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# AMERICAN RIVER Messenger

"Written by the people, for the people"

Volume 11 • Issue 01

Serving Fair Oaks, Orangevale & Sacramento County

January 15, 2016

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with Mary Jane Popp



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# Run Salmon Run

## Recent Rains Aid Seasonal Migration



Near Gold River, Fish and Wildlife Department workers count salmon carcasses to determine numbers for the 2015-16 run.

Story and photo  
by Susan Maxwell Skinner

**SACRAMENTO REGION, CA (MPG)** - Recent rain was good news for late-running salmon and early steelhead trout in the American River.

As final chinook spawners of the 2015 season reached breeding grounds, they completed lives—and epic journeys—that included thousands of miles of river and ocean migration.

Hell-bent on reproduction, adult salmon left Pacific waters in fall and made the weeks-long upstream swim to revisit hatching places. Their piscine leaps were seen from Sacramento, Carmichael, Rancho Cordova, Fair Oaks, and Gold River outlooks. Nimbus Dam and man-made ladders to the fish hatchery near Hazel Avenue presented final obstacles. In mitigation for dam construction, millions of juveniles are bred and released from the hatchery every year.

During a drought that reduced river levels, chinook weighing up to 30 pounds risked parts of the journey with bodies exposed above water. Using fins, tails, and entire

bodies for projection, they struggled across riffles and exposed gravel bars.

"Their problems in getting here were not insurmountable," concluded Nimbus Fish Hatchery Manager Gary Novak. "They still made it. When they leave the ocean, they stop feeding; their organs and immune systems break down. Their only purpose is to get upstream and produce eggs and sperm."

Some mated and spawned in shallow gravel beds. Soon after, their carcasses drifted downstream to provide winter food for fish, birds, and parkway mammals. Those fish that climbed hatchery ladders were relieved of eggs and milt and artificially spawned. Their flesh was shipped to Washington State for processing and supplying to non-profit users.

"To us, 2015 seemed like an adequate season," reported Gary Novak. "We processed 9,000 salmon, compared to 8,000 last year."

Artificial spawning began at Nimbus in November. After forty days, the fertilized chinook eggs started hatching. Nourished in hatchery ponds, these sac-fry will be big enough to begin their river-to-sea migration

as smolts after spring. Because of the 2015 drought and dangerously warm waters, many of last season's youngsters made their journey to Bay Area waters in trucks. The success of this emergency operation cannot be measured until adult survivors swim upstream in two or more years. While returning veterans reflect the success of previous breeding seasons, said Novak, ocean temperatures and food supplies in the Pacific are other variables.

Operated by the California Department of Fish and Wildlife, the Nimbus hatchery is now processing the annual steelhead trout run. This operation continues until late February. Rainbow hued, spotted, and sportive, these fish may spawn several times in their lifecycle.

"They face the same challenges as the salmon in getting upstream," said Gary Novak. "But they make it. Their urge to breed is stronger than most obstacles that get in their way."

Learn about the Nimbus Fish Hatchery at [www.wildlife.ca.gov/fishing/hatcheries/nimbus](http://www.wildlife.ca.gov/fishing/hatcheries/nimbus). ★

## New Library Structure Conceptual Options to be Presented at Meeting

**ORANGEVALE, CA (MPG)**- Sacramento Public Library and Sacramento County officials, including Sacramento County Supervisor Roberta MacGlashan, invite the public to review and discuss architectural concepts for the new Orangevale Library on Wednesday, Jan. 20th at 4:30 p.m. at the Orangevale Community Center's Activity Building.

Established in 1912, the library has long been a cornerstone of the community. However, it is unable to meet the needs of the community in its current 3,300-square-foot space in a local shopping center. As a result, the County of Sacramento has developed a capital improvement plan that will allow for a 10,000-square-foot facility adjacent to the Orangevale Community Center.

The conceptual options presented at this meeting were developed from community feedback received during meetings in early December 2015.

From 4:30 to 6:30 p.m., there will be an open house. The community participation meeting will be from 7 to 9 p.m. Orangevale Community Center is located at 6826 Hazel Ave. Orangevale, CA 95662.

