \$50,000, though an exact accounting is still to be determined.

In the meantime, the association is scrambling to find funds to cover its obligations. The association pays for liability insurance, covers the American Society of Composers (ASCAP) fees, and maintains a band music library for the Amador County Concert Band, Auburn Concert Band, Capitol Pops Concert Band, Elk Grove Community Band, Pittsburg Community Band, River City Concert Band, Roseville Community Concert Band, Sacramento Concert Band, Sacramento Symphonic Winds, 3 Note Band, Yolo Community Band, and Winds Of Faith Concert Band.

The association also serves as treasurer for some member

bands, which now have no money as a result of the loss. These include the Sacramento Symphonic Winds of Carmichael and the River City Concert Band of Sacramento. These bands have been entertaining the public and providing an outlet for local amateur musicians for decades. Without help, they may be forced to terminate operations.

Members of the public can help in two ways: Donating money to help restore lost funds and buying tickets to upcoming concerts listed on their website: www.svsba.net

Donations can be mailed to: Svsba P.O. Box 60725, Sacramento, CA 95860-0725

For further information or questions contacts SVSBA President Dr. General Davie, Jr., at 916-489-2576, or SVSBA Treasurer George Preston: svsba@georgepreston.com. ★

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CLUES

- ACROSS**
- Medieval fiddle
 - College assessment test
 - Outgoing tide action
 - Allergic reaction to bee sting
 - ___ chi
 - Thresh about, as in arms
 - Oddball's attempt?
 - Pro baseball's "Master Melvin"
 - Starbucks' serving
 - Status of being a star
 - *Inhabited by apparitions
 - Actor Stallone
 - Lord's servant
 - Busy flyer
 - *Like a Halloween sensation
 - Wipe out
 - St. Louis team
 - Hair product manufacturer
 - Red Sea nation
 - Black and white treat
 - Frame job
 - Arnold Lobel's "Frog and ..."
 - Bread spreads
 - Kind of jerk
 - "The Sun ___ Rises"
 - ___ Beach, SC
 - Verdant
 - Even, to a poet
 - *Give me a treat, or ___!
 - Excessively
 - *"Guess who?" garb
 - *Spell-caster
 - Before editing
 - As opposed to amateur
 - Bioweapon
 - Money under mattress, e.g.
 - Black and white sea bird
 - Rounded like an egg
 - Politician's barrelful
 - "To Kill a Mockingbird" author
 - Stitch again

DOWN

- Whistle blowers
- Make changes
- Between Phi and Kappa
- Middle Eastern V.I.P.s
- *Placed in a pumpkin
- Nucleus plus electrons
- *Witch's sidekick
- 10 percent to charity, e.g.
- Panache
- Pieces of fabric used for stuffing
- *Vampire's action
- Iditarod ride
- Hagrid's dog in "Harry Potter" series
- Deed hearings
- "We ___ Young" by Fun
- Opposite of diastole
- *Wicked ride
- This bird gets the worm
- One of #4 Down, alternate spelling
- Paris streets
- Greek salad staple
- Any detergent plant
- Cut it out
- "___ a high note"
- Coal residue
- Spiral-horned African antelope
- Traditional Italian fare
- Nancy Drew, e.g.
- *Freddy's street
- "Halloween movie genre
- Part of a flower
- Peace-meaning branch
- Point of a crescent moon
- On top of
- *Stitched make-up
- Poacher's trophy
- Made awake
- South American tubers
- Make a reference
- "The Man Who ___ Too Much"
- Singular of #29 Down

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
19					20		21	22					
23					24								
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35		36		37		38		39					
40					41			42		43			
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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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		2	9			7		
3		8						
					7			4
2	3		1			8		
8			5	6				9
		5			8		7	6
1			6					
						1		8
		3			1	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

Come back every week for Crossword and Sudoku!

Eagles Rise Above the Raiders



After the half the Raiders took the field with renewed spirit—scoring two touchdowns within just a few minutes, but the Eagle offense responded with two touchdowns of their own. Photo by Michelle Akana

By Ben Barber

CARMICHAEL, CA (MPG) - Friday night, October 9th, Abbott Field welcomed a record setting crowd as the El Camino Eagles faced the Rio Americano Raiders for this year's rivalry football game. With the two schools being so close in proximity, social circles easily overlap making for a spirited match both on and off the field.

The Eagles, coming off a bye week and a tough loss against American Canyon, were anxious to prove themselves as a viable play-off contender. Their 34-31 loss against American Canyon was a close bout with the game decision coming in the last tense minutes of the fourth quarter. Penalties and a little bad luck being the ending blow, two things coach Adam Reinking felt were easily remedied.

As the sun set and kick off grew close, a large cloud of white powdery smoke erupted from the Rio Raider spirit section. The El Camino audience responded and Eagle kicker Kevin Loheit sent the ball into the end zone to start the game. The Raiders didn't maintain possession for long before the Eagles took over and ran Loheit to the 4-yard-line for their first three points.

The Eagles visited some old

bad habits, jumping off sides in the Raider's next possession. The defense was then able to force a three and out and keep the Raiders from scoring the entire first half. The offense put ten on the board in the first and 13 on the board in the second which brought the score to 23-0.

After the half the Raiders took the field with renewed spirit—scoring two touchdowns within just a few minutes, but the Eagle offense responded with two touchdowns of their own. As the gap in the score grew, fans remained energized and they gathered below the scoreboard, both Eagle and Raider, and performed offensive poetry, competing to see who could best insult the other—an age old tradition called a "Rap Battle." With a strong sheriff presence and El Camino parents and alumni close at hand, things remained civil and in good sportsmanship as the fourth quarter came to a close, but not before the Eagles scored seven more bringing the final score to 46-14.

The Eagles now look to Casa Robles where a win could secure them a spot in the playoffs. The Casa Robles Rams are 1-5 and will be hosting the game in Orangevale. Junior Varsity starts at 5:30 p.m. and Varsity at 7:30 p.m. ★

Kids Connection Engages Elderly

Students and Older Adults Benefit From Award Winning Intergenerational Program



The Eskaton Senior Living Community partners with local schools and brings nearly 650 elementary school children together with "buddies" residing in 23 senior living communities. Photo courtesy of Eskaton

SACRAMENTO REGION, CA (MPG) - The Eskaton Lodge celebrates the new school year with the Kids Connection classroom of Christine Flok's 6th grade from F.C. Joyce Elementary in North Highlands.

On October 23rd, 26 students will interview their assigned buddies ranging in age from 60 to 100 years old. A Halloween activity will follow to allow the residents and students to build their yearlong relationship. "Our residents look forward to interacting with the youth," said Activity Director Terry Studstill. "The Kids Connection program helps break down misconceptions the kids have about aging."

The Eskaton Senior Living Community partners with local schools and brings nearly 650 elementary school children together with "buddies" residing in 23 senior living communities. Students and seniors enjoy reading books, doing arts projects, singing songs and much more.

"This is one of the most enjoyable and rewarding

educational programs in which I have been involved," said one teacher, noting these relationships transcend cultural, economic and generational barriers.

