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Natural Gas Becomes a Real Mess

The Porter Ranch Disaster May Erase the Industry's Undeserved Reputation as a Clean Energy Source

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AMERICAN RIVER Messenger

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February 26, 2016

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POPPOFF!

with Mary Jane Popp



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Carmina Burana is World Class

By Jeannie Brown

SACRAMENTO REGION, CA (MPG)

- "The SCSO owns Carmina Burana!" This was the review immediately following the outstanding performance by the Sacramento Choral Society & Orchestra on their 2003 East Coast debut of Carmina Burana at Carnegie Hall. Three standing ovations is no small feat in the music world, but this New York audience knew excellence when they saw it, so stand and applaud they did!

The Carmina trilogy of 2003 included not only the performance at Carnegie Hall, but back here at home in Sacramento's own Community Center Theater and UC Davis' brand new Mondavi Center.

The SCSO performance of Carmina put Sacramento on the musical world map and the first international tour soon followed with performances in Prague, Budapest, and Vienna. Since then, they have performed Carmina seven times and are in rehearsals now for the next performance scheduled for March 5th at the Sacramento Community Theater.

What is the excitement of Carmina Burana all about? Literally translated as Songs of Beuren, the over 1000 songs and poems discovered were originally penned in Latin, German, and medieval French by defrocked clergy and otherwise fun-loving, 'worldly' sorts of the 11th, 12th, and 13th centuries. These poems were not discovered until 1803 in the library of the Benedictine Abbey just outside of Munich where the SCSO performed in 2003. It was not until 1934 that German composer Carl Orff chose 24 of the secular poems and set them to what he termed a "scenic cantata," a choral and orchestral masterpiece that depicted tales of love, springtime, gluttony, and a



SCSO Conductor Don Kendrick. Photo courtesy SCSO

bit of debauchery.

At 42, Orff became an overnight celebrity with the 1937 premier of Carmina in Frankfurt, Germany. He was quoted as

saying, "Everything I have written to date, and which you have, unfortunately, printed, can be destroyed. With Carmina Burana, my collected works begin."

The SCSO's 2003 stunning premier of Carmina at Carnegie Hall included the New England Chamber Ensemble, Carnegie's resident orchestra, as well as the

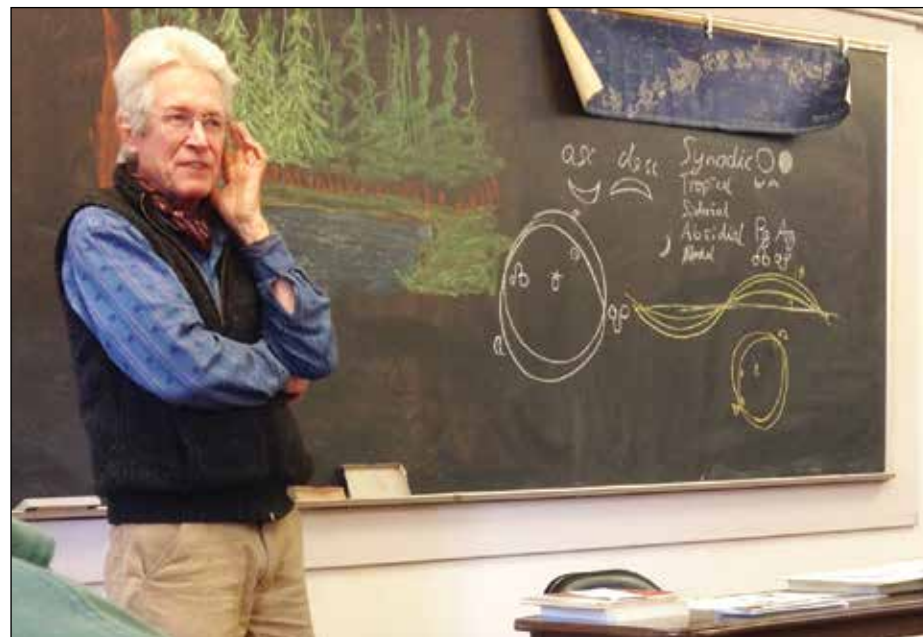


SCSO's debut performance of Carmina in Carnegie Hall, circa 2003. Photo courtesy SCSO

Manhattan (NYC) Children's Chorus. This year's Sacramento performance features world-class soloists: soprano Shawnette Sulker, tenor Brian Staufenbiel, and baritone Lee Poulis. The large SCSO Team for the March 5th performance will be sure to please as the 160-plus members of the SCSO, along with 60 members of the Sacramento State University Chorus, 40 members of the Sacramento Children's Chorus, and a full 62-piece orchestra, promise to deliver the spine-chilling and soul-stirring rendition of Carmina Burana.

Along with the performance of Carmina, the March 5th repertoire will also include the American Premier of Jonathan Dove's Psalms for Leo, performed entirely in Hebrew, Karl Jenkins' Songs of Sanctuary, and Josef Suk's Towards a New Life. The night's event will represent composers from Germany, England, Wales, and Czech Republic (respectively). A dynamic not-to-be-missed pre-concert talk by Conductor Donald Kendrick will set the scene for the evening and projected supertitle translations will add to both the enjoyment and understanding of the music performed.

