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# Carmichael Times

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October 2, 2015

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## Critters Cavort for Birthday Bash



Comic book heroes met superstar mascots during last weekend's Founders Day celebrations in Carmichael Park. Families enjoyed a parade of larger-than-life icons, led by River Cats baseball booster Dinger (back row center), Dragon cub Butterbean and puppy Princess (left) brought fantasy to the dancefloor.

Story and Photos by Susan Maxwell Skinner

A civic birthday revived old-style family fun at Carmichael Park last weekend.

Fanfare by the 100-member El Camino High School pep band, events kicked off with flag presentations to underscore the patriotism of this 106-year-old town. Founder Daniel Webster Carmichael established his first "colony" here in 1909. The annual Founders Day bash recalls the entrepreneur's vision.

A classic car show recorded a century of American automobile production. Performances by Celtic dancers, a pop-band and an African drum troupe reflected modern community diversity.

A midday spectacle presented critters and characters from many childhood fantasies. Parading community icons included Dinger (River Cats baseball team's cougar); the Quick Quack Car Wash Duck; the pizza-loving Chuck E. Cheese

mouse; Golden 1 Credit union's retriever, Goldie; McGruff, the Sacramento Sheriff's crime-detecting dog; Jelly Belly candy company's Mister Jelly; Sacramento County mascot Olly Otter; Carmichael Water District's Less Leaky; and Warden Grizzly from California Fish and Wildlife.

Beastcub Creations of Carmichael supplied baby dragon Butterbean and a canine ballerina called Princess. Superheroes included Wonder Woman, Hawk Eye Avenger, X-Men weather-controller Storm, and Minnie Mouse. The characters interacted with children for much of the day. "All these amazing creatures kept popping up from nowhere," marveled a young mom. "It was like a free Disneyland." ★



Boy and Girl Scouts offered the Pledge during opening ceremonies orchestrated by El Camino High School musicians.

## Governor Gets Request to Declare Tree Mortality Disaster

SACRAMENTO REGION, CA (MPG) - Senator Tom Berryhill (R-Twain Harte) submitted a request to Governor Jerry Brown and California Office of Emergency Services Director, Mark Ghilarducci, to declare a State of Emergency because of the threat presented by the increasing number of dead and dying trees in rural areas.

Drought, invasive species, and the history of mismanaged federal, state, and other forestlands have placed California in a situation where high numbers of dead or dying trees are providing fuel that is escalating the intensity of wildfires throughout the state. This situation threatens our ability to conserve water, jeopardizes air quality and carbon reduction as well.

While the Governor's office has recognized the drought as contributing to wildfire danger, the administration has only recently begun to acknowledge the implication of tree mortality.

Local resources are no longer enough to address the overwhelming increase in dead or dying trees throughout the state.

A U.S. Forest Service survey, of about 3.6 million acres of land covering the lower western foothills of the central and southern Sierra—from the Sacramento area south to Visalia, found more than 6 million dead trees across roughly 526,000 acres.

Tree mortality has reached endemic levels in many areas. Approximately 54% of all trees in Mariposa County are dead or in decayed state, with an expected increase to 72% of all trees this year.

Even if California experiences normal or higher-than-normal levels of precipitation this winter, the disaster would continue due to the high number of dead trees that would fall. Falling trees pose a problem for power

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## Forum Hits Community Nerve

Homelessness Discussion Fills Town Hall



Business people, families and community leaders used last week's forum to air concerns related to homelessness in Carmichael.

Story and photos by Susan Maxwell Skinner

Carmichael, CA (MPG) – Before the 2014 elections, a Carmichael meet-the-candidates town hall drew only 60 spectators. In a potent statement of public concern last week's forum on homelessness filled the La Sierra Center—380 people attended.

"We hit a nerve," confirmed Carmichael Chamber of Commerce executive Linda Melody. "Maybe people feel homelessness affected them less. But homelessness is something they deal with every day. Everyone has a story to tell. It's come to boiling point with many property owners—some threaten to leave our area if problems aren't resolved."

Sacramento Sheriff Problem Oriented Policing (POP) and Transient Enforcement Detail (TED) officers lined town hall walls. Invited by the

Chamber, five panelists were versed in problems experienced by the homeless and, of concern to many attendees, problems caused by growing indigent numbers in the Arden/Carmichael area. While there are no local statistics, 2,600 people are estimated to be living on the streets in Sacramento County. Many shelter in parks, on the river parkway, and around business precincts.

"There are differing opinions on this issue," Melody told the meeting. "They range from frustration to compassion and everything between. The chamber convened this forum so people could have better understanding of what can and can't be done and what programs are in place to help."

Sacramento County Executive Brad Hudson cited the county's curbs on panhandling, enforcement of parkway camping prohibitions, reinstatement

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# Local and National Experts Discuss Sacramento Cohousing Opportunities

**SACRAMENTO REGION, CA (MPG)** - The second annual Sacramento Cohousing Forum will be held Saturday, October 10th from 2 p.m. to 5 p.m. at the Unitarian Universalist Church at 2425 Sierra Blvd in Sacramento.

The event will provide an opportunity to learn more about cohousing and whether it is right for you. Local and national experts, planners, and residents will talk about concept and design, as well as what it is like to live day-to-day in the “new, old-fashioned neighborhoods” of cohousing. These modern-day villages are comprised of about 30 individual private homes surrounding a common house where residents can gather for meals and other activities. Cohousing is unique in that the residents design, own, and govern the community.

The featured speaker at the event will be architect Kathryn McCamant, one of the nation’s experts on cohousing. McCamant has designed and developed dozens of communities throughout the US and Canada. She and her husband Charles Durrett introduced cohousing to North America in the 1980s. They are the authors of the book *Creating Cohousing: Building Sustainable Communities*.

Following McCamant’s remarks, several local experts will discuss “Opportunities for



Fair Oaks EcoHousing future residents design the site’s layout. Photo courtesy of Marty Maskall

Cohousing in Sacramento.” Presenters will include:

- Architect Erin Reschke of the firm Mogavero Notestine Architects, which is planning a cohousing community in Oak Park.
- Marty Maskall, project manager and future resident of Fair Oaks EcoHousing. Fair Oaks EcoHousing is slated to start construction in the spring of 2016.
- Bob Miller, resident of Wolf Creek Lodge in Grass Valley, a senior cohousing community.
- Anne Geraghty, former city planner and proponent of Renaissance Village Homes, a senior cohousing community envisioned for downtown

Sacramento.

“What It’s Really Like” will be the subject of a panel of current residents from local cohousing communities who will take questions from the audience. The communities represented on this panel will include:

- Southside Park Cohousing (5th & T Streets, Sacramento)
- Wolf Creek Lodge (a senior cohousing community in Grass Valley)
- Nevada City Cohousing (Nevada City)
- Muir Commons (in Davis, the first in the nation)
- N Street Cohousing (Davis)

After the forum adjourns at 5 p.m., the discussion will continue with refreshments and an informal Q and A. The event will be hosted by Fair Oaks EcoHousing, Renaissance Village Homes, Oak Park Cohousing, and Wolf Creek Lodge. The cost is \$10 at the door. Reservations are recommended, as the event sold out last year. RSVP to Mary Claus at [mary.claus64@gmail.com](mailto:mary.claus64@gmail.com) or (916) 834-7607.

Source: Marty Maskall ★



Wolf Creek Lodge in Grass Valley, a senior cohousing community. Photo courtesy of Marty Maskall

# Governor Brown Issues Proclamation Declaring Native American Day

**SACRAMENTO REGION, CA (MPG)** - Governor Edmund G. Brown Jr. issued a proclamation declaring September 25th, 2015 as Native American Day in the State of California. The text of the proclamation is below:

## PROCLAMATION

“California has been home to human beings for at least 12,000 years, with the period of European-American settlement representing only a tiny fraction of this time. The first Europeans to arrive in California encountered hundreds of thousands of people organized into hundreds of distinct tribal groups. They flourished in the bountiful hills and valleys of what would someday become the Golden State.

The contact between these first Californians and successive waves of newcomers over the three succeeding centuries was marked by the utter devastation of Native American

people, families and society. The colonial regimes of Spain and Mexico, through disease and slavery, reduced the indigenous population by more than half. Then the Gold Rush came, and with it a wave of new diseases and outright violence that halved the population again in just two years. The newborn State of California institutionalized violence against Native Americans, enacting policies of warfare, slavery and relocation that left few people alive and no tribe intact. In his 1851 address to the Legislature, our first Governor, Peter Hardeman Burnett, famously stated, “That a war of extermination will continue to be waged between the two races until the Indian race becomes extinct, must be expected.”

In spite of Burnett’s prediction, California today is home to the largest population of Native Americans in the fifty states,

including both the rebounding numbers of our native Tribes and others drawn to the Golden State by its myriad attractions. The success of tribal businesses and the rise of tribal members in all walks of life today stand as testament to the resilience and enduring spirit of our native peoples. If Governor Burnett could not envision a future California including Native Americans, it is just as impossible for us today to envision one without them.

NOW THEREFORE I, EDMUND G. BROWN JR., Governor of the State of California, do hereby proclaim September 25, 2015, as “Native American Day” in the State of California.

IN WITNESS WHEREOF I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 22nd day of September 2015.” ★

# Sacramento CROP Walk to End Hunger

**CARMICHAEL, CA (MPG)** - Northminster Presbyterian Church reminds every one of the upcoming CROP Hunger Walk on October 11th. CROP (Christians Responding to Overcome Poverty) Hunger Walks are community-wide events sponsored by Church World Service and organized by local congregations and groups to raise funds to end hunger at home and around the world. CROP Hunger Walks help to

provide food and water, as well as resources that empower people to meet their own needs.

Admission to the walk and raffle is just a can food donation! Funds raised from the walk (ending hunger one step at a time) benefit local food banks, Church World Service, and other international humanitarian agencies. One quarter of money raised stays local benefiting four local food closets. New this year, the walk will be starting on the west

steps of the California State Capitol, the address is 1315 10th Street. The walk is three miles around the State Capitol and Old Sac (making a difference around the block and around the world!). Registration is at 1 p.m. and the walk begins at 1:30 p.m. For more information call Craig Chaimers at (916) 429-1521 or Kathy Ross at (916) 468-2828.

Source: Northminster Presbyterian Church ★

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# Crocker Art Museum Celebrates by Day and by Night

Celebrate the Fifth Anniversary of the Teel Family Pavilion

**SACRAMENTO REGION, CA (MPG)**  
- The Crocker Art Museum is celebrating the fifth year anniversary of the Teel Family Pavilion on October 10th with two major events: the Crocker Birthday Bash during the day and Neo-Crocker 2015 at night.

"Celebrating five years in this building has been a joy, and we want to make sure the next five, 25, and 100 years are as well," said Lial Jones, the Mort and Marcy Friedman Director and CEO at Crocker Art Museum. "We couldn't be more proud of the impact the new pavilion has had on the community, through our ability to offer even more family events, educational programs, art classes, and exhibitions not previously possible. Sacramento was smart to see to fruition its vision for an iconic and empowering center of culture."

