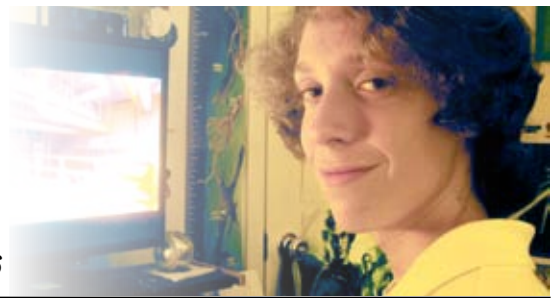




**Space Exploration in One Lifetime**  
Page 8

**PLUS: Digital Movement: The Virtuix Omni**  
How do you move around in a digital world?  
Page 6



# Gold River Messenger

"Written by the people, for the people"

Volume 1 • Issue 7

Serving Gold River and Sacramento County

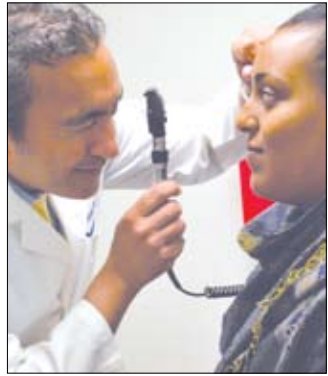
November 2013

Just Breathe...



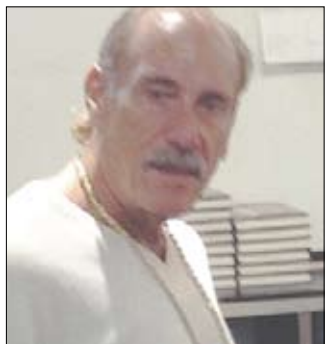
Page 3

Bera Gets Back to His Doctor Roots



Page 4

From Pawns to Songs, Detroit Worth a Visit



Page 7

## Check Before You Burn



The AQMD law restricting wood burning applies to residents and businesses in Sacramento County and the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento through February 28, 2014.

**SACRAMENTO REGION, CA** - On Friday, November 1, the Sacramento Metropolitan Air Quality Management District (AQMD) began its seventh Check Before You Burn season to reduce the harmful health effects from wood smoke.

Wood burning will be restricted or prohibited on days when fine particle pollution is forecast to be high. Atmospheric particulate matter is tiny pieces of solid or liquid matter suspended in the atmosphere. Some particulates occur naturally, originating from volcanoes, dust storms, forest and grassland fires and sea spray; others occur from human activities, such as burning of fossil fuels in vehicles, power plants and various industrial processes.

They can adversely affect human health and also have impacts on climate and precipitation.

The effects of inhaling particulate matter have been widely studied, particularly asthma, lung cancer, cardiovascular issues, respiratory diseases, birth defects, and premature death. The size of the particle is a main determinant of where in the respiratory tract the particle will come to rest when inhaled. Because of their small size, particles can penetrate the deepest part of the lungs.

The AQMD law restricting wood burning applies to residents and businesses in Sacramento County and the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova

and Sacramento through February 28, 2014. Citizens must Check Before You Burn in indoor or outdoor fireplace, wood stove, firepit or chiminea that burns wood, pellets, manufactured logs or any other solid fuel.

Call 1-877-NO-BURN-5 (1-877-662-8765), follow on Twitter @AQMD, or visit [www.AirQuality.org](http://www.AirQuality.org) or [www.SpareTheAir.com](http://www.SpareTheAir.com).

**The following exemptions apply:**

- 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

• Devices that operate exclusively with natural gas or propane

• Cooking devices

Enforcement is through sightings of visible smoke by Air District enforcement staff. In addition to regular observation routes, staff visits locations determined by complaints. Staff will observe the smoke, write down the address and a notice of violation will be mailed to the property owner.

To report a complaint, or suspected violation, call the District at 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. Fines for subsequent violations are higher. ★*

Drive Started for Christmas in Cordova Event



**RANCHO CORDOVA, CA (MPG)** - For the third year, partners in the Rancho Cordova community are coming together to provide assistance for families and children in need through "Christmas in Cordova."

The Rancho Cordova Police Department, Sacramento Sheriff's Department, Rancho Cordova PAL, Folsom Cordova Community Partnership, Sunriver Church, the City of Rancho Cordova, and other partners have joined together to support this one day family event to be held on December 14th, 2013 at Mills Middle School.

Christmas in Cordova is designed with the simple premise that "every child deserves to have a present to open at Christmas." The event will have a shopping mall full of donated new toys provided for parents to select and wrap gifts for their children. Last year over 1200 children received gifts.

During the event, childcare is provided for young children while parents are shopping as well as fun and games for older children. There will be an arts and craft area, Santa will be making an appearance, and a meal will also be provided for all families in attendance.

Officer Heidi Herrera of the Rancho Cordova Police Department can provide additional information or answer questions at 916-875-5852 or [atherrera@sacsheriff.com](mailto:atherrera@sacsheriff.com).

You can help!

• Conduct an internal toy drive at your business. Contact Officer Herrera to receive a box and fly-ers for your toy collecting efforts.

• Make a monetary donation. All monies will be spent to purchase additional toys. Checks can be made payable to Rancho Cordova PAL, the non-profit Tax ID number is 26-3141552.

• Donate time and participate in the event. Volunteers are needed to help with shopping, wrapping, entertaining children and various other responsibilities.

• Donate needed supplies including hotdogs, chips, and drinks, cookies, wrapping paper, and wrap-ping supplies. Many items are needed to make this event successful and everything helps.

The event is an opportunity to help local families in the upcoming holiday season! ★

Source: Folsom Cordova Community Partnership

## Exotic Super Car Show Raised Over \$40,000 in Funds for Epilepsy

**GOLD RIVER, CA (MPG)** - Over 200 Exotic Super Automobile enthusiasts turned up at Zinfandel California Cuisine in Gold River on Sunday September 8th to admire the beauty and heart-pounding performance of cars that seems to spark ones imagination and need for speed while they are just standing still.

Although the exotic cars were center stage the real reason they were on display was to raise awareness and funds for finding a cure for epilepsy. There is still an unfortunate stigma attached to epilepsy; over 40 million people worldwide endure isolation and suffer discrimination on a daily basis.

Exotic Super Car fans and supporters helped raise over \$40,000 with more



pledges rolling in daily to support the Bronte Epilepsy Research Foundation for research and treatment for those affected by the

disease and their families. Mary Lou Sordi, Foundation President, and her husband, Chris, are the first to show their appreciation and admiration for the ongoing work of the professionals of the medical community, like Dr. Michael Chez, Sutter Neuroscience Institute, and Dr. Kia Shahlaie, UC Davis Health System- Bronte Epilepsy Research Program.

All of the funds collected go to the Bronte Epilepsy Reach Foundation. To date, the foundation has raised in excess of \$3,000,000 through fundraising and grants.

Continued on Page 5



Just a few of the Exotic Super Cars on display at Zinfandel California Cuisine that helped to raise over \$40,000 the day of the event. Photo s by Bill Martin

Local Postal Customer

\*\*\*\*\*ECSRWS\*\*\*\*\*

PRSR STD  
ECSRWS  
U.S. POSTAGE  
PAID  
EDDM RETAIL

# Political Musings



Commentary By Gold River Resident, David Koenig

electing him so I won't be planning any trips to the Orlando/central Florida area any time soon . . . scary . . .

- Republican Senator John McCain is said to be looking into another run in 2016. Here's hoping it will be a Forrest Gump-type of run where he just goes running aimlessly and not for any higher political office.

- Democratic California Governor Jerry Brown has signed legislation into law to allow the state's transgender public school students to choose which bathrooms they use and whether they participate in boy's or girl's sports. C'mon Jerry, I know they used to call you "Moonbeam" and people already think California is the breakfast cereal of the US (Fruits, Flakes and Nuts) but you can't be serious . . .

- Three years after getting signed into law, Obamacare has rolled out to massive confusion, technical glitches, sites that don't

respond, and phones that don't get answered. And while we were told that we could keep our doctors and our premiums would go down, mine have gone up 70% and my doctor just dropped me. Yes, this is off to a screaming start for the 46 people who have enrolled.

- The government just ended an 18-day shutdown and the 800,000 non-essential government employees are now back on the job getting paid again. Also, they will be paid for the days they were off, which just BEGS the question why we have that many non-essential employees in our government and what exactly did this travesty accomplish??

It's getting to the point where I can't even watch TV political shows any more or listen to people in both parties babbling nonsense or screaming at each other. No Rodney King, we can't just get along . . .

# KFBK Radio Personality and Former Sheriff John McGinness To Be Featured at Christmas/Hanukkah Luncheon

**GOLD RIVER, CA (MPG)** - John McGinness, KFBK Radio Personality and former Sacramento County Sheriff, will be the co-commentator at the Sacramento Republican Women Federated Christmas/Hanukkah Luncheon and Fashion Show on Saturday, December 7th at North Ridge Country Club.

