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# Carmichael Times

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# Bible Chick is Loud and Clear and on Air



Women who share their faith are featured in a nationally-broadcasted radio show anchored by Fair Oaks singer/speaker Carole Brewer.

### Story and photos by Susan Maxwell Skinner

**SACRAMENTO REGION, CA (MPG)** - Though Carole Brewer was named for a Christmas song, she didn't embrace religion until her college years. "My difficult childhood left me with low self-esteem," she recalls. "My college friends—including my future husband—were Christians. They introduced me to the Bible. It resonated. I thought I'd give God a try and he didn't disappoint."

The Fair Oaks woman has built a career singing, ministering, and running organizations that apply Bible principles to daily life. In recent months, Brewer extended her mission across the United States through broadcasting. She calls her weekly radio and internet show "Bible Chicks."

The name originated from a group of women—Bible Chicks—who discussed literature under the leadership of Carmichael woman Robin Williams. "I thought Bible Chicks would be a great name for a radio show," said Brewer. Two years ago, my friend Sandi Padilla suggested we check whether the name was available as a domain. Well, it was; I was able to secure BibleChicks.com.

If the name seems lighthearted, Brewer's sense of humor sets her apart from many missionaries. Calling women of faith "chicks" does not trivialize their efforts; chicks, she reminds us, are disciples of a



Carole Brewer's husband, retired San Juan District Principal Jan Brewer is a mainstay in her radio project. Another supporter is her mother-in-law, Val (with accordion) a sister to the Lawrence Welk Show star, Myron Floren.

protective parent. Indeed, Jesus likened Jerusalem's people to chicks he wanted to gather together "the way a hen gathers her chicks under her wings."

The flight to cyberspace—then radio waves—tested this head chick's faith and skill. With degrees in music and education,

Continued on page 2

## Food Democracy Now! Pushes Against Glyphosate

### Glyphosate Found in Weed Killer "Roundup"

SACRAMENTO REGION, CA (MPG)

- Food Democracy Now!, an organization that aims to advocate for small farmers and food knowledge in a grassroots effort, released a statement encouraging Californians to sign a petition to add glyphosate to a list of cancer-causing known carcinogens. glyphosate is a chemical found in widely used weed killer Roundup. While the petition has ended and results are not yet in, it looks as though the move to add glyphosate to the list is already being considered by the California Environmental Protection Agency.

Food Democracy Now! stated: "Every year, more than 280 million pounds of glyphosate are sprayed on farmers' fields across the country and the U.S. Geological Survey has found glyphosate in more than 75% air, rain, and stream samples conducted across the Midwest."

"...The California Environmental Protection Agency is considering listing glyphosate as a chemical 'known to cause cancer' in the state's chemical database. Listing glyphosate as a cancer-causing chemical under California law would be a huge blow to Monsanto and a vital step toward transparency in our food supply to make sure that consumers can protect their health, that of their families, and our environment."

The company went on to add that additional studies have connected the chemical to liver and kidney disease, along with wiping out 90% of the monarch butterfly population. If the California Environmental Protection Agency decides to label glyphosate as cancer-causing, it would be the first state to do so.

Source: Food Democracy Now! ★

## FBI Announces Results of Nationwide Human Trafficking Operation

Local Operations Aid in Recovery of Five Juveniles and Arrest of Seven Alleged Pimps

### From FBI Press Release

**SACRAMENTO REGION, CA (MPG)** - Officials from the FBI and its state and local partners (including the Citrus Heights, Rancho Cordova, Fresno, Fairfield and Sacramento Police Departments as well as Sacramento County Probation Department) recently announced that 149 underage trafficking victims were recovered and 154 pimps were arrested in a nationwide human trafficking operation last week. The initiative, dubbed Operation Cross Country IX is a national program spearheaded by the FBI and the National Center for Missing and Exploited Children, along with state and local law enforcement partners across the country. The initiative targets the criminal enterprises responsible for the commercial sex trafficking of children.

"Human trafficking is a monstrous and devastating crime that steals lives and degrades our nation," said Attorney General Loretta Lynch. "As a result of the FBI's outstanding coordination and exemplary efforts alongside state and local partners during Operation Cross Country, more children will sleep safely tonight, and more wrongdoers will face the judgment of our criminal justice system. The Department of Justice will continue to aggressively and persistently fight this heinous crime, and to hold its perpetrators accountable to the fullest extent of the law."

In the area served by the FBI's Sacramento field office, FBI officials announced the recovery of five underage victims and the arrest of seven pimps as part of the takedown. The FBI Sacramento field office and its law enforcement partners conducted

multi-day operations in the area served by the FBI Sacramento field office focusing on the metropolitan areas of Fairfield, Fresno, and Sacramento. These operations also resulted in the arrest of 90 adults for various offenses including probation violations and prostitution-related charges.

In Sacramento, the FBI's Sacramento Child Exploitation Task Force—that includes officers from the Sacramento Police Department—recovered two minors and arrested three alleged pimps; the Sacramento County Sheriff's Department recovered one minor.

In Fairfield, the FBI, Fairfield Police Department, Solano County Sheriff's Office, and Vallejo Police Department recovered one child and arrested two alleged pimps.

Fresno operations conducted

Continued on page 11



In Sacramento, the FBI's Sacramento Child Exploitation Task Force—that includes officers from the Sacramento Police Department—recovered two minors and arrested three alleged pimps; the Sacramento County Sheriff's Department recovered one minor. Stock Photo



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# Beloved Deputy Remembered “Pops” go the Zombies

Danny Oliver Joins Park Heroes November 7th

Story and photo illustration by Susan Maxwell Skinner

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

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



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

his wounds.

At the time of his death, 15-year Sheriff's Department veteran Oliver worked with Problem-Oriented Policing in the North Area Division. "We hold Danny

Oliver in a place of honor and distinction in the department and in the community," said Sacramento Sheriff Scott Jones. "He will never be forgotten."

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

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

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



Story and photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - The annual Boos and Brews event recently entertained a packed Citrus Heights Community Center. The free festival combined October-fest and Halloween traditions.

Dressed to the creepy nines, the Capitol Pops Concert Band rendered Teutonic and terrifying tunes. Selections included "Phantom of the Opera" and hell-for-leader polkas. Vocal numbers were presented by the Capitolaire Men's Chorus. The highlight for scores of children and parents was the annual mass zombie routine to Michael Jackson's "Thriller." Faux blood-spattered ghouls were students of the Creative Connections Arts Academy (North Highlands) and Harry Dewey Elementary School (Fair Oaks).

Guests were sustained by German food, beer, and wine. The event is a shared fundraiser for the Capitol Pops Concert Band and Citrus Heights Kiwanis, sponsored by Citrus Heights Park District. ★



(Clockwise from top) 1. Little horrors. North Highlands, Citrus Heights, and Fair Oaks kids staged zombie moves. Their routine was part of the annual Boos and Brews festival at Citrus Heights Community Center. 2. Capitol Pops brass and woodwind section (including a clarinet-playing Miss Piggy) were dressed to thrill. 3. Carmichael's Kurt Pearsall (center) donned unexpected attire to direct the Capitol Pops Concert Band. 4. Multiple Minions hijacked the band's percussion section.



## Bible Chick is Loud and Clear and on Air

Continued from page 1

(and with the late Lawrence Welk star Myron Floren in her family) penning a radio jingle was the fun part. The song declares the composer's perpetual optimism:

"...loving and growing, And hoping our faith is showing, Don't you know we're Bible Chicks!"

Finding guests was the next step. "I invite women with a variety of platforms," she explains. "They're musicians, authors, broadcasters, speakers, and filmmakers. Their faith reflects in whatever they do. I've met them through conventions and networking. Our reconnection made my shows especially fun.

"We are all imperfect people who follow a perfect Savior. We often blow it. Our victory is our faith. We know God wants the best for us." Guests have included actress/model Geniene Johnson,

breast cancer survivor Karen Penfold, and Nicaraguan emigre Guadalupe C. Casillas. "Their stories are uplifting and inspiring," said the host.

Her 30-minute show records in the North Highlands studio of Steve and Sandi Padilla (Sunrise Community Church pastors and founders of PureWorshipRadio.com). Bible Chicks is sponsored by Carole Brewer Ministries, a company that supports Brewer's music and speaking engagements.

Chick gospel is spreading. "I've had great feedback from all over—Georgia, New Jersey, Texas, South Dakota, and California," said the broadcaster. "It's a joy to share my music and to provide a venue for stories of how faith brings us through difficult times." Off-air, Brewer is a popular church singer. She also serves as National Networks Director for Christian Women in Media Association. This group unites thousands of female media

professionals. "Our industry is dominated by men and it's not always easy to connect with like-minded women," said Brewer. "We're often working on our own, from home offices. By connecting and sharing our faith, we support each other."

By contrast, in-house support is masculine. Husband Jan Brewer is a retired San Juan School District principal and musician whose help bolstered his wife's projects through a 43-year marriage. "I think of my husband as the reason behind everything I do," Carole Brewer said. "After all, it was he who first brought me to the Lord."

The Bible Chicks radio show launches in Northern California on Sunday November 1st, at 2:30 p.m. on AM 710 KFIA. For additional scheduling and archived shows, visit [www.BibleChicks.com](http://www.BibleChicks.com). Learn about Christian Women in Media Association at [www.cwima.org](http://www.cwima.org). ★