Tickets sales are robust and early purchases are encouraged to guarantee seats. Ticket prices range from \$35-\$55 with a 50 percent discount for students. The SCSO is also offering a limited special "SCSO VIP Experience" and is available to student groups of 10 or more and includes admittance to the Friday night rehearsal, exclusive pre-concert meeting with conductor and artistic director Don Kendrick, a commemorative name badge, and a Carmina Burana CD. You can find out more at www.SacramentoChoral.com or by calling the SCSO office at (916) 536-9065. ★



Harald Hoven teaching a class on Astronomy and Biodynamic Farming at Rudolf Steiner College. Photo by Seraphim Winslow

Story by Seraphim Winslow

FAIR OAKS, CA (MPG) - As Fair Oaks residents can plainly see when they behold the Sierras from the high points of their town's many river bluff streets, the nearby mountains are now loaded with more snowpack than they've carried in the last five years. Though experts warn that it is still too early to declare the death of a half-century of drought, gardeners and farmers in east

Sacramento county can cautiously begin to plan this year's cornucopia, which is what the rich soil and paradisaical agricultural conditions of this region typically yield when a dry spell is not depleting the fields, farms, and gardens of the American River's riparian communities.

Fair Oaks residents with green thumbs are lucky to live in a town that affords them plenty of opportunities to learn the art of sowing, planting, and harvesting—all within

Green Thumbs Get Good Grades

a few minutes' drive. Two such venues which offer free or low-cost classes in various aspects of farming and gardening are the Fair Oaks Horticulture Center and the Raphael Garden and biodynamic farm at Rudolf Steiner College.

Founded by Rudolf Steiner, biodynamic agriculture is showcased on more than three acres of farmland connected to the college named for the early twentieth century philosopher and visionary. In its maintenance of soil fertility through the use of compost, animal manure, cover crops, and crop rotations, as well as its wide use of natural, locally-made spray preparations, not to mention its reliance on the astronomical positions of heavenly bodies, the biodynamic approach anticipated current trends in organic gardening by nearly a century.

The resident expert in biodynamic farming in Fair Oaks is Harald Hoven, a down-to-earth, gray-haired gentleman-farmer with a slight German accent and a ready smile. Hoven has been lovingly running the grounds and teaching apprentices



El Niño's rains have made Raphael Garden in Fair Oaks ready for planting. Photo by Seraphim Winslow

at Steiner College for over 20 years. After his four-year training in Germany, he moved to Fair Oaks to practice biodynamic farming—and to teach this wise and sustainable technique to others—on the College's fertile plot of land just above a lovely bank of the American River.

Upcoming classes in the biodynamic method, which are available to the public for a small fee, include a series of workshops in biodynamic animal husbandry on March 19th; Spring planting and weed management on April 19th; and pests and beneficials on May 7th. There are also evening study groups, farm visits for school children, volunteer days, and, for the really ambitious biodynamic practitioner, full-time apprenticeships under the direction of Hoven.

Apart from Raphael Garden, on the other side of town, eager gardeners can benefit from the workshops with certified master gardeners at the Fair Oaks Horticulture Center. Located in Fair Oaks park, the Horticulture Center was

Continued on page 2

Frost Lands Two More Big Endorsements: Republican Party and Rental Housing Association

CITRUS HEIGHTS, CA (MPG) - Sue Frost for Supervisor picked up critical endorsements as her campaign continues to pick up steam. Recently, Frost's campaign announced that she has earned endorsements from the Republican Party and the Sacramento Rental Housing Association.

"Sue Frost earned the early endorsement from the Republican Party with an overwhelming vote," said Sacramento County Republican Party Chair Sue Blake. "District 4 is the most Republican seat in the County, and we're fully committed to helping Sue Frost win."

Frost also announced endorsements from grassroots Republican clubs, including the Sacramento State College Republicans, Sacramento Republican Assembly, and



Frost is the one candidate with a real record as a fiscal conservative, said Robert Winger, President of the Rental Housing Association. Photo courtesy Sue Frost

Republicans of River City.

The Sacramento Association of Realtors endorsed earlier in the campaign, and after an interview process, the Sacramento

Rental Housing Association announced their endorsement of Sue Frost as well.

"We are proud to endorse Sue Frost for Supervisor," said Robert Winger, President of the Rental Housing Association. "She is a businesswoman and community volunteer who rolls up her sleeves to solve real problems that confront our communities."

"She is the one candidate with a real record as a fiscal conservative," Winger continued, "she shares our belief that the first obligation of government is to keep our neighborhoods and citizens safe."

Sue Frost currently serves as Councilwoman in Citrus Heights, and recently completed her term as Mayor.

Source: Office of Sue Frost ★

Finding a Voice in Music

SACRAMENTO REGION, CA (MPG)

- Music has the ability to transcend language, culture, and time. Residents within Eskaton are sparking new connections using an innovative therapeutic music platform created by Southern California based company SingFit. The music-therapist-designed program is a cognitive and physical stimulation exercise created specifically to keep the mind and body engaged.

The SingFit facilitator training begins with certified music-therapist Andy Tubman playing a song on his iPad asking the group how they feel. "Happy, relaxed, alive, awake" were all answers given by the future facilitators. Music when used appropriately can shift mood, manage stress, stimulate positive interactions and support brain health.

Trained facilitators lead residents on different musical journeys that can include trips across the globe, American cinema, show tunes, and more. Each session is uniquely tailored to fully engage each participant through singing, movement, trivia and reminiscence. The beauty of the program is in its adaptability to fit the unique needs of all residents from



Music when used appropriately can shift mood, manage stress, stimulate positive interactions and support brain health. Photo courtesy Eskaton

those living independently to those in memory care.

Each session is as unique as the rhythmic cues that compose each song. Activity Director of Eskaton Fountainwood Lodge, Sharon Wold, thought to include an intergenerational component to the program and was delighted to see young children enthralled with history through song. Live Well at Home volunteer, Kathy Kirth, brings the joy of the program to the residents of Eskaton Care Center Fair Oaks when they find spiritual connection through



spiritual hymns.

