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Carmichael Times

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November 13, 2014

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Fallen La Sierra High School Students Honored at Veterans Day Remembrance



War veterans honored the fallen at Carmichael's Vietnam Monument on November 11th. The towering metal sculpture is among the first memorials raised for Vietnam War casualties in the USA. Local Boy and Girl Scouts and Venturer members joined the flag-raising ceremony. At right: former La Sierra High School teacher Earl "Ranger Jack" Koobs remembers students who gave their lives.

Story and photos by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Veterans and supporters gathered to honor Arden/Carmichael Vietnam heroes on Veterans Day this week. The fallen were students of La Sierra High School.

In 1973, the school created the first known California memorial to the 1960s war that culled some of the school's finest alumni. La Sierra High is now closed. A towering steel monument inscribed with 15 names remains in the adjacent Earl J. Koobs Nature Area. Here, community veteran ceremonies are held on Memorial and Veterans Days.

This week's observances saw ever-dwindling ranks of WWII veterans, bolstered by those who served in Korea, Vietnam, and Middle East wars. La Sierra alumni brought the event attendance to about 200.

A paternal figure at the commemorations was Earl "Ranger Jack" Koobs, a La Sierra teacher who knew many of the young Carmichael men who volunteered or were drafted for service in Vietnam. The 94-year-old was moved almost to tears as a solemn bell chime followed the announcement of each of their names: Robert D. Anderson, Mark W. Burchard, Robert S. Bynes, Jerry Cowser, Kenneth R. Escott, Gary R. Field, Herbert Frenzell, Frank Thornburg, Ralph Guarienti, Larry H.



Morford, Thomas C. Pigg, Randall B. Rainville, Kim Richins, Jeffrey Tharaldson, and Robert A. Willis. ★



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Solo act. Madelyn Smith takes center stage for a Sunday performance.

In Fine Fiddle

Old Time Fiddlers' Association Has a Love for Americana Music

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Fiddlers old and young, or people who just love violin music, are invited to meetings of the California State Old Time Fiddlers Association. Held at the Orangevale Grange Hall, the monthly fiddlers' jam brings violinists out of the fret work.

The second-Sunday musical meet is patronized by up to

200 amateur, professional, and die-hard musicians of all ages. Some have beards whiter than the strings of their bows. Others are in grade school. The youngest struggle to get scaled-down fiddles under dimpled chins.

All are members of the Old Time Fiddlers' Association (District 5); they love that quintessential sound of Americana that coaxes turkeys from the straw. Musicians and supporters come from Oroville, Stockton,

Sacramento, and the surrounding counties. A dollar donation buys an afternoon as American as a barn-raising. The meetings begin with The Pledge of Allegiance and "God Bless America." Another high point is the massive afternoon potluck for famished fiddlers and fans.

The core purpose of the association is to keep old time American music going. District 5's members, including many children, strive to ensure that goal.

"Beginners are welcome," says association member Susie Brown. "We also have players in their 70s who've just picked up fiddles. It's good for them to be around others who are willing to help." Meetings include instruction sessions and the opportunity to perform before sympathetic audiences. As the afternoon progresses, violin cases are stacked

Continued on Page 4

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The Sacramento Moustache Run Raises Awareness of Men's Health Issues

Story and photos by Anne Stokes

WEST SACRAMENTO, CA (MPG) - The Sacramento Moustache Run brought hundreds of runners and volunteers out to West Sacramento's River Walk Park last Saturday to raise awareness and money for a good, albeit sensitive, cause.

"We're promoting awareness of testicular and prostate cancer," said event organizer Allison Robideaux. "We're playing off the 'No Shave November' or 'Movember' [movement] to raise cancer awareness."

The national "Movember" movement challenges men to cultivate a moustache during the month of November, facilitating awareness and raising funds for men's health issues. The proceeds of Sacramento's own Moustache Run benefited the American



Bruce Schaubberger of Galt, left, and Mariah Rooke of Stockton, who also brought their dogs Crusher and Titan, have been in training for a year and have participated in several other local fun runs. "We're here today to learn more about the cause and to have fun," said Schaubberger.



Craig Smith of Citrus Heights "keeps calm and mustaches on" at the start of the Sacramento Moustache Run in West Sacramento. The run raised awareness of men's health issues and raised money for the American Cancer Society and the Active 20-30 Club of Sacramento.

Cancer Society and the Active 20-30 Club of Sacramento. The 5K fun run's moustache-shaped course wound around the River Walk Park trail, past the Tower Bridge, Raley Field, and through downtown West Sacramento. The race culminated in a "Mo for your Bro" after party with live music, local vendor booths, games, food trucks, and beer.

Cancer survivor Dave Wesley spoke about his own experiences, emphasizing the importance of regular screenings and early detection. "I was fortunate to get [my] diagnosis," he admitted. "I lost my dad in 1980 to prostate cancer at the young age of 57. You see, they found his prostate cancer

after it had already spread. My prostate cancer was found because I knew that men with a family history of prostate cancer are twice as likely to get prostate cancer. So early screening is important. ... today, I am so proud to be able to stand before you, a 20-year prostate cancer survivor."

West Sacramento Mayor Christopher Cabaldon, who addressed the post-race crowd, said, "This moustache run is a really creative and fantastic way to raise money to fight testicular cancers. And your support making this a reality, and to come out to have fun, is fantastic." Cabaldon also thanked event organizers and volunteers for supporting the cause. "You're making such a

big difference in people's lives, both in terms of health and also in terms of creating new, wonderful events that create life and vitality here on the river and in the Sacramento region." ★



Terry U'Ren of Sacramento, left, and Jae Scott of Sacramento, winner of the fake moustache contest, enjoy the "Mo for your Bro" after party at the Sacramento Moustache Run held at the River Walk Park in West Sacramento. The race run raised awareness of men's health issues and raised money for the American Cancer Society and the Active 20-30 Club of Sacramento.



Rachael Bradley of Sacramento, left, and Danica Gantney of Merced take a selfie before the start of the Sacramento Moustache Run in River Walk Park in West Sacramento. The run raised funds and awareness for the American Cancer Society and the Active 20-30 Club of Sacramento

Sacramento Zoo Says Good Bye to Castro the Sumatran Tiger

SACRAMENTO, CA (MPG) - Sacramento Zoo's male Sumatran Tiger, Castro, was euthanized October 29, 2014 at the age of 16 ½ years. He had been fighting lymphoma, a form of cancer, since February 2013. The decision was made to euthanize Castro when he was no longer able to fight his cancer. Castro exceeded the life expectancy, becoming the longest living large cat diagnosed with lymphoma. He was the oldest breeding male Sumatran tiger in the United States.

"Castro has been an incredible tiger and we have been privileged to care for him. We are extremely thankful to all of the specialists from the UC Davis School of Veterinary Medicine and the Sacramento Medical community which have rallied to assist us in providing Castro with a long comfortable life," commented Dr. Ray Wack, Senior Veterinarian at the Sacramento Zoo.

Since his lymphoma diagnosis in February 2013, Castro has been receiving oral chemotherapy every day while being

closely monitored by veterinarians and zookeepers. While on treatment, Castro regained the weight he had lost and became more active again. His chemotherapy controlled his cancer and maintained a good quality of life. In October 2013, with a great outpouring of help from the medical community, Castro underwent a minimally-invasive surgery providing relief from partial obstruction near his kidney caused by urinary tract stones. In February 2014 Castro received a complete physical and extensive diagnostic testing to evaluate the status of his cancer and renal disease. During the exam, a miniature camera was placed in his stomach to look for signs of GI ulceration (a potential complication from the chemotherapy). Test results and Castro's behavior at that time indicated that his cancer was adequately controlled and his chronic kidney disease was stable. Recently, Castro's appetite began to decline. Staff has worked diligently to maintain his appetite and weight, enticing him to eat with a multitude of

extra-special foods and adding additional medications to stimulate his appetite and minimize his nausea. Sadly, Castro's condition has deteriorated and the Zoo's veterinary and animal care teams made the difficult decision to euthanize him.

"Castro has always been one of our favorite cats. He's been challenging and stubborn at times, but these are also traits that we've loved about him. It often made us laugh when he had to readjust his toys or furniture to just the way he liked it," said carnivore Zookeeper Amanda Watters. "I am so glad I had the privilege of taking care of him and getting to know him. He was an incredible animal and ambassador for his species who was a favorite of both staff and visitors."

Castro came to the Sacramento Zoo from the Audubon Zoo with his mother in 1999. He and his female companion Bahagia have five living offspring who went to other Association of Zoos and Aquariums (AZA) zoos to participate in Sumatran Tiger Species Survival Plans®



Castro, the Sacramento Zoo's 16 ½ year old male Sumatran Tiger who was diagnosed with cancer in February 2013, was euthanized October 29, 2014. Photo by Mike Owyang

(SSP). Those five offspring have produced five cubs to date. Castro and Bahagia's last cub, Castro Jr., more commonly known as CJ, recently went to the Los Angeles Zoo as part of the SSP recommended plan. Sumatran Tigers are

critically endangered and found only on the Indonesian island of Sumatra. Fewer than 500 Sumatran Tigers are believed to exist in the wild and approximately 200 live in zoos around the world. The Zoo participates in the Sumatran Tiger SSPs,

cooperative breeding and conservation programs designed to maintain genetically viable populations of animals in captivity, and to organize zoo- and aquarium-based efforts to preserve the species in nature.