The program began in 2009 and has since shown dramatic, positive results for residents while advancing learning skills for students. "This is not just an

opportunity for kids to entertain the elderly," said Eskaton Chief Operating Officer Betsy Donovan. "It's an opportunity for true engagement and the development of real relationships."

"Through Kids Connection, Eskaton is able to create intergenerational learning opportunities, increase resident

socialization and satisfaction, introduce children to new educational stimuli and build the nonprofit's identity as a vibrant organization involved in creative, multi-generational endeavors that inevitably further its social accountability," Donovan said.

Many students in the program do not have older adults in their lives, so it is imperative to their overall development to build relationships with someone who is experienced in life.

Eskaton Kids Connection can be replicated in any school district, as long as the main objectives of the guide are implemented and remain consistent. For more information on the CALA award, visit <http://www.eskaton.org/kids-connection/landing.html>.

Eskaton is a Northern California-based, nonprofit organization with over 45 years of experience. Our dedicated team members provide services and support for nearly 12,000 individuals per year who live in our communities or participate in our comprehensive home support services network.

Source: Eskaton ★



"The Kids Connection program helps break down misconceptions the kids have about aging," said Activity Director Terry Studstill. Photo courtesy of Eskaton



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ARIES (March 21 to April 19) You might be growing impatient with a situation that seems to resist efforts to resolve it. But staying with it raises the odds that you'll find a way to a successful resolution.

TAURUS (April 20 to May 20) Travel and kinship are strong in the Bovine's aspect this week. This would be a good time to combine the two and take a trip to see family members for a pre-holiday get-together.

GEMINI (May 21 to June 20) A colleague could make a request you're not comfortable with. If so, say so. Better to disappoint someone by sticking with your principles than disappoint yourself if you don't.

CANCER (June 21 to July 22) The Moon Child's ability to adapt to life's ebbs and flows helps you deal with the changes that you might confront at work or at home, or both. Things settle down by the week's end.

LEO (July 23 to August 22) It's a good week for Leos and Leonas to get some long-outstanding business matters resolved. Then go ahead and plan a fun-filled family getaway weekend with the mate and the cubs.

VIRGO (August 23 to September 22) A possible workplace change seems promising. If you

decide to look into it, try not to form an opinion on just a small part of the picture: Wait for the full image to develop.

LIBRA (September 23 to October 22) A newcomer helps keep things moving. There might be some bumpy moments along the way, but at least you're heading in the right direction. You win praise for your choices.

SCORPIO (October 23 to November 21) You could be pleasantly surprised by how a decision about one thing opens up an unexpected new option. Also, assistance on a project could come from a surprising source.

SAGITTARIUS (November 22 to December 21) With more information to work with, you might now be able to start the process that could lead to a major change. Reserve the weekend for family and friends.

CAPRICORN (December 22 to January 19) This could be a good time to begin gathering information that will help you turn that long-held idea into something substantive. A personal matter might need extra attention.

AQUARIUS (January 20 to February 18) That new challenge might carry some surprises. But you should be able to handle them using what you already know. That new supporter should be there to lend assistance.

PISCES (February 19 to March 20) Someone might be trying to disguise his or her true motives. But the perceptive and perspicacious Pisces should have little or no problem finding the truth in all that foggy rhetoric.

BORN THIS WEEK: You can always rely on your people skills to help you find solutions to problems others often give up on.

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It may be the hottest part of summer in the Northern Hemisphere, and temperatures in the United Arab Emirates may be reaching the triple digits Fahrenheit, but that's no impediment to winter sports in Dubai, the UAE's most populous city. Residents and visitors can take a break from the heat at Ski Dubia, an indoor ski resort featuring a 290-foot mountain, sled and toboggan runs, climbing towers, an ice cave and even face-to-beak encounters with penguins.

You might be surprised to learn that feta cheese has been around for 6,000 years.



PICKS OF THE WEEK



Jake Gyllenhaal, Oona Laurence in "Southpaw"

"Pixels" (PG-13) -- Adam Sandler slouches his way through more haphazard hijinks in this big-budget nostalgic action-comedy. Sandler plays a schlubby guy still trying to get over a video-game tournament he lost in his childhood. He's also friends with the president, who is played by Kevin James (keep suspending that disbelief, cause the aliens haven't even landed yet). Shrugging Sandler must team up with others (Peter Dinklage, Josh Gad and Michelle Monaghan) to defeat an invading force of aliens that have taken the form of '80s arcade game characters.

It's not just the noise and flashing lights that make arcade games so fun and memorable. A movie so deeply inspired by arcades might have gotten that lesson and written a script to prove it. Grownups may get tickles of nostalgia when a giant Q*bert appears on screen, but that can't support a running time this long with jokes this thin.

"The Gift" (R) -- In this psychological thriller, there's just something so nerve-wracking about somebody trying too hard to be your friend. Simon and Robyn (Jason Bateman and Rebecca Hall) are a lovely young couple who recently moved from Chicago to Los Angeles. A chance encounter puts them in touch with Gordo (Joel Edgerton), an acquaintance from Simon's high school -- "Gordo the weirdo" they called him. Soon,

Gordo's being very generous with gifts, even dropping by their house unannounced in the middle of the day. Seems nice ... but something is way off. Written and directed by Edgerton, this thriller hits the right notes without overplaying any of them. The tension in the marriage, and the tension over what Simon could be hiding, hang with you. You're reading the screen for clues, for the next cue about where this is going.

"Southpaw" (R) -- Jake Gyllenhaal plays a boxer who must endure sparring round after round with almost every boxing-movie trope. Billy Hope (Jake Gyllenhaal) grew up an orphan, married the perfect woman, had a baby, became a champion and then lost everything. To save his daughter (Oona Laurence) from being a ward of the state, Billy has to get a new manager (Forrest Whitaker) and get back in the ring. Gyllenhaal and Whitaker have a fine dynamic, but nothing elevates the movie above the predictability hanging all over it.

"Max" (PG) -- When a U.S. Marine is killed in the line of duty, his canine companion, Max, refuses to take commands from anyone else -- except the Marine's teenage brother, Justin. Besides having just lost his older brother, Justin has some issues getting along with his father, talking to girls and generally staying out of trouble. Max helps him out with all of these. There's also some trouble with Mexican drug traffickers, which seems way too far out of Justin and Max's league. The movie seems distracted and broken up, with over-the-top sentimentality as the thread holding it together.

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by HEALTHY EXCHANGES
Hawaiian Apple-Pineapple Salad

A very refreshing salad. One bite and it may even calm the most hectic of working conditions.

2 cups (4 small) cored, unpeeled and diced Granny Smith apples

1 (8-ounce) can pineapple tidbits, packed in fruit juice, drained

1 cup Cool Whip Lite

1 teaspoon coconut extract

2 tablespoons chopped dry-roasted peanuts

1/4 cup flaked coconut

In a large bowl, combine apples and pineapple. Add Cool Whip Lite and coconut extract. Mix gently to combine. Fold in peanuts and coconut. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 6 (1/2 cup) servings.

TIP: If you can't find tidbits, use chunk pineapple and coarsely chop.