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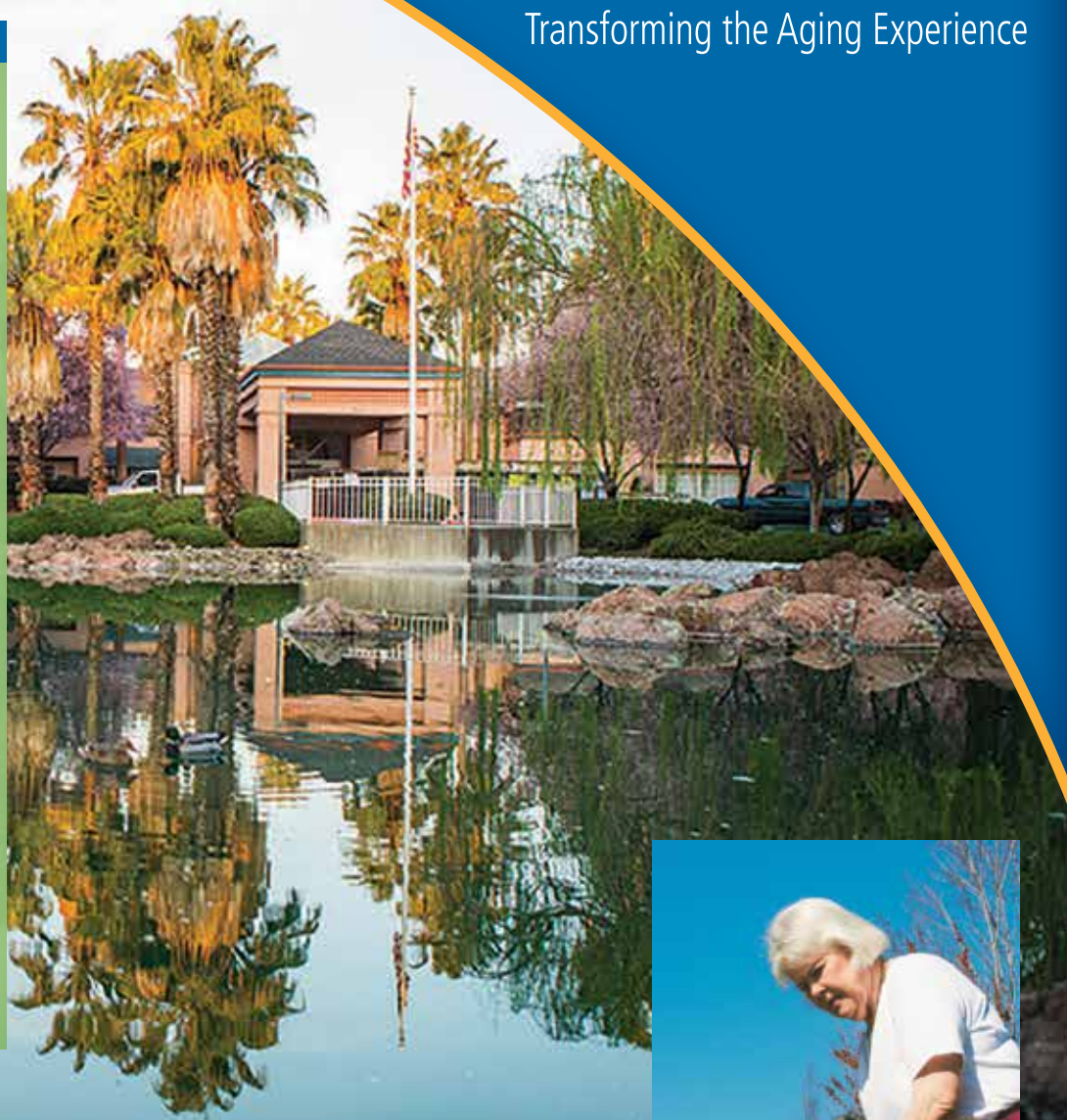
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# Car Alarm Alerts Family to Fire in Garage

**CARMICHAEL, CA (MPG)** - Around 5:30 a.m., Tuesday morning, Metro Fire crews were dispatched to a home on the 3200 block of Murchison Way in Carmichael for multiple reports of a house fire. First arriving crews found a well-involved garage fire that had already extended into the home. Crews quickly initiated fire attack, while searching for victims, ventilating, and salvaging the family's belongings.

The family of five was awakened to the sound of a car alarm, as the fire had grown in their garage and spread into the attic above their heads. They evacuated themselves and their two pets, while calling 9-1-1. The fire was mostly contained to the garage and attic, though the living quarters did sustain smoke, water and overhaul damage.

Damage is estimated at \$100,000. Arson Investigators were requested to the scene, with



A family of five was awakened to the sound of a car alarm, as fire had grown in their garage and spread into the attic above their heads. They evacuated themselves and their two pets, while calling 9-1-1.

the cause of the fire currently under investigation. No injuries were reported to the family or firefighters; the five residents of the home were all displaced.

Roughly half of home fire deaths result from fires reported between 11 p.m. and 7 a.m., when most people are asleep. Smoke alarms provide a critical early

warning of fire, allowing additional time to escape. Make sure you have a smoke alarm in every bedroom, outside every sleeping area, and on every level!

For more information, check out [www.metrofire.ca.gov](http://www.metrofire.ca.gov), and follow us on Facebook and Twitter.

Source: Sacramento Metropolitan Fire District ★

# CDPH Suggests It's Time for a Flu Shot

**SACRAMENTO REGION, CA (MPG)** - California Department of Public Health (CDPH) Director and State Health Officer Dr. Karen Smith urges Californians to get the influenza (flu) vaccine as soon as it becomes available.

"Unlike some other infections, a person with influenza may be contagious and infect others before they have or show any symptoms," said Dr. Smith. "Annual vaccination is the most reliable way to protect against infection and, therefore, stop transmission of influenza to others."

Each year, flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands, or sometimes tens of thousands, of deaths in the United States. To reduce this threat, CDPH recommends the annual flu vaccine for everyone six months of age and

older, including pregnant women.

Two of this season's vaccine components, the influenza A (H3N2) and influenza B (Yamagata lineage) strains, have been updated to match the viruses Californians are likely to face during the upcoming flu season.

Flu can cause severe disease across all ages. According to the California influenza surveillance report recently published, there were 78 influenza-associated deaths reported in persons under 65 years of age in California during the 2014-15 influenza season.

Common symptoms of the flu include fever or feeling feverish, a cough and/or sore throat, a runny or stuffy nose, chills, fatigue, and body aches. Children may also have nausea, vomiting, and/or diarrhea.

To stop the spread of flu

and other respiratory illnesses, Californians should also: stay home when sick; cover a cough or sneeze with a tissue and properly dispose of the used tissue; wash hands thoroughly with soap and warm water or an alcohol-based hand sanitizer; and avoid touching your eyes, nose, and mouth

Dr. Smith encourages Californians to contact their health care provider, physician office, clinic or pharmacy about obtaining the flu vaccine. Some local health departments may also offer low- or no-cost flu immunizations. For more information about the flu visit the CDPH influenza webpage. To find a flu vaccine location near you, visit [www.flu.gov](http://www.flu.gov).

Source: California Department of Public Health ★

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# Give Your Sprinklers a Break this Fall

## Sacramento Suburban Water District Asks Customers to Voluntarily Limit Landscape Watering to One Day

**SACRAMENTO REGION, CA (MPG)** - Officials at the Sacramento Suburban Water District (District) are appealing to customers to voluntarily limit their landscape watering to one day a week this fall.

"Our customers did an outstanding job conserving water this summer, and reduced water use by nearly 36% June through August compared to 2013," said Greg Bundesen, SSWD's Water Conservation Supervisor. "We need them to keep up the great savings this fall and winter to meet our overall target."

The request was issued as the District continues working to meet the mandatory water conservation target set by the State Water Resources Control Board. The District is required to reduce its overall water use by 32% from June 2015 through February 2016 compared to the

same timeframe in 2013. The District has so far saved 2,076 million gallons of the 3,072 million gallons it must conserve, approximately 67% of the state-mandated reduction.

"The biggest bang for our buck in water conservation comes from limiting landscape watering," Bundesen said. "As people stop watering their yards during the rainy winter season, we'll need to squeeze additional savings from indoor use—which is typically more challenging. That's why we're asking our customers to step up their efforts now, during the fall."

Lawns, trees, shrubs, and plants all need less water in the fall as the days become shorter and cooler, and with the expected rains, yards will need little to no additional water.

Customers willing to

voluntarily limit their watering to one day per week are asked to choose one of their designated watering days (Tuesday or Saturday for odd addresses and Wednesday or Sunday for even addresses) and water only on that one day.

SSWD customers are encouraged to use the screwdriver test if they're not sure if their landscape needs water. The test can be done by taking an eight-inch screwdriver and pushing it into the ground. If the screwdriver goes in more than three inches below the surface, additional watering is not needed.

For more information on ways to conserve, including details about available water-wise rebates, customers can call (916) 972-7171, or go online to sswd.org.

Source: SSWD




### Aegis Golf and Luncheon Day

**CARMICHAEL, CA (MPG)** - The residents of Aegis of Carmichael enjoyed an afternoon at Haggin Oaks Golf Complex in Sacramento. They had lunch at the MacKenzie Sports Bar & Grill followed by rounds of golf at their 9 hole putting course. Everyone had a great time!!

Source: Aegis of Carmichael

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### CLUES

- ACROSS**
- Black \_\_\_\_ snake
  - NY Giants HOF outfielder Mel
  - For capturing attention
  - Relating to axis
  - National Institute of Health
  - Aussie bear
  - Rekindled
  - Compass reading
  - Sign of bad news
  - \*Hans Anderson's Emperor lacked these
  - \*Reflecting truth-teller
  - 1/60th of min
  - What aides do
  - \*Beauty and \_\_\_\_ Beast
  - "The Sun \_\_\_\_ Rises"
  - Chinese tea
  - Lemongrass, e.g.
  - Wrong
  - Golfer's accessory
  - Arm part
  - Shipping weights
  - Beige
  - Sprays
  - River in Egypt
  - Innocent
  - Lowest part
  - Use a cat o' nine tails
  - Brit. fliers
  - Not straight
  - Dot-com's address
  - \*1001 what?
  - \*Genie's master
  - Pope's court
  - Philosophical system
  - Famous bandmaster
  - Make fit
  - Wow!
  - What a bridge does
  - Affleck and Stiller
  - Indian bread
  - WWII conference site

### DOWN

- Painter \_\_\_\_ Chagall
- Michelle Kwan's jump
- Venus de \_\_\_\_
- Entices
- Tennis great Gibson
- Singles
- \*Steadfast Soldier's substance
- Unifying idea
- For, in French
- Kind of palm
- Hurtful remark
- Toni Morrison's " \_\_\_\_ Baby"
- Kasparov's famous opponent
- "Bravo! Bravo!", e.g.
- International Labor Organization
- Tell a scary story?
- \*Tom's size equivalent
- Sunny prefix
- Famous German artist Max
- \*Ugly Duckling, at end
- Bank holding

**CROSSWORD**

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
19					20		21	22					
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64						65	66			67			
68							69			70			
71							72			73			

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

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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# Eagles Face Falcons for Playoff Prospects



"As a program we are looking forward to the opportunity to win a big meaningful game against a very good [Christian Brothers'] team. This will be an opportunity for us to see where we are as a program," said Coach Reinking. Photo by Michelle Akana

Story by Ben Barber

**CARMICHAEL, CA (MPG)** - With only three weeks left in the El Camino High School Football Season the Eagles are excited for the upcoming playoff possibilities. The Eagles had a slow start to their season, losing their first two games, one of which—the Sac High game—had to be forfeited by Sac High, due to them playing an ineligible fifth year senior. Their overall record reads 4-3; in-league play their record is 2-0, making this Friday's game of the utmost importance.

The Eagles will be hosting the Christian Brothers (CB) Falcons who are 6-1 overall. Coach Adam Reinking, head coach since 2009, was questioned in regards to the

challenges coming into this Friday's game. "[Our] biggest challenge is stopping #21," Reinking said. "He's a very quick explosive runner with breakaway speed. He's the best back we've seen to this point."