Source: Sacramento Zoo ★

Carmichael Times

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Eagles Season Ends

Story and Photo by Ben Barber

SACRAMENTO REGION, CA (MPG) - The El Camino Eagles had their final game of the season last Friday against the Mira Loma Matadors. The Eagles, coming in with a record of 5-4, were expecting an easy win against the Matadors which had struggled to win a game all year.

Regardless of their 0-9 record, the Matadors arrived, 19 of them in all, suited up and ready to play. The Eagles were the first to kick off with the ball being caught right on the sideline. The Matadors started their first offensive series with a run which was fumbled but recovered back. The Eagle defense held the Matadors for three plays before being forced to punt it away. On their first offensive play, Eagles quarterback Kamani Elam kept the ball and ran it in for a 45 yard touchdown, setting the tone for the rest of the game. Mira Loma, on their next possession, were again limited to three plays before having to punt to Eagle return man Kijana Zigler who took the ball 50 yards into Matador territory. On their second offensive play, Eagle running back Said Webster took the ball 10 yards on a



The Eagles took a 71-0 win over Mira Loma but still lose out on making the playoffs. The Eagles finished the season with an unofficial record of 6-4.

sweep to the right and into the end zone, bringing the score to 13-0. The onslaught continued for the remainder of the game, with Webster scoring two total touchdowns, Maleek Stewart three, Kamani Elam two, Chris Hernandez one, Kijana Zigler one, and Melvin Willis one. In all, the Eagles had only 15 total offensive plays and finished the game 71-0.

The Eagles finished the season with an unofficial record of 6-4. The record is unofficial because

of a game that had to be forfeited due to an ineligible player taking five snaps during the Eagles win vs Valley High School. The athletic department administration, who oversees the eligibility of players, had not informed the coaching staff of the player's ineligibility, a lapse that in the end forced the Eagles to forfeit the winning game along with their potential for a playoff spot. A spot which ironically ended up going to Valley, the team they forfeited to. ★

California International Marathon

SACRAMENTO COUNTY, CA (MPG) - Thousands of runners are expected to be racing through our neighborhoods in the Third District on Sunday, December 7th during the annual California International Marathon. The 26-mile grueling trek begins at 7 a.m. in Folsom and concludes at the State Capitol.

This event attracts world-class competition. Several thousand

out of town visitors travel to the area to participate in or watch the marathon. This influx contributes to our local economy via renting lodging, dining in restaurants, retail sales, etc.

Residents can come out and cheer the runners. Fair Oaks Boulevard is part of the route, so Fair Oaks, Carmichael, and Arden Arcade residents south of that roadway may find

themselves "land-locked" due to street closures while the race is in progress.

These closures may cause some inconvenience so please be cognizant of that when planning your morning activities. Residents can view specific street closures on the marathon's webpage at www.runcim.org.

Source: The Office of Supervisor Susan Peters ★



Holiday Craft Bazaar for the Shriners Transportation Fund

SACRAMENTO, CA (MPG) - Need holiday gifts on a really tight budget? Homemade is the way to go, and if your crafting skills make you blush, then come to the Holiday Craft Bazaar for the Shriners Transportation Fund. It is all for charity and inexpensive as well.

The Ben Ali Shrine Ladies Holiday Bazaar will be held at the Scottish Rite Masonic Center, located at 6151 H Street in Sacramento from 8:30 a.m. until 12:30 p.m. on December 6th, 2013. Parking and entry is free.

There will be over 100 tables of crafts, holiday decorations, home-baked goodies, and fresh-crop fruits and nuts. The event will also offer a Christmas tree silent auction and photos with Santa.

Many children who need care also need to be transported from their homes to the Sacramento Shriners Hospital, so the Ben Ali Transportation Fund was created in 1969. It has helped children from California, many surrounding states, and even Mexico come to the Hospital for life-saving treatment for over 40 years.

This craft fair is unique since there are no vendors. All goods are made or solicited by volunteers. All goods are donated, and all proceeds go to the Ben Ali Shrine Transportation Fund for children and their families. Shrine Center clubs and units from all over Northern California participate in the event each year.

The Holiday Bazaar is a great place to start your



The Holiday Craft Bazaar features over 100 tables of crafts, holiday decorations, home-baked goodies, and fresh-crop fruits and nuts. The event also offers a Christmas tree silent auction and photos with Santa.

holiday shopping on a budget, and it's all for a great cause. For more information, contact Lynn Peters at (916) 682-7089 or Linda.K.Peters@comcast.net.

Source: Lynn Peters ★

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Kings Break Ground on World-Class Arena

Historic Groundbreaking Takes Place as the Kings Tip Off 30th Season in Sacramento

SACRAMENTO, CA (MPG) - Marking the culmination of a decade-long effort to build a new arena in Sacramento, the community officially celebrated the groundbreaking of the new downtown Entertainment and Sports Center (ESC) on October 29th. Kings Owner Vivek Ranadivé, Mayor Kevin Johnson, and other local leaders and community members came together to mark the symbolic start of a new era in Sacramento. Scheduled to open in the fall of 2016, the upcoming ESC will showcase uniquely Sacramento qualities while setting a new standard in technological and environmental innovation.

"Today is about more than just digging shovels into the ground, it's about celebrating the start of a new era for this city, the Sacramento Kings, and the entire region," said Kings Owner Vivek Ranadivé. "Much like the construction workers and engineers working around the clock to build the ESC, we are working tirelessly to bring the best technology, environmental practices, locally sourced food and beverages, and fan experience to serve as a centerpiece for civic engagement, community, and the arts."

The ESC project encompasses four city blocks in the heart of downtown and will serve as a major catalyst for economic development for the Sacramento region. The ESC and surrounding development will generate an estimated 4,000 permanent jobs, 1.6 million new annual visitors

to downtown, and \$11.5 billion in regional economic impact over the next 35 years.

"This is a historic day in the City of Sacramento," said Mayor Kevin Johnson. "We've reached a great milestone in this incredible journey that has been nearly 10 years in the making. Today, we are putting shovels in the ground which means we are putting people back to work. We've said from the beginning that this was bigger than basketball. This project is the catalyst in our years long effort to revitalize our downtown, creating 4,000 permanent jobs and over 11,000 construction jobs, while energizing our City and our region. I've never been prouder of my hometown and more hopeful for our future."

To honor the past while celebrating the future, the Kings highlighted unique memories and experiences from several Sacramento youth.

"When I was eight years old, I danced in front of my first huge crowd during halftime of a Kings game," said Tejah Teat. "That performance gave me the confidence to pursue my dreams and eventually win a national contemporary dance title. I want to thank the Kings for being such a special part of my family's life. We have so many great memories at Sleep Train Arena, and we can't wait to create even more in the new downtown arena."

The ESC will be a multi-use facility designed to accommodate sporting and

top entertainment events such as professional and collegiate sports, headlining concerts, ice shows, indoor rodeo, trade shows, large graduations, family shows, and other entertainment. The project also includes a state-of-the-art practice facility, administrative offices and up to 1.5 million square feet of ancillary development.

AECOM, who is renowned for designing some of the most state-of-the-art sports and entertainment venues in the world, is the ESC's lead architect, while ICON Venue Group is serving as the project manager, and Turner Construction is the lead builder. All architectural design work will occur in Sacramento to ensure ongoing local input in the design process.

Today's groundbreaking of the new ESC also coincides with the Sacramento Kings regular season home opener, which will commemorate three decades of Kings basketball in Sacramento. The celebratory home opener will kick off with an immersive visual show that transforms the court into a 3D projection screen highlighting the team's rich history. Original owners and former Kings players from the 1985 inaugural team will be on hand to commemorate the team's storied past and celebrate its bright future.

For more information, visit www.Kings.com.

Source: Sacramento Kings ★

Park Ceremony Recalls Local Heroes



Relatives and friends of men named on Patriot Park's Wall of Honor gathered for the annual remembrance.

Story and photo by Susan Maxwell Skinner

FAIR OAKS, CA (MPG) - Recent Patriots Park ceremonies paid tribute to several generations of local heroes. Plaques on the Wall of Honor represent those who wore uniforms of the U.S. Army, Marines, Air Force, and Navy. Police officers and firefighters are also named. These heroes all lived in or served the Carmichael/Fair Oaks areas and died in service between 1962 and 2007.

The recent shooting death of Deputy Danny Oliver, who worked for years in the Sheriff North Area Service Center, will result in another name being added to the monument next year.

Congressman Ami Bera, Assemblyman Ken Cooley, and County Supervisor Susan Peters joined the small gathering of relatives and friends of the fallen sons.