Are you interested in learning more about either participating in a SingFit session at an Eskaton community or learning how to become a trained volunteer? Eskaton will be holding a volunteer training for talented singers, musicians or performers that are eager to share their talents with the community. For more information please call Darlene Sullivan: (916) 334-0810. ★

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Kids & Scout's "Education Station"

Green Thumbs Get Good Grades

Continued from page 1

established in 1998 as a University of California Extension project. It's a great, green place for local cultivators to gather and learn the ropes about the farming and gardening.

Upcoming events at the Horticulture Center include a series of open gardens where master gardeners demonstrate techniques for pruning fruit trees, grapes, and berries. They teach the basics of late winter and early spring vegetables on February 20th, from 9 a.m. to noon. Three weeks later, on March 12th, you can learn about growing warm season vegetables and fertilizing fruit trees and citrus, as well as get tips on selecting water efficient plants and watch composting and worm composting



Raphael Garden with great white heron. Photo courtesy Rudolf Steiner College demonstrations. Then, there will be a midweek Open Garden Ultra Water Efficient Landscape grand opening celebration. At that time you can take a mini-tour of the water efficient landscape gardens,

watch citrus pruning and see how to thin fruit tree crops. You will also have a chance to learn how to prepare raised beds for summer vegetable planting, and see how herbs can beautify a landscape.

This is just a sampling of the many educational events that occur year-round at the Fair Oaks Horticulture Center. The spring and summer activities will culminate in a Harvest Day on August 6th, which is touted as "Sacramento's biggest one-day educational gardening event featuring speakers, demonstrations, garden tours, educational booths, vendors, and much more."

Spring is already in the air, and it looks like El Niño has given us its best, so let's get planting! ★

Sacramento CHORAL SOCIETY & Orchestra
Donald Kendrick, Music Director

SCSO 20th SEASON

Carmina Burana

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The Sacramento Bee

PROJECTED SUPERTITLE TRANSLATIONS

Carl Orff | Carmina Burana
Karl Jenkins | Songs of Sanctuary (selections)
Jonathan Dove | Psalms For Leo (West Coast Premiere)

Shawnette Sulker, Soprano
Brian Staufenbiel, Tenor
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FAIR OAKS COMMUNITY UPDATE



By County Supervisor Susan Peters

-Through the generosity of the American River Messenger, this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

Office Hours Provide Opportunity to Meet and Talk

Next month I will resume holding “Office Hours” which involves me setting up a table at various community events where residents can drop by and talk about items of interest with no appointment necessary.

My first 2016 outing will be in Arden Arcade on Saturday, March 5th, at the annual trout fishing derby held in Howe Park, 2201 Cottage Way, being sponsored by the Fulton-El Camino Recreation and Park District. My “office” will be open from 10 to 11:30 a.m. during the angler event to meet with

residents on a first come basis. For more information about the fishing derby, call the Park District at (916) 927-3802 or visit fecrecpark.com.

Later that month I will hold another no appointment necessary “Office Hours” at the Carmichael Egg Hunt between 9:30 to 11 am on Saturday, March 26th. The Egg Hunt starts at 10 a.m. sharp rain or shine. In addition, there will be a pancake breakfast that runs from 7 to 11 a.m. The Carmichael Recreation and Park District along with the Kiwanis Club of Carmichael are sponsoring the two activities at Carmichael Park, 5750 Grant Avenue. For more information about the egg hunt, call the Park District at (916) 485-5322 or visit carmichaelpark.com.

I hope to see you at either event or both—and I’ll move my “office” to other locations throughout the year. Future dates will be posted on my web page accessible at bos.sac-county.net.

Learn Criminal Justice First-Hand

Applications are now being accepted for the 2016 Citizens Academy, a 10-week course designed to provide an overview of the criminal justice system. The program is sponsored by District Attorney Anne Marie Schubert and supported by Sheriff Scott Jones along with the Sacramento Police Department.

The program involves weekly classes at the office of the Asian Pacific Islander American Public Affairs Association at 4000 Truxel

Road. The academy begins April 5th and meets on 10 Tuesday evenings from 6 to 8:30 p.m.

Participants must at least 18 years old and either live or work in Sacramento County. The deadline to submit an application is March 11th.

Visit sacda.org for more information or contact Erica Seigny at (916) 874-5251 or via email at vseignyner@sacda.org.

Your Sacramento Area Parks.Com

Spring is arriving which means time to enjoy the great outdoors. Need quick access online to find specific recreational facilities like dog parks, swimming pools (and lessons), community centers, trails, arts, and culture, golf, horseback riding, tennis courts, and much more?

Yoursacparks.com is a one stop gateway to fun and recreation where you can reserve a facility for your next family or business function, make a tee time, sign up to volunteer, or improve your health and fitness progress.

The website is a partnership of 19 recreation and park agencies in the Sacramento region, including Sacramento County’s Department of Regional Parks, with the goal to help connect you with the beautiful parks and recreational services available in our area.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susan-peters@saccounty.net. ★

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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

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Sacramento County DA Reports

Recent cases of interest



CASE: Montrell Woods
PROSECUTOR: Deputy District Attorney Kevin Greene, Homicide Unit
Montrell Woods was convicted by jury of second-degree murder in the shooting death of Kenny Hernandez. Woods was also convicted of being a felon in possession of a firearm.
On January 22, 2014, Mr. Hernandez was helping family members move into an apartment on Ethan Way when he bumped into Woods. The two got into an argument. Woods then pulled out a .38 handgun and shot Mr. Hernandez in the chest. Mr. Hernandez died while being transported to the hospital; his mother and girlfriend were with him when he passed away.
Woods faces a sentence of 40 years to life in prison. Sentencing is set for April 8, 2016, at 10:00 a.m. in Department 42 before the Honorable Allen Sumner.