* Each serving equals: 104 calories, 4g fat, 1g protein, 16g carb., 8mg sodium, 9mg calcium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1 Fat.

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Monotropa uniflora (also known as the **ghost plant**, Indian pipe, or corpse plant) grows in dark, dense forests and is rarely seen. Unlike most plants, it contains no chlorophyll. Instead of generating energy from the sun, it is parasitic to certain fungi growing among tree roots. It blooms from early summer to early autumn, often a few days after rainfall; the stems bear only a single flower.

- Brenda Weaver

Source: wikipedia.org

1. Sun exposure
2. Facial expressions
3. Smoking
4. Sleep position
5. Stress
6. Lack of sleep
7. Alcohol
8. Dry skin
9. Gravity
10. Genetics

Source: allwomenstalk.com



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Tales of Two Towns

Valley History at October 23rd and November 7th Talks

By Susan Maxwell Skinner

I will share my discoveries about Carmichael lore at two upcoming events.

The first talk serves hearty portions of history at the Carmichael Café on Friday, October 23rd. Established last year, Burnie Lenau's popular eatery features a gallery of early Carmichael photos. What better place to dish our fascinating past?



Edwardian man-about-town Daniel "Bud" Carmichael is included among old Sacramento Valley legends in two historical presentations. Photo courtesy Susan Maxwell Skinner Archive

One of my subjects is our illustrious founder, Daniel W. Carmichael. Five score and six years ago, this forefather brought forth upon our County a new colony. I might add that it was dedicated to the proposition that

Daniel might be enriched and immortalized. But that would be cynical. Daniel achieved great things in his rollercoaster career but more kudos is owed his pioneer colonists. On rock-hard soil, they planted orchards, built roads, established a water district, founded schools and fostered enduring community pride.

Penniless, Daniel died in San Francisco before WW II. Meanwhile, many of his pioneers prospered; immortalized by street names like Coyle, Barrett, Dewey, and Gibbons. To this immigrant's joy (I arrived here only 30 years ago) some of these old families supplied photographs for my historical archive. I am honored to share these. My free talk—accompanied by scores of on-screen images—starts at 2:30 p.m. Burnie will comp coffee or iced tea for the event but warning: seating is limited. Reservations are advised.

On Saturday, November 7th, I will present a second history talk at the Carmichael Park Clubhouse.

This event also offers a review of Lodi history from Toni Christman. My fellow historian recently published an illustrated book on her native Lodi's past. Our research overlapped when we found Daniel Carmichael's formidable boot prints in both towns. Emigrating from Georgia



Pioneer Charles Deterding (kneeling left) and hunting party, circa 1920. The Deterding family photo is among historical vignettes to be shared in two upcoming author events. Photo courtesy Russell Deterding

in his teens, "Bud" Carmichael labored in San Joaquin County before conquering Sacramento. When he made his fortune, he descended on Lodi relatives like a nabob. Some still recall Uncle Bud's chauffeured car, his gold watch, and cane. They say his wife Myrtle "dripped diamonds" in their dusty farm yards.

My archive photos of the great man in Sacramento and in Lodi are valuable to the historical record but—confounding—I have never seen Daniel photographed in the town he gave his name. Burnie Lenau and I would buy lunch for anyone who produces that snap. Though lacking

this Holy Grail, Christman and I still promise an illuminating talk on our two towns on November 7th. Christman's *Our Time to Shine and my Carmichael—Americana on the Move* will also be available. Students of any age are welcome.

Carmichael Café is located at 4314 Marconi Avenue. The October 23rd talk begins at 2:30 p.m. For information, call (916) 235-9973.

The Carmichael Park Clubhouse is at 5750 Grant Avenue. The November 7th event begins at 2 p.m. For information, call (916) 481-0334. ★



Lodian Civil War veterans are featured in this image from Toni Christman's *Our Time to Shine*.

LEGAL ADVERTISING

Continued from the previous page

RESOLUTION NO. 2785

RESOLUTION BEFORE THE SAN JUAN UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION ON CITRUS HEIGHTS ELEMENTARY SCHOOL

(To Intent To Convey an Easement for Public Utilities)

WHEREAS, section 17556, et seq. of the Education Code authorizes the San Juan Unified School District ("district") to dedicate or convey an easement/real property to municipal corporations for public streets or highways and to a public corporation, to lay, construct, reconstruct, maintain and operate water, sewer, gas, or storm drain facilities or ditches, electric or telephone lines, and access roads used in connection therewith, either with or without consideration and without a vote of the electors of the District being taken;

WHEREAS, the district desires to dedicate a permanent easement for utility access and maintenance to the Citrus Heights Water District (CHWD) for the purpose of maintaining the water lines at Citrus Heights Elementary School, located at 7085 Auburn Blvd., Citrus Heights, California 95621. The proposed easement is specifically described in Exhibit "A" attached hereto and incorporated herein by the reference (hereinafter referred to as the "Easement"); and

WHEREAS, the district desires to give notice of its intent to dedicate to the CHWD the Easement described above and to call a public hearing in connection therewith.

NOW, THEREFORE, the San Juan Unified School District Board of Education does hereby resolve as follows:

Section 1. The foregoing recitals are hereby adopted as true and correct.

Section 2. The district declares its intent to dedicate and convey the Easement to the CHWD, as described and depicted in Exhibit "A" for the purpose set forth in the Grant of Easement Document attached herewith.

Section 3. The superintendent or a designee thereof is hereby directed to give notice that on October 27, 2015 at 6:30 p.m. or as soon thereafter as practicable, at the district board room, located at 3738 Walnut Avenue, Carmichael, CA the board will hold a public hearing on the question of making the conveyance of the Easement to the CHWD. The public hearing shall be given by posting copies of this resolution, signed by the majority of the board, in three public places within the district at least ten (10) days prior to the hearing, and by publishing the notice once in a newspaper of general circulation in the district, at least five (5) days prior to the hearing. At the time and place of the hearing, if no legal protest is entered, the board may adopt a Resolution by a two-thirds vote of all its members authorizing and directing the conveyance of the Easement to CHWD.

The foregoing Resolution was adopted by the San Juan Unified School District Board of Education at a meeting of the Board on October 13, 2015, by the following vote:

AYES: 4
NOES: 0
ABSENT: 1
ABSTAIN: 0

Pamela Costa
Pamela Costa, President,
San Juan Unified School District
Board of Education

Attest:
Michael McKibbin
Michael McKibbin, Clerk,
San Juan Unified School District
Board of Education

Published in the Carmichael Times on October 16, 2015

General Mills Issues Recall of Cheerios and Honey Nut Cheerios

SACRAMENTO REGION, CA (MPG) - General Mills is voluntarily recalling several days of production of Cheerios and Honey Nut Cheerios cereal produced at its Lodi, California facility on certain dates in July of this year because of an undeclared allergen—wheat—with potential adverse health effects.

Cheerios and Honey Nut Cheerios produced on these dates at the company's Lodi, California facility are being recalled because an isolated incident resulted in wheat flour being inadvertently introduced into the gluten free oat flour system at its Lodi facility. As a result, the products may contain an undeclared allergen—wheat—in products labeled as gluten-free.