The following heroes were honored:
CHP Officer Ronald E. Davis.
Army Specialist James E.

Schlottman.
Army Lieutenant Robert S. Byrnes.
Airforce Captain Olin E. Gilbert Jr.
Army Sergeant Larry H. Morford.
Firefighter Dean W. Rhoades.
US Navy pilot Lieutenant J. G. David A. Warne.
Marine and firefighter Sergeant Brian E. Dunlap.
Sheriff's Deputies Kevin P. Blount and Joseph M. Kievernagel.
Army Sergeant Ronald L. Coffelt.
Army Specialist Raymond N. Spencer Jr.
 Anyone may visit Patriots Park at 6825 Palm Avenue, Fair Oaks. ★

Sheriff's Toy Project

SACRAMENTO COUNTY, CA (MPG) - The Sheriff's Toy Project has been serving our community since 1984 by providing gifts as well as food boxes to less fortunate families.

The program provides a character-building environment for Work Project participants who spend their court-ordered jail sentence making toys, building furniture, and refurbishing computers and donated bicycles.

Through partnerships with Heald College and the Salvation Army, these items are distributed to those in need, including donations to schools for special needs and homeless children. Referrals for recipient families come through the Sheriff's service centers, deputies, detectives, probation officers, social service agencies, schools, and other local non-profit organizations.

Work Project participants

develop a great sense of accomplishment during and upon completion of their sentences, and many request to volunteer at the workshop after their release. Donations are welcomed. For more information, please visit the Sheriff's Toy Project website at www.toyproject.org.

Source: The Office of Supervisor Susan Peters ★

In Fine Fiddle



The California State OldTime Fiddlers Association boasts many junior members. Pictured: District 5's Fiddle Kids warm up with their hero, Fair Oaks virtuoso Dave Bergan. Back left, instructor Eric Andersen elevates one of the group's youngest musicians, his son, Owen.

Continued from Page 1
 in every hall corner. Owners spill from the antique venue to jam in the parking lot or under oaks in the surrounding park.
 "They never get enough of

fiddle music," says Brown. "It's simple, yet complex. The sound is like birds singing. If you were blind, you'd still know it. Fiddle music comes from the soul."

The next Old Time Fiddlers Association meet is on

December 14th. Anyone may attend the 1 p.m. meeting held at Orangevale Grange Hall, 5807 Walnut Ave, Orangevale. For information, visit www.csotfa5.com. ★




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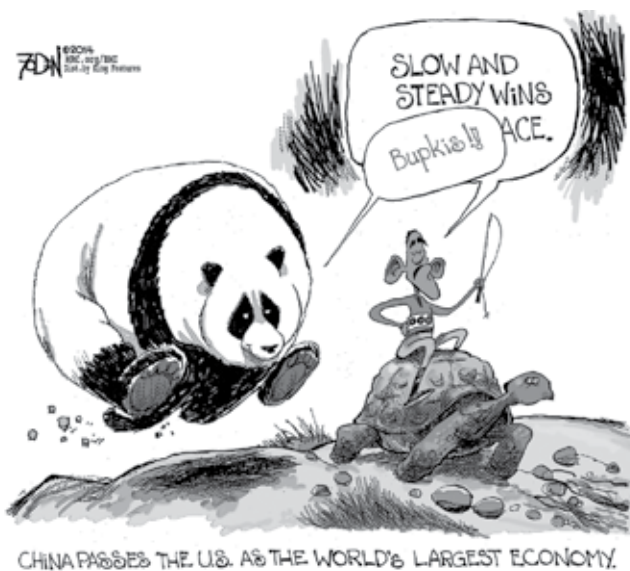
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THE RICH LOWRY COLUMN

By Rich Lowry

The Poll Tax That Wasn't

When the Supreme Court rejected a petition to stop a Texas voter-ID law from going into effect for the midterms, the left commenced its wailing and gnashing of teeth.

In her dissent, Justice Ruth Bader Ginsburg called the law "purposely discriminatory," and everyone piled in behind her with denunciations of the Lone Star State's blatant racism.

For the left, voter ID is tantamount to a poll tax. If so, the nation is awash in neo-segregationist election rules. According to a recent Government Accountability Office report on voter-ID laws, 33 states now have them.

A valid ID is a necessity of modern life, and requiring one to vote hardly seems an undue imposition. Especially if you are willing to give one out gratis. Of the

17 states that have strict requirements for a photo or government-issued ID, the GAO notes, 16 provide a free ID to eligible voters.

The critics complain that people may not have the relevant underlying documents to get the free ID, and there is a cost to obtaining them.

Well, yes. In Indiana, for instance, it costs \$10 to obtain a birth certificate. In Arkansas, it costs \$12. In North Dakota, \$7.

The GAO report focuses on the voter-ID states of Kansas and Tennessee, where voters whose eligibility to vote is in doubt may vote provisionally. Then they have a period after the election to establish their eligibility. How many voters are showing up to vote, only to be foiled by the ID requirement?

According to the GAO, in Kansas in 2012, 1,115,281 ballots were cast. There were 38,865 provisional ballots, and of these, 838 were cast for voter-ID reasons.

In Tennessee, 2,480,182 ballots were cast. There were 7,089 provisional ballots, and of these, 673 were cast for voter-ID reasons.

In both states, about 30 percent of these voter-ID-related provisional ballots were ultimately accepted. That means in Kansas and Tennessee, altogether about

1,000 ballots weren't counted (and perhaps many of them for good reason) out of roughly 3.5 million cast. There you have it, ladies and gentlemen, voter suppression!

Where you come down on this issue depends on whether you think it's reasonable to require the minimal effort to establish your identity when voting.

The critics say that in-person voter fraud is extremely rare, although that is not an argument for leaving the system completely open to it. Is voting so important that it shouldn't be tethered to an ID requirement? It takes an ID to buy a gun, a constitutional right. It takes an ID to get a marriage license or check into a hotel.

Voting is inevitably going to entail, even in the most latitudinarian system, some effort. You have to, at least most of the time, go to the polling place. You have to fill out the ballot correctly. You might have to deposit it in a box. Not all people will go to the trouble to do this, or to do it properly, which doesn't mean they are disenfranchised.

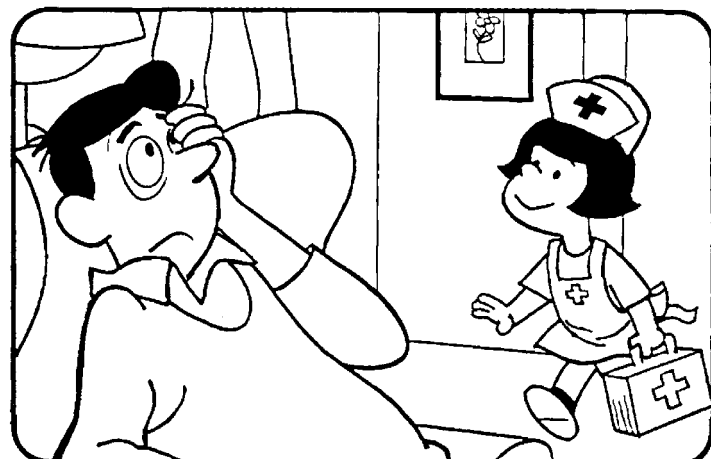
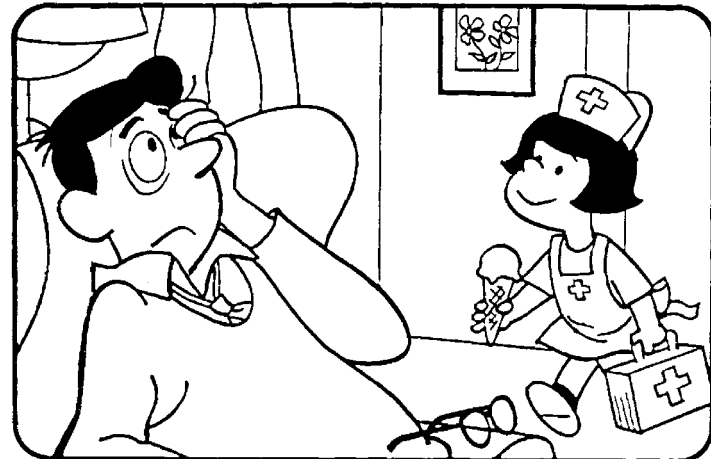
The irony is that unhinged complaints about voter ID are, in this supposedly troubling new era of the poll tax, a turnout tool.

Rich Lowry is editor of the National Review.

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HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

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The Sheriff's Community Meetings will be held in November on the dates below.