Sacramento Public Library is the fourth largest library system in California with 28 locations serving 1.3 million people in the region. In addition to lending books, the Library offers more than 7,000 free programs and services to kids, teens, and adults each year. Visit [www.saclibrary.org](http://www.saclibrary.org) for more information. ★

Source: Tracie Popma

## Eagle Scout Shoe Drive Stomps on Poverty

By Christie Spurlock,  
photos courtesy of Isaiah McElvain

**SACRAMENTO REGION, CA (MPG)** - Isaiah McElvain is a motivated high school student at Del Campo High School. As a part of the Eagle Scouts, the Boy Scouts' highest possible rank (few people reach the level—only around 7 percent), he's heavily involved in making the community a better place. Being a part of the Eagle Scouts requires a community project, so McElvain and his troop, Troop 635, decided to organize a shoe drive for the nonprofit Donate Your Old Shoes. They needed a venue, and Sunrise Mall turned out to be the perfect place to host the drive.

To promote the event, the troop dropped off fliers at houses and ran newspaper ads. They also appeared on "Good Day Sacramento" in a pre-event interview to get as many people to stop by as possible. On Dec.



Troop 635 from Citrus Heights after finishing the shoe drive.

19th, they set up inside the mall, eagerly awaiting shoe donations from the community. They were not disappointed.

In total, 1,028 pairs of shoes were collected, making it a highly successful project. The

shoes were disinfected and will be sent to countries with most need, possibly including Africa or the Philippines. Thanks to the efforts of Donate Your Old Shoes and the Eagle Scouts, impoverished people worldwide

will be able to keep their feet protected.

To find out more about Donate Your Old Shoes or to get involved, visit <http://donateyour-oldshoes.org/>.

Source: Isaiah McElvain ★

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# IRS Reminds Taxpayers to Plan Ahead If You Need a Tax Transcript

**SACRAMENTO REGION, CA (MPG)** - The IRS reminds taxpayers that the quickest way to get a copy of their tax transcript is to order it online using the Get Transcript application on IRS.gov. By planning ahead, they should receive their transcript in the mail within five to 10 days from the time the IRS receives the request online.

The IRS continues to work to bring the viewable/printable functionality of the application back online in the near future with enhanced identity protection security features. In the meantime, taxpayers can still request a mailed transcript by going online to Get Transcript. Though taxpayers should always keep a copy of their tax return for their records, some may need the information from filed tax returns for many reasons. This includes college financial aid applicants or taxpayers who have applied for a loan to buy a home or start a business.

If a taxpayer is returning to college this January and applying for financial aid, they should check with their financial aid department at school to see if they will need a copy of their transcript before they start classes. Frequently, students get all the tax return information they need on the FAFSA application via the IRS Data Retrieval Tool.

Similarly, if a taxpayer plans to apply for a loan, they should ask their financial institution if a transcript will be necessary so they can plan ahead and have it at the appropriate time.

The fastest way to get a transcript is through the Get Transcript tool on IRS.gov. Although the IRS temporarily stopped the online viewing and printing of transcripts, Get Transcript still allows taxpayers to order their transcript online and receive it by mail. Taxpayers simply click the “Get a Transcript by Mail” button to order the paper copy of their transcript and have it sent to their address of record. Among the options available:

- To order a transcript online and have it delivered by mail, go to IRS.gov and use the Get Transcript tool.
- To order by phone, call (800) 908-9946 and follow the prompts.
- To request an individual tax return transcript by mail or fax, complete Form 4506T-EZ, Short Form Request for Individual Tax Return Transcript. Businesses and individuals who need a tax account transcript should use Form 4506-T, Request for Transcript of Tax Return.

Remember, ordering a transcript online is the quickest option. For more information, read the IRS How Do I Get My Transcript? Fact Sheet.

*Source: IRS*

# Alternative Cold and Flu Remedies to Try this Season



**In the Dominican Republic, a paste of honey, finely chopped onion and garlic, and the juice of at least half of a lime is taken before bedtime. The garlic and lime juice, rich in vitamin C, boosts immunity.** Photo by Suksao—Fotolia.com.