The Crocker Birthday Bash will kick-off at 10 a.m., and the Museum will be free to the public from 10 a.m. to 5 p.m. Visitors can get in the birthday spirit with great exhibitions, live music, dance performances, and making hands-on art from 10 a.m. to 2 p.m. The party will kick-off at 10 a.m. with the Grant High School Drumline, followed by performances by Step 1 Dance Company, Natomas Charter School Singing Ensemble, the McKeever School of Irish Dance, and Taiko Dan Japanese drumming. Party guests can also participate in the Global Cardboard Challenge, a worldwide event in which kids of all ages are invited to build anything they can dream up using cardboard, recycled materials, and imagination! Food fare will be



Neo-Crocker 2015 will take those who dare into the next stratosphere. A supersensory, high-volume event with dancing, live music, adult libations, and lots more, Neo-Crocker is a museum-wide, adults-only celebration of art, creativity, and the thrill of being amidst it all.

of National Public Radio's Tiny Desk Concert Contest. Indulge your senses with the Sizzling Sirens Burlesque Experience, rock out to the City of Trees Brass Band, visit the green fairy at the absinthe bar, pop some bottles of bubbly, and dance the night away to dueling DJs.

a 270-seat auditorium, art classrooms, and more. Since then, the Museum has welcomed dozens of world-class exhibitions, from Japanese origami and Amazonian pottery to contemporary paintings and sculptures. In the coming months, the Pavilion will include shows highlighting Albrecht Durer, Ai Weiwei, and Andy Warhol.

"The Teel Family Pavilion has made the impossible possible and is the reason the Crocker Art Museum is now the 37th largest museum in the U.S. in terms of gallery space, the 36th largest in total membership, and has the 32nd highest attendance," Jones said. "There is more to come, and we look forward to continuing our mission of creating and sustaining a culture of learning here at the Museum and throughout the community."

The Crocker Art Museum was the first art museum in the Western U.S. and is one of the leading art museums in California today. Established in 1885, the Museum features one of the country's finest collections of Californian art, exceptional holdings of master drawings, a comprehensive collection of international ceramics, as well as European, Asian, African, and Oceanic art.

The Crocker is located at 216 O Street in downtown Sacramento. Museum hours are 10 a.m. to 5 p.m., Tuesday through Sunday and 10 a.m. to 9 p.m. on Thursdays. Every third Sunday of the month is "Pay What You Wish Sunday" sponsored by Western Health Advantage.

For more information, call (916) 808-7000 or visit crockerartmuseum.org.

Source: Crocker Art Museum ★



Visitors can get in the birthday spirit with great exhibitions, live music, dance performances, and hands-on art.

available at the Crocker Cafe by Supper Club, and members will receive an additional 5% off purchases in the museum store all day.

From 8 p.m. to midnight, the Museum will host a celebration like no other. Neo-Crocker 2015 will take those who dare into the next stratosphere. A supersensory, high-volume event with dancing, live music, adult libations, and lots more, Neo-Crocker is a museum-wide, adults-only celebration of art, creativity, and the thrill of being amidst it all. Come enjoy live performances by modern-blues breakout sensation Fantastic Negrito, winner

Neo-Crocker tickets start at \$40 for adults 21 and over, and the party will sell out, so get yours now at www.tickets.crockerartmuseum.org. Champagne Supporters will receive a complimentary bottle of sparkling wine and express service at cash bars for \$200, and there is a six-pack ticket deal featuring six tickets for the price of five. If available, tickets purchased at the door will have a \$10 service fee. Dress to inspire. Small bites will be available for purchase.

When the Teel Family Pavilion opened in 2010, it tripled the size of the Museum, providing space for traveling exhibitions,

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Before

After

# We Are Going to Love You Forever, Yogi, and that's a Really Long Time

Commentary by  
Dr. Mark Hendrickson

The word "icon" is overused these days, but it surely applies to Lawrence Peter "Yogi" Berra, who passed away on September 22nd at age 90. His playing career was iconic, and he transitioned into a cultural icon in his role as amateur philosopher and author of droll malapropisms.

Yogi was a key part of the New York Yankees dynasty that dominated Major League Baseball in the 1950s and early 1960s. On a personality-rich team that included fellow Hall of Famers Mickey Mantle and Whitey Ford, Berra was the most colorful and arguably the most accomplished, having won three American League Most Valuable Player awards (compared to two each for Mantle and Roger Maris), an all-time record of 10 world championship rings as a player (he won three more as a coach), and the distinction of having caught the only perfect game in World Series history—Don Larsen's gem in 1957.

As a boy growing up in metro Detroit, I watched Berra and his teammates repeatedly demonstrate their superiority of my beloved Tigers. The games when the Tigers managed to prevail in this spirited rivalry were highlights for us Tiger fans.

I saw Yogi play catcher—the position he played fulltime when he won those MVP awards—once or twice, but most of the games I saw him play were late in his career, when he patrolled left field, having ceded the demanding position of catcher to Elston Howard and Johnny Blanchard. As a kid sitting in the left field bleachers, I have vibrant mental images of Berra in front of me, the number 8 on his gray visiting uniform standing out vividly. Yogi was the last player to wear number 8 in Yankee pinstripes, the club retiring it in 1972. Berra had a



distinctive posture in the outfield, settling into a semi-crouch (still a catcher at heart), positioning his body at an angle to the infield with his hips lined up with right field, and resting a hand on each bended knee.

As a batter, Yogi, a right-handed fielder, hit from the left side. He was only 5'7" and thus had a naturally small strike zone, but Yogi loved to hit and was famous for swinging at balls outside of the strike zone. Normally, such bad habits would work to the pitcher's advantage, but Yogi was a clutch hitter who hit 358 homeruns and accumulated 1,430 RBIs. Those totals could have been higher had not the start of his career been delayed by serving in the Navy in World War II, where he bravely took park in the landing at Normandy. As a major league manager, Berra's achievements were more modest, although he is one of a fairly small number of managers to take teams to the World Series in two different leagues, losing seven-game series as manager of both the Yankees and the Mets.

Perhaps Yogi's most enduring legacy will be the sayings he coined. Although he dropped out of school in the eighth grade, some of Yogi's adages offer wisdom to today's economists. As an economist myself, I couldn't resist:

- "In theory, there's no difference between theory and practice. In practice, there is." I wish our Keynesian economists could grasp that simple

fact of life. I think of that every time Paul Krugman et al. insist that the key to restoring prosperity is to incur more indebtedness.

- "When you come to the fork in the road, take it." That's a message for Janet Yellen and the FOMC to heed. The Fed seems frozen in place, like deer caught in the headlights—a situation that doesn't have a happy ending.
- "Baseball is 90 percent mental. The other half is physical." Similarly, in economics the profession is haplessly confused about how much analysis should be micro and how much macro, and equally confused about how much government should intervene into the economic activity of the nation.
- "If you don't know where you are going, you might wind up someplace else." This one is screaming a warning to the American people to stop and ask ourselves where colossal federal overspending and debt is taking us. We really don't want to go there.
- "We made too many wrong mistakes." This pithy pleonasm could serve as an epitaph to America's detour into Big Government economic planning and social engineering.
- "A nickel ain't worth a dime anymore." Has anyone ever summarized the ongoing depreciation of our fiat currency more succinctly?

Thanks for the memories and the thought-provoking witticisms, Yogi. You will always be fondly remembered.

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

# Local Businesses Aid Relief Efforts for Fire Victims

SACRAMENTO REGION, CA (MPG)

- Two regional fires are being considered among the most destructive in California history. At the time of this publication, the Valley Fire and Butte Fire have claimed over 800 homes, disrupting the lives of thousands in the community. Three Sacramento-grown companies are partnering to activate their customer, fan, and viewer bases to help the American Red Cross provide the much-needed resources to provide relief to those who have been displaced by the fires.

Raley's, the Kings, and FOX40 have partnered together to embrace community and accept donations to help support those in need and share the message across the region.

The Red Cross is providing shelter, meals, water, relief supplies, health services, and emotional comfort. They are also available to help people plan their next steps.

Relief efforts began the day of the devastation, September 13th and will continue as long as the services are needed. The funds collected will be dispersed equally between the American Red Cross and food bank partners in the affected

areas through Raley's nonprofit, Food for Families.

"After a disaster, financial donations are the quickest and best way to get help to the people who need it most," said Lilly Wyatt, director of regional communications for the American Red Cross. "Financial donations allow us to be flexible in the help that we provide, and as an added benefit, we can actually purchase items locally, stimulating the economy of the disaster-affected area."

Monetary donations will be accepted at all 114 Raley's, Bel Air Markets, and Nob Hill Foods locations beginning on September 18th. People can also donate funds online at Foodforfamilies.org or directly from their mobile phones by texting ENDHUNGER to 85944.

On October 10th at the Sacramento Kings game, all four partners will come together to continue to drive donations, raise awareness, support victims, and recognize the firefighters serving the community.

Raley's Spokeswoman Chelsea Minor said, "With 80 years of service to our communities, we know the impact

community can have in times of critical need. Raley's quickly activated our stores and joined with our partners at the Sacramento Kings and Fox40 to serve as a community resource for giving to help the victims impacted by the devastation."

Sacramento Kings VP of Community Impact Scott Moak said, "We're deeply saddened by the tragic events in our community. Extending the #DoGood spirit to our fans and offering them an opportunity to contribute will help victims on the long road to recovery. And on October 10th, we'll rally around these communities and give them the support they need."

FOX40 NEWS Vice President and News Director Ed Chapuis said, "Our hearts go out to the victims of these wildfires and we are glad we can do something to help. We've covered these tragic stories of homes burned and lives lost, and FOX40 employees and viewers needed to reach out and help. We feel fortunate to be able to raise money for victims and raise awareness for the tremendous need for relief."

Source: FOX40 NEWS ★

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# Sacramento Suburban Water District Drought Champs

**SACRAMENTO REGION, CA (MPG)** - Sacramento Suburban Water District (SSWD) customers helped lead the state in reducing water use this summer, cutting consumption by over 40% in July. Overall, the state reduced water use by 31% compared to July 2013.

Sacramento resident Ms. Rea decreased her water use by a whopping 75% (more than 20,000 gallons) in June and July compared to the same timeframe in 2013. She achieved this by deciding to stop watering her lawn and focused on keeping her bushes and trees alive with limited deep watering. Inside her home, Ms. Rea conserved water by washing only full loads in her clothes washer and capturing shower and faucet water in a bucket as it heats up.

"I recognized the fact that we've gone without rain for a long time in Sacramento and can't take our water for granted," Ms. Rea said about her efforts to conserve.

Local businesses also stepped up their conservation efforts. One of the highlights was the Teichert Foundation, the grant-giving arm of the long-standing Teichert construction company. The foundation reduced their water use by 61% in June (compared to June 2013). They prioritized their outdoor water needs and allowed portions of their grass to go golden while bringing in arborists and other professionals to help guide them in saving the most important parts of their landscape, such as their trees.

"We have been heartened by the overwhelming way our customers responded to the governor's call to conserve during this historic drought," said Greg Bundensen, Water Conservation Supervisor for the SSWD. "We're encouraging everyone to keep up their great work through the end of summer and into the fall."



**Sacramento resident Ms. Rea decreased her water use by a whopping 75% (more than 20,000 gallons) in June and July compared to the same timeframe in 2013. She achieved this by deciding to stop watering her lawn and focused on keeping her bushes and trees alive with limited deep watering. Inside her home, Ms. Rea conserved water by washing only full loads in her clothes washer and capturing shower and faucet water in a bucket as it heats up.** Photo courtesy of Sacramento Suburban Water District

SSWD has a full suite of rebate programs available for its customers, including Cash for Grass, which offers up to \$1,000 in funding for replacing lawns with a low-water landscape; Irrigation Efficiency Upgrades, which provides up to \$300 in rebates for replacing old inefficient sprinklers with new more efficient models; and programs for pool covers, weather-based irrigation controllers, and rain sensors.