"This will be an exciting and festive occasion," reports Kay Burton, the event chairperson, "especially with John onboard. He's such an in-demand addition to the day's line-up."

North Ridge Country Club at 7600 Madison Avenue in Fair Oaks is the setting, and will be



John McGinness

decorated for Christmas. This year's menu features a choice of petite filet mignon with a demi glaze, orange roughy, or a vegetarian selection. Tiramisu dessert

will round-out the menu.

The Fashion Show will feature holiday couture from Cho Cho's and there will be male as well as female models. The Matta Kids Singers will perform.

A silent auction of Ronald Reagan Memorabilia will be held and there will be a raffle prizes.

Guests are welcome. The cost is \$30 for per person. The deadline for making reservations is November 27, 2013.

For more information, please call Kay Burton at (916) 635-5590. Or send a check, made out to SRWF, to Margie DeRow, 11612 Gold Country Blvd., Gold River, CA 95670. ★

**GOLD RIVER, CA (MPG)** - Seems to be a lot going on in the world of politics and these are just a few things that caught my attention:

- Democratic Congressman from Florida Alan Grayson sent out fundraising literature with a picture of a burning cross on the front representing the letter "T" of Tea Party to compare them to the Ku Klux Klan. This guys is a known nut-job so my only take-away is to remind myself that the people of this District keep

# Holiday Craft Fair to be Held at St. John Vianney Church

**RANCHO CORDOVA, CA (MPG)** - The 5th Annual Holiday Craft Fair will be held Sunday, November 3, from 9:00 a.m. to 2:30 p.m. at St. John Vianney Catholic Church Parish Hall, 10497 Coloma Road in Rancho Cordova. The event is sponsored by the Catholic Daughters, Court

#2392.

Over 20 crafters will offer a variety of items including jewelry, candles, pottery, baked goods, sports memorabilia, and Fall and Christmas home decor. Proceeds benefit local charities. Coffee, donuts and a relaxing shopping excursion are in store

for those who attend.

An opportunity drawing will be held featuring donations by crafters, Free raffle tickets are offered to those who make a donation to the Cordova Food Locker.

For more information, contact St. John Vianney, (916) 362-1385. ★

**Dwight A. Miller DDS MS**  
**ORTHODONTICS**

11230 Gold Express Drive, Suite 308  
Gold River, California 95670  
Phone: (916) 635-5400 Fax: (916) 635-5739  
Website: <http://dwightmillerdds.com>

## Enjoy peace of mind with the Pack & Ship Guarantee\*.

When we pack and ship your items, we'll cover the costs of packing and shipping plus up to your item's value if it's lost or damaged in transit.\* We also specialize in packing valuable, fragile and odd-shaped items. Stop in today and leave with one less worry.

**Holiday Happiness. We pack, ship and guarantee it.**

11230 Gold Express Dr, Ste 310  
Gold River, CA 95670  
916.852.6390 Tel  
store1614@theupsstore.com  
theupsstorelocal.com/1614

**The UPS Store**

**10% OFF PACKING SERVICE**  
(with shipping purchase)

\*Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2013 The UPS Store, Inc. DAFB333374 10.13

**The UPS Store**

## NOVEMBER SPA SAVINGS!

One Hour Swedish Massage **\$59** (reg. \$80)

Exclusive Facial **\$69** (reg. \$89)

MONDAY, TUESDAY AND WEDNESDAYS

**Hoshall's**  
SALON & SPA  
hair face body

**916-485-4941**  
7330 Fair Oaks Blvd. • Carmichael, CA 95608  
[hoshallscarmichael.com](http://hoshallscarmichael.com)

Good thru November 30, 2013. Not valid with any other offer.

## ZINFANDEL CALIFORNIA CUISINE

Come in and Enjoy

Dine-In, Take-Out, Happy Hour, Early-Bird Specials, Banquets, Catering

**Happy Hour M-S 5-6:30pm**  
**1/2 OFF Pizzas & Appetizers**  
Monday-Thursday: Lunch 11 to 3 • Dinner 5-9  
Friday and Saturday: Lunch 11 to 3 • Dinner 5-9:30  
Sunday Closed

2220 Gold Springs Court • Gold River  
**916-853-9600**  
Reservations Recommended  
[www.zincalicious.com](http://www.zincalicious.com)

# THANK A VETERAN TODAY

**FREE Dinner Entrée**  
Buy one entree and 2 beverages and get second one free.  
Up to \$15 Value.

Cannot be combined with any other offers or discounts. One coupon per table. Expires 11/30/13.

**'Z' Place to Eat, Meet or Party!**

# Gold River Messenger

*"Written by the people and for the people"*

**Publisher, Paul V. Scholl**

Publisher's Statement: It is the intent of the Gold River Messenger to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors. The Gold River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the Gold River Messenger are copyrighted. Ownership of all advertising created and/or composed by the Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to Gold River Messenger, 7405 Greenback Lane #129, Citrus Heights, CA 95610. Subscription rate is \$12 per year within Gold River. The Gold River Messenger is published monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Publisher@CarmichaelTimes.com](mailto:Publisher@CarmichaelTimes.com). Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

Advertising Sales: Paul V. Scholl, Bill Martin

Graphics & Layout: Banerjee Designs • Stump Removal Graphics

Contributing Writers: Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly

David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton  
Dr. Bob Graykowski • Julie Parker • Leslie Carrara  
Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBryner  
David Graulich • Perry Hartline • Gerry Scholl

Distribution Assistant: Gabriel Scholl

Accounting: Nicholson & Olsen CPA

Web Master: RJ at thesitebarn.com • JWS Promotions • Mikahn Design

News Services: Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire  
North American Precip Syndicate • Blue Ridge Press • ARA Content  
California News Service • Family Features • WorldNetDaily

Photography: Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.

# Just Breathe . . .



By Gold River Resident Jodie Barringer Myers

Halloween has come and gone, which means that Thanksgiving and Christmas and Hanukkah, et al., are on their way, which means we have to do our regular everyday stuff, on top of all the happy holiday, fun family stuff, which means we are in pursuit of having everything just-so, at the perfectly appointed time, in the most festive and beautiful of surroundings.

Oh, that's not how you roll this time of year? Lucky you. Because I do . . . much to my family's chagrin.

The holidays are the time of year to relax, reflect and reconnect with our loved ones. I get that. I cherish the "fallidays." I love the holidays – more than Joe Biden loves his new dentures. But face it: it takes a lot of work and angst to make everything look/seem/be simple and quaint and pretty and special.

Each year, through all the hustle and bustle of November and December, there's an omnipresent little voice telling me to

. . . just breathe.

Let's start with Thanksgiving: I mean, should we do the tried-and-true traditional stuffing Grandma used to make, or do we try a nouveau, sustainable(ish) recipe fresh off the pages of Bon Appetite? And when we go around the table telling all for which we are thankful, will I do the obligatory "health, family, friends and Mia dog" . . . or shall I try something somewhat irreverent and different this year: "I'm thankful for Tobias, my new wonderful hair guy!" Or . . . "I'm so grateful for the fabby boots I found on sale at Nordy's last week!" (No?) And what do I need to say -- or not say -- to my niece's surely-to-feel-on-display-and-under-intense-scrutiny, first-time-to-meet-the-family boyfriend? Should I trade an extra piece of pumpkin pie for an extra glass of wine, or two? Or say to-heck-with-it, and have extra servings of every single culinary offering?

**Breathe. Just breathe.**

Then comes Christmas. I love decking my halls. I can't wait to see, hear and donate to the Salvation Army bell-ringers; to smell all that fresh pine; to feel the warmth of a fire in the fireplace on a chilly winter's night. The highlight of highlights, for me, is singing Silent Night and lighting the candles in church at the Christmas Eve service, with my family at my side.

But it all comes at the price of self-inflicted stress, expectations and undue pressure.

Like . . . can I get away with fake garland this year? I mean, it looks, really, really, really

real; and then I won't have to worry about those dreaded dry pine needles. Will we be invited to a Christmas party, or two? (Pleeese don't leave us out, 'cause that's a whole other kind of ugly stress!) And if we do get an invite or two, will I see the same people at each party, which means I can't get away with just one new festive frock? Heaven forbid! And which family photo should I choose for our Christmas card this year – oh, that's right. There are zero family pics taken this year, because we were only together in one place for about seven minutes, which means there will be no Christmas card this year. (Because I truly believe it's rude and a waste of a stamp to send a Christmas card without a photo accompanying it.) And wait . . . did I really just spend \$43.75 more on one kid than the other?!