CASE: John Smiley & Cynthia Biasi-Smiley
PROSECUTOR: Deputy District Attorney Kelly Mulcahy, Insurance Fraud Unit
John Smiley, a former correctional officer with California Department of Corrections and Rehabilitation, and his wife, Cynthia Biasi-Smiley, were convicted of multiple insurance fraud felonies. The charges stem from their fraudulent workers' compensation claim that John Smiley suffered an "on duty" injury when he was shot and paralyzed while in San Francisco. The claim would have qualified them for compensation from State Compensation Insurance Fund and CalPers. The Smileys had previously been convicted of attempted perjury in an earlier court proceeding.
On April 27, 2008, the Smileys went to a swinger's club in San Francisco. John had sexual intercourse with a female while Cynthia had sexual intercourse with the woman's male companion. An argument ensued when the female accused John of not wearing a condom. Her companion told John he "kills people for a living" and "was going to kill him." The Smileys left the club. As they walked to their car, John was shot in the back by the male who threatened him. John was left a paraplegic.

In recorded statements to the San Francisco Police Department (SFPD) shortly after the shooting, the Smileys stated they did not recognize or know the male or female, and had never seen either of them prior to that night. No one has ever been arrested in connection with the shooting.
Approximately 11 months later, John filed a claim for workers' compensation benefits and Cynthia filed a lien for workers' compensation benefits based on her care of her husband. John also filed for an Industrial Disability Retirement (IDR) with CalPERS. In their claims, the Smileys testified under oath at a deposition that they could not remember the club/restaurant they were leaving when the shooting occurred, and could think of no reason why the man would have wanted to kill John. They testified that neither of them ever touched, spoke to, bumped into or danced with either the unknown female or unknown male. John even testified he never "looked" at the female even though he told SFPD he had sexual intercourse with her.
In an effort to make the injury "work related" so he could collect workers' compensation and Industrial Disability benefits, John claimed he recognized the shooter as a parolee he had once transported. However, when questioned by SFPD immediately after the shooting, John indicated the shooting had nothing to do with his work as a correctional officer and that neither of the Smileys recognized or knew the shooter or his "wife."
Had their fraud been successful, John would have received \$3,002 a month for life, un-taxed. Upon John's death, Cynthia would have continued receiving the benefit as his surviving spouse. John's initial demand to the State Compensation Insurance Fund was for \$4 million. Cynthia demanded \$271,000 for her services as her husband's caregiver during the previous two years, and indicated this amount was growing every day.
The Smileys face a sentence of 8 years, 8 months in prison. Sentencing is set for March 4, 2016, at 10:00 a.m. in Department 28 before the Honorable James McFetridge.

Return Preparer Fraud Is on the IRS Annual 'Dirty Dozen' List

SACRAMENTO REGION, CA (MPG) - The Internal Revenue Service is warning taxpayers to be on the lookout for unscrupulous return preparers, one of the most common "Dirty Dozen" tax scams seen during tax season.

The vast majority of tax professionals provide honest, high-quality service. But there are some dishonest preparers who set up shop each filing season to perpetrate refund fraud, identity theft, and other scams that hurt taxpayers.

"Choose your tax return preparer carefully because you entrust them with your private financial information that needs to be protected," said IRS Commissioner John Koskinen.

Illegal scams can lead to significant penalties and interest and possible criminal prosecution. IRS Criminal Investigation works closely with the Department of Justice (DOJ) to shutdown scams and prosecute the criminals behind them.

Here are a few tips when choosing a tax preparer:

- **Ask if the preparer has an IRS Preparer Tax Identification Number (PTIN).** Paid tax return preparers are required to register with the IRS, have a PTIN and include it on your tax return.
- **Inquire whether the tax return preparer has a professional credential** (enrolled agent, certified public accountant, or attorney), belongs to a professional organization or attends continuing education classes. A number of tax law changes, including the Affordable Care Act provisions, can be complex. A competent tax professional needs to be up-to-date in these matters. Tax return preparers aren't required to have a professional credential, but make

sure you understand the qualifications of the preparer you select. IRS.gov has more information regarding the national tax professional organizations.

- **Check the preparer's qualifications.** Use the IRS Directory of Federal Tax Return Preparers with Credentials and Select Qualifications. This tool can help you find a tax return preparer with the qualifications that you prefer. The Directory is a searchable and sortable listing of certain preparers registered with the IRS. It includes the name, city, state and zip code of: Attorneys, CPAs, Enrolled Agents, Enrolled Retirement Plan Agents, Enrolled Actuaries, Annual Filing Season Program participants.
- **Check the preparer's history.** Ask the Better Business Bureau about the preparer. Check for disciplinary actions and the license status for credentialed preparers. For CPAs, check with the State Board of Accountancy. For attorneys, check with the State Bar Association. For Enrolled Agents, go to IRS.gov and search for "verify enrolled agent status" or check the Directory.
- **Ask about service fees.** Avoid preparers who base fees on a percentage of their client's refund. Also avoid those who boast bigger refunds than their competition. Make sure that your refund goes directly to you—not into your preparer's bank account.
- **Ask to e-file your return.** Make sure your preparer offers IRS e-file. Paid preparers who do taxes for more than 10 clients generally must file electronically. The IRS has processed more than 1.5 billion e-filed tax returns. It's the safest and most accurate way to file a return.
- **Provide records and receipts.** Good preparers will ask to see your records and receipts. They'll ask questions to determine your total income, deductions, tax credits and other items. Do not rely on a preparer who is willing

to e-file your return using your last pay stub instead of your Form W-2. This is against IRS e-file rules.