Rebates are also available for indoor water-efficiency upgrades, including recirculating hot water pumps (\$150 rebate), clothes washers (\$75 for an approved Tier III high-efficiency clothes washers), and for low-flow toilets via the Department of Water Resources.

SSWD has low-flow showerheads and buckets for collecting water available upon request at the SSWD office. SSWD also recommends that its customers

take the following actions:

1. Check their sprinklers for leaks or misdirected heads at least once a month.
2. Use plenty of mulch around their trees and shrubs to limit evaporation.
3. Follow the two days a week watering guidelines and water their landscape early in the morning.
4. Limit their showers to five minutes or less.
5. Run their dishwasher and clothes washer only when full.
6. Set up a free Water-Wise House Call to find out more ways to conserve

More water saving tips and information on the rebate programs are available online at [sswd.org](http://sswd.org) or by calling (916) 972-7171.

Source: Sacramento Suburban Water District ★

# Forum Hits Community Nerve

Homelessness Discussion Fills Town Hall



**Chamber of Commerce executive Linda Melody (left) introduced panelists Brad Hudson (County Executive Officer), Captain Kris Palmer (Sheriff's North Area Division), Joy Smiley (Deputy District Attorney) Assemblyman Ken Cooley and Ryan Loofbourrow (Sacramento Steps Forward).**

Continued from page 1

of mental health programs and efforts to connect transients to such services. "But we are limited in what we can do," he explained. "Sleeping in public places or cars is not illegal. We can't be in every corner of the community. You can." Hudson urged proactivity among business people. "Secure outdoor electric points, trash cans and hose bibs," he said. "Turn off WIFI when your business closes."

A recent sweep resulted in 200 tickets and arrests in Carmichael. "But we can't arrest our way out of the problem," conceded North Area Sheriff's Captain Kris Palmer. "You have a problem that's growing fast. As we get more people through the Sheriff's Academy (new trainees graduate in November, December, and January) we'll get more POP and TED officers on your streets. Team policing provides greater accountability and responsibility in areas like Arden and Carmichael."

Assemblyman Ken Cooley

urged attendees to build on their dissatisfaction. "If you came here tonight angry," he advised, "let that energy drive you forward. Organize meetings. This is how you get ideas; this is how a democracy works."

Business owners were advised to post "no trespassing" signs to give police leverage to remove or prosecute lingerers. Supplying the homeless with food or money was discouraged. County Executive Brad Hudson instead suggested donating to programs committed to ending dependency cycles.

"Housing, support services, and employment, together, are the solution," said Ryan Loofbourrow from the Sacramento Steps Forward organization. His four-year-old agency works to house and help homeless people rebuild their lives. "Jobs are the means by which they pay rent and build self-sufficiency," he stressed. "The problem can't be solved by any one agency. We all have to work on it."

Deputy District Attorney Joy Smiley explained that early

release of jailed felons blended savvy criminals with the homeless population. "Sometimes it's the homeless committing crimes, other times it's criminals with homes who purposely stay under radar and are mistaken for the homeless," she said. Her office and the sheriff are exploring solutions to deal with chronic nuisance offenders. "We're hoping to get more appropriate sentences," she said. "We'll direct homeless people to services. But if they have a lengthy history of crime, we'll try to find jail space for them."

The Deputy DA urged people to call the county's 311 line with complaints and to use a new app for reporting violations. "Your reports help us," she said. "Snap pictures of trespassing, loitering, vandalism. That's how we build our cases."

"The law says people have the right to be homeless. But they don't have the right to interfere in your life. You have the right to protect your business and your investments." ★

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- ACROSS**
- Egypt's sacred flower
  - Spinning toy
  - Hoodwink
  - Resembling an orangutan
  - Biology class abbr.
  - Printer cartridge contents
  - Rane's wrap
  - Long, long time
  - Valued for its soft down
  - \*He ruled Nottingham
  - \*Evil and No, e.g.
  - Reggae precursor
  - Apiece
  - \*Lex Luthor breached the Hoover \_\_\_\_ in "Superman"
  - Center of activity, pl.
  - Not digital
  - 500 sheets
  - Australian palm
  - Mediterranean appetizer
  - World's largest continent
  - Run \_\_\_\_ of the law
  - Wildly
  - Going to
  - Intense rage
  - Fine threads
  - As opposed to shut down
  - Miss America's accessory
  - To boot
  - Facebook's "psst"
  - Opposite of their
  - \* \_\_\_\_ Bill of "The Silence of the Lambs"
  - Opposite of greenhorn
  - Wombs
  - \* \_\_\_\_ My Children"
  - Church assembly
  - Motion Picture Association of America, e.g.
  - Waikiki wear
  - Last letter of Greek alphabet
  - First-rate, slang
  - In the past
  - Gossipy

- DOWN**
- Bonnie one
  - Moonfish
  - Michelin product
  - Internet patrons
  - Crown Prince of Abu Dhabi, e.g.
  - Not kosher
  - Lennon's widow
  - \*The evil Tai Lung in 2008's "Kung Fu \_\_\_\_"
  - "Just \_\_\_\_"
  - Back arrow key action
  - Jury colleague
  - Makes mistakes
  - House music
  - Flora's partner
  - South American edible tuber
  - Adhere to certain views
  - \*Rocky's Russian rival
  - \*"The Tortoise and the Hare" author
  - Easternmost state
  - \*McFly's bully

**CROSSWORD**

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

**For Solutions See Page 7**

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# Heroes Challenge You to Give Them the Bird!

The Wildlife Care Association Presents Quarterly Photo Contest

**SACRAMENTO REGION, CA (MPG)** - As the non-profit provider of rescue, recovery, and release of injured, orphaned, and displaced birds and small animals, Wildlife Care Association (WCA) is challenging the Sacramento region to give them the bird!

Take a photo of a bird, or birds, in your backyard, local parks, or other wild Sacramento regional location. Submit your photo on the WCA Facebook page as a message with photo attached.

Visit <http://www.wildlifecareassociation.com> to learn more, or visit their Facebook and Instagram galleries for ideas.

The quarterly contest submission deadline is December 31st, 2015. Entries can be made in two categories: Under 12, and Over 12. If you are under 12 years old, you can enter free! Individual entries in the Over 12 category should include a minimum \$5 donation to WCA through the Facebook donation button. Each photo may be entered only once, but individuals may submit more than one photo each quarter. Submissions should include your email, the location where the photo was taken, and



Take your best guess about what type of bird this might be. Photo by WCA President Theresa Bielawski

your best guess of what type of bird this might be.

The WCA Quarterly Photo Contest winner will be awarded a special prize including a guided tour of the Rescue Dome at McClellan Park and their photo will be featured in the newsletter, posted at the rescue facility, and posted on Facebook/Instagram.

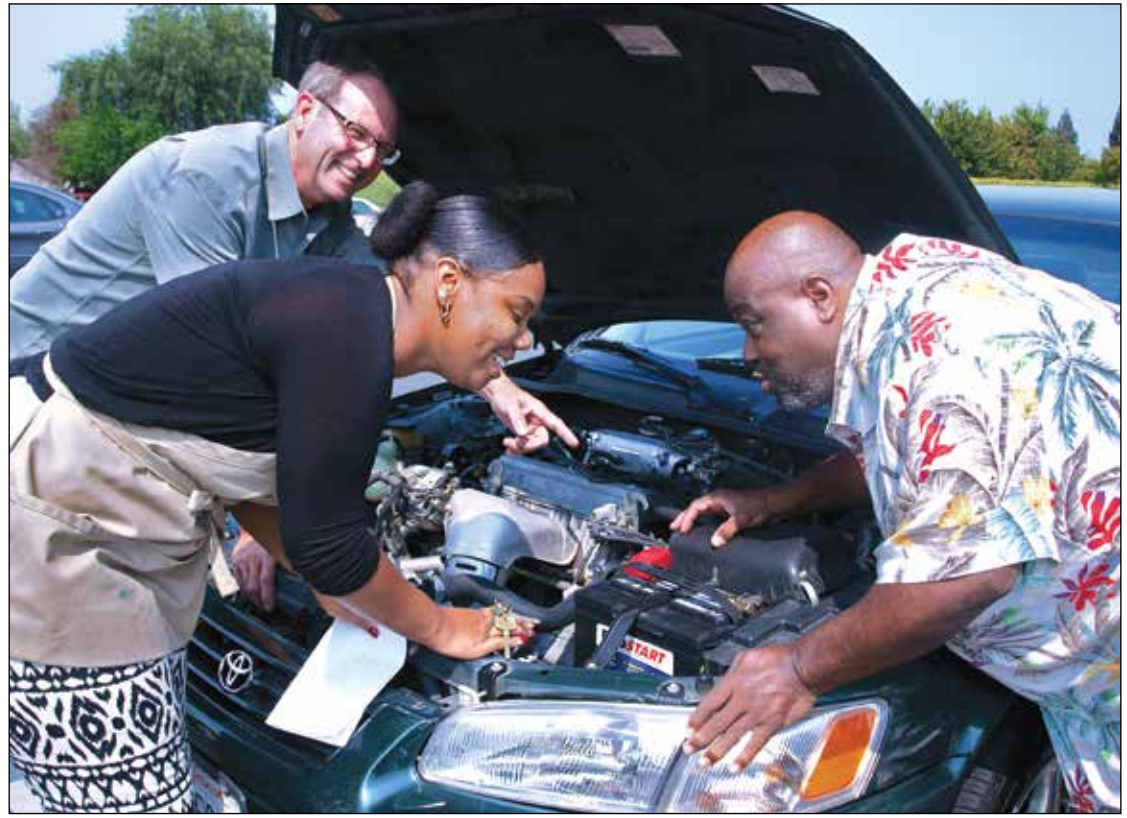
One winner will be chosen from submissions to determine a winner. WCA staff reserves the right to select a winner from content and other factors including artistic merit. All photos submitted become the property of WCA for its use in outreach, education, and fundraising.

For more information, call (916) 965-WILD. Source: Rick Reed Public Relations



Get in touch with nature by photographing some local birds. Photo by WCA President Theresa Bielawski

# Have Wheels, Will Teach



Preschool teacher Markisha Jackson inspects her car engine with American River Community Church Pastor Rich Reimer (left) and Moderator Randy Holland. The vehicle was a gift from an anonymous church member.

Story and photo by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Thanks to the generosity of a Carmichael churchgoer, a single mom's life just got much easier.

Wonder-Land Christian Preschool teacher Markisha Jackson calls herself "blessed" by the means to reach work every day. Her 1999 Toyota Camry was donated by an American River Community Church member. The church runs the school whose Arcade-based teacher previously depended on friends and public transport for

getting to work and for outings with her four-year-old daughter.

"God's people are blessed to be blessers," said Pastor Rich Reimer as he and church moderator Randy Holland handed over keys and ownership papers. They noted that the vehicle was recently smogged had four new tires and a full tank of gas.

"It's a blessing to be loved by my employers, my fellow employees, and the children here," said a tearful Jackson. "My daughter and I are so thankful."

Learn about American River Community Church at [www.arconline.org](http://www.arconline.org).

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**ARIES** (March 21 to April 19) Your moodier side might emerge this week. But the dark period should pass in time for the party-loving Lamb to go on a happy gambol with some very special people this weekend.

**TAURUS** (April 20 to May 20) Yet again, you show your skill at being able to indulge in your love of the arts this week while still taking care of practical matters, including some still-unfinished business matters.