Sheriff's POP Deputies will not be in attendance at the meetings during the first week of November.		
Meetings for Arden, Arden Arcade, New Foothill Farms, North Highlands, Rio Linda, Elverta and Garden Highway will be attended by Sheriff patrol and staff to answer your concerns and questions. Meetings that occur after the 1st week in November will be attended by the POP Team.		
Arden, Arden-Arcade North Service Center, 2500 Marconi Ave., Sacramento	Nov 4	1st Tuesday, 6:00pm
Elverta, Rio Linda, Garden Hwy, McClellan Rio Linda Depot 6730 Front Street, Rio Linda	Nov 5	1st Wednesday, 5:30pm
North Highlands/New Foothill Farms North Highlands Community Center 6040 Watt Ave, North Highlands	Nov 6	1st Thursday, 5:30pm
Old Foothill Farms Pioneer Elementary School 5816 Pioneer Wy., Sacramento	Nov 12	2nd Wednesday, 6:30pm
Orangevale Orangevale Recreation and Park District 6826 Hazel Ave., Orangevale (south of Oak)	Nov 12 (Wed)*	2nd Tuesday, 6:00pm * meeting change
Antelope Antelope Library 4235 Antelope Rd., Antelope	Nov 13	2nd Thursday, 6:00pm
Carmichael Del Campo High School, Library 4925 Dewey Drive, Carmichael	Nov 18	3rd Tuesday, 6:00pm
Fair Oaks La Vista High School 4501 Bannister Rd, F.O.	Nov 19 (Wed)*	4th Tuesday, 6:00pm *meeting change

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Senator Gaines Blasts UC Tuition Increase Plan Calls on Regents to Reject 25-Percent Hike

SACRAMENTO, CA (MPG) - Senator Ted Gaines (R-Roseville) slammed the proposed University of California tuition increase plan, which could raise student fees 5% per year for the next five years.

"The UC system must serve the academic elite, not just the financial elite," said Senator Gaines. "Students have been pummeled with tuition increases for years, and the second that they and their families catch their breath this mega-increase is being pushed on them. I am calling on the Regents to stand with the students and reject the tuition spike."

The proposed tuition increase would vary depending on the level of state funding, but could stretch to 5% each year for the next five years. Currently, in-state UC students pay \$12,192 in mandatory tuition and fees. According to the UC, the first-year increase could push those mandatory expenses up by \$612.

A 5% increase over the duration of the plan would elevate those mandatory fees to nearly \$15,600. These fees are independent of room and board, books, transportation, and any other expenses students face while earning a degree.

"Governor Brown agreed to increase UC funding in exchange for a tuition freeze and I support that completely. The University of California system is an irreplaceable part of our infrastructure that contributes fantastically to the state's prosperity. We need a general fund commitment that recognizes that fact. If anything, we should be looking to lower tuition, not push it into the stratosphere," said the Senator. "UC administrators are compensated like tech company CEOs. It's unconscionable that students are being asked to dig deeper while the expansion of the UC ruling class continues without pause."

Gaines is particularly worried

about the state's working families and how they will cope with the planned increase. "It's political sport in California to see how much we can punish and antagonize the middle class, and this proposal is a gold-medal winner," voiced the Senator. "I'm sick of it. I know that wealthy families won't be affected by this. The poorest families will be damaged, as the dream of college is dimmed by the thought of unattainable expenses, but they will qualify for more UC financial aid. But the hammer will truly fall on the families in the middle, who will get to fork over this money straight out of their checking accounts or by taking on loads of new debt that could take decades to pay off. Who is looking out for them?"

The UC Regents will debate and vote on the tuition increase plan during their November 19th-20th meeting.

Source: The Office of Senator Gaines ★

Operation Recognition Seeks Eligible Veterans to Receive High School Diplomas

Veterans and WWII Japanese American Internees Eligible for High School Diplomas

SACRAMENTO COUNTY, CA (MPG) - The Sacramento County Office of Education (SCOE) is again awarding high school diplomas to qualifying U.S. Veterans and Japanese American citizens through its popular Operation Recognition program.

The Operation Recognition program was adopted in October 2001 by the Sacramento County Board of Education to honor the contributions and sacrifices of individuals who missed completing high school to serve in the U.S. military (specifically World War II or the Korean War) or who relocated to a World War II internment camp for Japanese American citizens. In 2005, the Board expanded the program to include veterans of the Vietnam War.

The County Board of Education has provided diplomas to 174 veterans and Japanese American citizens through Operation Recognition since 2001. Nine diplomas have been awarded posthumously.

Residents of Sacramento County are encouraged to request diplomas on behalf of themselves or qualifying family members, including those who are now deceased. April 15th, 2015, is the deadline to submit applications. The County Board of Education is scheduled to hold its next Operation Recognition diploma ceremony on Tuesday, May 5th, 2015.

Operation Recognition applications are available by phone or mail: (916) 228-2416 or Operation Recognition, P.O. Box 269003, Sacramento, CA 95826-9003. Applications are also available from the Sacramento County Veterans Service Office, located in midtown Sacramento at 2007 19th Street. There is no charge to participate in the program.

To be eligible for an Operation Recognition diploma, the following qualifications must be met: the applicant or recipient must be a Sacramento County resident; veterans must show proof

of Honorable Discharge from U.S. military service occurring during WWII, the Korean War, or the Vietnam War; Japanese American citizens must show proof of internment in a WWII relocation camp; and veterans and Japanese American citizens must provide the name of the high school the applicant was attending at the time of induction into military service or internment.

An application may be submitted by a family member of a qualifying individual, living or deceased. Those who meet the qualifications but already earned a GED are also eligible. Diploma recipients and/or survivors should be current or former Sacramento County residents. Those living outside Sacramento County may be referred to their local county office of education. For more information, please visit www.scoe.net.

Source: Sacramento County Office of Education ★

Governor's Mansion Presents "Christmas Memories"

SACRAMENTO, CA (MPG) - On two special Saturdays in December, the community is invited to tour the majestic Governor's Mansion State Historic Park (SHP) to delight in elaborate holiday decorations, festive live holiday music (local choirs, harps, and more), children's activities, and captivating storytellers and docents in period attire sharing holiday-related stories of past governors and their families. To add to the festive activities, Santa and Mrs. Claus will make special visits to the Mansion to meet excited little ones and will be available for holiday photographs.

The Governor's Mansion SHP is located at 1526 H Street in Sacramento. "Christmas Memories" at the Governor's

Mansion will be held on December 6th and 13th from 10 a.m. to 5 p.m. The cost to attend is \$6 for adults, \$4 for youth (ages 6-17), and children five and under are free.

Mansion visitors will be transported back in time to the very place where 13 of California's early governors and their families lived, spent Christmas seasons, and shared holiday traditions. In fact, then-Governor Edmund G. "Pat" Brown and his family were the last first-family to celebrate Christmas in the stately Mansion. Due to renovations currently underway, the Mansion's traditional furnishings will not be in place for the "Christmas Memories" program this year, but guests will have an opportunity to see the newly repainted

downstairs (which is part of a bigger renovation project that, once complete, will complement the restoration of the third-floor ballroom to its 1877 grandeur).

Additionally, the on-site Museum Store will be open Wednesdays through Sundays throughout the holiday season (except Thanksgiving, Christmas Day, and New Year's Day) and is stocked with special items and memorabilia that make for great keepsakes or gift ideas. Plus, all proceeds from the Museum store support the important renovation efforts at the Governor's Mansion SHP. For more information, please call (916) 323-3047 or visit www.parks.ca.gov/governorsmansion.

Source: T-Rock Communications ★

Robin Hooding for Homeless Third Annual Collection Drive

SACRAMENTO REGION, CA (MPG) - Robin Hooding for Homeless of Sacramento County is partnering with the City of Sacramento 4th "R" Program beginning Tuesday, October 28th to accept donations of travel-sized toiletry items for the area homeless community. The drive will accept items such as toothbrushes, toothpaste, lip balm, deodorant, hand sanitizer, wet wipes, tissues, shampoo, lotion, and other travel-sized items. These items are available at nearly all area grocery and convenience stores at a very low cost and can even be obtained for free by signing up for various free samples online.

Nineteen Sacramento area elementary schools in three different districts are participating in the event, raising awareness of the overwhelming need in our area. The schools make the event even more fun for the children by creating a contest with the class obtaining the most items winning a pizza party. The event began October 28th and runs through Thanksgiving Day (November 27th); it is on its third year serving the Northern California area.

The need for area residents to contribute to caring for our homeless community has been on the rise. Just check out the statistics based on reports posted in 2013: California currently has 22% of all America's homeless population; 52% of homeless people who request shelter are being turned down due to lack of resources; statewide, the number of homeless people living in



Rachel of Robin Hooding (left) with Lamar of Sacramento Veteran's Resource Center (06-29-11)



Rachel of Robin Hooding for Homeless and Nicole of WEAVE Inc. Sacramento - five boxes! Robin Hooding for Homeless of Sacramento County is partnering with the City of Sacramento 4th "R" Program beginning Tuesday, October 28th to accept donations of travel-sized toiletry items for the area homeless community. The drive will accept items such as toothbrushes, toothpaste, lip balm, deodorant, hand sanitizer, wet wipes, tissues, shampoo, lotion, and other travel-sized items. Photos courtesy of Robin Hooding for the Homeless.

shelters and living on the streets increased by 3,895 people from 2010 to 2013.