- **Make sure the preparer is available.** In the event questions come up about your tax return, you may need to contact your preparer after the return is filed. Avoid fly-by-night preparers.
- **Understand who can represent you.** Attorneys, CPAs, and enrolled agents can represent any client before the IRS in any situation. Non-credentialed tax return preparers who participate in the IRS Annual Filing Season Program, can represent clients in limited situations. However, other tax return preparers cannot represent clients before the IRS on any returns prepared and filed after Dec. 31st, 2015.
- **Never sign a blank return.** Don't use a tax preparer that asks you to sign an incomplete or blank tax form.
- **Review your return before signing.** Before you sign your tax return, review it and ask questions if something is not clear. Make sure you're comfortable with the accuracy of the return before you sign it.
- **Report abusive tax preparers to the IRS.** You can report abusive tax return preparers and suspected tax fraud to the IRS. Use Form 14157, Complaint: Tax Return Preparer. If you suspect a return preparer filed or changed the return without your consent, you should also file Form 14157-A, Return Preparer Fraud or Misconduct Affidavit. You can get these forms on IRS.gov.

To find other tips about choosing a preparer, better understand the differences in credentials and qualifications, research the IRS preparer directory, and learn how to submit a complaint regarding a tax return preparer, visit www.irs.gov/chooseataxpro.

Source: IRS

Correction:

In a recent story: Take a Sentimental Journey via Cabaret, we inadvertently ran the wrong phone number for the River City Chorale, the organization in charge of the event. You can purchase tickets by going online at www.RiverCityChorale.org or by calling (916) 331-5810.

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By Marlys Johnsen Norris,
Christian Author

There are many devastating things that can cause pain and a deep inward cry of one's heart. One doesn't know what to do and tears fall from the eyes. Sometimes one will cry out to God. God hears and knows everything about everyone. There are no secrets we can keep from Him. He knows absolutely everything about everyone! So often these can be the

The Cry of Your Heart

special times when God will make Himself "real"—especially to that one who cries out to Him. Mankind was created to have fellowship and communion with God and with His help and guidance to enjoy the best life. Unfortunately for many lives no one even acknowledged the existence of God to them. Then, here they are with problems that are painful and their hurt and pain is beyond understanding.

God uses these times to allow things to happen for a person to look beyond themselves and eventually find Him as their Lord and Savior. God will bring people into one's life to help them know about His awesome agape love, grace, mercy, forgiveness. The learning process takes a lifetime. It is a continuous blessing

of answered prayers and a personal relationship with Him that never ends. "For the Holy Bible tells us that He will never leave or forsake us. He is with us forever." He is closer than a brother and He is only a prayer away. God is the Way, the Truth and the Life!

The journey to know and love God with all your heart and soul is a magnanimous trip through life of continued blessings. He loves beyond any love you will ever receive and has the gift of eternal life to give you when you accept His Son's death on the cross just for you! Won't you join us?

Marlys Johnsen Norris is the Christian author of seven books. You may contact her at Marlysjn@gmail.com. ★

Looking for Money in All the Wrong Pockets

Dr. James L. Snyder

An incident happened this past week in which I am still scratching my head. Have you ever known you had something, but for the life of you, you could not find it? I will accede to the fact that occasionally, I do have a streak of absent-mindedness running through me. At times, I wish it would just walk

I was fairly certain I had an extra \$20 in one of my pant's pockets. It was what I affectionately refer to as my "mad Money." My wife would be mad if she knew I had it. I do not remember where it came from but my real problem was, I could not find those pants.

Usually, if I find money in my pant's pocket there is only one explanation. I'm wearing somebody's pants, but not mine. The truth is, my pants rarely see any extra money. If there is an occasion when I do have money in my pocket, my pants get all excited and wrinkly.

Only this was different. I distinctly remember putting a \$20 bill in one of my pant's pockets and thinking what I could do with it. But now, I cannot find it. I knew I had an extra \$20. I distinctly remember putting it somewhere. I looked everywhere... maybe I should have looked somewhere.

With an aimless look on my face, more aimless than normal, I wandered the house in search of the missing \$20. I tried to act inconspicuous so the Gracious Mistress of the Parsonage would not discover what I was doing.

Obviously, no Emmy award will come my way because my acting inconspicuous was a complete failure.

"What are you looking for?" My wife queried.

"Nothing," I stammered.

"When you find it, let me know. I really don't know what nothing looks like."

Ha. Ha. Ha. Sometimes she thinks she is a comedian. I was not laughing. If I find that money, the joke will be on her. Then we will see who is laughing.

I had two fears facing me at this point. First, she could have found the money and was waiting for me to admit that I actually had some extra money. This would invite a great deal of grief on top of my balding head.

Second, if I told her I was looking for money she would want to know where I got extra money. If I cannot remember where the money is, how in the world am I going to remember where it came from?

Then, she would want to know how much more money I had misplaced somewhere in the house. Actually, I want to know that myself.

Such interrogation from her borders on water boarding. If the FBI wants to learn a thing or two about torturing people, they could learn an awful lot from her. She can torture a person and not lay a glove on them. Of course it is not her glove I am worried about, it is her evil eye that goes through a person, me in particular, like a laser beam.

My wife always knows when I am lying. My lips are moving. Getting back to the missing \$20. I could offer to split it with her if she would help me find it, which would leave me with \$10. \$10 in the hand is worth more than \$20 that I do not know where it is.