**GEMINI** (May 21 to June 20) A potential change might appear to be what you've been looking for. In any event, consider both the negative as well as the positive possibilities before making any sort of decision.

**CANCER** (June 21 to July 22) Relationships continue to dominate your aspect this week on a mostly positive level, with just a few problem areas you can smooth over. Also, try to be flexible about travel plans.

**LEO** (July 23 to August 22) You love being on center stage, and while you absolutely purr at the sound of all that praise, be careful not to take on too many commitments at the expense of time spent with loved ones.

**VIRGO** (August 23 to September 22) You might feel that you need to get involved in a matter concerning a friend or relative.

But while the issues appear to be cut and dried, they might not be. Get more facts before you act.

**LIBRA** (September 23 to October 22) A suggestion about a policy change could create heated reactions. Keep your mind open and resist joining in with naysayers unless they can show a real basis for their position.

**SCORPIO** (October 23 to November 21) While potential career changes warrant your interest, don't ignore current job responsibilities. A personal relationship also can benefit from more of your attention.

**SAGITTARIUS** (November 22 to December 21) Don't guess at what the facts might be if you hope to make the best decision possible. The wise course is to ask direct questions and act on the answers you get.

**CAPRICORN** (December 22 to January 19) Your efforts involving that pesky problem should soon show positive signs of being resolved. This would allow you to shift some of your focus in another direction.

**AQUARIUS** (January 20 to February 18) While you enjoy well-deserved praise for getting a difficult job done, there's no time to relax. A new challenge looms. Expect more support from a once-strong critic.

**PISCES** (February 19 to March 20) You might still have explaining to do about your decision, but support grows as you continue to make your case. You also might want to start

making plans for the upcoming holidays.

**BORN THIS WEEK:** You insist on making decisions based on facts, not on popular opinions. Have you considered a career in science?

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**Strange BUT TRUE**

- You might be surprised to learn that the game of Chinese checkers isn't actually Chinese in origin; it was invented in Germany.
- It was 19th-century French poet and philosopher Henri-Frederic Amiel who made the following sage observation: "Truth is violated by falsehood, but it is outraged by silence."
- You may know that Philo Farnsworth invented the television, but you may not realize that his success didn't bring him much happiness. Later in life he suffered from depression, developed a drinking problem (and accompanying ulcers) and had a nervous breakdown.

**top ten**  
**YouTube Teen Influencers**

1. KSI BUTTER
2. PewDiePie
3. Vanoss-Gaming
4. Nigahiga
5. Smoosh
6. Markplier
7. The Fine Bros.
8. Jenna Marbles
9. Sky Does Minecraft
10. Ray William Johnson

Source: Variety



**PICKS OF THE WEEK**



Britt Robertson in "Tomorrowland"

**PICKS OF THE WEEK**

"Tomorrowland" (PG) -- What we once knew as "the part of Disney World that has Space Mountain" is now a feature-length futuristic adventure starring George Clooney. Casey (Brittany Robertson), a plucky, science-oriented teen, finds a pin that takes her to a world of futuristic fancy. She meets up with a former boy-genius (Clooney) in the hopes that they can find their way back to Tomorrowland, where things are shiny, science is awesome, and mankind lives in harmony with the planet.

The film is really, really fixed on this idea that science and society in general were better and more hopeful some decades ago, and that we need that old-time optimism once again if we're going to make it through the various social and environmental problems of today. If you can stomach the preaching, it's a fun ride for the kids, and a lot less expensive than a trip to Space Mountain.

"San Andreas" (PG-13) -- Dwayne "The Rock" Johnson brings a helicopter to an earthquake fight in this mega-disaster thriller. Ray Gaines (Johnson) is a rescue guy who needs to patch things up with his ex-wife so they can save their daughter from a super earthquake that's rearranging California. Not much else to see or hear over the roaring special effects.

It's a big, loud spectacle that doesn't bring much originality to

the table. The real objective here is getting The Rock in a vehicle and watching it go. Some viewers may need to chug large quantities of soda or tea, as the boom and blunder is hard to appreciate without a raging sugar-rush. It's fun, but not worth the consequences.

"Dope" (R) -- Malcolm (Shameik Moore) is on his way to college from a rough neighborhood in California. He's smart, funny and a proud geek who knows his hip-hop trivia. Just when he's got his shot at being really cool, a series of events leaves Malcolm with a large amount of drugs and orders to sell it -- or else! This rare summer comedy was hailed across the film festivals for its originality, sharp wit, slick direction and hyper-awareness. With this one role, Moore has eyes on him for a follow-up performance. Pick this one up for a different perspective on what the kids are up to these days.

"Manos: The Hands of Fate" (R) -- This 1966 no-budget drive-in flop is lauded as the worst movie ever -- and it's now remastered for Blu-Ray! The first act features a punishingly boring account of a husband, wife and young daughter getting lost on a Texas road trip. They stop for the night a tiny lodge tended by Torgo, a scruffy weirdo whose exaggerated limp gets its own theme music every time he hobbles across the screen. There's an undying dark priest in a stupid hand-themed robe, The Master, but he doesn't evoke so much fear as pity, since he can get no peace from his harem of bickering immortal wives. Fair Warning: "Manos" is so bad that it's challenging to finish. Watch with funny friends, or pick up the "Mystery Science Theater 3000" version, which is almost the same experience.

**TV RELEASES**

"The Civil War 25th Commemorative Edition -- Restored for 2015"  
"Mad Men: The Final Season, Part 2"  
"Mad Men: The Complete Collection"  
"When Calls The Heart: Year Two"  
"100: Season 2"  
"Indian Summers"

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**by HEALTHY EXCHANGES**

**Pork Tenderloins with Glazed Carrots**

On those first cool, crisp fall days, this is mighty comforting to have on the menu!

- 3 cups sliced carrots
- 1/2 cup chopped onion
- 4 (4-ounce) lean pork tenderloins or cutlets
- 6 tablespoons apricot spreadable fruit
- 2 teaspoons dried onion flakes
- 1 teaspoon dried parsley flakes

Spray a slow-cooker container with butter-flavored cooking spray. Add carrots and onions to prepared container. Mix well to combine. Arrange pork tenderloins evenly over carrots.

In a small bowl, combine spreadable fruit, onion flakes and parsley flakes. Spread mixture evenly over tenderloins. Cover and cook on LOW for 8 hours. When serving, place 1 tenderloin on a plate and spoon 1/2 cup carrots next to tenderloin. Serves 4.

\* Each serving equals: 272 calories, 4g fat, 25g protein, 34g carb., 663mg sodium, 67mg calcium, 4g fiber; Diabetic Exchanges: 3 meat, 1 1/2 vegetable, 1 fruit.

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**The Garden Bug**  
Brenda Weaver

**Compost materials**

"Browns"	"Greens"
Fallen leaves, hay, straw, cornstalks, shredded cardboard & newspaper (soy-based OK), paper plates, bags, towels, chipped brush, sticks, twigs, branches, bark, sawdust, pine needles (not more than 10%)	Vegetable & fruit wastes, eggshells, coffee grounds, filters, teabags, farm animal manure, chemical-free weeds & grass clippings, seaweed (give it a good soak to remove any excess salt)

Source: earthfriendlygardening.wordpress.com

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FICTITIOUS BUSINESS NAME STATEMENTS
FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-06853 Michael Thompson, 7515 Sheldon Road, Unit 50103, Elk Grove, CA 95758 is doing business under the Fictitious Business Name(s) "Morning Star Real Estate Services" at 6056 Rutland Drive, Suite 8A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 31, 2015. Publish: September 11, 18, 25 and October 2, 2015. MORNING 150901 10-2-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-06986 G & H Automotive, 5647 Watt Avenue, North Highlands, CA 95660 is doing business under the Fictitious Business Name(s) "Maaco Collision Repair & Auto Painting" at 5647 & 5645 Watt Avenue, North Highlands, CA 95660. Filed with the Clerk of Sacramento County September 4, 2015. Publish: September 11, 18, 25 and October 2, 2015. MAACO 150908 10-2-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-07001 A-1 Best Auto Sales, 6824 Hillside Drive, Carmichael, CA 95608 is doing business under the Fictitious Business Name(s) "A-1 Best Auto Sales" at 6824 Hillside Drive, Carmichael, CA 95608. Filed with the Clerk of Sacramento County September 4, 2015. Publish: September 11, 18, 25 and October 2, 2015. A-1BEST 150908 10-2-15

ORDER TO SHOW FOR CHANGE OF NAME
SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00183766

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00183766
WHEREAS, Andrew and Sonia Woodruff, on behalf of Marston Woodruff have filed a petition with this court for a decree changing the name(s) of Marston True Woodruff, II to Julian Marston Woodruff.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00184647
WHEREAS, Chitraporn Smith has filed a petition with this court for a decree changing the name(s) of Chitraporn Smith to Ketsiree Smith.

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-06739 Michael Dufur, 4 Birmin Court, Sacramento, CA 95835 is doing business under the Fictitious Business Name(s) "Health Concepts" at 5715 Marconi Avenue, Suite A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County August 27, 2015. Publish: September 11, 18, 25 and October 2, 2015. HEALTH 150908 10-2-15

FICTITIOUS BUSINESS NAME STATEMENT
FBNF2015-07019 Ahmad Talib Epps, 933 North Avenue #49, Sacramento, CA 95838 is doing business under the Fictitious Business Name(s) "Money & Muscles" at 933 North Avenue #49, Sacramento, CA 95838. Filed with the Clerk of Sacramento County September 8, 2015. Publish: September 18, 25, October 2 and 9, 2015. MONEY 150914 10-9-15

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
FBNF2014-07552
The following person(s) has/have abandoned the use of the FICTITIOUS BUSINESS NAME of "Saigon Spa" located at 7530 Auburn Boulevard #A, Citrus Heights, CA 95610. Kim Nansel, 3906 Marconi Avenue, Sacramento, CA 95821. The Fictitious Business Name Statement referred to above was filed on September 17, 2014 in the County of Sacramento. Publish: September 11, 18, 25 and October 2, 2015. SAIGON 150901 10-2-15

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00183765
WHEREAS, Marcie Ann Pettinato have filed a petition with this court for a decree changing the name(s) of Marcie Ann Pettinato to Megan Marie Pettinato.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
#34-2015-00184018
WHEREAS, Savita and Rajinder Dhalwal have filed a petition with this court for a decree changing the name(s) of Savita to Savita Dhalwal, Tania to Tania Dhalwal, Ritik to Ritik Dhalwal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 23, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

NOTICE OF PETITION TO ADMINISTER ESTATE OF FAYE LAVERNE BOOTH, AKA FAYE L. BOOTH, FAYE BOOTH (descendant)
ESTATE NO. 34-2015-00184055
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of FAYE LAVERNE BOOTH, AKA FAYE L. BOOTH, FAYE BOOTH (deceased): A petition has been filed by ELLIE MAE BEAN in the Superior Court of California, County of Sacramento, requesting that ELLIE MAE BEAN be appointed as Executor to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the executor to take many actions without obtaining court approval. Before taking certain very important actions, however, the executor will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. Bond is not required. A hearing on the petition will be held in this court as follows: October 21, 2015, 9:00 a.m. in Dept. No. 129 at Ridgeway Family Relations Courthouse, 3341 Power Inn Road, Sacramento, CA 95826. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. The name, address and telephone number of the Petitioner is: Jane Faye Booth, 4820 Carey Road, Sacramento, CA 95835 (530) 719-0306 Publish: September 18, 25 and October 2, 2015. BOOTH 150910 10-2-15

# Parents and Teachers Examine Homework

By Lanaya Nilsson

**SACRAMENTO REGION, CA (MPG)** - Now that school is underway and schedules are being set, one particular subject comes to the forefront for many students, teachers, and parents: homework.