The Falcon's #21 is Jamarri Jackson, a 5'10" junior, weighing 175lbs, who has 96 carries this season for 613 total yards and 14 total touchdowns. The Eagles also have a junior running back/utility player: Dale Armstrong. Armstrong also has 96 carries with 571 total yards, while only sporting six touchdowns—a result of team strategy rather than efficacy.

"As a program we are looking forward to the opportunity to win a big meaningful game against a very good CB team.

This will be an opportunity for us to see where we are as a program," said Reinking.

For the Eagles, it will be "Senior Night," the last official home game of their senior year. It's an emotional night which doesn't go without distractions. If the eagles can come away with the win, the following week they'll be facing Vista Del Lago for the league title. Vista knocked the Eagles out of the second round of the playoffs back in 2012 which still leaves a bitter taste in former quarterback Jonah Lessard's mouth, now assisting on the sidelines. For now, the Eagles keep their gaze on the present. Friday's game is at El Camino High School with JV starting at 5:15 p.m. ★

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## Carmichael Times

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

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

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

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

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

**VIRGO** (August 23 to September 22) You might want to get

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

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

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

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

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

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

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

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

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**Strange BUT TRUE**

▶ You probably know Edgar Rice Burroughs as the American author of the Tarzan novels, among many other adventure and science-fiction works. You may find it hard to picture him as a journalist flying on bombing runs in the Pacific theater -- especially at the age of 66. Burroughs was the oldest war correspondent of World War II.

▶ It was noted 20th-century American poet Hart Crane who made the following sage observation: "One must be drenched in words, literally soaked in them, to have the right ones form themselves into the proper patterns at the right moment."



PICKS OF THE WEEK



Scene from "Roar" [indiewire.com](http://indiewire.com)

**"Inside Out"** (PG) - Pixar goes on an inward-journey with this inventive animated adventure about the struggles of growing up and having emotions. Riley (voiced by Kaitlyn Dias) is an 11-year-old who has trouble adjusting after her family moves to a new state. Like all of us, Riley has a rich inner-world full of memories, and her emotions influence how she acts and how she sees the world. Usually, Riley is guided by Joy (Amy Poehler), in conjunction with the other personified feelings: Fear, Sadness, Anger and Disgust (Bill Hader, Phyllis Smith, Lewis Black and Mindy Kaling). When kids movies try to tackle complicated topics, the result is usually either dumbed-down to pointlessness, or the complexity suffocates the fun. Pixar has made a movie that is both priceless fun and original, without compromising on the message.

**"Vacation"** (R) - The legacy of National Lampoon's vacation flicks lives on this hard-R sequel. Ed Helms (of "The Office") leads as Rusty Griswald, the son from the old "Vacation" movies, now a grownup failure who is borderline reviled by his wife and kids -- just like his dad! Rusty has the brilliant idea to rekindle his marriage and impress his sons by taking them on the same horrendous road trip his dad dragged him on!

The raunchy humor in this outing is generally more cringe-inducing than laugh-out-loud. The last set of Griswalds weren't a really happy

bunch, but there's a weird bitterness to many of the jokes between these family members. The intense gross-out factor also is much higher than before, which could be a draw for some.

**"The End of the Tour"** (R) - In 1996, the literary world received a huge hit to the head from a heavy book. David Foster Wallace's novel "Infinite Jest" quickly established the author as The New Guy to Watch. This movie is an up-close study of an unreleased interview with the young author, just coming to grips with the success headed his way. In '96, Rolling Stone sent journalist and novelist David Lipsky (Jesse Eisenberg) on a five-day ride-along with Wallace (Jason Segel). This is a major turn for Segel -- until now best known for comedy -- successfully taking on such a challenging role in an unconventional movie.

**"Roar"** (R) - The bloodiest, most recklessly life-threatening film production in Hollywood history resulted in this light-hearted comedy about a family "acting" afraid while they share a home with at least 100 untrained tigers, lions and panthers. Writer/director Noel Marshall felt so strongly about this movie that he cast his own family, literally feeding them to lions -- including his wife Tippi Hedren (from Hitchcock's "The Birds") and her daughter, Melanie Griffith (who would later need facial surgery after a lion attack). At least 70 people were seriously injured during production, which was a never-ending nightmare thanks to money problems and entire crews wisely walking away from the project. But Marshall finished his movie. Never released in the U.S., the 1981 film is now available on Blu-ray, and it's a must-have for collectors of Hollywood's worst ideas!

**TV RELEASES**  
 "Anne of Green Gables: 30th Anniversary"  
 "Game of Thrones: Season 1 (Steelbook) [Blu-ray] & Digital HD"  
 "Doctor Who: Series 9 Part 1"  
 "Black Sails Season 2"  
 "Mobile Suit Gundam (First Gundam) Part 1 Blu-ray Collection"

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by HEALTHY EXCHANGES  
**Apple Noodle Pudding**

Fall is that wonderful time of the year when the traditional Oktoberfest centered on food, music and fun takes place in Germany. If you put on a polka record and share this dish with friends, you'll see why these festivals are so much fun. This dish is just plain GUTEN!

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 2/3 cup nonfat dry milk powder
- 1 cup water
- 1/2 cup unsweetened apple juice
- 1 teaspoon apple pie spice
- 2 cups hot cooked noodles, rinsed and drained
- 1/4 cup chopped walnuts
- 1 1/2 cups peeled and diced cooking apples
- 1/4 cup raisins

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
  2. In a large saucepan, combine dry pudding mix, dry milk powder, water and apple juice. Cook over medium heat until mixture thickens and starts to boil, stirring constantly using a wire whisk. Stir in apple pie spice and noodles. Add walnuts, apples and raisins. Mix well to combine, using a sturdy spoon.
  3. Spread mixture into prepared baking dish. Bake for 45 to 50 minutes. Place baking dish on a wire rack and let set for 5 minutes. Good warm or cold. Serves 6.
- \* Each serving equals: 188 calories, 4g fat, 6g protein, 32g carb., 123mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit, 1/2 Fat.

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**Roasting pumpkin seeds**

Preheat oven to 300 degrees F. Toss 1 1/2 cups raw pumpkin seeds, 2 teaspoons melted butter and a pinch of salt in a bowl, mixing well. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown.

Source: Allrecipes.com — Brenda Weaver

**top ten**

**Kids' Halloween COSTUMES**

1. Princess
2. Batman characters
3. Action/super hero
4. Animal
5. "Frozen" character
6. "Star Wars" character
7. Zombie
8. Witch
9. Pumpkin
10. Minion

Source: National Retail Federation, 2015

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# Pope Francis vs. the "Demon" of Gender Theory

**Commentary**  
By Dr. Paul Kengor

Pope Francis has returned to Rome after a historic trip to the United States. It was a fascinating endeavor. There have been many papal visits to America in my lifetime; in fact, nearly all have been in my lifetime, the first occurring in 1965, the year before I was born. None of these, however, were so heavily marked by political-ideological battle lines among liberals and conservatives. Really, those lines have been drawn boldly on the left, with liberals eagerly claiming this pope as one of them, and many conservatives granting that concession.

Yet, neither side, in truth, watches this pope carefully enough. If they did, both sides would be surprised, shocked, and one side—liberals—would be horrified.

I'm referring specifically to this pope's remarkably staunch criticisms of the things he sees as threatening the family: What he calls the "throwaway culture" of abortion, the "ideological colonization" and "deforming" of marriage, the "Satanic" adoption of children by homosexual couples, and the "demonic" cult of gender theory.

Yes, those blistering descriptions all belong to Pope Francis.

I could detail any of these here at length and shock liberal sensibilities and claims that this "leftist pope" is one of them. After all, I've yet to meet a liberal who thinks that same-sex marriage is the work of "the Father of Lies."

But I'd like to expend a few words on this pope's ongoing war against gender theory specifically, and namely its attempted introduction in Francis' home diocese of Rome and throughout Italy. This has greatly upset Francis, the extent to which we Americans (Francis' critics and admirers alike) are completely unaware. Now that

he is back in Rome, Francis' battle against gender theory will recommence with zeal.

Of course, gender theory, gender ideology, gender studies, even entire gender programs, have been all the rage in American academia for decades. Pope Francis, for one, despises the very concept. He has argued constantly, consistently, that men and women are not only vitally different, but that these differences—ordained by nature and God—constitute an essential complementarity that husbands and wives bring to marriage and family relationships and responsibilities. Under Francis' direction last year, the Vatican held an international-ecumenical conference solely on this complementarity. In a world and culture that argues—and, in fact, teaches—that men and women and husbands and wives and dads and moms are interchangeable, if not inconsequential, Francis insists just the opposite. To say he is adamant is an understatement.

"Gender ideology is demonic!" Pope Francis insists. He says that it militates against "the order of creation." He sees it as so toxic, so destructive, that he has compared gender ideology to "the educational policies of Hitler."

In Italy, Francis has become the spiritual inspiration for a nationwide movement to banish gender theory. This culminated in a huge demonstration in Rome this summer. As one article reported, "Hundreds of thousands of people from all over Italy responded to Pope Francis' repeated warnings about gender ideology, by taking part in an enormous demonstration in the square of St. John Lateran in Rome on Saturday. The 'Family Day' was aimed at defending the traditional family and stopping the spread of gender ideology in schools."

Some estimates were higher, as organizers hoped to draw a million

marchers. "It's fantastic," said one attendee, a father of six from northern Italy. "Finally, people have gathered to fight this terrible ideology." One organizer celebrated from the stage, "The Holy Father is with us," as indeed he was.

The speaker held forth under a giant banner that read in Italian: "Difendiamo i nostri figli. STOP GENDER nelle scuole." Translation: "Defend our children. STOP GENDER in the schools."

We must understand that Pope Francis views gender theory as not just some feminist thing he doesn't like. He sees it as a direct threat to family and marriage. And as he said to the joint session of Congress during his recent visit, "I cannot hide my concern for the family, which is threatened, perhaps as never before, from within and without. Fundamental relationships are being called into question, as is the very basis of marriage and the family." He told President Obama and the crowd that greeted him at the White House that he had come to the country specifically "to celebrate and support the institutions of marriage and the family at this critical moment in the history of our civilization."

Well, to this pope, gender theory is a major threat to the institutions of marriage and family at this critical moment. In this, and still more, liberals might want to pause a bit before transforming Pope Francis into their poster boy.

Dr. Paul Kengor is professor of political science and executive director of The Center for Vision & Values at Grove City College. His latest book is *Takedown*. His other books include *11 Principles of a Reagan Conservative*, *The Communist: Frank Marshall Davis*, *The Untold Story of Barack Obama's Mentor and Dupes: How America's Adversaries Have Manipulated Progressives for a Century*. ★

# Physicians Warn of Halloween Eye Risk

*Over-the-Counter Contact Lenses Could Contain Dangerous Chemicals*

**SACRAMENTO REGION, CA (MPG)** - Every Halloween, costume contact lenses fly off the shelves as people look to accentuate their outfits with those appealing visual accessories. These non-prescription lenses, however, can cause potentially blinding infections.