**SACRAMENTO REGION, CA (STATEPOINT)** - While flu and cold are common to every region of the world, different cultures have developed their own solutions to tackle the all-too-familiar and dreadful symptoms.

Today, it’s thought that 70 percent of your immune system lies in your digestive tract, so many of these alternative healing methods rely on food for its curative properties. While some alternative treatments have not been evaluated by the Food and Drug Administration for efficacy, many people swear by them. If you are suffering this cold and flu season, incorporating these remedies into your get-well plan could be worth a shot.

In Japan, hot green tea is poured over a crushed ume, which is an alkaline-rich Japanese pickled plum. Drinking this “umeboshi tea,” full of iron and potassium, is said to help ease fever associated with the flu.

In the Dominican Republic, a paste of honey, finely chopped onion and garlic, and the juice of at least half of a lime is taken before bedtime. The garlic and lime juice, rich in vitamin C, boosts immunity.

In France, for those with the flu, a homeopathic approach is taken using Oscilloccinum. This unusually named medicine has been a favorite flu fighter of the French for more than 70 years. Clinical studies show that it reduces the duration and the severity of fever, chills, fatigue, headache, and body aches. It is recommended that you take it at the first sign of flu symptoms.

In China, a restorative dish is made from healing fritillaria bulbs (Chuan bei mu) and an Asian pear. The center of the pear is scooped out to form a bowl. A teaspoon of honey is mixed with fritillaria extract, which is then poured into the pear. The covered dish is steamed for 45 minutes to create a warm elixir to soothe the throat. For maximum effect, a honeysuckle and licorice root tea chaser provides added immune support.

In South America, a plate of sliced onions is placed on a nightstand overnight. The scent from a freshly chopped onion helps break up mucus and congestion, just as it causes the eyes to water and nose to run while cooking. Loaded with sulfur compounds, onions also improve circulation.

For more helpful tips about the flu, visit [www. Oscillo.com](http://www.Oscillo.com) for access to a four-part podcast series “Tackling the Flu, Naturally.” Experts explain how the flu virus works in the body and why having a strong immune system is so important, how flu spreads, when children should stay home from school, and more.

Feeling under the weather? Beyond your go-to medications, get inspired by the whole world for treatments that are said to alleviate symptoms and restore wellness.

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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.

### First 2016 Community Coffee Meeting

This month, I will be holding my first 2016 Community Coffee Meeting for Fair Oaks on Wednesday, January 27th at 7:30 a.m. at the Fair Oaks Water District’s Conference Room, 10326 Fair Oaks Boulevard. Sheriff Scott Jones will be the guest speaker and he will unveil his concept of “Intelligence Led Policing,” which is being implemented in the North Division.

Last year, I held four community coffee meetings throughout the year at the water district, and I plan to do the same in 2016 each with a guest speaker. I also hold similar community meetings in the evenings in Arden Arcade and Carmichael. A full listing of all the 2016 meeting dates is on my webpage, accessible at [bos.saccounty.net](http://bos.saccounty.net). I hope to see you at any one or all in this year.

### Grand Jurors Wanted

One of the important foundations of our democracy is citizen participation. Grand Jury service is often referred to as being a “citizen watchdog” of local government by performing the crucial role of monitoring and reviewing government actions. The Sacramento County Superior Court is now accepting applications for Grand Jury service for the 2016-17 Term. To be eligible, you must be a U.S. Citizen, at least 18 years old, a resident of Sacramento County, and not currently serving in any elected office. Applicants must be prepared to devote at least 25 hours per week to Grand Jury service. For more information about serving on the Grand Jury, please contact the Grand Jury Coordinator at (916) 874-7578, or visit [sacgrandjury.org](http://sacgrandjury.org). The

application deadline is January 29th, 2016.