**Breathe. Just breathe.**

And before you know it, Poof, it's all over. We give our loved ones hugs and kisses good bye, go back to our respective lives and routines, restart our diets, brace ourselves for the overabundance of Visa charges, try to ward off the Seasonal Affective Disorder from the long, dreary, no-blue-sky days that lie ahead, and gather our W2s from the past year. Because, before you know it, the Tax Man Cometh.

Breathe. Just breathe. ★  
Jodie Barringer Myers is a 25-year resident of Gold River. She writes a blog, Cottagecheeseandcrepepaper.com. Her email address is jbtinmint@hotmail.com.

# Student-Run Campaign Seeks to Create First Tobacco-Free CSU Campus

SACRAMENTO REGION, CA (MPG) -Hornets for a Healthy Hive announces the launch of its student-run campaign to create the first tobacco-free campus in the California State University system at Sacramento State.

"The health of our students and the beauty of our campus are things we all take pride in here at Sacramento State University," said Campaign Director Walter Michael. "We want to ensure that for many decades to come."

Hornets for a Healthy Hive plans to "set the trend for tobacco end," according to their campaign's slogan. In order to ensure the health and longevity of Sacramento State students, they have begun campaigning to protect students from the multitude of risks that come with second-hand smoke in hopes to be the first tobacco-free CSU campus.

The campaign has three main goals to reach: eliminating secondhand smoke from campus, being the first CSU campus to be 100% tobacco free, and to keep the Sacramento State campus beautiful for many years to come.

The student-run campaign hopes to work with the Faculty Senate, the Associated Students Incorporated, and many other groups on campus and in the community in hopes of winning their support and expanding the reach of the campaign. Hornets for a Healthy Hive hopes to gain enough support to be able to encourage President Gonzalez to encourage the policy into place by December 4, 2013.

There are more than 70 bright minds from the Strategic Planning and Management class working constantly to ensure

this campaign's success. These students are divided into five departments: Creative Outreach, Research and Evaluation, Media Relations, Social Media and Writing.

"We're excited to see what Hornets for a Healthy Hive can accomplish for the sake of our students," said Michael.

The group will also be producing a scholarly paper discussing the work done by the campaign as a model for future student-run campaigns on college campuses.

For more information about this release contact Gina Burdi at gina.burdi@yahoo.com or (916) 671-0956. Supporters may also follow us on Facebook at Facebook.com/csushealthyhive, Twitter at @HealthyHiveCSUS or on Instagram at csushealthyhive. ★

## MATHNASIUM<sup>®</sup> The Math Learning Center



### Math That Makes Sense to Kids!


- ✓ Unlimited Drop-In Instruction
- ✓ Personalized Curriculum + Homework Help
- ✓ Dramatic Results - Kids Love It!
- ✓ Low Monthly Rates (As Low As \$200/Month)

### Open Sunday Thru Friday

Thanksgiving Special!  
**FREE ASSESSMENT WITH ENROLLMENT**  
AND THIS AD HURRY! Offer ends Nov. 30, 2013


- Fair Oaks: (916) 967-6222**  
Sunrise & Madison
- El Dorado Hills: (916) 673-9119**  
Governor Village
- Folsom: (916) 983-6222**  
Across from the Aquatic Center
- Granite Bay: (916) 791-9119**  
Sierra College & Douglas

**Now Open and Accepting New Patients!**




[www.LivoniMedical.com](http://www.LivoniMedical.com)

*A Family Practice dedicated to treating the whole person as well as the whole family.*



**Dr. Raquel (Rocky) Livoni**



**Dr. Raquel Livoni & Staff**  
6500 Coyle Avenue, Suite 5 • Carmichael • 95608

*Quality,  
Compassion,  
Respect*

"Good health and good sense are two of life's greatest blessings."  
*Publilius Syrus*

---

Dr. "Rocky" Livoni is an MD with a Masters Degree in Public Health

Board Certified in Family Practice

Welcomes patients of all ages

Trained to treat the whole family across their life span

Emphasizes Preventive Health

Your health needs and desires are valued highly

Friendly staff dedicated to serving patients

Health Coach on site to assist you with your health and nutrition goals

Fellowship trained in Integrative Medicine

Se Habla Español

Quality  
Compassion  
Respect


**Raquel Livoni MD, MPH**  
 an integrative approach to Family Practice  
**(916) 863-0155**

## Fall Into Fashion

Saturday, December 7, 2013  
10:00 AM until 2:00 PM

30%  
off all  
Eyewear

### Eyewear Extravaganza

**Dr. Randolph Brown**  
 11226 Gold Express Dr., Suite 202 • Gold River, CA 95670  
 (916) 635-1037

Come meet the designer frame representatives and preview some of the hottest eyewear in the industry!

- Judith Leiber
- Betsy Johnson
- Prada
- Gucci
- Versace

- Jaguar
- Giorgio Armani
- Tory Burch
- Burberry
- Jimmy Crystal

- Liz Claiborne
- Michael Kors
- Coach
- Dolce & Gabbana
- Maui Jim

\*Enter To Win Prizes & Giveaways While Enjoying Complimentary Wine, Coffee & Hor'dourves.



GOT LOCAL NEWS?

Call 773-1111

# Bera Gets Back To His Doctor Roots Volunteering At Local Free Health Clinic

**SACRAMENTO COUNTY, CA (MPG)** - Congressman Ami Bera, M.D., got back to his roots practicing medicine in mid-October, volunteering with his wife Dr. Janine Bera at the Imani Clinic. Run by University of California Davis medical students, the clinic provides free healthcare to the local community.

Staff at the Imani Clinic includes undergraduates who do intake, lab work and patient charts, and medical students who see patients under the supervision of one or two preceptor physicians. The Beras have been volunteering as preceptors at the Imani Clinic for the past 18 years.

"Helping out at the Imani Clinic is a great way to serve our community that Janine and I have always enjoyed," said Rep. Bera. "It helps people in need and also exposes medical students to the complexities of providing care to a diverse and underserved community."

Before being elected to Congress, Rep. Bera was an instructor and the associate dean of admissions at U.C. Davis Medical School.

The Imani Clinic provides urgent health care and preventive medical services each Saturday, and does community outreach



Before being elected to Congress, Rep. Bera was an instructor and the associate dean of admissions at U.C. Davis Medical School. Photo courtesy Ami Bera

events throughout the year.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He's fighting to rebuild an economy that works for middle class families and to reduce our country's debt in a responsible way. One of Bera's first acts in Congress was to help lead the effort to pass the No Budget No Pay Act, which says if members of Congress don't pass a budget, they don't get

paid. As a co-chair of No Labels' Problem Solvers, he's working with people from both parties to find bipartisan solutions to our nation's challenges. He and his wife Janine live in Elk Grove with their daughter Sydra. For more updates on Rep. Bera follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit <http://www.bera.house.gov>

★ Source: Congressman Ami Bera's Office

# Rancho Cordova Plans Veterans Day Event

## Wild Weasel Airmen from Vietnam War Will Be Special Guests

**RANCHO CORDOVA, CA (MPG)** - Between 50 and 100 members of the Society of Wild Weasels from all over the United States will attend the 8th annual Veterans Day Celebration on Monday, November 11th, in the Veterans Memorial Plaza at the Sacramento VA Medical Center, 10535 Hospital Way at Mather. Pre-program entertainment will begin at 9:30 a.m. and the commemoration program will start at 10 a.m.

The theme of this year's celebration is "Vietnam 50 Years Later." During the Vietnam War, Wild Weasels were a new breed of aviators and aircraft whose purpose was to seek out, engage, and destroy the North Vietnamese SAM (SA-2) and radar sites. The program began at the former Mather Air Force Base.

In addition to honoring the Wild Weasel airmen, the Veterans Day program will commemorate the recently refurbished F-105G (Wild Weasel aircraft) that has stood in front of the Veterans Hospital for many years.

Sponsored by the City of Rancho Cordova, the Department of Veterans Affairs Northern California Health Care System, and Alphagraphics, the ceremony



will also pay tribute to all U.S. military Veterans.

The program's keynote speaker will be Lawrence "Larry" LeMieux from Clayton, Ohio, who is historian for the Society of Wild Weasels and liaison for the Society and the National Museum of the U.S. Air Force. LeMieux completed Electronic Warfare Officer School at Mather AFB and went on to operational flying squadrons. He completed a tour in Southeast Asia as a Wild Weasel Electronic Warfare Officer. His awards include the Distinguished Flying Cross and the Air Medal with 11 Oak Leaf clusters.

Rancho Cordova City Council Member Robert J. McGarvey, who spearheaded the first Veterans Day and Memorial Day observances in the City, and David R. Stockwell, VA

Northern California Health Care System Director, will give welcoming remarks. The emcee will be retired Lieutenant Colonel Bob Burns, Sr. who is a WWII, Korean, and Vietnam Veteran.