General Mills will recall and retrieve affected cereals produced on those dates from customer warehouses and store shelves. Consumers with wheat allergies, celiac disease or gluten intolerance should not consume products bearing the affected code dates and should contact General Mills for a replacement or full refund.

This voluntary recall includes four days production of original (yellow box) Cheerios, and thirteen days of production of Honey Nut Cheerios at its Lodi, California facility with the following "BETTER IF USED BY" code dates and the plant code LD which indicates the product was produced at Lodi, California:

Honey Nut Cheerios:
12JUL2016LD, 13JUL2016LD,
14JUL2016LD, 15JUL2016LD,
16JUL2016LD, 17JUL2016LD,
18JUL2016LD, 20JUL2016LD,
21JUL2016LD, 22JUL2016LD,
23JUL2016LD, 24JUL2016LD,
25JUL2016LD.

Yellow Box Cheerios:
14JUL2016LD, 15JUL2016LD,
16JUL2016LD, 17JUL2016LD.

Products containing wheat can cause illness or severe reactions for individuals with wheat allergies or celiac disease. Products containing wheat can also cause illness or discomfort

for individuals with gluten intolerance.

General Mills is transitioning five varieties of Cheerios to gluten free. Cheerios and Honey Nut Cheerios cereals produced at General Mills' other facilities, or on dates other than those noted

at the Lodi, California facility, are not impacted. General Mills' other gluten-free Cheerios varieties—including Apple Cinnamon Cheerios, Frosted Cheerios, and MultiGrain Cheerios—are not impacted and are not being recalled. No other General Mills

cereals are affected. Consumers requesting refunds or calling with further questions should contact General Mills Consumer Services at (800) 775-8370.

Source: U.S. Food & Drug Administration ★

Slim Randles' HOME COUNTRY



"You Know, You Get A Lot More Than A Tooth Cleaning When You Go See Dr. O'dontal"

ship recreation director compared to a book writer. At least that's what Dud was thinking as he wandered around ... wandered ... wandered lonely as a cloud ... something to do with daffodils. He remembered reading it in high school.

Say ... maybe if I threw some literature into the book, it would give it a bit of flavor. Yes!

Well, I'm already in Europe ... well, the truck driver is. He's there on special assignment ... not sure what that is, but I'm working on it. And the duchess is European, after all. And you know how they talk like literature over there.

So how can I do this? I know! I can have the duchess kinda teaching the truck driver to speak literarily.

"Dearest," she'll say, "the time has come for us to put

behind us our past and instead grasp the present and the future with ... well ... with the foreknowledge of wisdom and blessings of hindsight that will propel us headlong into conubial consequences."

And he'll say, "Sure thing, Honeybunch. You got it."

Dud Campbell smiled. You know, you get a lot more than a tooth cleaning when you go see Dr. O'Dontal. He serves up inspiration along with that new toothbrush you get that you never use.

Hey, I wonder if I can work THAT into the book. You know ... dental literacy. I'll work on it.

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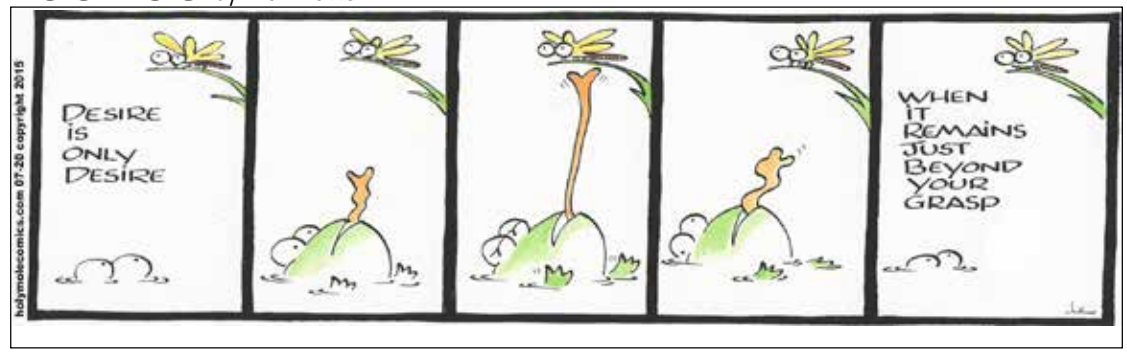
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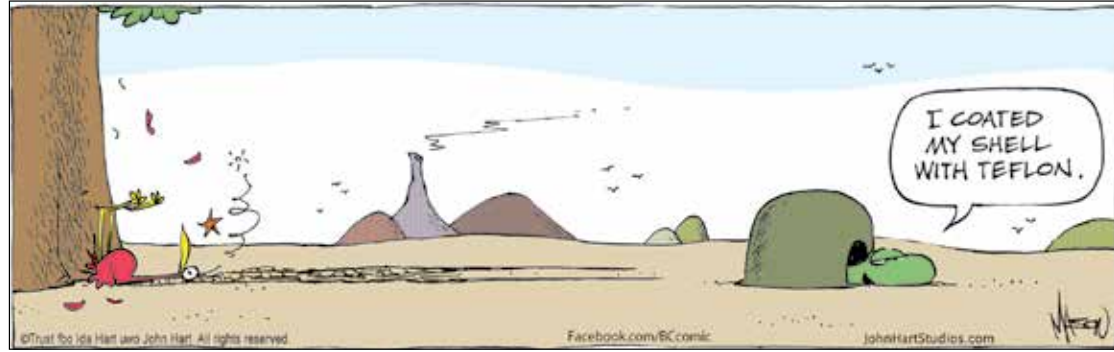
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Hole Mo!é by Rick Hotten