**Animal Adoptions at PETCO**

The County Bradshaw Animal Shelter has teamed up with the Fair Oaks PETCO located at 8840 Madison Avenue to operate a dog and cat adoption center. This public-private partnership will make it more convenient for potential adopters to connect with and adopt shelter animals. All available pets will be spayed/neutered, micro-chipped, and vaccinated. The new adoption center at PETCO is open seven days a week, 10 a.m. to 7 p.m. The County’s Bradshaw Animal Shelter is open Tuesdays and Thursdays, 12:30 to 6:30 p.m., Wednesdays and Fridays 12:30 to 5:30 p.m., and Saturdays and Sundays from noon to 4:30 p.m. Adoptions end 30 minutes before closing. For more information about pet adoptions and to view available animals, please visit [animalcare.saccounty.net](http://animalcare.saccounty.net).

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at [susan-peters@saccounty.net](mailto:susan-peters@saccounty.net).

# Fair Oaks Presbyterian Upward Basketball Enters Eighth Season

**FAIR OAKS, CA (MPG)** - The eighth season for Upward Basketball has grown to 392 and 44 teams. Practices have begun and the first games were played January 9th. The first season was 39 players and the program has grown every season. Upward Basketball is a part of Upward Sports, a national program that includes basketball,

soccer, cheer, flag football, and baseball. Upward Sports is a well-structured program that features the child rather than just the game. According to Ken Friedman, director of Upward Sports at Fair Oaks Presbyterian, parents say that they love the program because their children look forward to practices and games.

They really have fun learning the sport. Growth has come primarily due to word of mouth. Registration for next season begins in September with practices starting in December. For more information, go to [www.upward.org](http://www.upward.org). Source: Kenneth Friedman

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**Crossword Puzzle on Page 5**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| S | A | N | G |   |   | P | E | T |   | R | E | H | A | B |

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**Sudoku Puzzle on Page 5**

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

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# Obamacare's Legacy: U.S. Now Leads World in Healthcare Spending



Commentary by Sally C. Pipes

A new report from an international research group has dealt a devastating blow to Obamacare’s apologists. The Organization for Economic Cooperation and Development -- a group of 34 developed countries -- recently ranked member countries by per-capita healthcare spending. The United States took first place by spending \$8,713 per person -- more than double the OECD average of \$3,453.

In other words, six years after President Obama signed the Affordable Care Act, the United States still spends far more than any other country -- and has little that’s positive to show for it.

The U.S. healthcare system is failing by any number of standards. The percentage of the Americans classified as “obese” -- 35.5 percent -- is among the world’s highest. We’re the only country to rank in the top 10 for per-capita medical spending and register an average life expectancy under 80 years.

Obamacare’s “solution” to

these problems is to spend more taxpayer money. Chiefly through insurance subsidies and Medicaid expansion, the law will dole out \$1.2 trillion in new federal spending between 2016 and 2025.

On top of that, general healthcare inflation is projected to increase federal healthcare expenditures by 6 percent per year through 2024 -- at which point, one of every five dollars spent in this country will be devoted to health care.

A growing body of research indicates that throwing more money into public insurance programs doesn’t improve health outcomes. Most prominently, researchers found “no significant improvements” in health outcomes for many patients after Oregon expanded its Medicaid program, the joint federal-state program for low income Americans.

Other studies have reached similar conclusions. A University of Pennsylvania study noted that colon cancer patients covered by Medicaid had a higher mortality rate than those who were uninsured. According to a Columbia-Cornell study, Medicaid patients with clogged blood vessels in their legs or feet had worse health outcomes when compared to the uninsured.

Obamacare also boosts healthcare spending by imposing huge regulatory burdens on health insurers. For instance, before the law passed, insurers were allowed to charge premiums based on patients’ health status, pre-existing conditions, and history. Now, through “community rating” regulations, insurers are prohibited from considering

individual patient variations when setting prices -- and must not charge old people more than three times what they charge young ones.

To avoid losing money, insurers are charging younger, healthier customers higher premiums.

Obamacare tries to ameliorate this dynamic -- again, by throwing more money at the problem. The law will funnel \$849 billion into subsidizing insurance costs for young people over the next nine years.