Guest speakers will include Congressman Ami Bera, California State Senator Jim Nielson, Assemblyman Ken Cooley, Rancho Cordova Mayor Linda Budge, and Major General Retired Peter J. Gravett, who is the CalVet Secretary.

Musical entertainment will be provided by the Travis Brass from the U.S. Air Force Band of the Golden West. The national anthem will be sung by Daniel Yoder from the Sacramento Choral Society. Lyle Seeband will play "Amazing Grace" on the bagpipes.

Presentation and retiring of the colors will be conducted by the Cordova High School USAF Jr. ROTC.

Event volunteers include the Rancho Cordova Elks Lodge "Catch the Spirit", Rancho Cordova Boy Scout Troop #363, and VFW Post 10125.

For more information, please call the City at (916) 851-8700. ★

★ Source: City of Rancho Cordova

## Gift-giving greatness.

Generic gifts got you down? Well, wake up your inner gifting genius! I have gift ideas that are anything but blah. Gifts girls adore. Gifts guys gotta have. Any budget. Any occasion. Any time. I'm here to make your life easier! Just ask!

**Pamella Stinnett**  
Sr. Sales Director

916-631-8602 Pamella@jps.net  
1-888-288-8602 www.marykay.com/pstinnett



MARY KAY

## LEGAL ADS FOR SACRAMENTO COUNTY?

**We Can Do That!**  
Call to place your legal advertising **483-2299**

All Legal Ads Published in the Rancho Cordova Grapevine Independent **MPG**

## Do You Suffer From Chronic Pain?

Before Symmetry → After Symmetry  
Poor Posture → SYMMETRY → Equals NO PAIN

Are You Starting to Look Like Your Parents?

Lasting PAIN RELIEF Through Postural Alignment Therapy™

Call (916) 467-7764 or go to [www.symmetryforhealth.com](http://www.symmetryforhealth.com) to Register for a FREE 90 MINUTE EVALUATION!

Folsom Health and Wellness Center 2575 E. Bidwell St., Ste. 260 Folsom, CA 95630

## Do you own or run a small business, non-profit or Church?



The World has gone mobile. Your customers and prospects are within 9 feet of their mobile devices at all times. Meet them where they are. Let the leader in small to Mid-Size Business Mobile App development build your App without breaking the bank.

**Business Growth Experts LLC** will not only build a top quality technical product but possesses the business expertise to deliver a positive experience to your customers and prospects.

For more info call us or scan the code to download our app.

(530) 204-3668  
info@BgExpertsLLC.com  
www.BusinessGrowthExpertsLLC.com



[www.GoldRiverMessenger.com](http://www.GoldRiverMessenger.com)

## The New Normal: Leading Psychologist and Harvard Instructor on Surviving Stepfamily Challenges

**SACRAMENTO REGION, CA (MPG)** - Although they're often referred to as "blended families," adjusting to life as part of a stepfamily isn't always so harmonious. Whether it's as a parent, stepparent, stepchild, an ex-spouse, or a grandparent, the challenges can be intense. One out of every two people will be in a stepfamily relationship in their lifetime – isn't it time we learn how to navigate the waters? Renowned expert, psychologist, and Harvard Medical School instructor Dr. Patricia Papernow believe so and provides a clear map through the difficult territory of becoming a stepfamily in her new book *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn't*.

In her accessible and engaging book, Dr. Papernow weaves her decades of clinical expertise and her firm command of the empirical evidence with the stories of stepfamily members. She clearly lays out the five unique challenges created by "stepfamily architecture" and describes tools and principles for meeting each one on three different levels: psycho-education, relationship skills, and, sometimes, deeper individual work. Dr. Papernow's wisdom, compassion, and good humor shine throughout.

*Surviving and Thriving in Stepfamily Relationships* delineates pathways to success, as well as easy "wrong turns" that

all too often lead stepfamily members, and those who want to help, astray. The book is richly illustrated with moving vignettes of parents, stepparents, stepcouples, children, and ex-spouses stepping up to their challenges.

Dr. Papernow's newest guide is comprehensive, covering stepfamilies of different ethnicities, sexual orientations, ages, and developmental stages. Stepfamily members and therapists, as well as the clergy, school counselors, and legal and medical professionals who are so often pressed for advice about these issues, will appreciate the wealth of concrete, immediately applicable information.

"Though stepfamilies are everywhere, there is very little accurate information out there about what works and what doesn't," Dr. Papernow says. "We now know a lot about how to steer stepfamilies toward success. I want to make that knowledge accessible to the people who need it – those who live in stepfamilies, those who love them, and those who want to help."

Practical and immensely helpful, *Surviving and Thriving in Stepfamily Relationships* addresses:

- The dreams and hopes of beginning a new "blended family" contrasted with the often unexpected challenges along the way
- What works to build thriving

stepfamilies, and why this is often not intuitive

- The unique characteristics of "stepfamily architecture" that create five major challenges to intimacy and connection


- A map for meeting the intense, and often confusing, challenges of becoming a stepfamily

- How family members, as well as clergy, guidance counselors, pediatricians, family lawyers, and others can navigate the obstacles and build thriving relationships

Dr. Patricia L. Papernow is a psychologist in private practice, as well as a Clinical Instructor in Psychology in the Department of Psychiatry at Harvard Medical School. Widely known as a foremost expert in the field, Dr. Papernow is entering her fourth decade teaching, writing, consulting, and working with people in stepfamilies. Dr. Papernow became interested in this particular area when she became part of a stepfamily, herself, and has since remained passionate in her drive to grasp the challenges created by what people wishfully refer to as "blended families." She is a graduate of Harvard University and Boston University. Her first book, *Becoming a Stepfamily*, is considered a classic in the field. ★

★ Source: Jennifer Tucker, Smith Publicity

## POTOCKI FAMILY CHIROPRACTIC



### 5 YEAR ANNIVERSARY IN FAIR OAKS

THE NATURAL WAY TO GOOD HEALTH

To celebrate through the end of July we will be offering a no cost consultation and examination.

If we need x-rays they will be taken at a cost of \$79. This will cover the first 2 visits in our office including the first treatment.

Excludes work comp and personal injury cases.

Potocki Family Chiropractic  
5150 Sunrise Blvd.  
Suite F1  
Fair Oaks, CA 95628  
(Corner of Wildridge & Sunrise)

916-536-0400

[www.drpotocki.com](http://www.drpotocki.com)

# Kelly Family Requests Information about Oct. 15th Hit and Run Bicycle Accident

**RANCHO CORDOVA, CA (MPG)** - In the letter below, Amanda Kelly asks for help information regarding a hit and accident, which I injured her father.

*To whom this may concern,*  
Just a few days ago, my father was involved in a hit and run accident and left severely injured. Our hands are tied, since he remembers nothing of the car that hit him. My hope is that with this note, someone somewhere will come forth with information.

On the morning of Tuesday, October 15th at roughly 6:15 a.m., my father was riding his bicycle to work (in the bike lane) and was struck by a car on the corner of Zinfandel and McGregor in Rancho Cordova. The car's driver immediately left the scene, not taking into account the condition

of the individual he or she hit. My father was thrown from his bike and suffered a major concussion; remember nothing of the accident, except for hearing a car quickly approaching from behind.

After lying unconscious for a few moments, he came to with his baby blue work shirt covered in blood. He staggered to the middle of the street to try to wave down passersby for help. Unfortunately, he was too disoriented to maintain his position and fell to the ground. While lying there; he remembers hearing cars passing but not being able to stop anyone. It took much of the strength he had remaining, but he was able to crawl to his backpack to grab his cell phone to call for help.

This note is a plea to find anyone with any information relating

to his accident and to come forward and, hopefully, bring justice where it's desperately due. Also, as a result of this accident, our faith in the community we once loved and volunteered much of our time to is tarnished and skewed. To think that this very man - who has always stopped for anyone in despair whether or not it was in a hurry - in his moment of need, no one came to help.

Please help provide us closure to this accident and help piece together more of what happened the morning of Tuesday, October 15th. If you have any information, please contact the Rancho Cordova Police Department [(916) 875-9600].

★  
*Thank you,  
Amada Kelly, on behalf of the Kelly Family*

# Meet Precious Pearl



By Kay Burton

Pearl is a 4-year-old Shih Tzu and weighs 6 1/2 pounds. Owners Myrna and Don Longee take Pearl on their 50-foot yacht and travel extensively. Pearl loves to travel but does not like the sound of the engines on the yacht starting up.

The Shih Tzu Breed originated in China. They are an alert, lively little dog. This breed has a personality and temperament that is loyal, affectionate, outgoing, and alert. Training and proper socializing must start at a young age for the Shih Tzu to obey basic commands. While the Shih

Tzu is an excellent watch dog because of its alert and active nature, it was not specifically bred for this purpose. This breed prefers to be close to its companions and will offer strangers its affection. They are friendly and outgoing companions.