Then, I would have to explain what I needed \$10 for at the time. Christmas is over and her birthday and our anniversary are a long way off, so I cannot tell her I want to buy her a present.

I did have plans for that \$20. But now, I cannot even remember what those plans were. Maybe, if I knew what I planned to do with the \$20 I might remember what I did with it.

While I was musing on this situation, I discovered a correlation

between money and love. Without love, you end up with a broken heart. Without money, you just end up broken.

Then out of nowhere, and I mean nowhere, an idea entered my head. I remembered wearing my brown suit when I got \$20. I went to my closet, but the suit was not there.

"Have you seen my brown suit?" I asked my wife.

"Yes," she said rather absent-mindedly, "I sent it to the dry cleaner. Why do you ask?"

Then, with a little smirk dancing on her face, she asked, "You weren't looking for \$20, were you?"

The only thing I hope is that I do not remember where the \$20 came from or what I planned to do with it. I guess a freshly dry-cleaned suit is worth \$20.

Seeking that money reminded me of a verse of Scripture. "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." (Matthew 6:33-34 KJV).

Then another verse. "Seek ye the LORD while he may be found, call ye upon him while he is near." (Isaiah 55:6 KJV).

No matter how hard you search for something, if it is not there, you will never find it. With God, it is a different story. When we truly seek Him, we always find Him.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife, Martha, in Silver Springs Shores. Call him at 352-687-4240 or e-mail james-snyder2@att.net. The church website is www.whatafellowship.com. ★

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with Mary Jane Popp

people eat when they're not even hungry. They eat because they think they should eat, it's lunchtime, or they have to eat because of a schedule. Forced eating starts with our kids. We make them sit down and eat with us. But if we were living in nature, foraging for our foods, we would eat only when we were hungry. When your body is hungry for the plainest of foods, it's telling you it's ready to manufacture the enzymes for proper digestion. And don't mistake thirst for hunger. Try water first.

Dump Your Fast Food Addiction Part One

Are you a fast food addict? And how can we not be when you pass so many of those fast food establishments wherever you go? It's hard to pass them up. They have such a come hither charm to them. How would you like to ditch your fast food lifestyle? Wellness expert **Dr. David Magnano** has some tips on how to eat healthier so we can decrease our chances of falling victim to aches, pains, and degenerative diseases. But you have to drop that gulp and go lifestyle and take on the attitude of eat to survive. **Dr. M** is CEO of Magnano Health Center in Florida.

So here are seven simple rules for eating healthy.

1) **EAT ONLY WHEN YOU ARE HUNGRY.** Many

2) **DON'T MIX FOOD TYPES/EAT FOODS IN THE PROPER ORDER.** It's preferable to eat foods of one type all at the same time. Have meats first, slowly, which will allow the brain to trigger production of the body's strongest digestive enzymes, the proteases. Add a little salad, and after 15 minutes, eat your potato. 20 minutes after the potato is gone, fruits or sugared desserts are okay. Probably the worst error would be to go to a buffet and gorge yourself on foods you don't generally eat that are grown in different vicinities or on other continents. It's very difficult for your brain

to properly signal a need for the correct digestive enzymes when your body hasn't experienced those types of foods before, and certainly not all mixed together at the same time.

3) **DON'T EAT WHEN YOU ARE FEELING STRESSED, ILL, OR INJURED.** Boyfriend or girlfriend just dump you? Bad day at work? Coming down with the flu? Don't try to medicate yourself with a pint of ice cream or a New York strip steak. When we are experiencing physical, emotional, or mental stress, or when we are physically ill or injured, or when our body is too hot or too cold, our digestive system is shut down and our body is in healing mode, not digestive mode. Soup broths and juices require minimal enzymes for absorption and can be sipped slowly.

We'll cover the last four tips in Part Two of "Dump Your Fast Food Addiction" next time with POPPOFF. If you want more information, just go to www.naturessources.com for more information. Remember, it's up to each of us to make a difference in our health. Slowdown that fast food addiction! ★



Lisa West
Community Outreach Director



Funeral Insurance Versus Life Insurance



Memorial Parks
Mortuaries & Crematory

By Lisa West

People ask me this question all the time, "What's the difference between funeral insurance and life insurance? Won't my life insurance cover the costs of my funeral?"

Yes and no. Here's the scoop: Life insurance won't pay the next of kin immediately after your death; it can take several weeks or months. Some funeral homes may require you pay them in full at the time of need, and then you will have to wait to be reimbursed by the life insurance company.

That is not to say all funeral homes won't accept life insurance; many will, however, there are lots of hoops to jump through and it can drag the funeral arrangement process out longer than need be.

Advance of need funeral insurance on the other hand, pays the funeral home immediately. This ensures you can make the funeral arrangements quickly and choose the date and time of the service that is most convenient for you.

There are some other benefits to funeral insurance; for example, you can be turned down for life insurance but you cannot be turned down for funeral insurance. Funeral costs

are guaranteed when you purchase funeral insurance. Premiums will not increase over time with funeral insurance, and premiums will end after a 3-, 5-, 7- or 10-year term depending on what you choose.

Life insurance is designed to maintain the life style of your family if you die unexpectedly. Funeral insurance pays your funeral expenses so those expenses don't have to be deducted from the life insurance payout.

By purchasing funeral insurance, you relieve your family of significant stress over arrangements at the time of loss and uncertainty because you arrange exactly what you want at the time you purchase your funeral insurance policy.

For more information on the benefits of funeral insurance, please visit www.EastLawn.com and go to the events page to find out when our next free luncheon seminar is available for you to attend.