Out of all these people, very few are privileged enough to be given a space in the crowded area homeless shelters. Even fewer are provided the basic necessities to keep up with their overall hygiene, allowing them to be clean and presentable, making it even harder to progress toward rebuilding their future and finding employment. Although the shelters are funded to help provide a safe place for people to sleep, they often do not receive nearly enough funding to provide basic toiletry needs.

By providing hygiene items to shelters, the mission of Robin

Hooding for the Homeless is to help create mindfulness and be the change that we wish to see in the world. The goal is to alleviate some of the financial strain on shelters, allowing them to allocate more of their resources toward developing programs that assist with housing and job placement.

Since the public cannot make donations at the participating schools, donations of the travel-sized items can be dropped off at the 4th "R" office at 5735 47th Avenue, Sacramento, CA or Roebelen Contracting, Inc. at 1241 Hawks Flight Court, El Dorado, CA.

Source: Robin Hooding for the Homeless ★

The Passage of Proposition 47

SACRAMENTO REGION, CA (MPG) - Effective immediately, the passage of Proposition 47 will have the following effects on the custody and policing practices of the Sacramento County Sheriff's Department:

In most instances, many crimes that were previously "arrestable" as a felony will now only be "citable" as a misdemeanor. That means they may not be booked into jail but rather given a citation (similar to a traffic ticket) with a court date to appear, and released in the field. They will not be held pending trial. Such felony crimes that are now misdemeanors include:

Commercial burglary (theft under \$950)

Forgery and bad checks (under \$950 value)

Theft of most firearms

Theft of a vehicle (under \$950 value)

Possession of stolen property (under \$950 value)

Possession of heroin, cocaine, illegal prescriptions, concentrated cannabis, and methamphetamine

Inmates awaiting trial on any of the above felony charges in most instances will be able to have their charges immediately reduced to the new misdemeanor level, and will be let out of jail on a citation. A determination as to each person's eligibility is somewhat time consuming,

but could result in up to 420 releases.

Inmates who are sentenced on the above felonies can petition the court for reduction of their felony convictions to misdemeanors and many of them would be also be eligible for immediate release.

Convicted felons with the above felonies in their history can petition the court to have their prior felony convictions reduced to misdemeanors. If successful, many of the prohibitions they faced would then be reinstated, such as the right to vote, the right to purchase a handgun, the ability to apply as a peace officer, etc.

Source: Sacramento County Sheriff's Department ★



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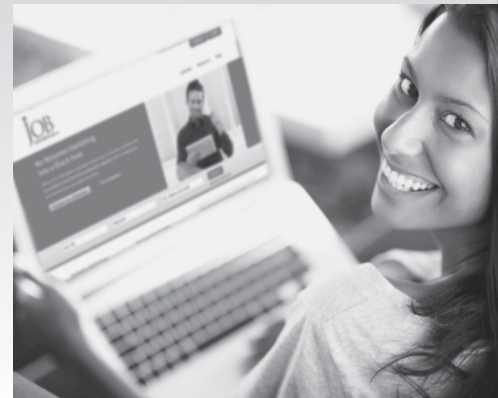
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Get the Shot, Not the Flu

CARMICHAEL, CA (MPG) - The Alliance for Women in Media (AWM) is proud to offer complimentary flu shots (provided by Rite Aid Pharmacy) to all attendees of the upcoming November 19th Business of News Luncheon. As we enter flu season, AWM understands the need to support the health of its members and media community. In the wake of the passing of a valued media colleague, Nancy Pinnella, AWM urges you to consider vaccinating against this

potentially deadly virus.

The luncheon will be held from 11:30 a.m.-1:30 p.m. at Arden Hills Resort Club and Spa, 1220 Arden Hills Country Club Lane (off Fair Oaks Blvd. between Eastern and Mission). Rite Aid Pharmacy will be at Arden Hills Resort Club and Spa to administer flu shots from 11 a.m. until noon. Please bring your prescription benefits card if applicable.

The cost of attending the luncheon is \$30 for members, \$40

for non-members, \$45 for walk-ups (if space is still available), and \$280 for a company table with 8 attendants. Parking at the event is free.

If you would like to attend this luncheon, RSVP to Lisa Cooper at lcooper@csus.edu by November 11th.

A heartfelt thank you to Nancy Pinnella's News10 family for helping make this important flu shot clinic happen.

Source: Alliance for Women in Media ★

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St. John the Evangelist Students Visit VA Hospital to Deliver Cards to Veterans

CARMICHAEL, CA (MPG) - St. John the Evangelist School in Carmichael created a few hundred handmade cards thanking veterans for their service. On Friday, November 7th, students in grades K-8 visited the VA Hospital in Rancho Cordova to distribute the cards.

Service learning is a big part of the education students receive at St. John the Evangelist School, and the school has done the trip to the VA Hospital for years. Students in all grades make the cards, and then one student from

each grade is selected to deliver the cards. It is just a small symbol of the school's appreciation for the service of the men and women who serve in our armed forces.

Students expressed how much it meant to be able to send cards to the men and women who sacrifice so much to protect the freedoms we enjoy every day. One student wrote, "Thank you for your service. Because of what you graciously and heroically did, we can live worrying less about our country's and our

own safety. I do not know how to express to you what your service means to me. You are so brave and courageous to help all Americans."

Students who attended this field trip in the past continuously share the impact of the experience. Seeing the faces of veterans, who have been thanked for their service many times, light up when they receive a Veterans Day card is a memory that lasts a lifetime.

Source: Tosha Tillotson, St. John the Evangelist School ★

Check Before You Burn

SACRAMENTO, CA (MPG) - On Saturday, November 1st, the 8th Check Before You Burn season began. The Sacramento Metropolitan Air Quality Management District's wood burning law restricts or prohibits burning on days when fine particle pollution (PM2.5) is forecast to be high. Fine particle pollution is a serious health threat to residents in our area.

This law applies to residents and businesses in Sacramento County and the cities of Folsom, Citrus Heights, Elk Grove, Galt, Isleton, Rancho Cordova, and Sacramento through February 28th. You must check before you burn in your indoor or outdoor fireplace, wood stove, fire pit, or chiminea that burns wood, pellets, manufactured logs, or any other solid fuel.

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

Check Before You Burn: Call 1-877-NO-BURN-5 (1-877-662-8765)

Follow on Twitter @AQMD Visit www.AirQuality.org or www.SpareTheAir.com

Sign up to get the daily burn status through Air Alert emails at www.SpareTheAir.com. Input your zip code and select the "Daily Air Quality Forecast" box

Read the Sacramento Bee's

weather page

There are a few exemptions to the Check Before You Burn law: homes where wood burning is the sole source of heat; financial hardship waiver approved and renewed each burn season by the Air Pollution Control Officer; and on Stage 1-No Burn days if you use an EPA certified fireplace insert or stove or a pellet stove and they do not emit visible smoke.

To report a complaint or suspected violation, call 1-800-880-9025. First time violations will result in a \$50 fine or the violator can choose to complete and pass a wood smoke awareness course.

Source: Sacramento Metropolitan Air Quality Management District ★

Sacramento County DA Reports

Recent cases of interest



CASE: Mark Ramirez (11/07/14)

PROSECUTOR: Deputy District Attorney Maria Wilson, Domestic Violence Unit

District Attorney Jan Scully announced today that the Honorable Sharon Lueras sentenced Mark Ramirez to 18 years in prison. On October 6, 2014, a jury convicted Ramirez of domestic abuse and battery causing serious bodily injury.

On March 3, 2014, Ramirez hit his girlfriend in the head with a sharp instrument. The victim suffered a concussion and a gash to the top of her head requiring staples.

CASE: Anthony Roberson & Kevin Henry Jr. (11/07/14)

PROSECUTOR: Deputy District Attorney Morgan Gire, Gangs & Hate Crimes Unit

Roberson to life in prison without the possibility of parole, plus 20 years in prison. Kevin Henry Jr. was sentenced to life in prison without the possibility of parole, plus 60 years to life in prison. On September 30, 2014, a jury convicted Roberson and Henry of first-degree murder with a special circumstance of murder committed during the course of a robbery. The jury also convicted the defendants of additional robbery charges and firearm enhancements.

On August 14, 2013, Roberson and Henry traveled from Bakersfield to Sacramento to purchase marijuana. Roberson's friend, Gregory King, arranged the meeting for the defendants to purchase the marijuana from the victim, Colen Lugo, at Caymus Park in South Sacramento.

When Henry tried to grab the bag of marijuana from the victim, they began to struggle over the bag. Both defendants drew handguns from their waistbands and a single shot was fired from one of the guns, striking and killing the victim as he was seated in his van. The defendants then took Gregory King's wallet as he lay on the ground covering his face, and immediately fled to Bakersfield where they were later apprehended.

CASE: Jason Barton Kirkpatrick (11/07/14)

PROSECUTOR: Deputy District Attorney Aaron Miller, Career Criminal Prosecution Unit

District Attorney Jan Scully announced today that the Honorable Robert Twiss sentenced Jason Barton Kirkpatrick to 250 years to life, plus 50 years in prison under California's Three Strikes Law. On October 10, 2014, a jury convicted Kirkpatrick of 10 counts of second-degree robbery.