The topic has become controversial in recent years. Books like *The Case Against Homework* (2007, Sara Bennett and Nancy Kalish), *The Homework Myth* (2007, Alfie Kohn), *Rethinking Homework: Best Practices that Support Diverse Needs* (2009, Cathy Vatterott), and documentaries like *Race to Nowhere* (2010) explore the educational policies in our country and within our school districts and how they compare to other countries that are performing the highest in the world, despite many of them having little to no homework for their students. Even NPR featured the subject in an article titled "Homework: A New User's Guide."

There are many conflicting claims on how much of an increase we have had in homework loads on children in the last 20-30 years. Some claims say it has doubled, others argue that it has stayed pretty much the same. When the communication manager of Sacramento Unified School District was asked if there had been any recent changes in homework policies, she said not at the district level, but that schools handle it on a case-by-case basis. But when researching the subject, personal findings are that there are certain factors that should be considered when a parent or a teacher is deciding if homework helps or hinders their students.

How long does homework take per subject? When should students get a break from doing homework? Is homework interfering in other activities or family time? When a group of



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mothers of students in a K-8 school within the San Juan district were approached with these questions, they had much to say.

"Homework works well for our family," said Melissa Tachiera, mother of a first grader, a third grader, and a high schooler. "It creates both a routine and helps my kids learn responsibility. But my kids actually like doing homework and finish it quickly, and I know this is not the case for everyone."

Another mother chimed in. "I had my son at a very militant-type school before this school year, where the homework load was large, and he began to quickly dislike going to school," she said. "The daily battle even to

get him to go to school was getting unbearable, so his father and I decided to switch. Since changing, his whole attitude is improved, and he once again is liking school and coming home happy."

When the group was asked about their opinions of week-end or holiday break homework, all of them shook their heads in unison. "Weekends and holidays are *our* time, family time," one said. "It's also a time when we get to relax as a family, do sports, and let our kids be kids," replied another. When asked about homework overload, a mother said, "We have never had a problem with the teachers here overloading our kids, and if there have ever been any issues,

it is easy to contact the teacher and work it out, whether it be homework or any other problem." One of the mothers also added, "Homework can also be an important part of recognizing if there is a learning disability present in your child and getting early intervention."

Although homework was not a sore subject among this group of parents, there are plenty with conflicting experiences. Many educators in districts all over the country are beginning to examine homework within the classrooms, particularly at the high school level, where so many students are feeling increased pressure that results in stress, depression, and even

performance-enhancing drug use. One teacher featured in the *Race to Nowhere* documentary noted that when he cut his homework load in half as an experiment, the scores from students actually went up a significant amount. Other teachers around the nation are doing this same experiment with similar findings.

Is the homework that is being assigned conducive to learning and retaining, or is it just "busy work?" Is it something that is being currently taught in class, or are students expected to learn it at home on their own or with instruction from parents? This was the case for another parent that was interviewed, Heidi Kellerman, who has both a

student in San Juan Unified and Sacramento Unified. Kellerman said, "The problem I have had with homework are the assignments that my kids have yet to be instructed on, and so I end up being the teacher for them. I am a single parent, and after a full work day, I don't have time and patience to be my kids' teacher as well." Kellerman also went on to say that many times a parent actually completes work for their child. When she has helped her kids with projects for display and later gone to see the other children's projects, it seems obvious to her that most of them where completed by the parents and not the kids, as they are very advanced. "So what's the point of it if the parents are just going to do it for them? What do the kids learn?" she asked.

This is a complaint of many of the parents' groups that have begun petitions to ban homework in their districts. They say the nightly battle with kids, the emotional impact on both the whole family, and the amount of help on their part (when they have housework, cooking, errands, and more) is not worth it when their child's assignment so often does nothing to further them academically or improve their life skills. The National PTA has even been quoted as saying, "Homework that cannot be completed without help from the parent is not good homework."

So where do we go from here? Homework seems to be a subject that is individual to the family and the teacher. But the one word that seems to sum up how most people feel about it is moderation. Just like anything else, too much of it hurts—not helps—a developing mind. When a student experiences high stress, burnout, and develops a "who cares, just get it done" attitude, we all lose. ★

# Are Voting Rights For All Voters? Let's Ask Hillary



Commentary by Jacqueline Salit

Last month I was a guest on the award winning PBS show *Arizona Horizon*, hosted by Ted Simons. Ted is a fellow independent and in the makeup room, before we went on air, he told me his worries about the decline in primary voting—it's down to 24% in the state, worse still, only 12% turnout for major party primaries. We kicked the statistics around while checking the powder on our noses. These figures, while concerning, are not unique to the Grand Canyon state. Voter turnout is declining nationwide while the numbers of Americans who identify as independents—currently 42% according to Gallup—continues to rise.

On-air, Ted brought the voter turnout issue up and we disagreed about whether independents feel apathetic (his view) or feel alienated (my view). The extreme culture of partisanship makes most people feel powerless...because they are.

The increase in independent voters is a statement about that powerlessness. When people choose a political identity that is other than what the parties want, it is an act of resistance, a step towards changing the partisan nature of the system.

Declaring our independence as voters is one act of defiance. Another is the growing momentum towards primary reform, moving towards abolishing

party primaries and conducting public primaries where all voters, regardless of affiliation, are eligible to cast ballots. Parties should compete in the political process but they shouldn't run the competition. The American people are pressing towards a new and expanded definition of voting rights, one that challenges the partisans to put democracy first.

Hillary Clinton began her campaign kickoff with a speech at Texas Southern University on voting rights. She berated the Republican Party for voter suppression and fear mongering about voter fraud. She advocated for basic democracy reforms—automatic voter registration at age 18-years-old, 20 days of early voting in all states, and the restoration of Section 5 of the Voting Rights Act, which provides an enforcement mechanism to protect the rights of African American and Latino voters. All good in my book.

What was most telling however, about Hillary's roaring rhetoric (she's a feminist, we're going to hear a lot more roaring) is what was missing: the rights of independent voters and the need to reform the primary system to make it inclusive and nonpartisan. Without addressing those issues her voting rights appeal is, in effect, a form of voter fraud. If you don't speak out against the barriers faced by all voters—including the 42% of those who have opted out of being members of a political party—you have distorted the cause of voting rights.

Historically these questions have revolved around the status of African American and Latino voters, and, of course, women. These Americans were enfranchised by the 14th, 15th and 19th amendments. The Civil Rights Movement translated its vision of nondiscrimination and racial equality into the Voting Rights Act of 1965. Since then, the cause has centered on protecting voters of color and ensuring full

admittance to the political process. This struggle continues to this day, even as both parties use the issue as a political football to telegraph messaging to their core bases.

At the same time a new self-selected political constituency has arisen in America—the independent voter. This includes an increasing and significant number of voters of color, who have opted for independence as their political identity. Does Hillary Clinton, voting rights "champion," intend to speak for them, too?

In 2007, Hillary ran around the country trading on her husband's popularity, presenting herself as the candidate of African Americans. At the time the country's leading Black Independent, Dr. Lenora Fulani, an early Obama supporter, asked "Who decided Hillary was best for the Black community?" Black America decided she wasn't. These days I'm asking another question: Who decided Hillary is the champion of voting rights?

We go back to Arizona where, for example, 50% of Latinos are independents. Come the presidential primary, on March 29th, they'll not be permitted to vote in either party primary



because the presidential primaries are a "members only" affair. They won't even be able to vote for Hillary Clinton! Isn't that a conspicuous form of voter suppression?

Young people coming of age politically, more than half of whom identify as independents, will also find themselves locked out of primary voting. In nearly every state, meanwhile, the

taxpayers are footing the bill for an exclusionary system.

Hillary proclaimed that Americans are "problem solvers" and that "our political system is so paralyzed in gridlock" that the American people have lost trust in government. However, she says, "We don't hide from change, we harness it."

Hillary, here's your chance to do that. Even though you are a Democrat—actually because you are a Democrat—don't hide from the fact that 42% of Americans are independents. Don't demean the cause of voting rights to suit your political purposes, fight to give all voters—including independents—the chance to vote and to build bridges together, regardless of party affiliation. That's how the American people can solve our problems.

My message to Hillary, woman to woman, is this: If you are not prepared to challenge your own party to fight for voter freedom for all the American people, then you shouldn't be president. And that goes for Jeb and Bernie and Carly and Rand and Marco and Martin and the rest. When they come to your state, the independents will have to tell them so. ★

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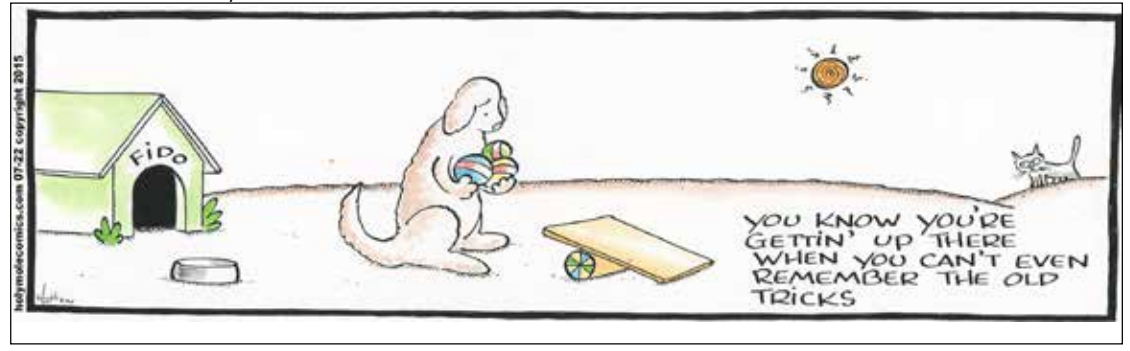


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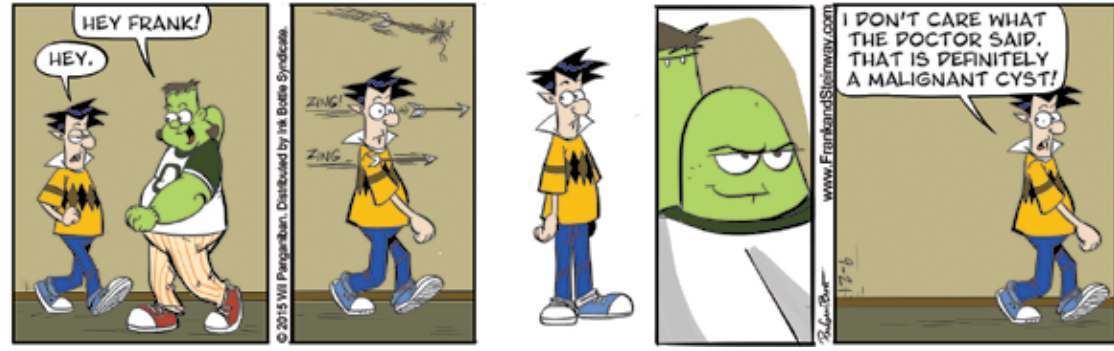
**BC** by Mastroianni & Hart