To help prevent eye damage and vision loss, the California Academy of Eye Physicians and Surgeons (CAEPS) and the American Academy of Ophthalmology (AAO) are warning costume shoppers about over-the-counter decorative lenses after a recent study found that several varieties tested positive for chlorine and other harmful chemicals.

"While Halloween costumes complete with over-the-counter contact lenses can be fun, many people do not consider the possible damage these seemingly harmless accessories could be doing to their eyes," said Leah Levi, MD, CAEPS president. "We take Californians' vision very seriously, so we believe the safest way to avoid any potential loss of vision or eye damage is to avoid costume contacts altogether."

Research published in September found the potentially harmful substances in three types of cosmetic contact lenses produced in Ireland, Taiwan, and South Korea. Iron was found in four pairs of lenses. One pair seeped chlorine after a routine rinse, prompting concern from researchers about toxicity to the eye. The chemicals likely come from colorants used to tint and

create playful patterns on the lenses. The study also noted that colorants printed or pressed onto some decorative lenses create an uneven texture. Those rough surfaces could scratch the eyes, potentially allowing in bacteria that can cause infection and even blindness.

Four of the five lenses in the study are not available legally in the United States because they are not approved by the US Food and Drug Administration. Despite that sales restriction, many decorative lenses of unknown origin can be bought online. Around Halloween, they often crop up for sale at beauty parlors, flea markets, or even gas stations. The problem is that contact lenses not approved by the FDA may be made with materials that can harm the eyes by causing corneal ulcers or other corneal irritations or infections (keratitis). These conditions can result in scarring that impairs vision or causes blindness. For this reason, both Academies advise against wearing decorative lenses without a prescription. "You can't be sure what you're getting when you buy over-the-counter contact lenses, which can be very dangerous to your eyes," said ophthalmologist Thomas Steinemann, MD, spokesperson for the AAO. "If you want decorative contact lenses, get a prescription or steer clear of them. It's not worth the risk to your vision."

**Costume Contact Lens Safety Guidelines**

To safely wear decorative

contact lenses this Halloween or any time of year, the California Academy of Eye Physicians and Surgeons and the American Academy of Ophthalmology recommend following these guidelines:

- Only buy decorative contact lenses from retailers who require a prescription and sell FDA-approved products.
  - If you don't already have a contact lens prescription, obtain a valid prescription and eye exam from an ophthalmologist—a medical doctor who treats eye conditions and diseases—or an optometrist.
  - Even those who don't require lenses to correct their vision need to get examined and fitted for the right size plano (zero power) cosmetic contacts by an eye health professional. Ill-fitting lenses can scratch the surface of the eye, creating an opening for infection.
  - Redness, swelling, excessive discharge, pain, or discomfort can signal eye infection. If you have these symptoms, immediately see your prescriber. Eye infections can cause blindness if left untreated.
- For more information on costume contact lenses, visit the American Academy of Ophthalmology's public information website, [www.geteyesmart.org](http://www.geteyesmart.org).  
Source: Stephanie Rosa ★

# FBI Announces Results of Nationwide Trafficking Operation

*Continued from page 1*

by the FBI's Child Exploitation Task Force—which includes officers from the Fresno Police Department—the Fresno Sheriff's Office, and Tulare Police Department resulted in the recovery of one minor and the arrest of two alleged pimps.

"We sincerely thank our partners in Fairfield, Fresno, and Sacramento for their participation in Operation Cross Country IX and their continued, year-round commitment to the difficult task of identifying, locating, and recovering children who have been exploited and ensuring that their traffickers face justice," said Special Agent in Charge Monica M. Miller of the FBI Sacramento field office. "While the arrest of the offender has an immediate result, only recovering a child can offer him or her an opportunity to begin to accept services necessary to begin the healing process and restore a sense of normalcy."

In addition to Operation Cross Country IX, the FBI and Fairfield Fresno Police Department, Clovis Police Department, Merced

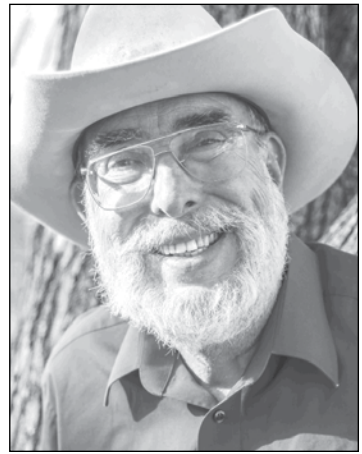
Police Department, Tulare Police Department, and Visalia Police Department completed Operation Summer Tour in August. The five-week operation focused on commercial sexual exploitation of minors primarily in Clovis, Fresno, and Merced. The multi-week effort resulted in the recovery of 11 children as well as the arrest of six pimps. Additionally, 105 adults were arrested for a variety of other violations including probation violations and prostitution-related charges.

Operation Cross Country IX is the largest in the nine-year history of the initiative, with 53 FBI field offices and 73 Child Exploitation Task Forces taking part in the operation in 135 cities across America, including Citrus Heights, Rancho Cordova, Fairfield, Fresno, and Sacramento. Nationwide, more than 500 law enforcement officials conducted both "in-call" and "out-call" operations in hotels, casinos, truck stops and in other areas known as frequented by prostitutes, sex-traffickers, and their customers.

"We're proud to partner with the FBI and provide support to both law enforcement and victim specialists in the field as they work to locate and recover survivors of child sex trafficking," said Linda Krieg, Acting Chief Executive Officer of NCMEC. "The number of children recovered and pimps arrested in this year's operation highlights the importance of these efforts today and every day in protecting our children from exploitation."

Operation Cross Country is part of the FBI's Innocence Lost national initiative, which began in 2003. Since the program's inception, more than 4,800 children have been recovered from underage prostitution and prosecutors have obtained more than 2,000 convictions, including at least 15 that have resulted in life sentences. For additional information on Operation Cross Country IX, and the Innocence Lost initiative, please visit [www.fbi.gov](http://www.fbi.gov).

Source: Federal Bureau of Investigation, Public Affairs Specialist ★



When Dewey Decker bought that acre on the edge of town from Gil Masterson, it astonished some people, but others, like Doc, just smiled and nodded. It's a natural progression.

Gil raises vegetables on a large scale, and the rumor is that it was at least partially paid for in "product," because Dewey is the undisputed Pharaoh of Phertilizer in these parts.

Dewey then did another trade-out with a local handyman for a couple of rabbit hutches. He installed a buck and several does in them.

# Slim Randles' HOME COUNTRY

## Dewey's Product Producing Rabbits

"Everyone knows rabbits produce superior product," Dewey told his lady love, Emily Stickles, she of the fantastic cheekbones and finely honed business acumen. Emily glowed, knowing that this rabbit idea was strictly Dewey's.

Well, the rabbits produced product all right, and Dewey put a few hundred of his finest red wiggler fishing worms under the hutch to put the finishing touches on primo fertilizer ... we mean houseplant-grade fertilizer. It'll bring more money in, too.

After a few months, there was quite a mound of product to be processed, and there was also a marked increase in the rabbit population.

Dewey really enjoyed watching the baby rabbits grow up. But then he had to decide whether to have rabbit for dinner or just turn them all into product makers. The product idea won. This meant buying more hutches, but he was able to

do this with the houseplant fertilizer money, which also bought rabbit pellets.

One of the best parts of this division of his soil amendments business was that Dewey could actually feed and care for the rabbits and their product with nothing but a shovel. And accident-prone Dewey can handle any tool fairly well, as long as it isn't sharp, has no moving parts and is commonly called a shovel.

Windy's driving the loader and the truck for him now, several days a week, and Emily is taking care of the books. So Dewey just watches happily as the growing rabbit population produce ... well, product is as good a name as any.

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

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The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

Sunday Support - Any and all widows or widowers are invited. Every Sunday from 3:00pm - 5:00pm

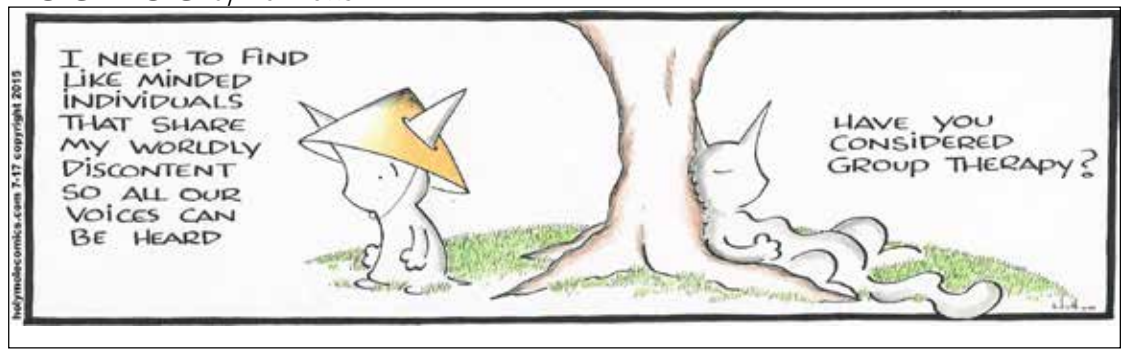
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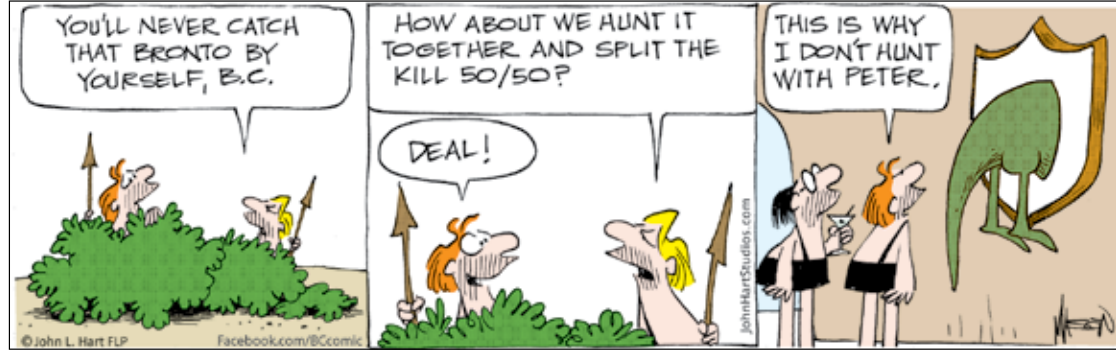
**Wizard of Id** by Parker, Mastroianni & Hart