BC by Mastroianni & Hart



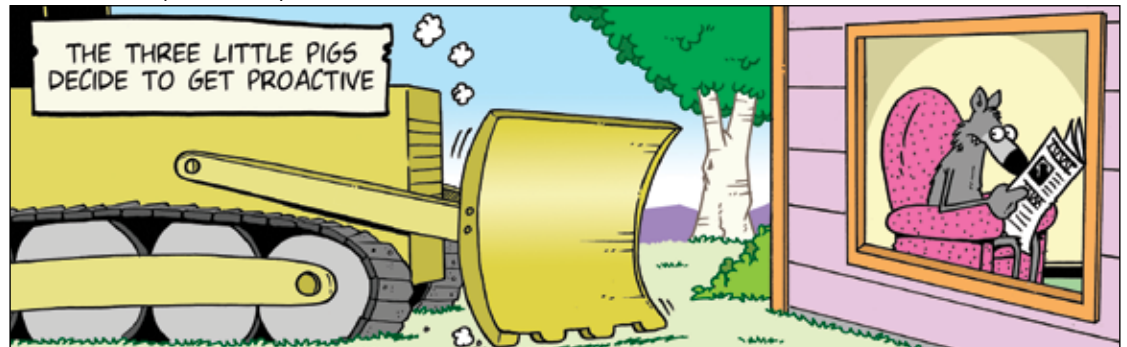
Cranky Girl by Crystal Jones



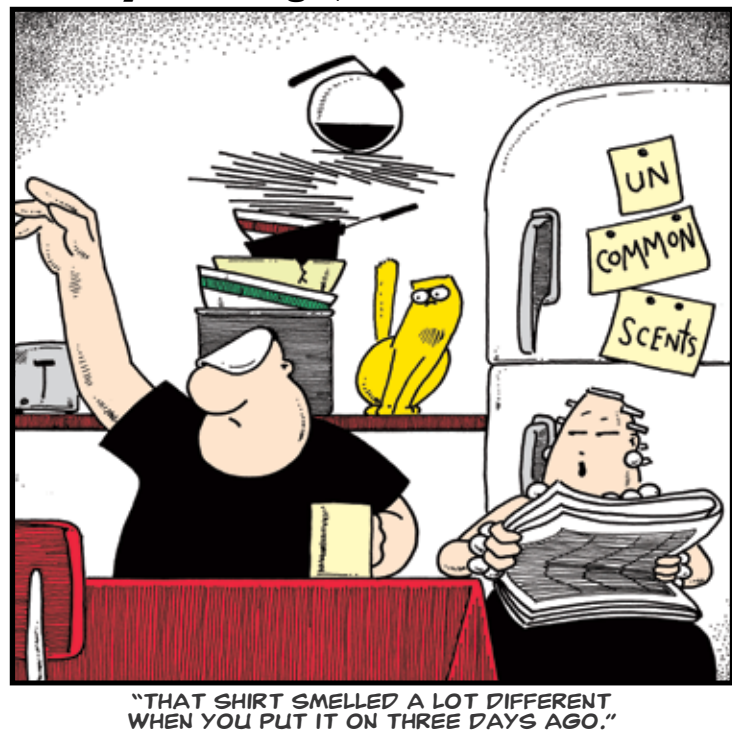
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Tastes Like Chicken BY JOSH ALVES



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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

Announcements & Events

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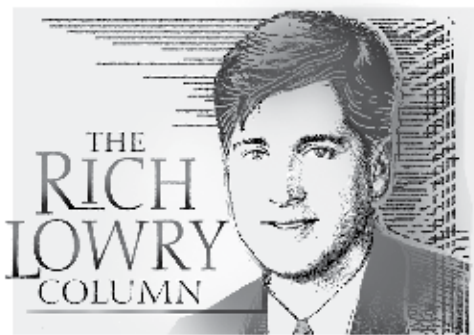
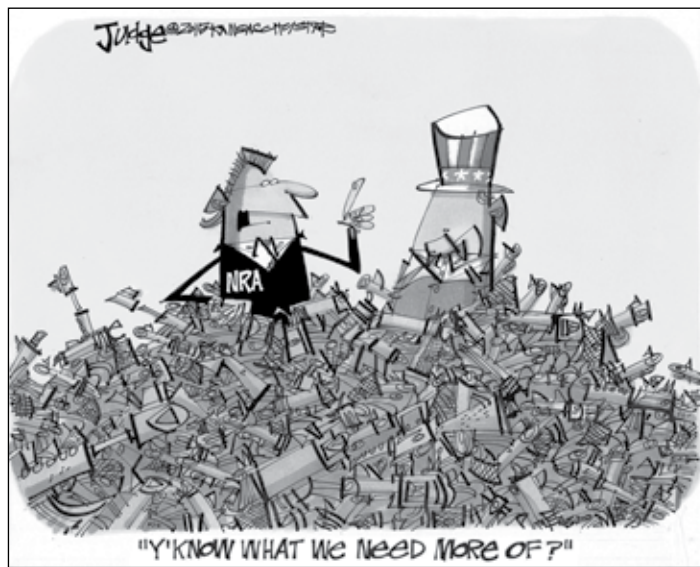
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Hillary's Gun-Control Non Sequiturs

Hillary Clinton has a new gun agenda that is the same as the old gun agenda.

We all are appalled and heartsick over the country's mass shootings, which aren't any less shocking for their routine occurrence. But that doesn't mean we know how to stop them. The Pavlovian Democratic reaction is to offer a raft of familiar gun-control proposals, whether or not they have any bearing on mass shootings.

Hillary's ideas are a testament to the essential sterility of the gun debate, no matter how much heat it generates. There is no way around the fact that marginal changes will do little or nothing to stop mass killers, while more sweeping changes -- even if they were practicable or wise -- run afoul of the Second Amendment.

Among other things, Clinton wants to renew the assault-weapons ban, which we had for 10 years before it lapsed in 2004. To review: A so-called assault

weapon is a semi-automatic rifle tricked out with frightening-looking cosmetic features. It is functionally indistinguishable from any other semi-automatic rifle.

Assault weapons might play an outsized role in crime in Hollywood productions, but not in real life. Rifles generally aren't used in shootings, let alone assault rifles. All rifles account for about 300 homicides a year. A Department of Justice-supported study of a possible renewal of the assault-weapons ban called its effect on violence "perhaps too small for reliable measurement."

Clinton wants to close the "gun-show loophole," which is one of the great cliches and myths of the gun-control debate. The loophole doesn't actually exist. Federally licensed dealers have to run a background check or otherwise ascertain that a purchaser has passed one, even if the dealer is selling at a gun show. Private sellers don't have to conduct one -- whether or not they are selling at a gun show.

The inordinate focus on gun shows might make sense if there were evidence of an epidemic of criminals using them to get their weapons. There isn't. A study in the journal Preventive Medicine of criminal offenders in Chicago found that most obtained their guns through personal connections. "Rarely," the study said,

"is the proximate source either direct purchase from a gun store, or theft."

Clinton also seeks to tighten up background checks. The problem is that very often the mass shooters don't have criminal records and haven't otherwise been adjudicated. This makes it impossible to use background checks to stop them from buying guns.

If it matters, none of this has anything to do with the Oregon shooting. The killer apparently used handguns to mercilessly shoot down his victims (although he also had a rifle, an AR-15). All of his 13 guns came from federally licensed dealers. He passed background checks. What Hillary has done is take a national tragedy and declared that it ought to catalyze us to pass a series of non sequiturs.

Her proposals aren't well-thought-out, because Democrats don't think when it comes to guns. They hold the same subrational belief that President Barack Obama expressed in his impassioned post-Oregon statement: that preventing mass shootings is easily within our power, with enough political will. Would that it were so.

Rich Lowry is editor of the National Review.

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Who Will Care for Pets When Seniors Can't?

and put your wishes in writing.

DEAR PAWS CORNER: Can you address the ongoing problem of cats that are being abandoned or released outside to fend for themselves when their Mom or Dad are placed in an assisted-living facility, nursing home or pass away, and the family is not interested in doing what is right for the beloved pet of their family member. What options are available for this pet? -- Rita & Michael, via email

DEAR RITA & MICHAEL: Definitely, and it's a bigger problem than many realize. Many adult children don't anticipate assisted care for their parents or end-of-life planning for them. The situation is difficult no matter what, and too often, pets are forgotten as families try to find solutions. What options are out there? Just a few:

* Plan ahead. Pet owners themselves (at all ages) should consider the "what-if" scenarios and have a plan in place for their pet's care. Make a will, discuss a pet's care with family members

* Choose a pet "god parent." Ask a reliable family member or friend if they would commit to caring for your pet should it become necessary.