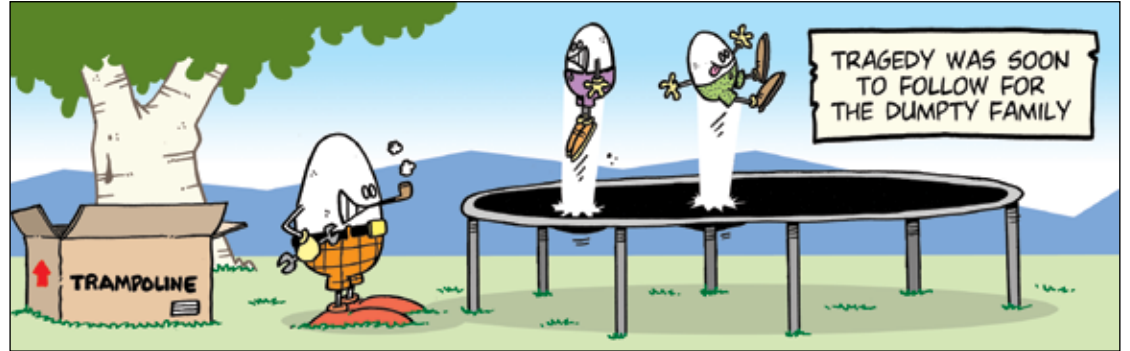
**Cranky Girl** by Crystal Jones



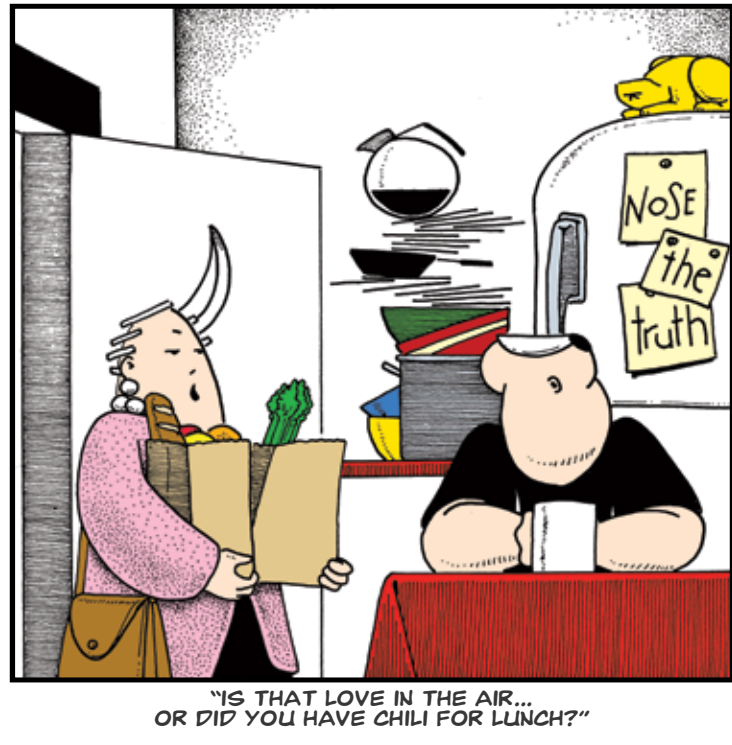
**Frank and Steinway** by Wil Panganiban



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**Funday Morning** by Brad Diller



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Carl Orff | *Carmina Burana*  
Karl Jenkins | *Songs of Sanctuary* (selections)  
Jonathan Dove | *Psalms For Leo* (Area Premiere)  
MARCH 5, 2016 8PM  
Sacramento Community Center Theater

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Franz Joseph Haydn | *Harmoniemesse*  
Vaughan Williams | *An Oxford Elegy*  
Antonín Dvořák | *Psalms 149*  
MAY 14, 2016 8PM  
Sacramento Community Center Theater

Donald Kendrick  
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CCT Box Office  
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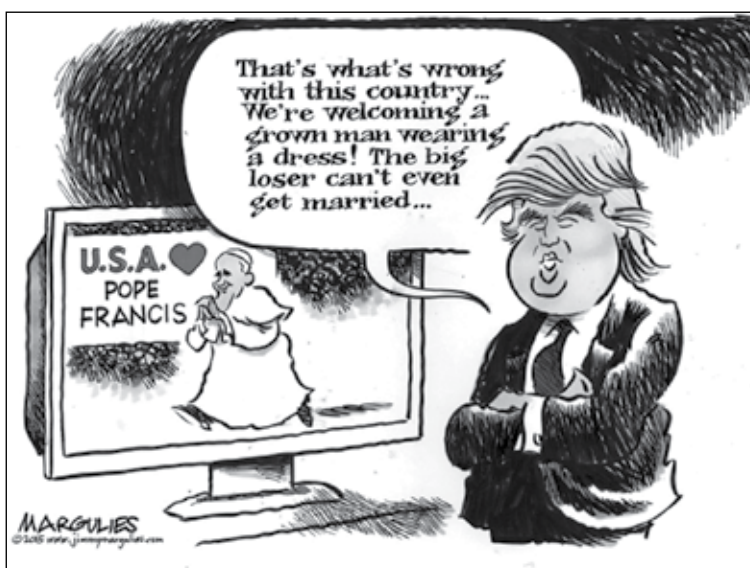
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**The U.S. Shouldn't Feel Migrant Guilt**

The U.S. has joined the global bidding on Syrian refugees. At first it said it would take 10,000 Syrians. Now it says it will increase the annual U.S. overall refugee intake from 70,000 to 100,000 during the next three years to help deal with the migrant wave deluging Europe.

The Obama administration's attitude used to be that Syria is a faraway country of which we know nothing, and it stood by while Syria descended into mayhem and madness. It turns out that Syria is not so far away that some of its nearly biblical exodus – half of the country's population is displaced – won't touch our shores.

If the U.S. is letting a guilty conscience prod it into taking some of that flow, it shouldn't. The U.S. is already incredibly generous to migrants, and settling Syrians here is

not the most cost-effective or sensible way for us to help.

The U.S. is already the migrant capital of the world. It is host to "about 20 percent of the world's international migrants, even as it represents less than 5 percent of the global population," according to the Migration Policy Institute. About a quarter of the U.S. population is foreign-born or the children of immigrants.

Our generosity has extended to Muslim migrants. Before the European crisis, the Pew Research Center projected that by 2030, the U.S. would have a larger number of Muslims than any European country besides Russia and France.

The U.S. already has been dealing with its own, smaller-scale migrant crisis. More than 100,000 migrants from Central America came here last year, and the vast majority aren't going back. There are tens of thousands more this year. Notably, no European country is offering to welcome any as a sign of its good international citizenship.

Taking people and flying them halfway around the world to come live in an alien society is much easier said than done. It used to be that refugees to the U.S. were sponsored by a family or a church. Now they are supported by a panoply of government programs on top of traditional welfare benefits, from food, housing, clothing and job

training, to day care, transportation assistance and English classes, to guidance on what assistance they are entitled to as refugees. If this sounds involved and expensive, it is.

Then there's the question of security. Given that there are no records about the refugees and we won't be cooperating with the Syrian government, any definitive screening will be next to impossible. Even if the vetting is perfect, the lesson of Somali refugees in the U.S. is that a poorly assimilated population of Muslim immigrants can provide a recruiting pool for radicals.

The displaced Syrian refugees should find refuge, just not necessarily here or in the West. There are any number of nearby Muslim countries that are obvious destinations. We should (at the very least) take the resources that we would devote to resettling Syrian refugees and spend them on helping the front-line states in the Middle East.

The first step to getting a handle on U.S. immigration policy is not consent to always saying "more."

*Rich Lowry is editor of the National Review.*

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**Fall Brings New Hazards to Dogs**

**DEAR PAWS CORNER:** Fall is here in the Northeast, with lots of falling leaves – and plenty of leaf piles to roll in. Can you remind your readers that fleas and ticks are still active at this time of year? – Charles, via email

**DEAR CHARLES:** You're absolutely right: Until the first hard frost, or an extended period of cold weather, ticks and fleas remain pretty active. If they're in the house, they may not go dormant at all.

So, while it's fine to let your dog romp in leaf piles (as long as the neighbors aren't bothered), it's important to check its coat for fleas and ticks as soon as possible after that fun ends. Ticks should be removed and then crushed, ideally before they embed into your dog's skin. If a tick is embedded, try to carefully remove it. If you're not certain how, or if you're worried about breaking off

the tick's body and leaving its head in your dog's skin, take your pet to the veterinarian within 24 hours to remove the tick.

Fall also brings a change in weather to much of the country. As the temperature cools, smaller dogs and dogs that are sick or elderly could suffer from the cold. Now is the time to unpack those doggy sweaters and vests and use them on chilly mornings and evenings. The change of seasons also brings stormy weather, blowing down branches and other debris. Check your dog's paws after every walk to make sure it hasn't damaged its pads on sharp sticks or other fallen items.

Send your questions about pet care to ask@pawscorner.com.

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# END OF THE BENCH BY GERRY SCHOU

## If Only Yogi Was Still Alive Today

It's all over for Yogi Berra, but really it ain't over.

The most quotable figure in the history of sports --- for his propensity to issue amusing, muddled thoughts that made no sense, but that somehow seemed to make sense to the masses --- left the adoring sports world behind last week at the age of 90. But while he came to the ultimate fork in the road and took it and left us, Yogi left behind his many familiar sayings and a joyful spirit that, hopefully, will carry on in sports.

Berra's Hall of Fame baseball career had come to be overshadowed by his popular persona. He spent most of his 18-year playing career with the New York Yankees behind the plate as a team leader, while surrounded by many of the most famous players of that dynasty era -- Joe DiMaggio, Bill Dickey, Mickey Mantle, Roger Maris, Whitey Ford and many more.

Lawrence Peter Berra was a member of more World Series championship teams than any other player in history, reaching the Fall Classic 14 times and winning ten. He was a three-time American League MVP, an All Star from 1948-1962, hit .285 with 358 career home runs, caught Don Larsen's perfect game in the 1956 Series, and was first all-time among catchers with 1,430 RBI. He won pennants in both leagues as a manager, including taking the Yankees to the Series in 1964 where they lost to the Cardinals and leading the New York Mets to the Series in 1973 where they lost to the Oakland A's.

But all of that seems secondary to the everlasting, endearing quips that the American icon delivered that have been adopted as part of the national sports lexicon and beyond. Berra rarely struck out at the plate -- just 414 times in 8,359

plate appearances -- but struck a chord with the public. So many of his sayings have returned to the fore in the days since his passing --- "It's déjà vu all over again." --- bringing smiles to the faces of those to whom they are familiar and laughter from members of a younger generation that may be hearing them for the first time.

Berra was a man of the world -- in the Navy and providing cover during the invasion of Normandy, and being wounded during a later battle and being awarded a Purple Heart. With that history Berra must've had perspective, but still knew baseball also held an important place in American culture. He might have said, "It's only a game, but it's more than just a game."

He was part psychologist --- "Ninety percent of this game is half mental." He was a restaurant critic --- "Nobody goes there anymore; it's too crowded." He was a realist --- "If the people don't want to come out to the ballpark, nobody's going to stop them." He was an economist --- "A nickel ain't worth a dime anymore."

If Yogi Berra was still alive today, what might he have said if he had been following along with recent events in sports?

If he had watched the jumbled mess that are the Forty Niners get obliterated for the second week in a row, this time at Arizona, 47-7, he might have conjured up a couple of his oldies; "If you don't know where you are going, you might wind up someplace else," and "The future ain't what it used to be."

On the performance and status of Colin Kaepernick, Yogi might've said, "Kap is an impact player; he just isn't making the players around him any better. He's the quarterback, until he isn't."