**Hole Molé** by Rick Hotten



**BC** by Mastroianni & Hart



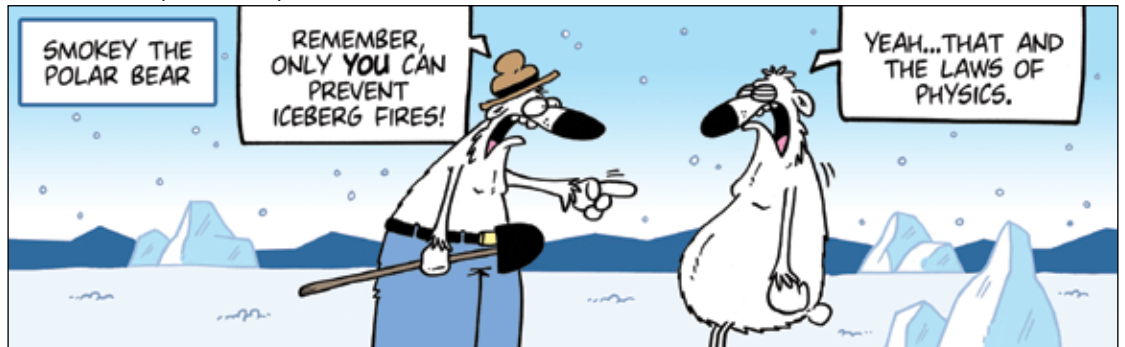
**Cranky Girl** by Crystal Jones



**Frank and Steinway** by Wil Panganiban



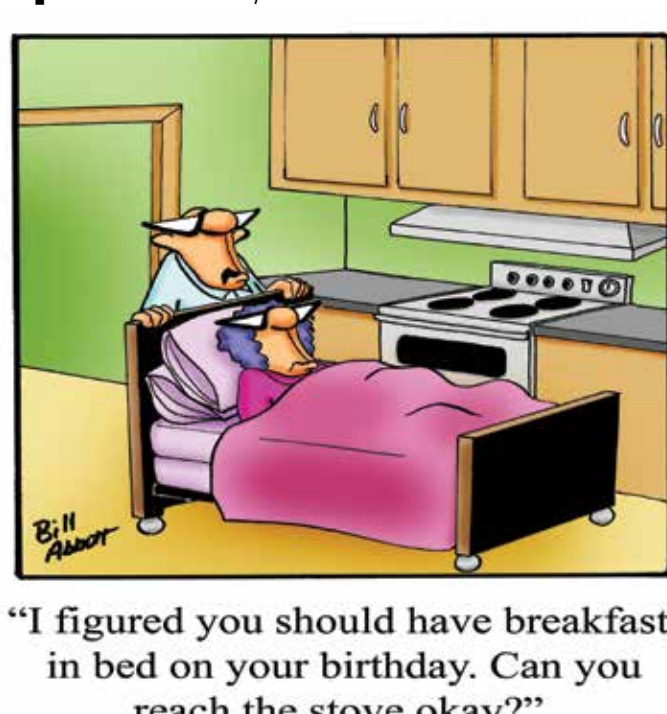
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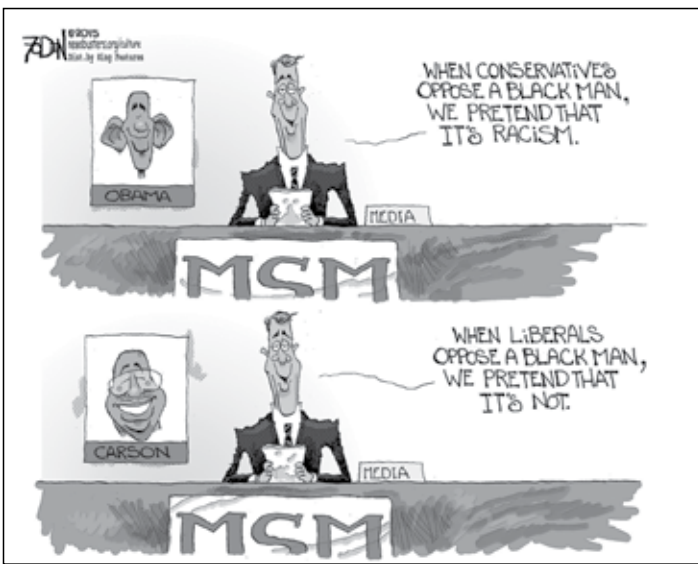
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**The House Republican Meltdown**

At least they aren't brawling the way they do in the South Korean parliament -- at least not yet.

House Republicans have over the past month seen their speaker, John Boehner, announce his imminent resignation under pressure and his heir apparent, Kevin McCarthy, suddenly give up on trying to succeed him -- all while the party enjoys a comfortable majority and faces no external threat from Democrats.

The Republican nervous breakdown is entirely self-inflicted. Understanding the House caucus is less Politics 101 than scorpions in a bottle. The right of the caucus hates and distrusts the leadership, while most of the rest of the caucus hates and distrusts the right, and no one has the standing to bring all sides together in a semblance of unity.

With McCarthy, the current majority

leader, shocking the political world by giving up his speaker bid, it's not clear who can pick up the pieces. Some even speculate (although this is far-fetched) that Republicans will have to go to Democrats to forge a bipartisan coalition to fill the office, which would be a humbling concession that Republicans aren't capable of governing the House on their own.

McCarthy is a pol's pol who has good personal relations with other Republicans. He had a strong majority of the caucus backing him for speaker, but that wasn't enough. He needed to get 218 votes on the House floor, a threshold that gave the several dozen members of the conservative House Freedom Caucus the ability to block him. It is this blocking power that the group has used again and again in legislative fights to frustrate the leadership. The right made Speaker John Boehner miserable, and ultimately ousted him in a demonstration of the power of a determined legislative faction.

No one is blameless in the House Republican civil war. The leadership is so unpopular with the grass roots because it has been unimaginative and timid, and the right of the caucus is correct to want to prod and challenge it.

Of course, there are limits to what even the shrewdest congressional

leadership can achieve when the other party controls the White House, but House GOP leaders never advanced a substantive alternative agenda on major issues and weren't willing to push the envelope in their fight with the president over his executive abuses. Both the House and Senate leadership were mostly content to restore "regular order," a priority that could inspire only a few subcommittee chairmen.

On the other hand, the right in the House has had a clearer view of what it opposes than of what it supports, and often has seemed willing to burn the place down in the cause of symbolic purity.

We're still a long way from the sort of chaos that gripped the House in 1855, when the politics of slavery scrambled congressional politics such that it took months and more than 100 ballots to get a new speaker. Eventually, someone among House Republicans will have the credibility and creativity to get to 218, perhaps when exhaustion with the interecine warfare takes hold.

One only hopes that no one starts throwing chairs before then.

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

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**Hero Dog Exposes Puppy Mills**

**DEAR PAW'S CORNER:** This year, the American Humane Association chose Harley, a scrappy, one-eyed Chihuahua, as the 2015 Hero Dog. Its decision calls attention to the stark realities of puppy mills, one of which Harley was rescued from.

Harley had significant health issues when he was rescued, and he lost an eye when his cage was power-washed with him in it. Despite this, he retained a strong spirit and has become a beacon for other puppy mill dogs. The "Harley to the Rescue" campaign inspired by him (<http://millofrescue.org/harley-to-the-rescue/>) has saved close to 600 puppy mill dogs.

Can you let people know about the AHA's Hero Dog, Harley? -- Ginny, via e-mail

**DEAR GINNY:** I sure can! Harley's story also can be found at the AHA Hero Dog page: <http://www.herodogwards.org/hda2015voter-harley>. He was chosen from a finalist field of eight exemplary

dogs, including service and military dogs, and other rescued pets that have become an inspiration to pet advocates.

Unlike responsible breeders, puppy mills have destructive breeding practices, and care can be brutal: for example, they'll attempt to produce as many litters of popular dog breeds as possible, exhausting and often physically abusing breeding dogs, selling the best and mistreating the rest. Mill dogs often are kept in tiny, dirty cages, with little to no medical care.

Puppy mill rescues gain access to and liberate such dogs, try to have the mills shut down, and provide care and rehabilitation for the rescued dogs. They'll also try to find homes for dogs that are able to be adopted, but sadly, many are unable to live with a family. Hopefully, through legislation and continued vigilance, puppy mills can become a thing of the past.

Send your questions or tips to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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# END OF THE BENCH BY GERRY SCHOU

## Must These Shows Go On?

Every so often the search for something reasonable to watch on television must be undertaken. But, as usual, the search fails to disclose any worthwhile results, and we resort to falling back into sports for entertainment, even if all there is to choose from is a playoff baseball blowout between two teams we care little about, or some sloppy NFL game between two losing teams from the East Coast.

We get so easily frustrated scrolling through the guide. Channel, after channel, after channel gets a shake of the head. A bunch of run-of-the-mill cops-and-robbers series...a few over-acted courtroom dramas...some "shocking" doctor/hospital shows...several dumbed-down talk shows...some "introspective" panel bits...too many unrealistic reality shows...much too real news programs...a wide assortment of HGTV-type stuff that only make you jealous and hungry...sitcom and old movie reruns...and on and on they go...

We seem to always go back to the games. But, then, they aren't as inspiring when your teams aren't playing, are just plain lousy or out of contention, or happen to be on their bye week. You might consider turning the tube off (??) and do some reading, but it's too early in the evening to fall asleep. You just want to lay on the couch like some rotting log and soak up some kind of nonsense that will, at least, keep your attention.

You know what they oughta do for people like us? They oughta take some of the ideas from all of those other TV shows and combine them with sports themes, and see what might become of that.

They could have a cop show that has some crazy star football player that kills a former teammate; or one that has a player that keeps disturbing the neighborhood with a lot of wild parties that result in some sexual assaults; or, in part two of that episode, that fella has a friend with a gun fetish that races off to practice in the morning after a drunken all-nighter and crashes his car

into a tree, and then both guys get arrested and kicked off the team.

They could have a courtroom drama in which, let's say, a former Olympic track and field champion --- and let's spice it up and make him a double-amputee named...uh, Oscar --- murders his beautiful model girlfriend on Valentine's Day. But with some lame excuses and technicalities through the long, drawn out process, the guy gets off easy by being convicted only of manslaughter, and is sentenced to one year in prison and four years of house arrest that he will spend living luxuriously in his uncle's mansion, with the freedom to leave to go to church (!!!) or to work (back on the track?). You can just feel the venom oozing from the family of the deceased victim.

Or, a venerable college football coach, nearing the end of his run, has a friend and assistant coach convicted of multiple counts of sexual abuse of children and is sent to prison. A number of school officials perjure themselves. The old coach dies from the stress a short time later.