Pearl loves to dress up and has her own little traveling suitcase filled with dresses, sweaters, coats and, of course, her string of pearls. She always wears a bow to match her outfit. She is truly a Princess and is a hit everywhere she goes. ★  
*Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.net*



# Exotic Super Car Show Raised Over \$40,000 in Funds for Epilepsy

Continued from Page 1

Grassroots events and fund-raising efforts like this cannot be done with good intentions alone. That's where Duncan Waldrop and his group of fantastic volunteers came in. They soon were joined by others from Sutter Neuroscience Institute, UC Davis Health Systems and Angele Hughes. Special acknowledgment goes out to Mario Veske of Zinfandel California Cuisine, the Gold River Messenger, the American River Messenger, the Grapevine Independent, Go For it Magazine and TV Log, for their participation in the event.



The lucky winners from the event are:

- The winners of the Dinner and ride are: The Patrick Mahan family # 2113
- 1st Winner for an exotic car ride: The Curtis Finton Family # 2134
- 2nd Winner for an exotic

car ride: The Kent Elliott Family # 2099

- 3rd Winner for an exotic car ride: Lauren Craig # 2061

For more information or to make your donation, please visit [www.bronteepilepsyresearch.org](http://www.bronteepilepsyresearch.org). or email [bronte123@pacbell.net](mailto:bronte123@pacbell.net) ★



# Health Plan Cancellation Notices Piling In Due to Obamacare

**WASHINGTON, DC-** Millions of Americans have received notifications from their insurance providers that their policies are being cancelled or altered due to the Affordable Care Act over the past four weeks.

Reports on the number of cancellations nationwide vary and are still rolling in. Some project as many as 20 million will lose their current coverage under Obamacare.

Young Americans for Liberty decided to look within its network of activists and supporters to see if they had been impacted. Sure enough, many had.

YAL is currently collecting and posting images of insurance cancellation and alteration

notices from within its network that can be viewed here.

"Earlier this year our insurance rates rose," one YAL supporter explained. "Now it's going from \$383 per month to \$529 per month and we lose dental coverage," they added.

"What happened to, 'if you like your plan, you can keep it?'" Alyssa Farah, YAL Director of Communications asked.

"My policy, which I was happy with, is being discontinued in 2014," Douglas, a YAL supporter, wrote. "The equivalent policy, according to Blue Cross Blue Shield of North Carolina, will cost \$562.32 per month. The policy I have now costs \$263.44," he added.

"President Obama misled millions of Americans in an attempt to shove unwanted Obamacare down our throats," Farah added. "He took away our ability to choose what is best for us."

Young Americans for Liberty is the largest, most active, and fastest growing libertarian and conservative organization on America's college campuses, with a network of more than 490 chapters nationwide. YAL seeks to identify, educate, train, and mobilize students on the ideals of individual liberty and the U.S. Constitution. Learn more at [www.YALiberty.org](http://www.YALiberty.org), and contact [Press@YALiberty.org](mailto:Press@YALiberty.org) with all media inquiries. ★

**Take a Fabulous 6-Day Vacation in Orlando, Florida**

**Regular Price: \$1,175**

**Today's Price: \$389**

**You Save**

**67%**

Today's Daily Deal ACT NOW!

Your PGR Florida Stay & Drive Promotion Includes:

- 1 week Alamo® car rental.
- 3-night stay at an Orlando area hotel for up to 4 people.
- FREE breakfast in Orlando.
- FREE shuttle service to Walt Disney World® Theme Parks.
- 2-night stay at our oceanfront hotel located on Florida's beautiful coastline.
- Up to 12 months to select your travel dates!

Call 1-800-912-0948

This advertising material is being used for the purpose of soliciting sales of a vacation ownership plan. Complete details of participation in offering plan provided by sponsor, based on availability on a first come, first serve basis.

\*Terms and qualifications apply. PGR is not operated by or affiliated with Walt Disney World® or Alamo. As to Disney artwork, logos, and properties: ©Disney. Preferred Guest Resorts is registered with the State of Florida as a Seller of Travel: Registration No. ST37842.

Handcrafted

## AWARD-WINNING WINES

Delivered to Your Doorstep

Experience the best of California's small, family wineries with convenient deliveries of two award-winning wines. No membership fees, no obligation and every wine is 100% guaranteed.

50% OFF

FOR YOUR FIRST 3 MONTHS

Just \$26 per month for two award-winning, handcrafted wines.

Also Makes a Fun & Unique Gift

1-800-815-3867

Call Us Monday through Friday 8am to 5pm PST.

Void where prohibited, some restrictions may apply.

## Digital Movement: The Virtuix Omni

By Noah Howard

"How do you move around in a virtual world?" That's the question Jan Goetgeluk set out to answer when he founded Virtuix. Earlier this year, the company's Kickstarter campaign found itself with over \$1,100,000 raised from more than 3,000 backers, blowing their original goal of raising \$150,000 out of the water. Their product? The Omni, a PC-only treadmill-computer product that will let you walk, jog, and jump in your favorite video game.

The base of the Omni is shaped like a large, concave saucer, with grooves lining the edges. The player wears special shoes that fit into the grooves to tell the computer which direction the player is moving. As players run, they will step up the slanted sides of the Omni and slide back down into the middle, allowing them to take another stride. A plastic hoop surrounding the player's waist connected to the base by an arm ensures players don't take an embarrassing fall.

The Omni is intended to be used with the Oculus Rift, a Virtual Reality headset that also got its start on Kickstarter. Microsoft's Kinect is also supported, so Omni is easy to play even without a controller. Between the Rift and the Omni, the hoped-for effect is one of near-complete immersion, allowing the player the feeling of actually traversing inside their favorite game naturally.



The base of the Omni is shaped like a large, concave saucer, with grooves lining the edges. The player wears special shoes that fit into the grooves to tell the computer which direction the player is moving. Photo courtesy Noah Howard

But the Omni has applications far beyond gaming. Virtuix's Kickstarter video asks you to "imagine going for a jog in Skyrim every morning," showing the device's capabilities for in-game exercise. Potentially, you could take a virtual visit to Paris, and wandering the famous streets at your leisure. If the Omni catches on, it wouldn't be surprising to see digital renditions of famous places, created specifically for you to experience straight from your living room.

That is, if the Omni catches on. The technology doesn't come cheap, and if you're interested in pre-ordering an Omni from Virtuix's website, it will set you back about 500 bucks, a similar

price to a whole new next-generation console. Add on that it's not even planned to release until March of next year, and consumers will be facing some obstacles to immersing themselves in virtual reality.

Nevertheless, the Omni has the potential to change the way we view digital entertainment. Whether it be through exercise, immersive exploration, or gaming the Omni could be something revolutionary. If the price drops to expand its accessibility, the Virtuix Omni could have us working off those extra Thanksgiving pounds by jogging in Skyrim as early as next year. ★

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

## Slim Randles' HOME COUNTRY



### We Come From a Solid Line of Successful Hunters

would send us to buy some really tender beef to eat. Where's the glory in that? No, there are still a lot of us who would rather go out and find the meat and bring it home. And we spend a lot of money each year, and read lots of books and magazines, and talk endlessly about techniques. It doesn't appear to be a rational way to live, but when you apply science, history, anthropology and Darwinian theory, it still doesn't make any sense, but at least now you sound more educated talking about it.

In our part of the country, fall means deer hunting. Many of us will dress up like a pile of leaves, go out into very cold weather, and sit still until we freeze to death.

Why? Because we want to have some venison this winter for the family. We'll figure out how much the venison costs us ... but only at gunpoint. Because this is not the most fiscally sane thing we do each year. Sanity

administration) Doc said there was actually a very clear scientific reason for it.

"In cave days," he said, "only the best hunters lived to sire children. The others ate weeds and died a sorry death. So we come from a solid line of successful hunters. We've been running around clubbing things to death for about two million years that we know of, and we only started agriculture about 12,000 years ago. So if you divide this and carry the one ... well, another way to look at it is ... if man emerged from the trees a year ago, he was nothing but a hunter until 18 hours ago."

"Makes sense," said Dud, "think I'll buy some of that Autumn Fandango camo this year." ★

### A Case in Point

#### Wronged at Work!

## THEY SAID I'M TOO OLD, SO THEY DUMPED ME

By David Graulich, Esq.



"I'm too young to retire....but I'm too old to get a job."

A dilemma confronts millions of talented Americans. They are smart, experienced and ready to work. Yet they are jobless and unable to get hired due to their age. Many of them worry that they are not only unemployed, but unemployable in a job market that has a fetish for youth.