The charges stem from six separate robberies Kirkpatrick committed between May 28, 2013 and June 17, 2013. Kirkpatrick used a replica handgun to rob primarily female employees of area small businesses. At the time of the 2013 robberies, he was on parole for a series of robberies he committed in 2006, where he also victimized female employees of area small businesses.

CASE: Tino Perez (11/03/14)

PROSECUTOR: Deputy District Attorney Carlton Davis, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced that Tino Perez was convicted by jury of premeditated attempted murder, assault with a firearm and committing the crime for the benefit of the Norteños criminal street gang.

On May 11, 2013, the Sacramento State Golf Team had a party. Perez and his friends arrived uninvited, along with many others. After the host ended the party early, several fights occurred. Four of the college students saw a male arguing with a female and thought he was going to hit her. They intervened and convinced the male to leave. Perez arrived on the scene after the male had left. He asked the female, who was his friend, if everything was okay and she told him the four bystanders helped her. Despite this, Perez pulled out a gun and shot the four college students.

Perez faces a maximum potential sentence of 120 years to life in prison. Sentencing is set for January 23, 2015 at 9:00 a.m. in Department 40 of the Sacramento Superior Court.

CASE: Joseph Francis Corey (10/30/14)

PROSECUTOR: Deputy District Attorney William Satchell, Homicide Unit

District Attorney Jan Scully announced today that Joseph Francis Corey was convicted by jury of the first-degree murder of Sacramento County Animal Control Officer Roy Marcum. The jury also found true that Corey used a firearm. In addition, the jury found true two special circumstances, that the murder was committed against an appointed official and lying in wait.

On November 27, 2012, Corey was evicted from his residence in Galt after foreclosure. The next day, Officer Marcum responded to the residence at the request of bank representatives to retrieve several dogs and cats left by Corey. Unbeknownst to Officer Marcum, Corey had snuck back into the residence and barricaded the door from the inside. When Officer Marcum approached the residence, Corey shot Officer Marcum with a high-powered hunting rifle through the front door.

Corey faces a sentence of life without the possibility of parole. Sentencing is set for December 12, 2014 in Department 10 before the Honorable Greta Curtis Fall.

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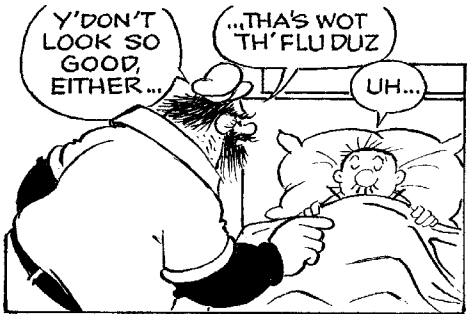
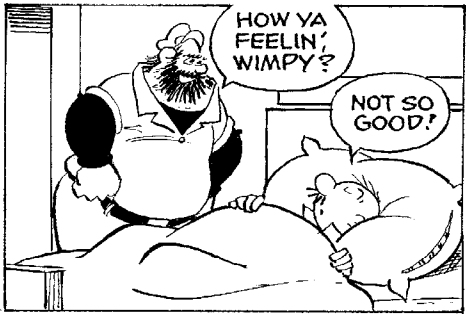
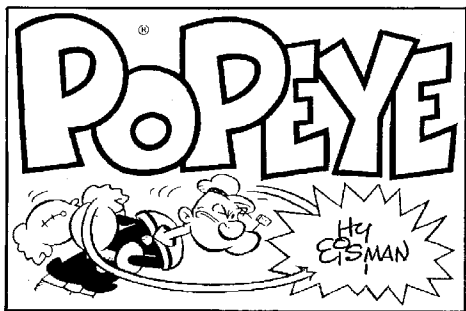
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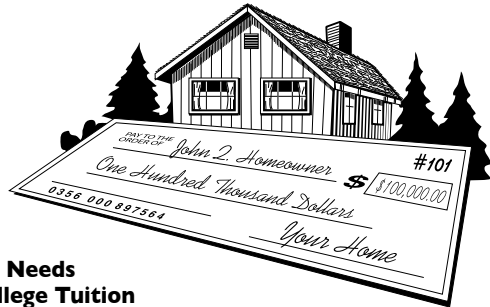
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Salome's Stars

ARIES (March 21 to April 19) A long-sought workplace change could be happening soon. Consider reworking your ideas and preparing a presentation just in case. A personal relationship takes a new turn.

TAURUS (April 20 to May 20) Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some you doubted would ever join you.

GEMINI (May 21 to June 20) Your workload is still high, but -- good news! -- you should start to see daylight by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it.

CANCER (June 21 to July 22) Regardless of how frustrating things are, keep that "Crab" under control. A cutting comment you might think is apt right now will leave others hurting for a long time to come.

**Got Local News?
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LEO (July 23 to August 22) Be more sensitive to the emotions of loved ones who might feel left out while you're stalking that new opportunity. Be sure to make it up to them this weekend. A nice surprise could be waiting.

VIRGO (August 23 to September 22) The gregarious Virgo rarely has a problem making new friends. But repairing frayed relationships doesn't come easily. Still, if it's what you want to do, you'll find a way. Good luck.

LIBRA (September 23 to October 22) A misunderstanding with a partner or spouse needs to be worked out before it turns into something really nasty. Forget about your pride for now and make that first healing move.

SCORPIO (October 23 to November 21) Communication dominates the week. Work out any misunderstandings with co-workers. Also get back in touch with old friends and those family members you rarely see.

SAGITTARIUS (November 22 to December 21) As busy as your week is, make time for someone who feels shut out of your life. Your act of kindness could later prove to be more significant than you might have realized.

CAPRICORN (December 22 to January 19) Congratulations. Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities aspect. Enjoy them with family and friends.

AQUARIUS (January 20 to February 18) Your generosity of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping that line of communication open eventually pays off.

PISCES (February 19 to March 20) You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new pursuit of facts to counter what you believe is an insidious exercise in lying.

BORN THIS WEEK: You believe in loyalty and in keeping secrets. All things considered, you would probably make a perfect secret agent.

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Thought for the Day: "If you haven't got anything nice to say about anybody, come sit next to me." -- Alice Roosevelt Longworth

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COUCH THEATER DVD PREVIEW

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of November 17, 2014.



Channing Tatum in "22 Jump Street"

PICKS OF THE WEEK

"If I Stay" (PG-13) -- Mia (Chloe Grace-Moretz) is a teenage girl with a talent for cello, nice parents, a rock 'n' roll boyfriend and a good chance of getting into Juilliard. While in the car with her loving family, they get into a horrible accident, and Mia's body is rushed into surgery while her spirit looks on. Stuck between life and death, Mia has a decision to make. It sounds like it should be obvious, but she manages to stretch out the decision for the full run time.

Actually, any of those things from the first sentence of this review could be enough to say "yes" to life. Really. Most people lean toward staying alive -- just as a general rule -- if given the option. Do you sense what kind of melodrama we're dealing with? To nobody's surprise, the film is based on a bestselling novel for the young-adult market.

"And So It Goes" (PG-13) -- In a sun-dappled Connecticut neighborhood, a grumpy old cove gets saddled with a precocious child who softens his image just enough

to help him find new love. It is as boring and unoriginal as it sounds. Oren (Michael Douglas) is a realtor with no people skills and a raging case of the grouches. His no-good son drops by to give over a 9-year-old grandchild before he heads to jail. Diane Keaton plays a well-intentioned neighbor whose jokes never land.

Oren has to learn not to be such a cranky old fart, but by that point, you're not invested enough to care. Rob Reiner has a great track record of movies that are both funny and uplifting, but this one didn't go that way.

"22 Jump Street" (R) -- This is a sequel that truly builds on the success of its predecessor without recycling every single joke! In the last movie, "21 Jump Street," Channing Tatum and Jonah Hill were two cops tasked with infiltrating a local high school to bust up a drug ring. Putting two overgrown adolescents into an environment full of real adolescents turned out to be a great move, plus Tatum and Hill have an easy, funny and admirable take on adult male friendships (called "bromances" in the contemporary vernacular). This sequel sends the duo after a college-based crime ring, stepping up the humor and the action.

"The Wind Rises" (PG-13) -- Japanese animator Hayao Miyazaki has an illustrious career that includes some of the world's most-praised animated features. This movie has been called his farewell picture, and it's a fitting image. The animated feature takes you into the mind of Jiro Hirokoshi, an airplane engineer with a sincere love of flight and the intangible beauty of mathematics. Unfortunately, Jiro's masterwork designs were used by the Imperial Japanese military during World War II. Don't let the cooked-up controversy keep you from seeing this gorgeous, heartfelt film.

TV RELEASES

"The Paradise: Season 2"

"Masterpiece: Worricker -- Turks & Caicos"

"King of the Hill: Season 7"

"Wolfblood: Season 2"

"One Piece: Season 6: Voyage Two"

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Strange BUT TRUE

By Samantha Weaver

• It was noted American architect Frank Lloyd Wright who made the following sage observation: "The truth is more important than the facts."