A great hospital "shocker" could have a troubled, retired star professional basketball player being wheeled into the emergency room unconscious. The back-story would reveal that our guy --- call him, Lamar --- was found passed out from an overdose of some recreational drugs in a love-ranch brothel somewhere in Nevada. After days of hand-wringing, Lamar slowly opens his eyes and comes to, and the family rejoices in "his unrelenting strength and faith in God" that pulled him through. Okay.

How about a stupid talk show panel of simple-minded baseball players dressed in suits that are too tight --- name it Dr. Pete --- talking about their own insecurities, saying things like, "I have a PhD in getting booed," and mixing in some nervous chuckles and insincere fist-bumps. (You'll need a laugh track).

Reality shows would be easy... A Heisman Trophy-winning

quarterback, a spoiled brat, isn't making it in the NFL and his teammates can't stand him. He goes into alcohol rehab for too short of a stint. He comes back, but doesn't play very well as a backup. He gets into a roadside fight with his drunk "girlfriend" and somebody calls 911. The pair give conflicting accounts and the police allow them to drive away together. Or, a basketball superstar who thinks he is Superman gets busted at the airport with a gun in his carry-on bag. Or, a Hall of Fame basketball coach going through a divorce as a result of his persistent infidelities has his current program under investigation for soliciting "strippers" (?) to entertain recruits at a party in his school's athletic dormitory. Or, a couple of high school football players attack an official on the field during a game under orders from one of their coaches.

An investigative report might uncover that a part-owner and general manager of a money-skipping Major League Baseball franchise is among the top-ten worst violators of water-saving policies in a drought-stricken state on his multi-million dollar estate in a gated community, far from the madding crowd.

The "Home" network could tour the crib of the greatest basketball player of all-time, which could double as Noah's Ark II because it is big enough to hold two of everything. Or, the "Food" channel could check in on a fan trying to eat a "decadent" 18-inch, \$25 corn dog stuffed with cheese, jalapenos and bacon with a side of fries.

What? What!! Somebody already thought of those? Ah, those were some crazy ideas anyway.

We should just go ahead and watch "The Princess Bride" or "The Breakfast Club" again, or play Jeopardy, or watch "Raymond" or "Seinfeld" reruns again. Or, flip back over to whatever sports is on and do what former Giant Jeff Kent always said, "Enjoy the game more!" ★



## Dare to Live Without Limits Waiting



by Bryan Golden

Is waiting an effective strategy for success? Have you heard people say they are waiting for things to get better? Or, that they are waiting for their luck to improve? Perhaps you've seen people waiting for the right time or waiting until they are in a proper frame of mind or waiting until they are motivated.

There's a virtually endless list of things people are waiting for: other people, circumstances, attitude, timing, the weather, the economy, money, etc. The problem with waiting is that it's a passive activity. The things people wait for may or may not happen.

However, sometimes there are situations where it is prudent to wait. Waiting to save up enough money for a discretionary purchase rather than accumulating debt that you can't readily pay off.

Waiting for a storm to end before going sailing. Waiting for a lake to freeze before walking on the ice. Waiting until you have the appropriate skills and knowledge before undertaking a new venture.

Even when waiting appears to be a prudent strategy, you can have contingency plans and alternative courses of action. So, you can be proactive even while waiting. Additionally, while you are waiting for one thing, you can be taking action on something else.

You can't control the environment but you do have control over your response. Idle waiting leaves you at the whim of fate. You are then like a cork floating on the ocean waiting to see which way the waves, currents, and winds take you.

Waiting is passive. You put yourself in a position to accept whatever comes your way. You can hope all you want, but hope by itself is like playing the lottery. Things may work out in your favor but the odds are against you.

Paralysis by analysis keeps you waiting. Since you can't decide on the best course of action, you do nothing. So not only are you waiting for things to change, you are now waiting to figure out what you should do, if anything.

It's easy to slip into waiting mode when feeling overwhelmed or uncertain as to the appropriate path to take. Rather than waiting, get your mind into gear searching for possible strategies. The process of seeking options transforms you from passive mode to active. List everything you can think of. At this point, don't evaluate any idea as being either good or bad. The longer your list, the better the chances of identifying the appropriate strategy.

Once you have your list, start to evaluate and prioritize each idea. Now you are no

longer waiting, you are doing something. By seeking out viable options you have become proactive.

Once you have identified the best possible strategy, you have to initiate it by taking action.

Action is the root of all accomplishment. Conversely, waiting is a source of frustration, stress, missed opportunities, and unfulfilled dreams. Your objective is to make things happen rather than wait for them to happen. The significance of taking action can not be overstated.

Taking even a small first step gets you out of waiting mode. Your first step paves the way for the next step and so on. As you change from passive to proactive, you begin to take control of your life rather than just being a passenger.

Stop waiting. Take action now. Decide what you want and then start taking the steps necessary to make it happen. It's not magic. This process enables you to seize control of your life.

*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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# Game Plots

## The Magic of Emergence

By Noah Howard



One of the few ways that video games fail to resemble traditional games like chess or Monopoly is in their insistence on control. Developers are often reluctant to create a system of rules and problems and let players do as they wish to solve those problems within the confines of the game. Even so, the ability of a game world to morph because of the player's actions is called "emergent gameplay," a rare Holy Grail of game design.

The usual concept of emergent gameplay is too focused upon giving the player as many options as possible so that they can combine the mechanics and rules of the game in novel ways. However, for gameplay to be truly emergent, the game systems must be versatile enough to permit the unexpected. In this way, emergence goes beyond simply giving a player a set of tools and asking them to solve a problem or situation. It encourages improvisation; a player with time to observe and plan can use the same or similar strategies and tools every time. A player caught by surprise is stuck in a desperate situation, and therefore must find a desperate answer on the fly. Pressure of this kind is what encourages the instant creativity of the players frantically searching for a solution to an unexpected problem.

This is why the recently

released *Metal Gear Solid V* (MGSV) works so well with emergence by encouraging players to sneak quietly into enemy bases without any guidance. When a game revolves around stealth, simply being spotted counts as one of these random unexpected events that forces the player to think on their feet. And, because MGSV slows down time for a few seconds after the player is spotted, it gives the player sufficient time to come up with a creative solution.

However, MGSV is emergent only in one regard. It engages emergence only on a physical level; you can approach a level however you want, but you usually cannot change the outcome of the story. From a narrative perspective, MGSV is strictly linear.

That's strange, because the video game industry has been doing narrative emergence—player-affected changes on story events and characters—for a long time. It died out a bit during the early 2000s, but since

*The Walking Dead: The Game* in 2012, all the way up to *The Witcher 3* from earlier this year, developers have been allowing players to modify their character and decisions in ways that allow players to write their own story. Unfortunately, *The Walking Dead's* gameplay consists only of this choose-your-character structure, and *The Witcher 3's* moment-to-moment gameplay is almost entirely straightforward with little effect on the world.

So the solution, then, is a combination of the two kinds of emergence, a game that allows emergence both in gameplay and in story. Such a game does not exist, but it soon could. Once both forms of emergence exist at once within a game—in gameplay and in narrative simultaneously—it will dramatically enrich an already uniquely personalized art form.

To respond to Noah's articles email him at [digitalartsnoah@yahoo.com](mailto:digitalartsnoah@yahoo.com) ★

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Television Listings for the week of October 23-October 28

FRIDAY EVENING

OCTOBER 23, 2015

SATURDAY EVENING

OCTOBER 24, 2015

Table of TV listings for Friday, October 23, 2015. Columns include time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and various channels (ABC, CBS, NBC, FOX, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).

Table of TV listings for Saturday, October 24, 2015. Columns include time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and various channels (ABC, CBS, NBC, FOX, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).

SUNDAY EVENING

OCTOBER 25, 2015

MONDAY EVENING

OCTOBER 26, 2015

Table of TV listings for Sunday, October 25, 2015. Columns include time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and various channels (ABC, CBS, NBC, FOX, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).

Table of TV listings for Monday, October 26, 2015. Columns include time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and various channels (ABC, CBS, NBC, FOX, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).

TUESDAY EVENING

OCTOBER 27, 2015

WEDNESDAY EVENING

OCTOBER 28, 2015

Table of TV listings for Tuesday, October 27, 2015. Columns include time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and various channels (ABC, CBS, NBC, FOX, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).

Table of TV listings for Wednesday, October 28, 2015. Columns include time slots (8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30) and various channels (ABC, CBS, NBC, FOX, A&E, AMC, ANIMAL, BET, BRAVO, CARTOON, CMT, CNN, COMEDY, DISCOVERY, DISNEY, E!, ESPN, ESPN2, FAMILY, FOOD, FX, HGTV, HISTORY, LIFETIME, MTV, NICK, SPIKE, SYFY, TBS, TCM, TLC, TNT, TRAVEL, TV LAND, USA, VH1, WGN, HBOW, MAXW, SHOWW).



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ATHLON SPORTS TOP 25

1. Baylor (6-0, vs. Iowa State)
2. Utah (6-0, at USC)
3. Clemson (6-0, at Miami)
4. Ohio State (7-0, at Rutgers)
5. Alabama (6-1, vs. Tennessee)
6. TCU (7-0, Bye)
7. LSU (6-0, vs. WKU)
8. Michigan State (7-0, vs. Indiana)
9. Stanford (5-1, vs. Washington)
10. Florida State (6-0, at Georgia Tech)
11. Notre Dame (6-1, Bye)
12. Florida (6-1, Bye)
13. Iowa (7-0, Bye)
14. Michigan (5-2, Bye)
15. Texas A&M (5-1, at Ole Miss)
16. Oklahoma (5-1, vs. Texas Tech)
17. Memphis (6-0, at Tulsa)
18. Oklahoma State (6-0, vs. Kansas)
19. Temple (6-0, at East Carolina)
20. Houston (6-0, at UCF)
21. California (5-1, at UCLA)
22. Ole Miss (5-2, vs. Texas A&M)
23. Toledo (6-0, at Eastern Michigan)
24. Pittsburgh (5-1, at Syracuse)
25. Georgia (5-2, Bye)

HEISMAN RACE

1. Leonard Fournette, RB, LSU Fournette continues to dominate for the undefeated Tigers. On Saturday, he rushed for 180 yards and two touchdowns on a season-high 31 carries in LSU's 35-28 win over previously unbeaten Florida.
2. Trevone Boykin, QB, TCU Boykin's dual-threat abilities were on full display Saturday as he threw for 436 yards and four touchdowns and rushed for 74 yards and one score in the Horned Frogs' 45-21 win at Iowa State.
3. Dalvin Cook, RB, Florida State Cook is emerging as the nation's top running back not named Leonard Fournette. The sophomore rushed for 163 yards and two touchdowns and also caught four passes for 60 yards in the Seminoles' 41-21 win over Louisville. Cook, who has been nursing a sore hamstring, is averaging 8.7 yards per carry this season.
4. Derrick Henry, RB, Alabama Henry delivered the best game of his career on Saturday, rushing for 236 yards and two touchdowns on 32 attempts as the Crimson Tide knocked off Texas A&M 41-23 in College Station.
5. Josh Doctson, WR, TCU Doctson is the nation's leading receiver with 1,067 yards after catching 10 passes for 190 yards and two scores in the Frogs' win at Iowa State. Doctson has caught at least two touchdown passes in five straight games.