Age discrimination is a widespread and destructive prejudice in today's workplace. Job descriptions use code words such as "fun-loving," "high energy," or "recent college graduate." Young, unmarried employees without children are more likely to work weekends, evenings and holidays at lower rates of pay. Employers believe that younger employees will lower the costs of health insurance. Years of experience, maturity and responsibility are perceived not as valuable assets but as excess baggage.

Here's a comment from Mark Zuckerman, the 28-year-old founder of Facebook: "I want to stress the importance of being young and technical. Young people are just smarter." A senior executive at Twitter, Melissa Daimler, told the Commonwealth Club in San Francisco that said she couldn't comment on what older-generation workers want at their jobs because they don't work at Twitter, nor does Twitter target them for hire. The average age of a Twitter employee, Ms. Daimler said, is 30.

A partner at a prominent venture capital firm in Palo Alto told a conference audience, "People over 45 basically die in terms of new ideas."

I found similar comments from

employers in the court records of recent age discrimination lawsuits:

- A director of sales said that the company needed "race horses, not plow horses," and that the plaintiff's sales techniques were unacceptable because they were "old school" and resulted from "a graying of the sales force."

- The plaintiff was described as an "old geezer" who "didn't fit the mold of a young, aggressive type manager."

- The plaintiff was told that management "was looking for younger, single people" and that "you wouldn't be happy here in the future."

Statistics suggest the scope of the prejudice. The state's Department of Fair Employment and Housing (DFEH) tracks discrimination filings by categories. In 2002, DFEH recorded 3,282 complaints of age discrimination. In 2012, DFEH logged 5,605 age discrimination complaints, an increase of 71%.

One discharged employee who fought back in court was Brian Reid, a 52-year-old manager at Google who was fired nine days before Google announced plans to go public. According to his lawsuit, Reid's supervisors called Reid a "poor cultural fit," an "old guy" and a "fuddy-duddy" with ideas "too old to matter."

Mr. Reid sued Google for age discrimination and asserted that his unvested stock options would have been worth at least \$45 million if he had stayed there. The case ultimately settled out of court for an undisclosed amount.

Another case that I'm following closely is being argued in Alameda County. In May 2008, Lawrence Livermore Laboratories fired hundreds of experienced employees,

including nuclear weapons scientists, researchers, assistants, and others with long years of service. Earlier this year, a jury awarded a \$2.7 million verdict in favor of five ex-employees. The litigation is continuing with about 125 former employees, most aged 40 and over, as plaintiffs.

Both federal and California laws protect employees from age discrimination. The regulations apply to anyone over the age of 40 at the time of the discriminatory conduct and apply to employers with five or more employees.

The federal law is called the Age Discrimination in Employment Act of 1967 (ADEA). California's age discrimination laws are codified in Government Code sections 12940, 12945 and 12945.2. Remember that complaints of discrimination must be filed with DFEH within one year from the date of the discriminatory act. You can file your complaint yourself, or you can retain an attorney to file on your behalf. After filing with DFEH, you can also choose to pursue a private lawsuit against the employer on the basis of age discrimination. ★

David Graulich is an employment lawyer who represents people who have been wronged at work. He helps clients with problems such as discrimination, harassment, and retaliation. David welcomes questions about Wronged at Work! Contact him at [David@wrongedatwork.com](mailto:David@wrongedatwork.com) or (916) 966-9600. Disclaimer: This column is not intended, and should not be construed, as an offer of legal advice. Consult a qualified licensed attorney for counsel on a specific legal problem.

## What Congress Needs to Do About the NSA



Commentary By  
Lee H. Hamilton

Washington is beginning to debate the proper extent of government eavesdropping powers in the wake of Edward Snowden's revelations about the NSA. It's hardly as robust a discussion as it should be, but it's a desperately needed start.

The colossal effort to monitor Americans' communications has been going on for at least seven years, under two presidents. It constitutes an expansion of government power without precedent in the modern era. Yet while some members of Congress were informed about it — and all had the opportunity to learn — none saw an urgent need for public discussion. This is astounding. It took the actions of a leaker to spur any real airing of the matter on Capitol Hill.

Even now, it seems unlikely that Congress will make significant policy changes. That's because all the nation's key actors and institutions appear to approve of the surveillance programs. By its silence, Congress clearly supported them. Presidents Bush and Obama backed them. The intelligence community, a powerful voice on national security issues, has resolutely defended them. The courts that are supposed to keep them in line with the Constitution have been deferential to national security

authorities, raising a few questions from time to time, but in the end approving all but a handful of tens of thousands of data-gathering requests.

And the American people, by their lack of widespread outrage, have signaled that in this one case, at least, they believe the government can be trusted to keep us safe.

In short, Congress — the forum where issues of such national importance should be hashed out — missed its chance to lead a reasoned national debate over how extensive we want surveillance over Americans' communications to be. It's unlikely that genie can ever again be forced back into its bottle.

Yet even the director of national intelligence, James Clapper — who once denied point-blank to Congress that the government collects data on millions of Americans — now sees the need for some sort of change. "We can do with more oversight and give people more confidence in what we do," he said in a mid-September speech.

Yes, indeed. Here's the problem: once given power, the government rarely yields it. So you have to think not only about its present use, but how it will be used a decade or even more from now. Even if you concede that the current administration and its intelligence leadership have been responsible stewards of the powers they've been given — and I don't — that is no guarantee that the people who follow them, or the people who come after that, will be equally trustworthy.

This means that Congress has some challenging work ahead. It needs to restore the proper balance between effective intelligence-gathering and intrusion into Americans' privacy. It needs to demand more thoroughgoing

accountability from the intelligence community. It needs to exercise greater oversight and insist on more transparency, more information, and more constraint on surveillance programs — defining what is truly relevant to an investigation, creating more stringent definitions of which communications are fair game, and finding ways to assure Americans that protecting their privacy and civil liberties need not mean the wholesale vacuuming-up of every domestic phone and email record in existence.

There is no place for the timidity Congress has shown so far on these issues.

Our system depends on a vigorous Congress. The administration argues that it can provide rigorous intelligence-gathering oversight, but it has yet to prove it can do so — and in our system of checks and balances, it's not enough to have one branch of government overseeing itself. Congress, the courts, and the presidentially appointed Privacy and Civil Liberties Board all have to step up to their responsibilities.

Americans should demand action to strike a better balance between privacy and security. In the past, the congressional overseers of the intelligence community have been captivated, if not captured, by the people they're supposed to be supervising. Same with the courts. And the administration has hardly been forthcoming. That means it's up to the American people to insist that our leaders do their jobs. It's no less true today than it was at our founding: the price of liberty is eternal vigilance. ★

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.



[www.GoldRiverMessenger.com](http://www.GoldRiverMessenger.com)

Imagine The Difference You Can Make

**DONATE YOUR CAR**

**1-800-309-2405**

FREE TOWING  
TAX DEDUCTIBLE

**Heritage**  
for the Blind

Help Prevent Blindness  
Get A Vision Screening Annually

Ask About A FREE 3 Day  
Vacation Voucher To Over  
20 Destinations!!!



By Gold River Resident, David Dickstein

# From Pawns to Songs, Detroit Worth a Visit

spending a morning meeting all the principals, watching the production in action and getting a behind-the-scenes tour of the 50,000-square-foot emporium, of which only 20 percent is actual showroom, this cynical journalist will gladly bet the two sets

it's no shock that the more colorful customers entering the store are vetted by producers to see if they're camera worthy. But that's more the production company's doing and less Les and company. Any question on whose store

Pawn" merchandise, the most popular appearing to be shirts, caps and autographed photos. Despite the strong TV viewership, the vast majority of American Jewelry and Loans' customers are not there to star-gaze. Roughly 1,000 loans are

So what if Detroit is bankrupt and has more violent crime than any other city in the nation? It's not as if you're going to move there or stroll the Barton-McFarland neighborhood at midnight. Or 5 p.m. Or noon. Or 9 a.m.

OK, so the Motor City might not be up your alley (dark or otherwise) as far as a place to live, but for a layover or other short-term opportunity Detroit has enough going for it to make a visit worthwhile. Car buffs have their museums dedicated to the once-thriving automotive industry and sports fans can get their fill where the Red Wings, Lions, Tigers and Pistons play, depending on the time of year. But let's explore Detroit's two bona fide must-sees for fans of pop culture. In order, we'll shop around before we sing "Shop Around."

## Home of TV's "Hardcore Pawn"

Pawn stores aren't known for being in the best of neighborhoods or having the classiest clientele, and American Jewelry and Loan doesn't pretend to have either. This suits patriarchic owner Les Gold just fine. When a piece of trash loudmouth comes into his store, which seems to be every five minutes, Gold takes a "bring it on" posture and, ever



Left and top: The world famous Motown Recording Studio (now a museum). Photo by David Dickstein

written up on an average day, according to store figures, and from the appearances of destitution on most of the store's clientele, the neighborhood would be in even more dire straits if this store didn't exist. American Jewelry and Loan is open every day but Sundays and major holidays at 20450 Greenfield Road; 313-345-4000; www.pawndetroit.com.