On the Oakland Raiders, Yogi

might've commented, "They've always been the Pride and Poise boys; they just haven't had any of that for a long time until now."

As for the Oakland Athletics, Yogi likely would've remarked, "They're the same old A's; it's just that all of their best players are gone."

Having been a witness to the effects of the steroid era on baseball's record books, Yogi might have stated the obvious, "The statistics are still very important; they just don't mean much anymore."

As a football fan that had followed the winning path of the dynasty that has been the New England Patriots, the career of QB Tom Brady, Spygate, Deflategate, the continuing domination of the NFL by the team, but the damaged legacies of Brady, coach Bill Belichick and the franchise as a whole, Yogi probably would have observed, "It's exactly the same old thing, only different."

If Yogi was around to stay up late to watch the beginning of the Giants' last-ditch efforts to steal the West Division title from the Dodgers in the first game of a four-game home set that turned out to be an all-time classic won by the Giants, 3-2 in twelve innings, he might've had a few things to say:

"The Giants are still in it, but they have no chance."

"The Dodgers have team chemistry, but their players don't seem to like each other very much."

"It's been an odd year, even if the Giants win it. The Giants have won it all in even years; that's odd. It would be odd if the Giants win in an odd year. It's odd, even if they lose."

If Yogi, rest his lovable soul, was alive to read this he might've said, "I never said most of those things I might've said, but I might've said them." ★



## 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 have a headache, etc.

**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 from 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](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2011 Bryan Golden. ★



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# Sacramento County DA Reports

Recent cases of interest



**CASE:** Deon Hampton  
**PROSECUTOR:** Deputy District Attorney Michelle Becker, Career Criminal Prosecution Unit

The Honorable Steve White sentenced 28-year-old Deon Hampton to 15 years in prison. On August 14th, 2015, a jury convicted Hampton of evading an officer with willful disregard for the safety of other persons and two counts of child abuse.

Hampton is a known Oak Park Blood gang member who was on parole at the time of this offense. On October 1, 2014, Hampton was seen getting into a car with his 9-year-old son and his girlfriend's 6-year-old daughter. A marked patrol car attempted to stop Hampton in his vehicle and Hampton fled from the officer. Hampton drove at a high rate of speed in heavy commuter traffic and ran a stop sign at a busy intersection, nearly colliding with two vehicles.

Task force members responded to Hampton's apartment and saw Hampton run into the apartment with the two children. Hampton refused to come out of the apartment, resulting in a four hour stand-off with SWAT while the kids were inside. Afterwards, a search of the apartment revealed two loaded firearm magazines.

Hampton has two prior felony firearm convictions. In 2009, he was convicted of a strike, possessing a firearm as a convicted felon while involved in gang activity. In 2007, he was convicted of carrying an unregistered concealed firearm.

**CASE:** Stormy Mollissa Myers  
**PROSECUTOR:** Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit

Thirty-five-year-old Stormy Mollissa Myers pled guilty to committing a sex act with a child under 10 years old and committing lewd acts upon a child.

In January 2013, a citizen tried to text a photo of her 8-year-old daughter to a family member. The photo was instead received by Jason Wymer, who was unknown to the sender. Wymer began texting the sender requesting more photos and began communicating in a sexually explicit manner to who he thought was an 8 year old. The FBI began

an investigation, which revealed thousands of images and videos of child pornography taken from 2010 to 2011 in Sacramento and San Joaquin counties. The images included children and toddlers engaged in sexual acts with adults. Several images showed a 3-year-old child being sexually abused by Wymer and Myers.

Pursuant to the plea agreement, Myers will be sentenced to 15 years to life in prison. Sentencing is set for February 26, 2016, at 9:00 a.m. in Department 38 before the Honorable Sharon Lueras. Myers will also plead to federal charges of sexual exploitation of a minor.

Forty-four-year-old Jason Wymer is charged with multiple sexual assault and exploitation charges. He is currently being tried by jury.

**CASE:** Jorge Castaneda  
**PROSECUTOR:** Deputy District Attorney Casey Newton, Gangs & Hate Crimes Unit

Twenty-three-year-old Jorge Castaneda was convicted by jury of shooting into an occupied vehicle. The jury also found true personal discharge of firearm causing great bodily injury and gang enhancements.

On May 24, 2013, Fermin Ramirez was driving on Bell Avenue with his brother, Francisco Ramirez. He drove through a group of males walking in the street, then made a U-turn because he was lost. As they drove through the group again in the opposite direction, Castaneda showed them a gun he had in his waistband. Castaneda then fired five shots at the back of their car as they drove away. Francisco Ramirez was hit in the head by a single bullet. He was taken to UC Davis Medical Center where he remains in a vegetative state. The Sacramento Police Department recovered surveillance footage from local businesses around the shooting area. Fermin Ramirez identified Castaneda, who was a Westgate Mob Norteño gang member.

Castaneda faces a maximum potential sentence of 40 years to life in prison. Sentencing is set for November 13, 2015, at 10:00 a.m. in Department 12 before the Honorable Maryanne Gilliard. ★

# Events in SACRAMENTO OCTOBER 2015

**Real Food Real Art Real Music Blue Line Arts, on the Rooftop**  
 October 1, 2015 6:00 pm - 9:00 pm  
 405 Vernon St, Ste. 100, Roseville, CA 95678  
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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  
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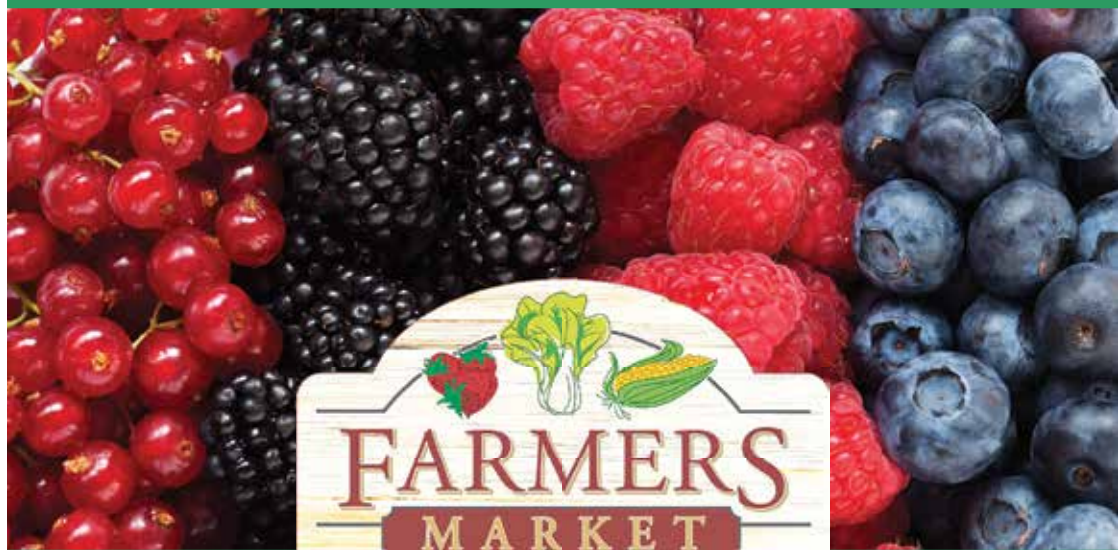
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# ATHLON SPORTS


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# ND VISITS DEATH VALLEY

## Irish eager to add another quality win to their CFB Playoff résumé

### NOTRE DAME AT CLEMSON

No team has been hit harder by injuries to key personnel this season than Notre Dame, yet the Fighting Irish continue to win games in impressive fashion. They are 4-0, highlighted by wins over Texas and Georgia Tech, and have outgained their opponents by 2.7 yards per play — which is really, really good. We think Clemson is pretty good, but the sample size is too small at this point to know for sure. The Tigers are 3-0, with convincing wins over Wofford and Appalachian State and a three-point victory over a very disappointing Louisville team. Deshaun Watson, Clemson's outstanding sophomore quarterback, is the focal point of the offense, but running back Wayne Gallman (139 yards vs. Louisville) also is a potent weapon. The Clemson faithful — with sights set on a run to the College Football Playoff — will create a great atmosphere for this prime time showdown. *Notre Dame 27-24*

### WEST VIRGINIA AT OKLAHOMA

West Virginia hits the road for the first time after winning three games in September in impressive fashion, most notably Saturday's 45-6 beatdown against regional rival Maryland. Skylar Howard has been superb at quarterback (10.9 yards per attempt, nine TDs, one INT), and Wendell Smallwood has emerged as a playmaker both running (6.9 yards per carry) and catching (10 receptions in three games). Oklahoma, too, has been solid through the first month of the season, though the Sooners' defensive staff could not have been pleased after Tulsa rolled up 603 yards against OU two weeks ago. Also, there should be some concern about the Sooners' rather ordinary rushing stats; they rank seventh in the league with only 4.3 yards per attempt. Lincoln Riley was hired to install his version of the Air Raid passing attack, but Oklahoma will need to run the ball better to remain a legitimate contender in the Big 12. *Oklahoma 37-21*



**Mitch Light**  
Athlon Sports  
Executive Editor  
@AthlonMitch

### ALABAMA AT GEORGIA

Alabama opened as an underdog this week for the first time since the 2009 SEC Championship Game against Florida — a game won handily (32-13) by the Crimson Tide. And there is good reason Georgia is favored. Not only are the Bulldogs at home, they simply have been the more impressive team through the first month of the season. The running game, as expected, has been outstanding, and Greyson Lambert has been better than expected at quarterback. It's not as though Alabama has been bad, but Nick Saban's club still has to prove it can get solid quarterback play against a quality opponent. And we can't forget Ole Miss rolled up 433 yards and scored 43 points on this defense two weeks ago. *Georgia 27-24*

### OLE MISS AT FLORIDA

Florida is 2-0 in the SEC despite averaging only 318.5 yards of offense in its two league games. The Gators are getting it done on defense (330.0 yards vs. league foes) and with some fourth-down magic on offense (10-of-10 on the season). They will, however, need to show some more punch on the offensive end to beat Ole Miss this weekend — even in Gainesville. In their least-productive game of the season, on Saturday at home vs. Vanderbilt, the Rebels still scored 27 points and had 472 yards of offense. The Ole Miss offense features arguably the best set of receivers (including tight end Evan Engram) in college football and has a quarterback in Chad Kelly who has proven himself on the biggest of stages (Bryant-Denny Stadium in Tuscaloosa). *Ole Miss 31-20*



DeShone Kizer is 2-0 as a starter since taking over as Notre Dame's starting quarterback following a season-ending injury to Malik Zaire.