To moderate premiums somewhat insurers are limiting which doctors patients can see. Forty-one percent of all insurance plans now utilize “narrow” physician networks, meaning that they provide access to less than 25 percent of local doctors in a particular specialty. In some of the most populous states, such as California and Florida, narrow plans comprise over 75 percent of the market.

So while millions of Americans are technically “insured,” they can’t actually get the care they need. Their insurance may not cover the doctor they want -- or need -- to see.

The OECD’s new report shows that Obamacare has completely failed to rein in America’s spiraling healthcare costs. And the problem is only getting worse.

*Sally C. Pipes is President, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is The Cure for Obamacare (Encounter 2013). Her next book, The Way Out of Obamacare (Encounter) will be released in January.* ★

# Sacramento County DA Reports



## Recent cases of interest

**CASE:** Elijah Rodgers  
**PROSECUTOR:** Deputy District Attorney Morgan Gire, Gangs & Hate Crimes Unit

The Honorable Michael Kenny sentenced Elijah Rodgers to 82 years to life in prison. On September 9, 2015, a jury convicted Rodgers of first-degree murder and shooting at an occupied vehicle. The jury also found that the defendant personally used a firearm causing death, and that the crimes were committed for the benefit of a criminal street gang.

On June 23, 2013, individuals at a house party in south Sacramento began displaying guns and shouting gang terms. Nineteen-year-old Alvin Valentine was a passenger in his cousin’s car when the two drove to the party. When they drove past the house, they saw a large number of people in the front and decided not to stay. They turned around and drove back toward the house to leave. Rodgers fired a handgun from the sidewalk in front of the house into their vehicle, striking and killing Mr. Valentine.

**CASE:** Ezekiel Delgado  
**PROSECUTOR:** Deputy District Attorney Sheri Greco, Homicide Unit

Eighteen-year-old Ezekiel Delgado was convicted by jury of two counts of first-degree murder, and allegations he personally discharged a firearm causing death on both murder counts and the special circumstance allegation that he committed multiple murders were found true. Delgado was also convicted of discharging a firearm into an occupied motor vehicle and personally discharging a firearm causing death.

On April 10, 2014, Deshawne Cannon and Gina Elarms drove to the Northwood Apartments on Howe Avenue. Delgado was seeking to

purchase marijuana from Mr. Cannon. When they arrived at the complex, Delgado approached the vehicle and shot Mr. Cannon multiple times in the back. He then shot Ms. Elarms multiple times in the back because she had seen his face and would be able to identify him. Both victims died from gunshot wounds.

Delgado faces a potential maximum sentence of life in prison without the possibility of parole. Sentencing is set for February 26, 2016, at 9:00 a.m. in Department 25 before the Honorable Robert Twiss.

**CASE:** Brandon Amador  
**PROSECUTOR:** Deputy District Attorney Maria Wilson, Special Assault & Child Abuse Unit

Twenty-two-year-old Brandon Amador was convicted by jury on seven counts of child sexual assault charges.

On October 19, 2014, the 6-year-old female victim went to her next-door neighbor’s house to look for her Frisbee in their backyard. Amador answered the door and helped her look for the Frisbee. When they didn’t find it, Amador took her into the house telling her the Frisbee might be in one of the bedrooms. Amador then sexually assaulted her. The victim was able to escape when Amador left the room to stop his dog from barking.

A search warrant of Amador’s house revealed a duffle bag full of the victim’s swimsuits, her underwear, a photo of the victim in her swimsuit, and child pornography on a computer with files using the victim’s name.