* Look for pet-friendly senior care facilities. It may take a bit of searching, but some facilities allow well-behaved smaller pets.

* Contact a pet-friendly senior advocacy group. An advocate can help with some of the most emotionally charged aspects of senior care and end-of-life planning, including pet care. Some nonprofits can be found here: www.insideeldercare.com/public-policy/6-senior-care-consumer-advocacy-groups-to-know/

* Contact the pet's veterinarian. Advice and assistance often can be found at the vet clinic, before families must take the worst-case option of giving a pet to a shelter.

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

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END OF THE BENCH BY GERRY SCHOU

Don't Take Me Out of the Ball Game

While seeking out and collecting reactions to "The Slide," and formulating our own thoughts and opinions on the topic, we were relieved to find that we were in line with former MLB second baseman and San Francisco Giants broadcaster Duane Kuiper, a voice of reason amongst the madness.

Kuiper's comments regarding Chase Utley's so-called slide into second base during the L. A. Dodgers' 5-2 playoff win over the New York Mets Saturday included, "It was a bad slide...it was very dangerous...dirty." Kuiper should know, acknowledging that he has his own list of ten or twelve "guys I won't forget." The unfortunate result of the play was a broken right leg for Mets shortstop Ruben Tejada.

To television analyst and Hall of Fame shortstop Cal Ripken, Jr., and all the others who rationalized that Utley's brutal maneuver was a case of "playing the game hard" and excused Utley's actions as "just part of the game," Kuiper offered up an emphatically dismissive, "Just stop, please!"

During the upcoming off-season it suddenly is likely that a new rule for similar plays around the bag at second base will be instituted by MLB --- "The Ruben Tejada Rule" --- along the lines of "The Buster Posey Rule," that was created for plays around home plate in the aftermath of the Giants' catcher's horrific injuries suffered in an unnecessary collision in 2011. The ultimate, hoped-for effects of these rules is to keep more players healthy and able to play.

A lot of the "tough" guys around the game defended Utley as a "gamer," calling his move "a legal play," "winning ball," and adding that he "had

to break up the double play." They say that it has always been that way --- "old school." But that doesn't make it right. Watching Mets third baseman and team captain David Wright as he stood over his injured teammate on the field --- he turned a "death stare" toward Utley in the Dodgers' dugout that told you what you needed to know--- it was dirty.

St. Louis Cardinals infielder Matt Carpenter reacted to the idea of a new rule, saying he is reluctant about "...changing the way the game is meant to be played." Tejada, Wright, the Mets and a lot of other people don't think that "dirty" is the way to play it.

"He didn't even start sliding till he was even with the bag," said Ripken's partner on TV, Ron Darling. "You don't think that's dirty, Cal?"

Ripken said, "It was a hard, clean play," but then contradicted himself when pressed by Darling, admitting the slide "definitely was late."

On a postgame show, HOF pitcher Pedro Martinez said, "He never had the intention of sliding and just breaking up the double play. He went straight after Tejada."

On Sports Center, former middle infielder Alex Cora was incensed. "It wasn't a slide. It's a tackle. (Utley's) back knee is over the bag. Give me (the fielder) a chance, so I can jump and get out of the way; I got a shot to be healthy," he said, with some quiver in his speech. "The way (Utley) did it, there's no place in the game for tackles like this. I hate the play. I consider this a dirty play."

And, lo and behold, there actually already is a rule in place, that is not enforced. Rule 509 (a) (13) calls for an automatic double play in this situation if, in the umpire's

judgment, the runner intentionally interferes. The stated objective is a penalty for "deliberate, unwarranted, unsportsmanlike action by the runner in leaving the baseline for the obvious purpose of crashing the pivot man..." Utley did not want to injure Tejada, but his purpose was clear and he never could touch the bag. There have been many years of poor judgment.

The macho men around baseball think their own "unwritten rules" should take precedent over the actual rules. Since you never want to be "out," and if Macho Man had his way, a runner that might be out on a tag at third could stop short, punch the third baseman in the chops and step safely on the base. On a close play at first, the runner could take the first baseman to the ground and beat on him until he dropped the ball. SAFE!

In football, a play similar to Utley's would draw a penalty flag for "a hit on a defenseless receiver." In college it would be called "targeting." In hockey, he would feel shame and go to the penalty box for "roughing." In basketball, it would be a "Flagrant foul-2" and an ejection. In soccer, Utley would draw a Red Card and an expulsion. In boxing, that's hitting below the belt. In everyday life, that's battery. What makes baseball so special? Play by the rules.

After all the research has been completed, it is clear that it shouldn't take an expert to evaluate the situation. Trust your eyes; don't over-analyze. A rose is a rose. If it looks like a duck, walks and quacks like a duck, it's probably a duck. Look out, though! Utley's coming in! You'd better duck! ★



Dare to Live Without Limits

Priorities



by Bryan Golden

Something is a priority when it needs prompt attention in order to avoid adverse consequences.

For example, paying a bill that is due in two days is a priority over bills that are due in three weeks. Repairing a leaky roof should be a priority over painting your living room. When high priority situations are ignored, negative consequences ensue or worsen. It takes less time and effort to handle priorities promptly than to correct the problems resulting from inattention.

Are you handling your most important issues first? If not, you are not setting priorities properly. There are some common mistakes people make in setting priorities.

Not thinking about them. When you don't make a conscious effort to determine what you should do first, you wind up doing things in either random or chronological order. Whether you address high priority items first is hit or miss. The impact of neglecting so many priorities is an endless source of frustration.

Making things too complicated or overwhelming. When you view your priorities as being too complex, you put them off. When you become overwhelmed by the number of priorities or their magnitude, you put them off.

Not taking action. You can identify your priorities and rank them appropriately. You can even have the best intentions of addressing each one. However, if you don't take action, nothing will happen.

Here's one approach for setting priorities. You have to start by identifying all things requiring attention. All of those things that are important and urgent should be listed first. This includes any important tasks that have an impending deadline or demand immediate attention. Important tasks include anything that will have negative consequences if left untended.

Now, breakdown complex issues into small, manageable steps. This prevents you from feeling overwhelmed. You are less likely to put off small tasks than large ones.

Finally, take action. Unless and until you take action, nothing will happen. The best of intentions are ineffective without action.

You can prioritize issues into three basic categories. First are those things that must be done. This category contains anything with an immediate deadline that will result in significant negative consequences if not handled properly. Opportunities that will be missed if not taken advantage of should also be placed into this category.

The next category is for things that should be done but are not essential. Typically, there's no pressing deadline for these items. It doesn't matter if you handle them now or later. At some point you have to get them done, but the timing isn't critical.

The last category includes those things that would be nice to do. These are tasks you can attend to

if you have extra time and energy. There are no ramifications if they never get accomplished.