Tide surging at right time

Bama defense will be tested by Vols' dual-threat QB Josh Dobbs

TENNESSEE AT ALABAMA

After enduring painful losses to Oklahoma, Florida and Arkansas, Butch Jones and the Vols broke through with a 38-31 win over Georgia two weeks ago. Some might not consider a seven-point win at home against Georgia that big of a deal, but this program was desperate for something positive to happen. The reason for Tennessee's success? Quarterback Josh Dobbs played by far his best game of the season, throwing for 312 yards and three touchdowns while rushing for 118 and two scores. This is the type of performance we expected to see on a consistent basis after Dobbs teased us with his potential late last season. Compiling gaudy numbers this week will be far more difficult. Alabama leads the SEC in total defense and is especially stout against the run. Bama is allowing only 70.9 rushing yards per game and 2.4 yards per attempt and has surrendered only 12 carries of 10 yards or more — by far the fewest in the SEC. Tennessee features two outstanding running backs in Jalen Hurd and Alvin Kamara and the league's most mobile quarterback in Dobbs, but it's doubtful this team will enjoy much success on the ground Saturday afternoon in Tuscaloosa. The pressure will be on Dobbs and the Vols' talented but underachieving collection of wide receivers to make plays down the field. *Alabama 31-21*



Mitch Light  
Athlon Sports  
Executive Editor  
@AthlonMitch



O.J. Howard and the Crimson Tide have won four straight games since losing at home to Ole Miss in Week 3.

UTAH AT USC

Utah is undefeated and ranked in the top five in the latest Associated Press poll. The boys in Vegas, however, don't appear to be overly impressed by Kyle Whittingham's team, which is a three-point underdog this week against a USC team that is 3-3 and unranked. The Trojans are fresh off a 41-31 loss at Notre Dame in the first game under interim coach Clay Helton. USC outgained the Irish 590-to-476 and held a 31-24 lead heading into the fourth quarter but could not make key stops on defense when it mattered most. Utah rallied with 20 unanswered points in the fourth quarter to beat Arizona State 34-18 in Salt Lake City on Saturday night. The Utes received solid contributions from quarterback Travis Wilson (297 yards, two TDs, no INTs) and running back Devontae Booker (118 yards two TDs). They will need Wilson to be at his best to win at USC. *Utah 27-24*

TEXAS A&M AT OLE MISS

Despite both teams' recent struggles — Ole Miss has lost two of three and A&M lost at home to Alabama on Saturday — this is still a pivotal game in the SEC West. Both teams have only one loss in league play, and both still have LSU, the only undefeated team in the SEC, on the schedule. Ole Miss isn't playing very well, but the Rebels are actually in a better position to contend than A&M at this point since they beat Alabama — the other team with one loss — head to head. The Rebels, however, will be lucky to reach the .500 mark in the league unless they start playing better on both sides of the ball. Hugh Freeze's team was thoroughly outplayed in Saturday's humbling 37-24 loss at Memphis. Injuries continue to mount, which has affected a roster that is loaded with top-end talent but lacks the depth of many of the other elite teams in the SEC. Texas A&M is also facing a tough week emotionally. There is no shame in losing to Alabama, even at home, but that game was viewed by many as a referendum on the Aggies' program. And once again A&M came up short in an effort to climb up a rung on the SEC food chain. The team that is in a better state mentally will have a huge edge in this game. *Texas A&M 33-27*

TEXAS TECH AT OKLAHOMA

Baker Mayfield, who started seven games at Texas Tech as a walk-on two years ago, will face his former team for the first time on Saturday. And as Mayfield pointed out earlier this week, both programs appear to have benefited from his move from Lubbock to Norman. Mayfield is thriving in the Sooners' version of the Air Raid attack installed by new coordinator Lincoln Riley, while Texas Tech is in good hands with sophomore dual-threat Patrick Mahomes, who currently leads the Big 12 in passing with 374.0 yards per game. Mahomes has guided the Red Raiders to a 5-2 start highlighted by an impressive win at Arkansas and a near-miss in a 55-52 loss to TCU. This is clearly an improved team, and the doubters who questioned whether Kliff Kingsbury was going to make it long term at his alma mater have been silenced — for now. Oklahoma rebounded from its disheartening 24-17 loss to Texas by pounding Kansas State 55-0 in Manhattan. It was evident that Bob Stoops had his team ready to play. *Oklahoma 48-41*

WESTERN KENTUCKY AT LSU

LSU steps out of conference play for a tricky matchup with WKU, one of the elite offensive teams in the nation. The Hilltoppers, 6-1 overall with the lone loss by three points at Indiana, rank in the top 10 nationally in total offense (ninth, 535.4 ypg), passing offense (third, 407.1 ypg) and scoring offense (sixth, 44.0 ppg). Quarterback Brandon Doughty leads the country in completion percentage (74.1) and is averaging 387.0 yards per game with a 24-to-4 TD-to-INT ratio. Here's a reason for concern, however: In their only game against a quality defense, the Toppers were held to 246 yards and 14 points in a Week 1 win at Vanderbilt. Here's another reason for concern: Leonard Fournette. *LSU 44-27*



PRIME TIME PLAYERS

**Luke Falk** continues to shine for the much-improved Washington State Cougars. The sophomore quarterback completed 39-of-50 passes for 407 yards and six touchdowns in a 52-31 win over Oregon State. ... **Akrum Wadley** entered Week 7 with a combined 35 yards on eight carries. On Saturday, the sophomore running back rushed for 204 yards and four touchdowns on 26 carries to help Iowa improve to 7-0 with a 40-10 win at Northwestern. ... **Corey Coleman** caught 10 passes for 199 yards and scored three touchdowns in Baylor's 62-38 win over West Virginia. Coleman has set the Bears' single-season touchdown record (16) in only seven games. ... Coleman's quarterback, **Seth Russell**, threw for 380 yards and five TDs and added a career-high 160 yards rushing for

the undefeated Bears. ... **Deshaun Watson** threw for a season-high 420 yards and three touchdowns to lead Clemson to a 34-17 win over Boston College. ... Since returning from a two-game suspension, Rutgers wide receiver **Leonte Carroo** has scored touchdowns on six of his 14 receptions and has a combined 287 yards. On Saturday, Carroo caught seven passes for 157 yards in the Scarlet Knights' comeback win over Indiana. ... Memphis recorded arguably the biggest win in school history, thanks in part to another banner day from **Paxton Lynch**. The junior quarterback threw for 384 yards and three touchdowns in the Tigers' 37-24 win. ... **Jared Baker**, who had only 18 rushing attempts in the first four games, rushed for 207 yards and two TDs in Arizona's 38-31 win at Colorado.

**Christian McCaffrey, RB, Stanford**

McCaffrey, the son of former Stanford great and NFL standout Ed McCaffrey, rushed for a school-record 243 yards and scored four touchdowns to lead the surging Cardinal to a dominating 56-35 win over UCLA Friday night. McCaffrey is averaging 180.0 rushing yards per game and 7.4 yards per carry in league play. He also has 16 receptions for 172 yards and is averaging 30.0 yards on kickoff returns. Stanford is 5-1 overall and 4-0 in the Pac-12.



NUMBERS TO WATCH

- 62 Oklahoma had more yards on interception returns (62) than Kansas State had passing yards (45) in the Sooners' 55-0 win over the Wildcats in Manhattan.
- 6 Duke has allowed only six touchdowns in 2015, the fewest in the country. The Blue Devils rank second nationally to Michigan in scoring defense by 0.05 points per game.
- 20 Georgia beat Missouri 9-6 on Saturday in Athens, marking the first time in 20 years that the Bulldogs won a game without scoring a touchdown.
- 4 There are four quarterbacks in the nation who have not thrown an interception (min. 100 passing attempts) — Mississippi State's Dak Prescott (225 attempts), Arizona's Anu Solomon (182), Florida State's Everett Golson (177) and LSU's Brandon Harris (108).
- 500 Baylor has topped the 500-yard mark in 26 of its 32 games dating back to the start of the 2013 season. The Bears have had at least 600 yards 18 times during this stretch.

STOCK REPORT

**▲** LSU QB Brandon Harris answered some lingering questions about the Tigers' offense with an efficient effort in the win over Florida. Leonard Fournette was once again the focal point of the offense, but Harris kept the Gators' defense honest by completing 13-of-19 attempts for 202 yards and two TDs.

**▼** Boise State's hopes of representing the Group of 5 in a New Year's Six bowl game for the second straight year all but ended on Friday night when the Broncos committed eight turnovers in a 52-26 loss at Utah State. Boise State, which lost at BYU in Week 2, is 5-2 overall and 2-1 in the Mountain West.

**▲** It might be a bit premature to label Iowa as a legitimate threat to crash the College Football Playoff, but the Hawkeyes have emerged as the team to beat in the Big Ten West. Kirk Ferentz's team improved to 7-0 on Saturday with a dominating 40-10 win at Northwestern.

**▼** After a Week 3 win at Alabama, Ole Miss was considered by many to be the class of the SEC. Now, the Rebels are a fringe top-25 team after losing by 28 points to Florida and 13 points to Memphis in the last three weeks. Ole Miss closes the season with five straight games vs. SEC West opponents.