## Motown Museum

From Les Gold to gold records, the birthplace of Motown is just 10 musical miles away. With an \$800 loan from his family and royalties earned writing for legendary Detroit singer Jackie Wilson, Berry Gordy Jr. turned his family's home into Hitsville U.S.A., home of Motown Records and several other labels until the millionaire founder moved the business to Los Angeles in 1972. The two-building complex became Motown Museum in 1985, and ever since tens of thousands of music lovers make the pilgrimage to this sacred ground.

The guided tour is a show and tell of Gordy's rise and the famous Motown Sound his business venture created. The pièce de résistance is Studio A, and how cool is it to be in the same room where The Miracles recorded "Shop Around" in 1960 and Martha & the Vandellas made "Dancing in the Street" in 1964? Stevie Wonder, the Jackson 5, Marvin Gaye, the Temptations, the Supremes, Gladys Knight and the Pips — they're just a few who laid down tracks here.

Before the tour concludes in Studio A, visitors walk past the candy machine where Wonder, who is blind, could always find his favorite chocolate bar; Baby Ruth was always the fourth knob to the right. The black fedora and jeweled glove Jackson donated are on display in an upstairs room where stories about how Gordy worked the seedy radio station practice of payola to his advantage are told.

Admission is \$10, \$8 for children and seniors. The museum is open Tuesday through Saturday, with an extended schedule in July and August, at 2648 W. Grand Ave.; 313-875-2264; www.motownmuseum.org. ★

of garnet earrings I bought my wife there that "Hardcore Pawn" is more real than other reality shows of the genre, "Pawn Stars," "Storage Wars" and

this is was answered in one scene that may or may not be shown in Season 8. A young man brought in a wood-burning tool, or something to that effect, and



American Jewelry and Loan owner and family patriarch Les Gold (left) and daughter Ashley Gold (second from right) during a taping of their TV show "Pawn Stars." Photo by David Dickstein

the businessman, will still try to make a deal with the low-life.

So when a travel writer visiting his shop witnessed a grizzled customer nearly coming to blows over supposed unfair treatment, not only was the journalist given a front-row seat to the heated exchange, but a TV crew captured every four-letter word that will be bleeped out for broadcast on a future Tuesday night at 6 p.m. Pacific.

Serendipitously, my visit to the home of TruTV's top-rated program, "Hardcore Pawn," coincided with the first day of taping for the eighth season, which debuts Dec. 17. The entire main cast was on the set just off the Motor City's unsavory 8 Mile Road corridor. Of course, using the terms "set" and "cast" is somewhat misleading. The history of American Jewelry and Loan predates the show by 31 years. And Les Gold and his grown children Seth and Ashley aren't actors, but the upper management of what is perhaps the most famous pawn shop in the world.

Watched in more than 20 countries, "Hardcore Pawn" has made near-household names out of even security guards and sales associates, all of whom are employees first and a reality show's co-stars second.

"We get visitors from all over the world and what surprises a lot of them is that this is a real store," Les said from his well-known office.

Speaking of real, after



Bouncer Byron of American Jewelry and Loan. Photo by David Dickstein

"Auction Hunters" included.

That's not to say that embellishments and reenactments don't find their way in each episode of "Hardcore Pawn," and

Les wanted to see if the thing worked. Old and rusted, the contraption seemed anything but stable, making for a nervous director who told Les not to test the device himself. Listening to the advice of several, Les took a few steps backward for safety, and just as the customer was about to turn on the shabby-looking machine, a questionable move even outdoors, the director yelled for taping to stop. Les seemed more annoyed than relieved over the aborted demonstration. "It's my responsibility," the director explained, to which Les retorted, "No, it's my responsibility!"

When he's not dealing with an overstepping TV crew and unsavory customers, Les is all smiles to those who walk through his door. Same goes for Seth and Ashley, and all three are surprisingly ample to fans who queue up inside the store for "Hardcore

# Gold River Friendly



People are friendly at Eskaton Lodge Gold River. Maybe it's the lively environment or the set-your-own-pace lifestyle.

Friendships blossom at our picturesque lodge, where you can join in on the recreation and excursions, spend time with friends, and interact with children through Kids Connection.

Housekeeping and personal services keep life easy. And our new QuietCare® helps care teams identify emerging health and safety concerns with discrete motion sensor technology.

So, call or visit us at Eskaton Lodge Gold River.

Live here ...  
Live at your own pace.



**ESKATON**  
Transforming the Aging Experience

**Eskaton Lodge Gold River**  
Assisted Living and Memory Care  
11390 Coloma Road  
Gold River, CA 95670-4409

916-900-1685

License # 347001241



eskaton.org | 866-ESKATON

**GETTING RID OF PESTS FOR 35 YEARS!**

**BELL PEST CONTROL**

"WE'VE GOT 'EM IN OUR CROSSHAIRS"

**Celebrating 35 years in Business with 1978 Prices!**

**\$35 START UP A \$140 SAVINGS!**

**\$30 OFF ANY ONE TIME SERVICE**

With coupon. Expires 11/30/2013

916-512-3722 "GIVE US A RING"

GET RID OF **www.bellpest.com**

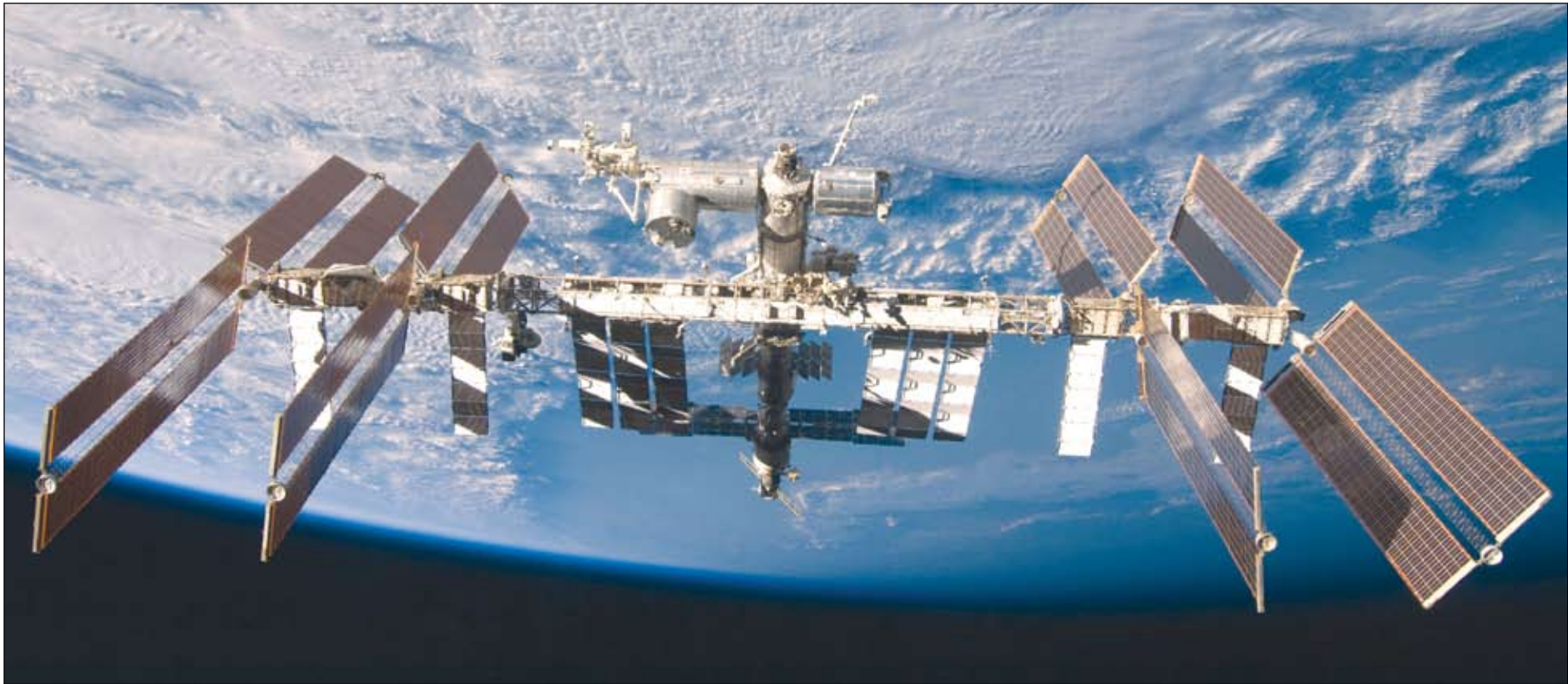
✓ ANTS ✓ BLACK WIDOWS ✓ ROACHES ✓ MICE ✓ EARWIGS ✓ RATS ✓ FLEAS ✓ AND MORE

# Space Exploration in One Lifetime

Commentary By  
Dr. E. Kirsten Peters

In 1957, several years before I was born, the Soviet Union launched Sputnik – the first man-made object to leave the Earth’s atmosphere. That simple little satellite captured people’s imagination around the world. We Americans were alarmed that the Soviets had “beat us” to space. Sputnik therefore helped spur both the U.S. space effort and such things as better education for our kids in math and science.