There are a few pitfalls that can trip you up. Procrastination is a powerful inhibiting force. It takes hold when you have a high priority task that you don't want to do. In an attempt to sidestep procrastination, you may turn your efforts to some other lower priority task that is easier to do.

This is known as a displacement activity. It's doing something else so you don't feel guilty about not doing what is most important. A good technique for breaking through procrastination is to devote just 15 minutes to a high priority task that you are putting off. The 15 minutes is a manageable block of time which will get you started. Often, beginning a task is the hardest part.

Setting priorities and working on your most important tasks first is a great way to get more done and reduce stress. Start today prioritizing your tasks and then begin with your highest priority objective.

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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Julie Woodworker Hubbs

Hubbs has lived in Carmichael for over 30 years and belongs to the Carmichael Kiwanis and

the Carmichael Elks Lodge. She is also a board member

on the Carmichael Chamber of Commerce. Hubbs enjoys working in the community and often participates in volunteer activities.

The easiest way to donate to Hubbs' campaign is by visiting www.carmichaelchamber.com. You can also bring this article with you to Lido Café on October 28th or 29th and tell them you are supporting Hubbs for mayor and 20% of your bill counts as VOTES!

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Television Listings for the week of October 16-October 21

FRIDAY EVENING

OCTOBER 16, 2015

Table of TV listings for Friday, October 16, 2015. Columns include time slots (8:00-12:30) and various channels (ABC, CBS, NBC, FOX, etc.) with program titles and ratings.

SATURDAY EVENING

OCTOBER 17, 2015

Table of TV listings for Saturday, October 17, 2015. Columns include time slots (8:00-12:30) and various channels (ABC, CBS, NBC, FOX, etc.) with program titles and ratings.

SUNDAY EVENING

OCTOBER 18, 2015

Table of TV listings for Sunday, October 18, 2015. Columns include time slots (8:00-12:30) and various channels (ABC, CBS, NBC, FOX, etc.) with program titles and ratings.

MONDAY EVENING

OCTOBER 19, 2015

Table of TV listings for Monday, October 19, 2015. Columns include time slots (8:00-12:30) and various channels (ABC, CBS, NBC, FOX, etc.) with program titles and ratings.

TUESDAY EVENING

OCTOBER 20, 2015

Table of TV listings for Tuesday, October 20, 2015. Columns include time slots (8:00-12:30) and various channels (ABC, CBS, NBC, FOX, etc.) with program titles and ratings.

WEDNESDAY EVENING

OCTOBER 21, 2015

Table of TV listings for Wednesday, October 21, 2015. Columns include time slots (8:00-12:30) and various channels (ABC, CBS, NBC, FOX, etc.) with program titles and ratings.

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ATHLON SPORTS TOP 25

1. **Utah** (5-0, vs. Arizona State)
2. **Baylor** (5-0, vs. West Virginia)
3. **TCU** (5-0, at Iowa State)
4. **Texas A&M** (5-0, vs. Alabama)
5. **Florida** (6-0, at LSU)
6. **Michigan** (5-1, vs. Michigan State)
7. **Clemson** (5-0, vs. Boston College)
8. **Ohio State** (5-0, vs. Penn State)
9. **LSU** (5-0, vs. Florida)
10. **Michigan State** (6-0, at Michigan)
11. **Ole Miss** (5-1, at Memphis)
12. **Alabama** (5-1, at Texas A&M)
13. **Northwestern** (5-1, vs. Iowa)
14. **Stanford** (5-1, vs. UCLA)
15. **Florida State** (5-0, vs. Louisville)
16. **Notre Dame** (5-1, vs. USC)
17. **UCLA** (4-1, at Stanford)
18. **Oklahoma** (4-1, at Kansas State)
19. **Iowa** (6-0, at Northwestern)
20. **Oklahoma State** (6-0, Bye)
21. **Temple** (5-0, vs. UCF)
22. **Houston** (5-0, at Tulane)
23. **California** (5-1, Bye)
24. **Boise State** (5-1, at Utah State)
25. **Memphis** (5-0, vs. Ole Miss)

NUMBERS TO WATCH

- 2-1** Wake Forest is 2-1 in ACC games under Dave Clawson when it fails to score a touchdown. The Demon Deacons are 0-8 under Clawson in league play when they do score a TD.
- 59** Portland State beat North Texas 66-7 on Saturday in Denton, Texas. The 59-point margin of victory was the largest ever by an FCS (or Division I-AA) team over an FBS opponent. North Texas coach Dan McCarney was fired immediately after the game.
- 5** Cal's Jared Goff, considered by many to be the No. 1 quarterback prospect in the 2016 NFL Draft, threw five interceptions in the Golden Bears' 30-24 loss at Utah. Goff had thrown a total of four INTs in his first five games of the season.
- 4** With a 23-21 loss to Wisconsin on a late field goal, Nebraska lost for the fourth time this season on its opponent's final snap.

MICHIGAN ON THE MOVE

Surging Wolverines host Sparty in a pivotal Big Ten East clash

MICHIGAN STATE AT MICHIGAN

Michigan is emerging as perhaps the biggest story in college football this season. After losing at Utah by seven points in Week 1, the Wolverines have played as well as any team in the country. The defense has given up a total of 38 points in six games; for a point of reference, 13 teams in the nation are giving up more than 38 points *per game*. We all expected Jim Harbaugh to build a winner at his alma mater — very few of us believed it would happen so soon. This week, Michigan can take a big step toward reclaiming its spot as the best program in the state. Michigan State has won six of the past seven in this series, and has done so with a smashmouth brand of football that made Michigan so great in the Bo Schembechler years. Michigan State is 6-0 this season, but the Spartans have had some surprising struggles against inferior competition. *Michigan 24-14*

ALABAMA AT TEXAS A&M

The Alabama-Texas A&M rivalry lacks the tradition of many of its counterparts in the SEC, but the three games in recent years between the two schools have been eventful. Back in 2012, we witnessed Johnny Manziel's coming out party in the Aggies' 29-24 upset in Tuscaloosa. The following season, Alabama fell behind 14-0 in the first quarter before rebounding for a 49-42 win. And then last year, in one of the most surprising results of the season, the Crimson Tide overwhelmed A&M in a 59-0 victory at Bryant-Denny Stadium. This time around, Kevin Sumlin has what looks to be his most complete team since taking over at A&M. The Aggies feature star power on offense, as usual, and have made significant progress on defense. The arrival of a new coordinator (John Chavis) has helped, but it's also nice to have guys like Myles Garrett and Daeshon Hall on the defensive line. Alabama has been on a tear defensively since allowing 433 yards and 43 points in its home loss to Ole Miss. In the ensuing three games, the Tide have allowed 92 yards to ULM, 299 to Georgia and 220 to Arkansas. *Alabama 30-21*



Mitch Light
Athlon Sports
Executive Editor
@AthlonMitch



Jim Harbaugh has restored order in Ann Arbor in his first season at his alma mater. Michigan enters Week 7 as one of the hottest teams in the nation.