Lisa West is the community outreach director for East Lawn and her column appears monthly. You can reach her at lisaw@eastlawn.com or (916)732-2020. For previous articles, please visit www.EastLawn.com. ★

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Natural Gas Becomes a Real Mess

The Porter Ranch Disaster May Erase the Industry’s Undeserved Reputation as a Clean Energy Source

Commentary
By Emily Schwartz Greco

Until late last year, Laura Gideon’s family lived in Porter Ranch on the outskirts of Los Angeles. “We didn’t ever want to leave,” Gideon told the Associated Press. It’s “a nice gated community.”

What uprooted them from one of LA’s wealthiest pockets? They became climate refugees when the nearby Aliso Canyon natural gas storage well sprang a nasty leak.

Clouds of gas have billowed from the faulty well, which lacked a subsurface shut-off valve, for three and a half months. After inhaling nonstop plumes of methane, benzene, and other toxic chemicals, local residents began to suffer nausea, vomiting, headaches, and nosebleeds. The disaster has also smacked local businesses hard and eroded real estate values.

Erin Brockovich, the activist and legal researcher made famous by an Academy-award winning film depicting her against-all-odds victory against another California utility, lives only 30 miles away. Now working with a law firm to help the locals file claims, she calls the Aliso Canyon leak a “BP oil spill, just on land” — because of its magnitude, duration, and climate impact.

And that’s why this incident imperils more than the people who live there and the bottom line of Southern California Gas Co., the local utility that ran the well.

Just as the Gulf Coast disaster invigorated opposition to offshore oil drilling, the Porter Ranch debacle may sap the natural gas industry’s popularity. Above all, it’s exposing the fuel’s persistent reputation as “clean” and climate-friendly as a complete lie.

Environmentalists, backed



Natural gas will soon become the nation’s top power source, eclipsing coal. Photo courtesy Earthworks / Flickr

by ample research, have struggled to debunk that narrative for years.

Although burning natural gas releases less carbon dioxide than coal or diesel, extracting and distributing it releases methane into the atmosphere. And so do storage accidents like this one.

And methane is between 86 and 105 times as powerful as CO₂ at disrupting the climate over a 20-year period. The now common practice of hydraulic fracturing, or fracking, to obtain natural gas also pollutes waterways and squanders water — a big problem for parched California.

Environmental Defense Fund is tracking the climate damage wrought by the broken well, which is located in a vacant oil field about a mile and a half underground. The group calculates that the roughly 100,000 metric tons of natural gas that escaped is the equivalent of burning nearly 900 million gallons of gasoline.

This big climate footprint is particularly troubling because thanks to record production levels, natural gas will soon become the nation’s top power source, eclipsing coal. Natural gas supplies have grown so fast that U.S. prices are crashing due to oversupply. The industry wants to fix this imbalance through exports.

Shipping the stuff overseas requires condensing natural gas into liquid form at very high heat, using expensive infrastructure. More production will trigger more pollution and potential leaks.

Exporting liquefied natural gas, or LNG, also depends on persuading foreigners to buy it. But where are the customers?

Selling to Europe means competing with Russian producers. And the Russians stand ready to block this competition by slashing their own prices. At the same time, liquefied natural gas prices in Asia have fallen. Experts say they could plunge further as supplies outweigh demand.

In other words, the natural gas business has turned into a money-losing venture at the same time that the fossil fuel’s real costs to people and the planet are becoming clearer.

Capping the failed well won’t stop all the physical, emotional, and financial distress experienced by Laura Gideon and thousands of other Southern Californians. As she told the AP: “We’re in mourning now.”

The natural gas industry probably is too. It’s a fracking mess.

Columnist Emily Schwartz Greco is the managing editor of OtherWords, a non-profit national editorial service run by the Institute for Policy Studies. OtherWords.org. ★

Taxpayers Aren’t Propping up Big Pharma



By Sally C. Pipes

Like your iPhone? Federal officials designed it. Couldn’t live without the Internet? Thank Uncle Samhe invented it. Sick and need a new medicine? Don’t worry—the government is here to help.

This fantastical line of thinking—that because the government funded basic, early-stage research, it can claim credit for a final product decades later—underpins the latest calls for more federal control of drug prices. Such calls are grossly ill-informed and demonstrate a deep misunderstanding of the drug development process.

And if lawmakers listen to them, they could prove deadly.

With rare exceptions, the NIH doesn’t create new medicines, nor does the government cut checks to pharmaceutical companies. Less than 10 percent of all new drugs—and less than 20 percent of the most innovative “priority-review” drugs—are patented by public-sector developers.

Instead, the NIH funds and conducts important but extremely early stage scientific research that may prove useful—or may not. For instance, NIH researchers

might seek to discover the structure of a protein found in the brains of Alzheimer’s patients. They’re not looking to create a medicine—just to better understand the possible cause of a disease.

Sometimes, the NIH’s research points the way to potential avenues of treatment.

Biopharmaceutical firms, large and small alike, then run with the NIH’s findings to research possible new medicines.

Small biotech startups are particularly good at this sort of technical work. But they often lack the financial wherewithal to conduct giant clinical trials and navigate the tremendously expensive, distressingly complex and lengthy process that leads to final FDA approval. Large biopharmaceutical companies can provide that kind of support, which is why the biggest pharmaceutical companies constantly purchase start-ups.

But even this later-stage research and testing is far from a fait accompli. Many pending drugs are removed from development or clinical trials when they don’t meet expectations.

Eli Lilly recently removed evacetrapid, a drug once considered extremely promising for treating cardiovascular disease, from late clinical trials. These failures represent hundreds of millions of dollars in lost investment.