• You might be surprised to learn that the Ford Mustang, an icon of American automobiles, was originally named the Torino.

• If you live in Arkansas, you can reflect on the fact that your state is home to the only diamond mine in North America.

• Popular Science magazine once dipped its toes into predictions -- and got it all wrong. In 1898, it published an article stating, "The energy necessary to propel [an airplane] would be many times greater than that required to drive a train of cars at the same speed; hence as a means of rapid transit, flying could not begin to compete with the railroad." The magazine can be forgiven its lack of foresight, though, considering the fact that the first powered airplane flight didn't even occur until five years later.

• Tofu has the distinction of being the most hated food in America.

• Method, a company that makes eco-friendly home-cleaning products, has at their headquarters a brainstorming room whose walls, floor and ceiling are completely covered in live, growing grass. The purpose? To bring the outdoors in, and to "keep Method weird."

• Those who study such things say that a \$1 million lottery prize is actually worth about \$468,000, once taxes and fees are deducted.

• The next time you're visiting Great Britain and someone offers you a dish called powsowdy, you might want to politely decline. Unless you're an adventurous eater, a broth made from sheep's heads probably won't appeal.

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The Garden Bug



Too many new young stems ("suckers") growing from the roots of your lilac bush can compromise the vigor of the main plant. Remove them in the fall by digging down to the root and tearing them away from the roots, getting as much of each stem as possible. If they sprout up again, prune both the root and the young stem; they can grow a new tree. Plant elsewhere or give it to a friend.

- Brenda Weaver

Source: www.ehow.com, growinggreener.blogspot.com

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CLUES

ACROSS

- *Hula dancers wear skirts made of this
- Automated teller
- Grain in "The House That Jack Built"
- Send in payment
- Indochinese language
- Juan or his wife Evita
- Administer oil to, often in religious ceremony
- Make a choice
- Fancy tie
- *Big band music dance
- *Distinctly urban dance
- Do needlework
- His alter ego was a doctor
- Ship pronoun
- "I'm ___ you"
- Rubber gaskets
- *Dance to a ballerina
- Chows down
- Motionless
- Aware of
- *Tony Manero's dance
- Purse to go with evening gown
- Searched, often used with "around"
- *Ballet move
- Well-deserved reward
- Matured
- Lend a hand
- "The Catcher in the ___"
- "___ we forget"
- Beluga yield
- *Montparnasse dance
- *May Day dance prop
- Fair market ___
- *Meryl Davis' and Charlie White's turf
- Lowest deck on a ship
- Real estate broker, e.g.
- Driving hazard
- Upholstery choice
- Nessie's Loch
- Drug approver
73. ___ or a spy

DOWN

- Tennis great Steffi ___
- She is a former U.S. Attorney General
- Used for charging
- River clay deposits
- Three-dimensional sound
- A bunch
- *Soft-shoe
- Like an eaten blanket?
- Mosquito net fabric
- a.k.a. Atlantic Richfield Company
- *Ice dancer's jump
- Dynamite
- School assignments
- Had title to
- Altar avowal
- Uncomfortable position
- *East Coast or West Coast dance
- Kind of roll
- Having an irregular edge
- Peacock's pride
- Bookkeeping entry
- Fertilizer ingredient
- Sticky
- *Electric ___
- Was aware of
- Healing sign
- Performed at Teatro alla Scala
- Pleasant to the ear
- Cause of fairytale princess' downfall
- "Let's Go Places" vehicle
- Use nose as detector
- Erasable programmable read only memory
- *Where dancer performed in Whisky a Go Go
- Guinness and such
- Women in habits
- Large, prefix
- Assortment
- Take it easy
- "All for one, one for all" sword
- *MGM song-and-dance star, ___ Johnson
- Atlantic catch

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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57	58	59				60				61	62	63	
64						65	66			67			
68						69				70			
71						72				73			

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		1	8		7			
8			6	1				
	3				6			
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	8			3	5	7		
3			1	8				

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 6 Solutions See Page 71

Come back every week for Crossword and Sudoku!

Kiwanis Club of Carmichael Has See's CANDIES Sale

CARMICHAEL, CA (MPG) - The Kiwanis Club is launching the Annual See's CANDIES Sale on November 24th. The sale runs 9 a.m. to 5 p.m. daily through December 24th. The sale location is the H&R Block suite in the Bel Air Shopping Center, 4005 Manzanita Ave., Suite #9, Carmichael.

There is a wide selection of candies, all the same price as local See's CANDIES stores. The proceeds from the sale help support the fine arts programs in San Juan Unified School District. The sale is run by volunteers who are members of the local Kiwanis Club.

Kiwanis Club of Carmichael, founded in 1962, has close to 90 dedicated members providing service to Carmichael and surrounding areas. The Club supports projects and programs for youth services, senior citizens, needy families, and several community endeavors. In addition to service projects,



The Kiwanis Club is launching the Annual See's CANDIES Sale on November 24th. The sale runs 9 a.m. to 5 p.m. daily through December 24th.

The Club meets every Wednesday at 7 a.m. for a one-hour breakfast meeting. Meetings are held at the Carmichael Elks Lodge, 5631 Cypress Avenue, Carmichael.

Please check out the Kiwanis meetings. They are fun, the people

are friendly, and there are great guest speakers each week.

For more information, please contact Len Ohlendorf at lenohlendorf@gmail.com.

Source: Leonard Ohlendorf ★

Local Businesses Learn to Do Business with Public Agencies

SACRAMENTO REGION, CA (MPG) - You are invited to attend Sacramento's 2014 Connecting Point on Wednesday, November 19th at the Scottish Rite Masonic Center, 6151 H Street, Sacramento, CA 95819 (free parking). This is the largest no-charge event in Northern California bringing new and/or well-established small businesses together with government, utility, and public agency buyers.

This event features a morning of workshops, panel discussions, exhibits, and networking opportunities. More than 60 federal, state, and local agencies along with other small business development resources are scheduled to participate.

From 8:30 a.m. to 2:30 p.m., you can attend workshops, panel discussions, and networking opportunities. The California

Public Utilities Commission has organized business matchmaking sessions offering one-on-one meetings to personally introduce your business to procurement experts from around the region.

Please contact Craig Raider at (916) 876-6362 at or RaderC@Sacounty.net for more information.

Source: Sacramento County ★

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For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

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The Sacred Space of Grief

Have you experienced the death of a loved one? Have you allowed the finality of death to touch your heart and soul? Have you wept until you were empty? Have you had moments of relief and freedom and felt guilty? Have you noticed a deep connection to yourself and all that is around you in the midst of your despair? All of these and many more feelings are the experiences of grief. In the midst of our pain, there is the opportunity for deep love and compassion for ourselves and those around us. As a gift of life, grief is a transformational fire. It deserves time, attention and community. The Sacred Space of Grief is an opportunity to explore life through the power of a broken-open heart in the company of others who have loved, lost and who choose to accept the transformation gift of grief.



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Registration is required to attend.

Nov. 22, Tuesday, 10 p.m. (to 2:30 p.m.)
Mock SAT Practice Test @ Fair Oaks,
Fair Oaks Library, 11601 Fair Oaks Blvd.
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Every Saturday 8 am - 1 pm. Open year round.
- SATURDAY** Sacramento Midtown Farmers Market
20th St. between J and K, Sacramento.
Every Saturday 8 am - 1 pm. Open year round.
- SATURDAY** Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Every Saturday 8 am - 1 pm. Open year round.
- SUNDAY** Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
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- WEDNESDAY** Fair Oaks Sunset Farmers Market
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- THURSDAY** UC Davis Health System Farmers Market
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Closed for the season. Opens in April.

For more information: www.bemoneysmartusa.org



POPPOFF!

with Mary Jane Popp

ENERGIES OF LOVE PART II

If you remember last time on POPPOFF, I shared the four "Energetic Stress Styles" that I got from **Donna Eden and Dr. David Feinstein** they covered in their book "*The Energies of Love*." **Donna** is a pioneer in energy medicine and **David** is a clinical Psychologist. They claim they have garnered experience from their couple's workshops that are keys to a fulfilling partnership. I promised you some practical tips to fire up that relationship, so no more talk, here they are.

1) HUG OFTEN. Hugs get your positive energies to intermingle and meld. Relaxing even into a six-second full-body embrace increases serotonin levels, leaving you feel closer and, if you were having a disagreement, less irritable.

2) GIVE YOUR PARTNER A SPINAL FLUSH. Reflex points that impact every one of your body's major energy pathways are situated along the spine. They go into a detailed description of what to do next, but not enough time here. But it's in the book.

3) SUPPORT THE PRODUCTION OF OXYTOCIN. Energy techniques can influence your hormone levels. We know sex produces oxytocin, but so can this one-minute technique. It begins by breathing slowly and deeply as you draw your hands up from your pubic bone until you get to the center of your chest. Before you exhale, move your hands up and out toward your sides as if you were tracing a heart above and around your breasts. Slowly exhale as you being your hands back toward your pubic bone, completing the tracing of a large heart over your torso. Repeat a few times and finish by drawing your hands up the center of your chest and holding them over your heart for two breaths.