back Brandon Harris will have to make some plays in the passing game against a good defense. Harris threw for a career-high 228 yards against South Carolina on Saturday, but the Gamecocks rank 12th in the SEC in passing defense (220.3 ypg), 13th in yards allowed per completion (7.3) and last in completion percentage allowed (70.0). LSU will be the popular pick, especially after Grier's suspension, but I think this is a good opportunity for Florida to steal one on the road. *Florida 21-17*

OLE MISS AT MEMPHIS

You can make a strong case that this is the biggest game in the history of the Memphis football program. Nationally ranked and undefeated, the Tigers host their regional rival from down the road in Oxford, a team that boasts one of the most impressive rosters in the nation. The Rebels feasted on another inferior non-conference opponent on Saturday, beating New Mexico State 52-3 to run their total against to non-con foes to 3-0 by a combined score of 201-27. This will be a far bigger challenge. Memphis' Justin Fuente is already one of the most highly respected young coaches in the nation. A win over Ole Miss, a legitimate contender in the SEC, would vault Fuente to the top of every athletic director's wish list. *Ole Miss 38-21*

USC AT NOTRE DAME

The drama never stops at USC. In the latest plot twist, head coach Steve Sarkisian has been fired only five games into his second season at the school. Offensive coordinator Clay Helton, who has been with the program since 2010, will take over an interim basis. Helton inherits a difficult situation; USC has lost two of its last three games, including a 17-12 defeat at home last Thursday to a mediocre Washington team. The Trojans are talented enough to win the Pac-12 South, but they failed to play with the necessary focus under Sark's watch. Maybe that will change. Notre Dame, with only one loss, remains on the fringes on the College Football Playoff discussion. To remain in the hunt, the Fighting Irish need to win this game and hope that USC plays well the rest of the season. *Notre Dame 27-20*

UCLA AT STANFORD

Since its Week 1 loss at Northwestern, Stanford has outgained its next four opponents by a staggering 2.4 yards per play en route to four impressive wins. The Cardinal, dismissed by many after that lethargic loss in Evanston, now look like the best team in the Pac-12 North. Kevin Hogan is playing like a senior quarterback, and Christian McCaffrey is living up to his preseason hype as one of the league's top playmakers. UCLA has had a week off to regroup after its disappointing 38-23 loss at home to Arizona State. After rushing for 200-plus yards in wins over UNLV, BYU and Arizona, the Bruins were held to 62 in the loss to the Sun Devils. True freshman Josh Rosen has been solid at quarterback, but this team needs to run the ball with consistency to emerge from the muddled pack in the Pac-12 South. Paul Perkins has been held to 3.5 yards per carry in each of the last two games. UCLA needs more from its senior running back. *Stanford 31-24*

FLORIDA AT LSU

This game took an intriguing — and unfortunate if you are a Gators fan — turn when it was announced on Monday afternoon that Will Grier, Florida's starting quarterback, was suspended for the rest of the season for testing positive for a banned substance. Grier's absence thrusts sophomore Treon Harris into the starting role. A six-game starter last season, Harris has played sparingly in 2015 (though he did start one game), completing a combined 19-of-27 passes for 269 yards while adding 55 yards rushing against New Mexico State and East Carolina. He lacks Grier's polish as a passer but will provide a threat in the running game against an athletic LSU defense. The Tigers improved to 5-0 with a 45-24 win over South Carolina in an unexpected "home" game in Baton Rouge. This team will continue to lean heavily on All-America running back Leonard Fournette, the nation's leading rusher, but at some point quarter-

PRIME TIME PLAYERS

Washington State quarterback **Luke Falk** completed 50-of-74 passes for 505 yards with five touchdowns and no interceptions to lead the Cougars to an improbable 45-38 double-overtime win at Oregon. ... Iowa tailback **Jordan Canzeri** rumbled for a career-high 256 yards on a school-record 43 carries to help the Hawkeyes improve to 6-0 with a 29-20 win over Illinois. ... Boise State junior **Thomas Sperbeck** aver-

aged 35.6 yards on his five receptions (for a career-high 178 yards) in the Broncos' 41-10 win over Colorado State. Sperbeck scored on catches of 85 and 53 yards. ... **Devontae Booker** rushed for 222 yards and two touchdowns on 34 carries in Utah's 30-24 win over previously unbeaten Cal in a key Pac-12 showdown. ... Texas Tech's **Pat Mahomes** continues to thrive in the Red Raiders' Air Raid attack. On Saturday,

the sophomore threw for 428 yards with five TDs and no INTs as Tech rolled past Iowa State 66-31. ... Minnesota's struggling offense got a big boost from freshman tailback **Shannon Brooks**, who rushed for 176 yards (on a 10.4-yard average) in the Golden Gophers' 41-13 win at Purdue. ... Bowling Green quarterback **Matt Johnson**, the nation's leader in passing yards, completed 33-of-39 attempts for 450 yards and

five TDs in the Falcons' 62-38 win over UMass. ... **Derrius Guice**, best known as **Leonard Fournette's** backup at LSU, rushed for 161 yards on 16 carries in the Tigers' win over South Carolina. ... Tennessee quarterback **Josh Dobbs** enjoyed his finest game of the 2015 season, throwing for 312 yards and three touchdowns and rushing for 118 yards and two scores in the Vols' thrilling — and much-needed — win over Georgia.

STOCK REPORT

A Michigan's rapid ascent back to national relevance under first-year coach Jim Harbaugh continued with a dominating 38-0 win over previously undefeated Northwestern. The Wolverines have won five straight games — by a combined score of 160-14 — and have posted three consecutive shutouts.

V Just two weeks ago, Georgia was 4-0 and appeared to be the clear favorite in the SEC East. Now, the Bulldogs are 4-2 — after losing at home by 28 points to Alabama and blowing a 21-point lead at Tennessee — and have lost their best player (running back Nick Chubb) to a season-ending injury. These are not good times for coach Mark Richt.

A No player had a better first half in Week 6 than Brandon Doughty. The Western Kentucky quarterback topped 300 yards and threw five TD passes in the first half alone in a 58-28 rout of rival Middle Tennessee. Doughty finished 28-of-36 for 359 yards with five touchdowns and an interception.

V The fall for Oregon has been staggering. After a double-OT home loss to Washington State, the Ducks look like they might match 2009-10 Texas' feat of playing for a national title one year and missing a bowl game the next. Oregon (3-3) has lost three games before November for the first time since 2004.



Photos: Harbaugh: Tom Lynn; Cook: Harrison McClary/Athlon Sports

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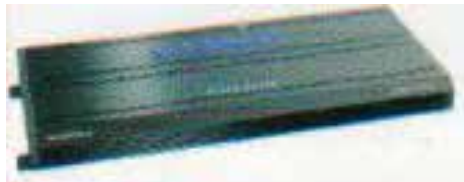
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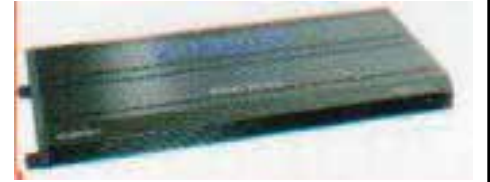
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