Despite such setbacks, the pharmaceutical development system is working. In recent years, U.S. firms have produced over half of the world’s new prescription drugs.

Drug development is a symbiotic

chain, with each link—the National Institutes of Health, the smaller biotech firms, and the large biopharmaceutical companies—supporting each other.

Federal interference in drug pricing, such as through the price caps and controls, would break this chain. Indeed, a National Bureau of Economic Research study concludes that reducing drug prices by 40 to 50 percent will cause new early stage R&D projects to decline by 30 to 60 percent.

If biopharmaceutical companies can’t earn a return on their investments, they won’t invest in the research or clinical trials that yield new drugs. That means fewer new treatments.

The NIH doesn’t focus on drug development—and doesn’t have the infrastructure or know-how to develop actual medicines. Less investment would mean fewer new treatments.

If lawmakers opt for short-term savings via price controls, America will lose its preeminence in biopharmaceutical research, and patients will lose out on dozens of new medicines that are never created and that provide hope and cures for diseases for patients now and in the future. That’s one disaster the government would be able to take credit for.

Sally C. Pipes is the President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book, “The Way Out of Obamacare,” was published by Encounter Books, December 2015. ★

Scalia and the Constitution



Commentary
by Caleb Verbois

I had the great privilege to hear Supreme Court Justice Antonin Scalia speak on three separate occasions and once to meet him in person after hearing him announce a decision. You can learn a lot about someone by reading his or her work, but some things have to be seen to be fully understood. Scalia was known for his public role as an associate justice and a staunch originalist. But he should be appreciated for much more than that—as a man with a genuinely wonderful sense of humor, as a man who loved his family, and who loved God. However, most of us only really know Scalia through his public work on the Supreme Court, and his insightful, sometimes biting opinions.

Scalia was an originalist but he was very careful to define what he meant by that. To understand the Constitution as an originalist did not mean reading it strictly, or narrowly, or as a Republican—it meant recognizing that the Constitution was written by 18th century men in a particular time, context, and with a particular meaning. As an example, Scalia noted that if it were not cruel and unusual in the 1790s to sentence a convicted murder to the death penalty, then the Constitution’s ban on cruel and unusual punishment in the Eighth Amendment should not be read as banning the death penalty. That, for Scalia, was an easy question for an originalist to answer.

There are much harder questions and Scalia would have been among the first to recognize that originalism has its weaknesses. He once wrote an essay titled “Originalism: The Lesser Evil.” But he long maintained that it was, quite literally, the only possible way

of reading the Constitution for two important reasons. First, originalism requires careful historical and legal reasoning to determine what the terms and language of the Constitution meant when it was written. As Scalia loved to say, that sort of research is literally the only thing lawyers are particularly good at. The second reason Scalia said originalism was essential is because to read it any other way, as a living document or an aspira-

tion, if they are not picking originalist judges, they are picking people to be judges who will behave rather like senators.

Given the politicized nature of the Supreme Court, it is no surprise that Washington is already squabbling over Scalia’s replacement, less than 48 hours after his death. Democrats are already declaring that Republicans are duty bound to confirm Obama’s replacement. Senator Chuck Schumer has been particularly insistent on this. But this is non-



For Scalia, the only justification for the Supreme Court’s power of judicial review to strike down laws that violate the Constitution is that the Constitution has a specific meaning that we can know.

tional text, is to expect lawyers to be something quite different than what they are—to expect them to be moral philosophers or policy makers. And really, Scalia asked with a twinkle in his eye, who would pick nine lawyers to be moral philosophers?

For Scalia, the only justification for the Supreme Court’s power of judicial review to strike down laws that violate the Constitution is that the Constitution has a specific meaning that we can know. If not, there is a real problem. By what authority can the Supreme Court strike down a democratically passed law, if not by an appeal to a specific, clear meaning of the Constitution?

That is why Scalia said that moving to any method of interpretation other than originalism would, in the end, destroy the Constitution. If justices are not bound to a specific understanding of the Constitution, we should not pick them on their legal qualifications. We should pick them based on their politics. Scalia was confirmed to the court unanimously in 1986, despite being known as a conservative. He liked to say that would never happen now, because the Senate has realized

sense. Democrats have made it quite clear in the 30 years since Scalia was confirmed that a confirmation hearing is no longer a sure thing, and candidates should be evaluated on their record and method of interpretation. Moreover, no justice has been appointed and confirmed in an election year since 1940. Senator Schumer, in his rush to insist Republicans rubber stamp Obama’s appointee, has apparently forgotten his own promise in 2007 when George W. Bush was president, that “We should reverse the presumption of confirmation.”

Scalia was right about the danger that the appointment of justices to the Supreme Court would be politicized if the court itself came to be seen as a political instrument. That, I think, is why it is so important that Scalia’s successor think about the Constitution as Antonin Scalia did: that is, as a document with a knowable, if imperfect, historical meaning—as an originalist.

Dr. Verbois is an assistant professor of political science at Grove City College and an affiliated scholar at the John Jay Institute. He teaches American Politics and Political Theory and specializes in American constitutional thought. ★

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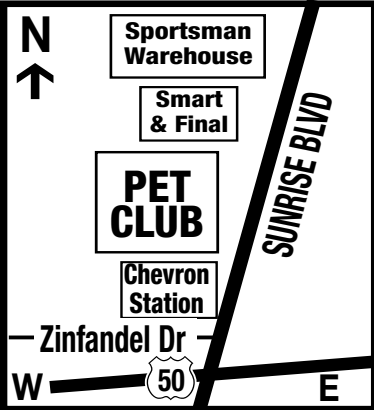
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