4) STRETCH. When you feel stale or tense, stand and imagine an invisible rope hanging down over your head. Reach up and pull it down with one hand and then the other, alternating hands for at least a minute.

5) HOOK UP. If you are feeling disconnected from yourself or your partner, place the middle finger of one hand on your "third eye" and the middle finger of your other on your navel. Gently press both fingers inward, pull them upward, and hold at least three deep full breaths.

6) SCAN FOR WHAT YOU APPRECIATE ABOUT YOUR PARTNER AND STATE IT. Often!

7) USE A GENTLE OPENING FOR TOUGH TOPICS. The

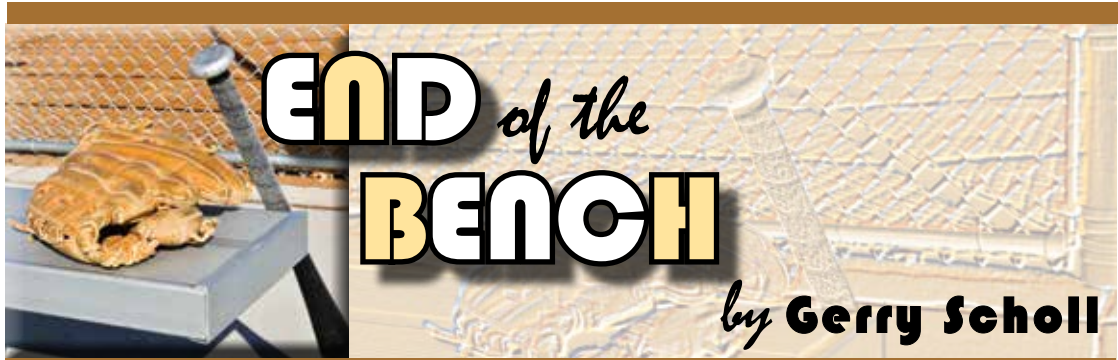
way you bring up a delicate topic will have an immediate impact on your partner's biochemistry and thus the energy that is activated in each of you and between you.

8) KEEP YOUR ENERGIES MOVING IN A CRISS-CROSS PATTERN. Under stress, your energies lose the natural cross-over configuration that supports best thinking. Place either hand on its opposite shoulder and press hard behind the shoulder with your fingers. Drag your hand over your shoulder, maintaining pressure. Continue with less pressure now, to your opposite hip. Repeat two or three times. Shift to other side.

9) BALANCE YOUR ENERGIES RATHER THAN BATTLING YOUR PARTNER. If tension begins to rise between you and either calls for a cease fire, you should both...by ironclad pre-agreement...stop the argument, mid-sentence if necessary. Then, immediately set about shifting your energies.

10) GET CURIOUS ABOUT YOUR PARTNER'S STRESS RESPONSE STYLE. Rather than judging your partner or going into a defense mode, give your partner the benefit of the doubt.

Lots to think about and all the details are in "The Energies of Love." Check out www.oflove.com too. It's a map of the invisible energies that impact a relationship! May the LOVE be with you! ★



Don't Drop the Ball, Losers

It is just over fifty years since the No.-1 gridiron folly of all time occurred, and every football fan worth his Gatorade knows what it is and is well aware of the legacy of "Wrong Way Marshall."

The incident at Kezar Stadium in San Francisco was indelibly imprinted in the minds of 49ers fans by one of the most recognizable calls of Hall of Fame broadcaster Lon Simmons' career...

Forty Niner Billy Kilmer caught a short pass and fighting for extra yardage he "loses the football! It's picked up by Jim Marshall, who's running the wrong way! Marshall is running the wrong way and he's running it into the end zone the wrong way! He thinks he's scored a touchdown! He's scored a safety!"

Marshall, the great Hall of Fame-caliber defensive end and member of the fabled Minnesota Vikings' "Purple People Eaters," who went on to play 20 years in the NFL and Kilmer both made it into the HOF for the wrong reason — for that one incredible moment. To this day, Marshall doesn't care to talk about the play, understandably, but admits he's still trying to forget it. Bad enough that he's remembered most for running 66 yards the wrong way and scoring two points for the 49ers with his mistake, but it would have been much worse had not the Vikings won the game, 27-22.

One huge reason why that play is so unique is that when someone drops the ball, as Kilmer did, things usually don't work out so well for the fumbler.

How many times while watching a game and the football comes free have you mimicked the classic call of that old legendary college football television announcer Keith Jackson with his stylish "Fumbllllllle!" — expecting the worst for the team that coughed it up?

The worst happened to one college football powerhouse and helped another Saturday, and the previous week the very, very worst happened at the University of Mississippi.

With 1:30 left to play, Mississippi

wide receiver and star player Laquon Treadwell reached the goal line with what appeared to be a probable game-winning touchdown when he was brought down by an ankle-breaking tackle, causing a fumble recovered in the end zone by Auburn. The touchdown call was overturned by replay revue. Mississippi lost the TD, lost the game, lost their best player and lost their chances for a playoff berth in heart-stopping fashion all on one play.

Auburn, the 2010 national champion that was ranked No. 3 going into this past weekend, fumbled away its chances for another title in a 41-38 upset loss to Texas A&M. The Tigers, 7-2, twice were closing in toward go-ahead scores in the final minutes, but fumbled the ball away at the Aggies' 2-yard line and again at their 28.

Oregon (9-1) moved ahead of Auburn in the playoff picture with a little unexpected assistance in its Pac 12 showdown with then No. 20 Utah (6-3), that played the role of the accommodating host. The Utes were inches ahead from taking a 14-0 lead as Kaelin Clay was coasting into the end zone when he prematurely dropped the ball before crossing the goal line, anticipating his celebratory moments. While the home team and crowd went crazy, Oregon's Joe Walker picked up the ball and raced 100 yards the right way for a Ducks' score. The stunned Utes never recovered in a 51-27 loss.

That one stirred up memories of others. DeSean Jackson, the former Cal star, while with the Philadelphia Eagles twice went into celebration-mode a little early — once performing a forward flip into the end zone only to have the ball touch the ground and come loose a little too soon, and again when nonchalantly releasing the ball slightly before crossing the goal line and going into his prima donna act.

Another that comes to mind is the Leon Lett knucklehead play in Super Bowl XXVI. The Dallas Cowboys' defensive lineman recovered a fumble and was cruising along for a potential score late in a blowout victory over the Buffalo Bills when he decided to take a peak at himself on the

Jumbotron scoreboard, allowing the Bills' Don Bebee to catch him and knock the ball away. No Super Bowl touchdown for Leon. What a loser.

It wasn't fumbles, but drops, that almost doomed the Forty Niners season Sunday in New Orleans. They managed to survive another sub-par offensive showing to pull out a 27-24 overtime victory to stay alive in the playoff hunt at 5-4.

The 49ers' receivers had problems completing catches throughout the day, leading to mediocre passing statistics for quarterback Colin Kaepernick of 14 for 32, 210 yards. The usually sure-handed Anquan Boldin did have six catches for 95 yards, but would have had a much bigger day if not for a number of drops.

After the Saints grabbed the lead, 24-21, with just 1:52 to play in regulation, both Boldin and Michael Crabtree had drops on the 49ers' ensuing possession, leaving San Francisco in desperate straits with a fourth-down-and-ten situation deep in its own territory. The teams' ultimate playoffs hopes seemed to hinge on one last wing and a prayer. Kaepernick scrambled around for a day and a half in the backfield before winging a pass 51 yards to Crabtree and the prayer was answered. The 49ers were able to kick the tying field goal to go to overtime.

And, wouldn't you know it, it was a fumble that was the deciding play in the end. Avenging a controversial roughing-the-passer penalty that negated his fumble recovery and hit on Saints QB Drew Brees that set the stage for a Saints' victory over the 49ers last season, linebacker Ahmad Brooks did it again — he sacked Brees and forced a fumble recovered by 49ers' rookie LB Chris Borland, setting up the game-winning, 35-yard field goal.

By the way, was that Wilbur Wood, Charlie Hough, Tim Wakefield or R. A. Dickey impersonating 49ers place-kicker Phil Dawson — kicking that fluttering knuckle ball through the uprights for the win? ★

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

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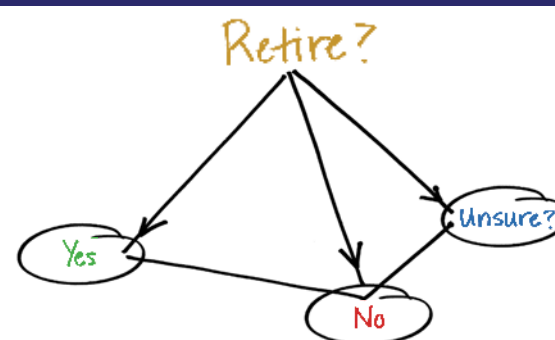
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