It didn’t take long for us to catch up to the accomplishments of the Soviets. When I was a baby in the early 1960s, President John F. Kennedy famously said we should put a man on the moon within the decade. I was in grade school when we met that deadline, landing men on the moon in the summer of 1969. I remember the event, which was televised live.



The International Space Station (now renamed ass Zarya). NASA Photo



The first man-made object to leave Earth’s atmosphere was Sputnik. NASA Photo

My family gathered around the TV to listen to Walter Cronkite announce the events of the lunar landing. My father took pictures of the television screen with his 35 mm camera – he deemed the event that important. For the first time in the history of the world, we had put spacecraft and people on the moon, exploring places which had been seen from Earth but never before been visited.

When I was in high school in 1977, a much longer term exploratory effort was launched. Two unmanned space probes,

Voyager 1 and Voyager 2, lifted off from Earth in quick succession. The idea behind the Voyager probes was to fly past planets in the middle and outer solar system and keep going into interstellar space.

In case the Voyager probes were ever intercepted by intelligent life outside our solar system, they carried images and recordings which tried to convey the essence of human civilization – at least as we thought of it in the 1970s. It was our effort to communicate with E.T., potentially even millennia after the probes left us.

When I was in college, Voyager 1 did a fly-by of Jupiter and then Saturn. In addition to images of these large, gaseous planets, the probe sent back pictures of their moons. The transmissions fired people’s imagination like Sputnik had done a generation before.

When I was finishing up my doctorate in geology, Voyager 1 responded to orders transmitted

to it by NASA and turned to look back at Earth. The image the probe made was transmitted to us and we saw our planet as a “pale blue dot” hanging in the darkness of space. On that one little speck we all live – a sobering reminder that our Earth may be large compared to the dimensions of familiar objects like streets and houses, but it is tiny compared to the vastness of the solar system.

For quite some time after that image was made in 1990, Voyager 1 continued zooming away from us and from the sun, traveling at about 38,000 miles per hour. Zipping along at that rate it traveled farther and farther toward the edge of our solar system. Eventually it moved beyond the orbit of Uranus, Neptune and finally Pluto. During that time I went from being a woman in her prime to one with arthritis in both

her knees. Now, 36 years after it was launched, Voyager 1 has traveled almost 12 billion miles and reached another milestone of space exploration, leaving behind our solar system and moving into interstellar space.

“Voyager has gone a long way,” Michael Allen said to me. Allen is a faculty member in Physics and Astronomy at Washington State University. “Light travels enormously

quickly, but it takes more than 17 hours for light from where we are on Earth to travel out to where Voyager 1 is now.”

Using a special telescope, we have recently detected the faint radio signal coming from Voyager 1. That amazes me because Voyager’s transmitter is a tiny 22 watts. From what I’ve read, that’s about the strength of a radio transmitter in a cop car.

It’s taken most of a lifetime for human space efforts to go from launching a satellite that was the first object to leave Earth’s atmosphere to getting a probe into interstellar space. But we’ve now done what few could imagine before I was born. ★

*Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. This column is a service of the College of Agricultural, Human and Natural Resource Sciences at Washington State University.*



Voyager 1. NASA Photo

## Its Hard Out There for a Doctor



Commentary  
by Sally C. Pipes

America’s doctor shortage is quickly becoming a crisis. No less than 14 states have introduced legislation or created new programs to deal with the problem.

The Association of American Medical Colleges reports that the country is currently short 20,000 doctors. Over the next decade, that number could quintuple.

And Obamacare is only making things worse. Physicians are responding to the health reform law’s intrusive regulations and insufficient payments by treating fewer patients — or even abandoning the medical profession altogether.

One cornerstone of Obamacare is its expansion of Medicaid, the jointly run federal-state health insurance program for the poor.

Starting in 2014, the program will cover all Americans with incomes up to 133 percent of the federal poverty level. The federal government will absorb 100 percent of the cost of this expansion through 2016, and then a declining share in subsequent years, until the feds’ responsibility rests at 90 percent in 2020. By then, some 12 million people will have gained coverage anew through Medicaid.

But the program is already dysfunctional. Reimbursement rates

are so low — about 60 percent of the rate paid by private insurers — that doctors routinely refuse to see Medicaid patients. A recent study published in Health Affairs found that 33 percent of doctors did not accept new Medicaid patients in 2010 and 2011.

By throwing millions more people into the program without raising Medicaid payment rates, Obamacare will make it even harder for patients covered by the program to secure care.

The story is much the same for the government’s other big health program — Medicare. More than 9,500 doctors opted out of treating Medicare patients in 2012. That’s almost triple the number that abandoned Medicare in 2009.

According to American Medical Association President Dr. Ardis Hoven, “While Medicare physician payment rates have remained flat since 2001, practice costs have increased by more than 20 percent due to inflation, leaving physicians with a huge gap between what Medicare pays and what it costs to care for seniors.”

Unsurprisingly, Obamacare will exacerbate the problem. The law creates a new government entity — the Independent Payment Advisory Board (IPAB) — charged with ensuring that Medicare hits designated spending targets. IPAB is forbidden from rationing care or changing seniors’ benefits. So the Board’s only real cost-cutting option will be to ratchet down reimbursement rates for doctors.

Obamacare will also reduce payments to doctors who do not adhere to the law’s byzantine new regulations. For instance, doctors who fail to comply with the Centers for Medicare and Medicaid Services’ Physician Quality Reporting System or order a certain number of prescriptions electronically could see their reimbursements

docked up to 7 percent by 2017.

In many cases, doctors will have to make substantial investments in their office infrastructure and computer systems just to follow all the new rules.

Many doctors — particularly those nearing the end of their careers — will simply hang up their scrubs instead of spending heavily to comply with Obamacare. According to Dr. Jeff Cain, President of the American Academy of Family Physicians, “Almost a third of family doctors in rural America are thinking about retiring in the next five years.”

A 2013 Deloitte survey of physicians found that six in 10 doctors believe that many in their profession “will retire earlier than planned in the next one to three years.”

Those who can’t afford to retire may look to partner with hospitals in order to offload increases in overhead fueled by Obamacare. That’s bad news for physicians, hospitals, and patients alike.

American Enterprise Institute Senior Fellow Dr. Scott Gottlieb predicts that doctors will work less, once they become salaried employees of hospitals. Their employers will respond by reducing their pay. And patients will find that they’re competing for an ever-scarcer number of appointments.

Obamacare is causing a doctor depression. And what’s bad for doctors is ultimately bad for patients. The cure for this sickness is full repeal of Obamacare — and the installation of market-based reforms in its place. ★

*Sally C. Pipes is President, CEO, and Taube Fellow in Health Care Studies at the Pacific Research Institute. Her latest book is The Cure for Obamacare (Encounter 2013).*

*“I wanted to fit into an amazing costume that I wore when I was 18... now I can.”*



**Nutrisystem® SUCCESS®**

Marie Osmond

**THE MORE YOU LOSE, THE MORE YOU SAVE!**

**Save up to 50%!**  
(with 28-Day Auto-Delivery orders)

**TAKE THE NUTRISYSTEM 14-DAY CHALLENGE— You’ll LOVE it or it’s FREE!††**

**Call 800-681-3250**  
Mention Promo Code: cd1113

**RISK FREE GUARANTEE**

\*Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs. per week. Weight lost on a prior Nutrisystem® program. Continuing with Success.  
†Offer good on new 28-Day Auto-Delivery programs only. Savings vary based on plan purchased. Free shipping Continental US only. With this offer you receive an additional discount off the Full Retail Value with each consecutive 28-Day Auto-Delivery order. Additional 5% discount applied to each of the first five consecutive 28-Day plan deliveries up to 50% total savings. With Auto-Delivery, you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel Auto-Delivery at any time by calling 1-800-727-8046. Other restrictions apply. Call or see website for details. The Nutrisystem Select program is available to Continental U.S. residents only and cannot be shipped to PO Boxes, APO Boxes or military addresses. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. ©2013 Nutrisystem, Inc. All rights reserved.  
††If you’re not 100% satisfied, call within 14 days of receiving your first 28-Day order and return the remaining non-frozen food to us for a full refund. We’ll even cover return shipping. Limit one guarantee per customer.  
On Nutrisystem you add in fresh grocery items.



**CALL 773-1111  
TO ADVERTISE**