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Effective 10/21/15 - 10/27/15

<p><b>AVODERM NATURAL DRY DOG FOOD</b> 24-26 Lb Bag Limit 2 Bags Per Family</p> <ul style="list-style-type: none"> <li>Lamb Meal &amp; Rice <b>\$29.99</b></li> <li>Chicken Meal &amp; Rice <b>\$29.99</b></li> <li>Lite *Original <b>\$31.99</b></li> <li>Large Breed Adult <b>\$31.99</b></li> </ul> <p>Effective 10/21/15 - 10/27/15</p>	<p><b>IAMS DRY DOG FOOD</b> 26 - 30 Lb Bag Only</p> <ul style="list-style-type: none"> <li>Lamb Meal &amp; Rice *Weight Control</li> <li>Mini-Chunk *Lrg Breed Adult</li> </ul> <p>Limit 2 Bags Per Family <b>\$25.99</b></p> <p>Effective 10/21/15 - 10/27/15</p>	<p><b>DIAMOND NATURALS DRY DOG FOOD</b> 40 Lb Bag</p> <ul style="list-style-type: none"> <li>Chicken *Lamb *Beef</li> <li>Senior 35 Lb *Light 30Lb</li> <li>Large Breed <b>\$29.99</b></li> <li>Large Breed Lamb <b>\$31.99</b></li> <li>Ex-Athlete <b>\$36.99</b></li> </ul> <p>Effective 10/21/15 - 10/27/15</p>	<p><b>IAMS DRY CAT FOOD</b> *Original *Weight Control *Hairball *Indoor/Weight/Hairball</p> <p>16 - 17 Lb Bag Limit 2 Bags <b>\$19.99</b></p> <p>Effective 10/21/15 - 10/27/15</p>
<p><b>9 LIVES CANNED CAT FOOD</b> 5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family <b>35¢</b></p> <p>Effective 10/21/15 - 10/27/15</p>	<p><b>FANCY FEAST GOURMET CANNED CAT FOOD</b> All Varieties 3 Oz</p> <p>Limit 2 Cases Per Family <b>20/\$11.00</b></p> <p>Effective 10/21/15 - 10/27/15</p>	<p><b>PURINA CAT CHOW DRY CAT FOOD</b> *Regular *Indoor 16 Lb Bag</p> <p>Limit 2 Bags Per Family <b>\$11.99</b></p> <p>Effective 10/21/15 - 10/27/15</p>	<p><b>SCOOPAWAY CLEAN CLUMPING CAT LITTER</b> 20 Lb Box *Multi-Cat *Unscented (Fresh Step Scoop, 20 Lb Box - \$6.99)</p> <p>Limit 2 Boxes Per Family <b>\$5.49</b></p> <p>Effective 10/21/15 - 10/27/15</p>

<p><b>PURINA PRO-PLAN CANNED FOOD SALE</b></p> <p>Limit 2 * Dog Food 13 Oz <b>99¢</b> Cat Food 3 Oz <b>63¢</b></p> <p>Original Choice 16 Lb Bag Limit 2 Bags Per Family <b>\$10.99</b></p>	<p><b>WORLD'S BEST CAT LITTER</b></p> <p>14 Lb Limit 2 Bags <b>\$11.99</b> Original <b>\$12.99</b> Extra Strength</p>	<p><b>PEDIGREE DRY DOG FOOD</b> *Adult *Large Breed (36 Lb \$21.99) 46 Lb Bag Limit 2 Bags Per Family <b>\$23.99</b></p>
<p><b>NUTRO MAX MAX CAT DRY CAT FOOD</b> Selected Varieties 6 Lb Bag Limit 2 Bags <b>\$8.99</b></p>	<p><b>MEOW MIX DRY CAT FOOD</b> 18 Lb Bag Limit 2 Bags Per Family <b>\$5.99</b></p>	<p><b>JONNY CAT PREMIUM CAT LITTER</b> 10 Lb Bag Limit 2 Bags Per Family <b>\$1.69</b></p>
<p><b>CAT COUNTRY PREMIUM ORGANIC CAT LITTER</b> Limit 2 Bags 20 Lb <b>\$7.49</b> 40 Lb <b>\$13.99</b></p>	<p><b>CAT'S PRIDE FRESH &amp; LIGHT PREMIUM CLUMPING CAT LITTER</b> 15 Lb Jug Limit 2 Jugs <b>\$5.49</b></p>	<p><b>MEOW MIX CAT FOOD</b> Market Select 2.75 Oz Cup Limit 1 Case <b>49¢</b></p>
<p><b>SCIENCE DIET SMALL BITES DRY DOG FOOD</b> *Adult *Light *Medium 17.5 Lb Bag Limit 2 Bags Per Family <b>\$22.99</b></p>	<p><b>WILDERNESS DRY CAT FOOD AS MARKED OFF \$5 OFF in store coupon</b> *Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags <b>OUR REGULAR LOW PRICES</b></p>	

<p><b>MIDWEST METAL PRODUCTS</b></p> <ul style="list-style-type: none"> <li>Exercise Pens • Crates All <b>20% OFF</b></li> <li>Ovation Trainer • Crate Varieties <b>OUR SUPER LOW PRICES</b></li> </ul>	<p><b>MARINELAND POWER FILTER SALE</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>PENGUIN 1.00B</td><td>20 Gal</td><td><b>\$19.99</b></td></tr> <tr><td>PENGUIN 1.50B</td><td>30 Gal</td><td><b>\$27.99</b></td></tr> <tr><td>PENGUIN 2.00B</td><td>50 Gal</td><td><b>\$33.99</b></td></tr> <tr><td>PENGUIN 3.50B</td><td>75 Gal</td><td><b>\$45.99</b></td></tr> </table>	PENGUIN 1.00B	20 Gal	<b>\$19.99</b>	PENGUIN 1.50B	30 Gal	<b>\$27.99</b>	PENGUIN 2.00B	50 Gal	<b>\$33.99</b>	PENGUIN 3.50B	75 Gal	<b>\$45.99</b>
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<p><b>TRUE CHEWS PREMIUM JERKY CUTS \$7.99</b> All Varieties 12 oz Pkg 100% Natural Dog Treats</p>	<p><b>BRAMTON SIMPLE SOLUTIONS TRAINING PADS \$12.99</b> 23" x 24" 50 Pads</p>												
<p><b>JOLLY PETS JOLLY BALLS 20% OFF</b> *Tag 'n' Toss *Heater Ball *Bounce 'n' Play *Tag All Varieties <b>OUR SUPER LOW PRICES</b></p>	<p><b>HANSEN'S &amp; JASMINE NATURAL BOBBI PAINTER &amp; BEBE &amp; CECE PROFESSIONAL PET CARE PRODUCTS &amp; SHAMPOO All Varieties 20% OFF</b> <b>OUR SUPER LOW PRICES</b></p>												

<p><b>BONUS COUPON</b> <b>FANCY FEAST ELEGANT MEDLEY</b> Selected Varieties - 3 Oz Limit 4 Cases with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/21/15 - 10/27/15 <b>59¢</b></p>	<p><b>BONUS COUPON</b> <b>GREENIES DOG TREATS</b> Chewy Texture Easy to Digest *Teens 22 Oz *Pelite 10 ct *Regular 6 ct *Large Act 6 oz Pkg. Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon. Effective 10/21/15 - 10/27/15 <b>\$4.99</b></p>	<p><b>BONUS COUPON</b> <b>ARM &amp; HAMMER CAT LITTER DEODORIZER</b> 20 Oz Box Limit 2 Boxes with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 10/21/15 - 10/27/15 <b>\$1.49</b></p>
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SPOTLIGHT ON BUSINESS

## Senior Computer School (50 +)

*Non Profit, All Volunteer Organization teaches to use the computer in a relaxed, even-paced atmosphere.*

Are you a Senior Citizen (50+)? Do you have a Microsoft Windows computer and want to learn how to use it? Senior Computer School offers computer classes exclusively for Seniors. Core courses include Computer Fundamentals, Word Processing, Internet, and Excel. Each of these classes is six 2 1/2 hour sessions, which meet either in the morning or afternoon on MWF or TTH.

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

The cost for these core courses is \$30 total for all 6 sessions. The cost includes lessons/manuals. Additional one or two 2 1/2 hour session workshops are offered for \$5 per workshop. Workshop titles include: Digital Cameras, Computer Maintenance, E Bay, Greeting Cards, Downloading, Windows 7, Storage and Backup Files, Flash Drives, etc, and Database.

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

**Courses Offered:**  
(6 2 1/2 hr Sessions) Computer Fundamentals I, Word Processing, Internet, Excel, Graphics

**Also Workshops: (1 or 2 2 1/2 hr Sessions)**  
Digital Camera, Computer Maintenance, Greeting Cards, Downloading, Organize and Edit Digital Camera Photographs, I Pads etc.

**Workshops \$5 for each session. Everyone is welcome.**

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

## FREE CAREGIVER RESOURCE DAY

**October 28, 2015**  
9:30 am - 1:00 pm  
**Cordova Neighborhood Church**  
10600 Coloma Road  
Rancho Cordova, 95670  
(Corner of Coloma Road and Cordova Lane)

- Allen & Allen, LLP, Financial Planner / Tax Advisor
- Aurora Counseling Center
- Compassionate Crossings (Planning for end of life)
- Elder Care Management of Northern CA (Caring and advocating for loved ones)
- Elder Law Attorney, R. Dustin MacFarlane
- Green Valley Hospice
- McIlwain Mobility Service (Equipment that promotes independence and mobility)
- Senior Care Solutions (Resources and facility placement of loved ones)
- Sierra View Mortuary

**All Caregivers Welcome**

Additional information from:

- Alzheimer's Association
- Del Oro Caregiver Resource Center

Call today to reserve your FREE consultations (Leave name & number)  
Rebecca: 916-966-9600 or  
Teresa: 219-324-8002

Sponsored by **The Respite Club** [www.respiteclub.com](http://www.respiteclub.com)

## GEORGE S. 'SPANKY' ROBERTS TAI SACRAMENTO CHAPTER OF THE TUSKEGEE AIRMEN PRESENTS

### 5<sup>TH</sup> ANNUAL GALA

EDUCATIONAL ASSISTANCE FUNDRAISER

**Saturday, November 14, 2015**  
Doors open @ 5:00pm  
**6:00 pm - 11:00 pm**  
Tickets \$75 pre-pay \$85 at the door

The George S. 'Spanky' Roberts TAI Sac Chapter of the Tuskegee Airmen invites you to their 5th Annual Gala. Come celebrate with the Original Tuskegee Airmen the 70th Anniversary of V-J Day, the end of WWII, at our 2015 Educational Assistance Fundraiser

**Aerospace Museum of California**  
Mardie Satzer Pavilion  
3200 Freedom Park Drive, McClellan, CA 95662

**Sacramento CHORAL SOCIETY & Orchestra**

Donald Kendrick, Music Director

SCSO 20<sup>th</sup> SEASON

2015-2016

*Stained Glass Concert*  
John Rutter | *Requiem*  
Rachel Laurin | *Fantasy for Organ and Harp*

OCTOBER 24, 2015 8PM  
Fremont Presbyterian Church

*Wells Fargo Home for the Holidays*  
With the Sacramento Children's Chorus, Lynn Stevens, Director

DECEMBER 12, 2015 8PM  
Memorial Auditorium

*Carmina Burana*  
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

*European Masterworks*  
Franz Joseph Haydn | *Harmoniemesse*  
Vaughan Williams | *An Oxford Elegy*  
Antonín Dvořák | *Psalm 149*

MAY 14, 2016 8PM  
Sacramento Community Center Theater

Donald Kendrick  
Conductor

SCSO Office  
916.536.9065

CCT Box Office  
916.808.5181 or  
TICKETS.COM

Ticket Information | [SACRAMENTOCHORAL.COM](http://SACRAMENTOCHORAL.COM)