### IOWA AT WISCONSIN

This is a pivotal game in what is looking like a wide-open Big Ten West race. Iowa is quietly 4-0 after beating North Texas 62-16 on Saturday. With C.J. Beathard entrenched as the quarterback — after he shared the position with Jake Rudock last season — the Hawkeyes have been more dynamic on offense. The schedule hasn't been overly taxing, but Iowa does have wins at Iowa State (in a bitter rivalry game) and over Pittsburgh. Wisconsin has given up a total of three points in its last three games — lopsided wins over Miami (Ohio), Troy and Hawaii. Offensively, however, it's been a bit of a struggle in Paul Chryst's first season at his alma mater. The Badgers rank eighth in the league in total offense (408.0 ypg), including an unthinkable ninth in rushing (188.3 ypg). Expected tailback starter Corey Clement has been sidelined with an injury, but Wisconsin's rather ordinary rushing attack is rather shocking. Still, take the Badgers — and their strong defense — at home. *Wisconsin 28-23*


### MISSISSIPPI STATE AT TEXAS A&M

Mississippi State is learning the value of outstanding play at the quarterback position. Despite losing a ton of key personnel off of last year's 10-win team, the Bulldogs are 3-1 overall and 1-1 in the SEC after Saturday's 17-9 win at Auburn. Dak Prescott isn't likely to be a Heisman contender again this season, but the senior is still one of the elite players at his position in the nation. Texas A&M rallied to beat Arkansas in Arlington, Texas, thanks in part to another huge game from freshman wide receiver Christian Kirk (eight catches, 173 yards, two TDs). The Aggies have been surprisingly average at home at Kyle Field in recent years. That needs to change. *Texas A&M 30-20*

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## HEISMAN RACE

- 1. Leonard Fournette, RB, LSU** The big man from New Orleans takes over the top spot after rushing for 244 yards and two touchdowns on 26 carries in the Tigers' 34-24 win at Syracuse.
- 2. Nick Chubb, RB, Georgia** With his 131-yard performance in Saturday's win vs. Southern, Chubb tied Herschel Walker's Georgia record with his 12th straight game with at least 100 yards.
- 3. Trevone Boykin, QB, TCU** Boykin was masterful in the Horned Frogs' thrilling 55-52 win at Texas Tech, throwing for 485 yards and four touchdowns and no interceptions.
- 4. C.J. Prosise, RB, Notre Dame** Prosise replaces wide receiver Will Fuller as the Notre Dame player in this week's top five. Thrust into a more prominent role due to a rash of injuries, Prosise has rushed for 600 yards (on an 8.1-yard average) and six TDs in four games.
- 5. Myles Garrett, DE, Texas A&M** Garrett was relatively quiet (two tackles, one sack, one forced fumble) against Arkansas but remains arguably the most feared defensive player in the nation.



## PRIME TIME PLAYERS

**Cody Kessler** threw for 375 yards (on only 19 completions) with five touchdowns and one interception in USC's impressive 42-14 win at Arizona State. ... **Christian Kirk** continues to impress for unbeaten Texas A&M. The speedy freshman wide receiver caught eight passes for 173 yards and two touchdowns in the Aggies' 28-21 win over the Razorbacks, including the game-winning 20-yard grab in overtime. ... **Tyler Ervin** rushed for a school-record 300 yards and three touchdowns on 42 carries in San Jose State's 49-23 win over Fresno State. ... Stanford running back **Christian McCaffrey** has played an integral role in the Cardinal's offensive turnaround in recent weeks, rushing 206 and 115 yards in road wins over Oregon State and USC, respectively. ...

Bowling Green quarterback **Matt Johnson** completed 43-of-59 passes for 402 yards to lead the Falcons to a 35-28 win at Purdue. Johnson is the only player in the nation to throw for 400-plus yards in all four games this season. ... Memphis quarterback **Paxton Lynch** (412 yards, two TDs) outdueled Cincinnati's **Hayden Moore** (557 yards, four TDs) in the Tigers' wild 53-46 win over UC on Thursday night. ... A week after throwing three interceptions against BYU, UCLA freshman quarterback **Josh Rosen** was 19-of-28 for 284 yards with two TDs and no interceptions to lead the Bruins to a key Pac-12 road win over Arizona. ... Northwestern sophomore **Justin Jackson** ran for a season-high 184 yards in the Wildcats' 24-19 win over Ball State.

### Josh Doctson, WR, TCU

On a day when Doctson scored three touchdowns and set a school record for receiving yards (267) and tied a school and Big 12 record for receptions (18), his biggest play did not result in a catch. On the Frogs' final snap of the game — with TCU trailing by four points — Doctson tipped a pass to an open Aaron Green in the end zone for a 4-yard touchdown reception that gave the Horned Frogs a 55-52 win over Texas Tech.



## STOCK REPORT

**▲** Utah has emerged as a legitimate contender in the Pac-12 South after its shocking 62-20 win over Oregon in Eugene. Overtly injured quarterback Travis Wilson had his finest moment as a Ute, accounting for 327 yards of offense and five total touchdowns. Utah is 4-0 for the first time since 2007.

**▼** Auburn's nightmare 2015 season took another bad turn with a 17-9 loss at home to Mississippi State. The Tigers, now 0-2 in the SEC, failed to score a touchdown for the first time since the final game of the 2012 season. Quarterback Sean White was sacked four times and threw one INT in his first career start.

**▲** Michigan recorded one of the more impressive wins in Week 4, dominating BYU 31-0 in Ann Arbor. The Wolverines defense held the Cougars to 2.1 yards per play and forced eight three-and-outs. Given Utah's rout of Oregon on Saturday, Michigan's lone loss (24-17 at Utah) doesn't look quite so bad, either.

**▼** Randy Edsall's tenure at his "dream job" might not last too much longer. Two weeks after losing at home to Bowling Green, 48-27, Maryland was alarmingly uncompetitive in a 45-6 loss at rival West Virginia. The Terps have given up 600-plus yards twice this season.

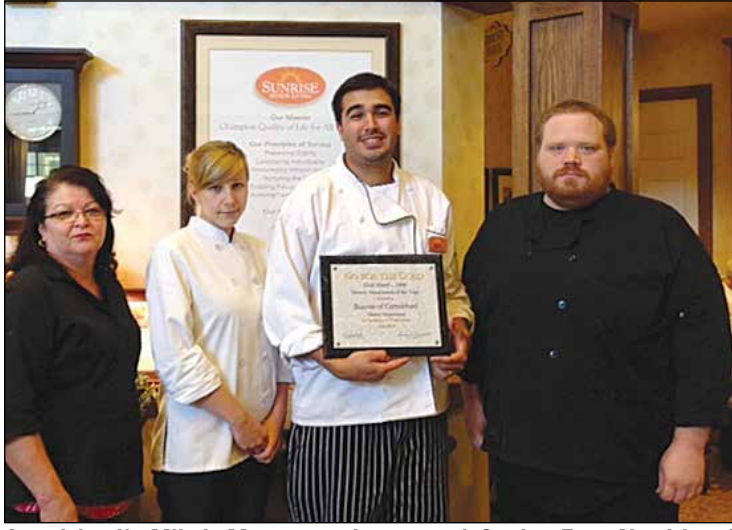
## ATHLON SPORTS TOP 25

- 1. Ohio State** (4-0, at Indiana)
- 2. Ole Miss** (4-0, at Florida)
- 3. Utah** (4-0, Bye)
- 4. Michigan State** (4-0, vs. Purdue)
- 5. Notre Dame** (4-0, at Clemson)
- 6. TCU** (4-0, vs. Texas)
- 7. Baylor** (3-0, vs. Texas Tech\*)
- 8. LSU** (3-0, vs. Eastern Michigan)
- 9. UCLA** (4-0, vs. Arizona State)
- 10. Florida State** (3-0, at Wake Forest)
- 11. Oklahoma** (3-0, vs. West Virginia)
- 12. Texas A&M** (4-0, vs. Miss. State)
- 13. Georgia** (4-0, vs. Alabama)
- 14. Alabama** (3-1, at Georgia)
- 15. Clemson** (3-0, vs. Notre Dame)
- 16. West Virginia** (3-0, at Oklahoma)
- 17. Northwestern** (4-0, vs. Minnesota)
- 18. Stanford** (3-1, Bye)
- 19. USC** (3-1, Bye)
- 20. Michigan** (3-1, at Maryland)
- 21. Miss. State** (3-1, at Texas A&M)
- 22. California** (4-0, vs. Wash. State)
- 23. Florida** (4-0, vs. Ole Miss)
- 24. Oklahoma State** (4-0, vs. Kansas St.)
- 25. Iowa** (4-0, at Wisconsin)

\*Arlington, Texas

Photos: Kizer: Bruce Schwartzman; Garrett: Layne Murdoch Jr.; Doctson: Layne Murdoch

# Hometown Chef Wins National Cook-off



Carmichael's Mikah Montoya wins annual Senior Eats Nutritional Competition. Photo courtesy of Sunrise of Carmichael

**CARMICHAEL, CA (MPG)** - Sunrise Senior Living recently hosted their annual Senior Eats Nutritional Challenge where four of the top chefs from Sunrise communities competed in a culinary cook-off, but only one was named Sunrise's Signature Chef: Carmichael's own Mikah Montoya.

"It feels great to be named a Sunrise Signature Chef!" said Montoya. "It's validating to know that we are making a difference in the lives of our residents at Sunrise of Carmichael through food."

Montoya attended culinary school in Sacramento, California and went on to pursue a career in restaurants and catering. After realizing that this was not fulfilling his desire to positively impact the lives of others, Mikah was determined to find a rewarding career while remaining in the food service industry. He made the move to senior hospitality and is currently the dining services coordinator at Sunrise of Carmichael, a community he helped open in 2009.

"One of the reasons I like Sunrise so much is that I get to share my passion for cooking and food with the residents," said Montoya. "I am able to engage with them to tweak and improve recipes to their liking. It is so important for seniors

to eat a healthy balanced diet. If I can create fresh nutritious meals and have it taste delicious at the same time, I am satisfied."

**Check out Montoya's winning recipe below: Beef Chow Fun**

Serves 8

- 1 ½ pounds flank steak
- 2 cups beef stock, ½ cup soy sauce
- 2 teaspoons sesame oil, 1 pound dry pappardelle pasta
- 2 teaspoons vegetable oil
- 1 cup oyster sauce, ¼ cup sweet chili sauce
- 2 tablespoons sesame oil
- 2 tablespoons brown sugar
- 2 tablespoons rice vinegar
- 2 tablespoons minced garlic
- 2 tablespoons grated fresh ginger
- ¼ cup vegetable oil
- 2 cups sugar snap peas
- 2 cups shredded carrots
- 2 cups julienned red bell peppers
- 2 cups beans sprouts
- 1 red onion, sliced
- ¼ cup chopped fresh cilantro
- ¼ cup sliced green onions

Whisk together the stock, soy sauce and sesame oil. Place the flank steak in a shallow container

and cover with the marinade. Cover and refrigerate for at least an hour to marinate. Remove the beef from the marinade and sear on a hot grill until internal temperature reaches 145°F. Remove from the heat and let stand for 5 minutes before slicing. Slice against the grain into very thin pieces. Cook the pasta in boiling salted water until al dente. Drain and toss with the vegetable oil to prevent sticking. Set aside. Whisk together the oyster sauce, chili sauce, sesame oil, brown sugar, vinegar, garlic and ginger. Set aside. Heat the vegetable oil over high heat. Add the sugar snap peas, carrots, bell peppers, bean sprouts and onion. Sauté for 3 to 4 minutes. Add the pasta, sauce and beef. Cook for 1 minute more to heat through. Remove from the heat and top with the cilantro and green onions.

Source: Sunrise of Carmichael ★

## Governor Gets Request to Declare Tree Mortality Disaster

Continued from page 1

lines and are a public safety risk to communities and people who visit California's forests.

Mariposa, Madera, and Fresno County Boards of Supervisors are just a few of the recent counties in the area, covering the Sierra and Sequoia National Forests, issuing resolutions stating that the level of tree mortality "has created extraordinary threats to public safety," and "exceeds their functional capabilities."

State recognition of the disaster would draw much needed attention to the problem and begin the process of getting resources, both state and federal to the affected counties.

Source: Office of Senator Tom Berryhill ★

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