Amador faces a sentence of 70 years to life in state prison. Sentencing is set for February 5, 2016, at 9:00 a.m. in Department 10 before the Honorable Eugene Balanon. ★



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### CLUES

**ACROSS**

- 1. Visual representation
- 6. Part of tennis match
- 9. Hindu dress
- 13. Japanese-American
- 14. Anger management issue
- 15. Strong and sharp
- 16. Relating to Eastern Catholic churches
- 17. Group of whales
- 18. Innocent
- 19. \* \_\_\_\_ line between atmosphere and outer space
- 21. \*Houston's infamous

**DOWN**

- 1. African grazer
- 2. Triple toe loop location
- 3. "Heat of the Moment" band
- 4. Black \_\_\_\_ in "Pirates of the Caribbean"
- 5. Paid killers
- 6. Sagittarius, e.g.
- 7. Time period
- 8. Dancer's beat
- 9. Union foe
- 10. Seed cover
- 11. Gauche or Droite, in Paris
- 12. Something previously mentioned
- 15. Arctic-wear
- 20. Garlic mayo
- 22. French street
- 24. Snafus
- 25. \*Space path
- 26. Bridal veil fabric
- 27. \_\_\_\_ a play
- 29. \*Famous space acronym
- 31. Punjabi believer
- 32. "Kick the bucket," e.g.
- 33. Organ swelling
- 34. \*Mars exploration vehicle
- 36. \*Only one was in John Glenn's

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By Marlys Johnsen Norris,  
Christian Author

In life, often times things happen so quickly we hardly realize what is happening to us. Just a few years after I was married, I was invited to be a guest on a television show. There was no pre-interview and I did not know what was expected of me but was excited to have been considered. It was a new adventure for this ordinary young woman!

When I arrived, the program director advised that I had been chosen because of my age and was one of two persons selected. The name of the show was “Who Is It?” It was overwhelming for me. I was to be a

# Memories of a Few Minutes of Stardom

contestant questioned “who was the real wife of actor Robert Horton?” They never asked if I knew anything about him or who he was...and I didn’t!

Today many of us know who Robert Horton is because his talent as an actor proved him successful. Those days, he was a young good-looking new actor in Hollywood. I had no idea who he was. Therefore, I certainly didn’t have any good answers to the questions asked and I think they immediately knew with certainty I was not his wife. I don’t recall much about the event. I was very excited to be on television. The first contestant won quickly because she chose his wife. Horton came out bid hello to us and then caressed his darling wife. The whole thing was over very quickly!

Years after this, I worked booking Harris Nelson, a musician using household items such as washboards. I booked him in schools, service clubs, and television where possible. One

time, he was invited to entertain on the Art Linkletter show and I went with him and was tickled to meet Mr. Linkletter.

The second time I was asked to be on television was when we moved to Northern California and I belonged to several writing groups. One of the gals and I became friends and then she told me that she had her own local television show and would like to interview me about my writing. Again, I was overwhelmed and wished I might have known the questions she would be asking. In my mind’s eye, I can see her face but her name slips my mind. The interview seemed to go well and they kindly made a tape of the show and presented it to me.

The old saying goes “the third time is the charm” and as I write that I wonder—what next, Lord?

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

# A New Look at the Old Year

Dr. James L. Snyder

From a practical standpoint, and if I am anything I am practical, well, practically, this year has gone by rather quickly. The fact I have survived this past year has to count for something.

I was musing on this with the Gracious Mistress of the Parsonage just the other day. I was feeling rather comfortable with myself and was congratulating myself on making it through another year. After all, the facts speak for themselves.

“Well,” my wife began rather deliberately, “I guess you did survive the year.”

“What in the world is that supposed to mean,” I queried. I must say I was a little agitated by the tone of her voice. After all, I did survive the year.

It was quiet for a few minutes and then she said, “What about your New Year’s resolutions?”

I informed her I was working on a brand-new set of New Year’s resolutions for the upcoming year. I think it’s rather important to jot down a few things you would like to do, maybe some improvements you would like to make or maybe something I should like to give up for the New Year.

“That’s not what I mean.”

I looked at her quizzically not really understanding what she was talking about.

“What about the New Year’s resolutions for this year.” And she looked at me with one of those looks.

You do not have to hit me with a baseball bat for me to understand what’s going on, although sometimes it does help. To be quite truthful I had not thought of those New Year’s resolutions, well, for the whole year.

“Would you like me to recite the New Year’s resolutions you made last year?”

Oh boy. I saw a news story the other day about people who could remember every day of their life in

minute detail. I do not know how that feels, but I do know how it feels to live with someone who can remember every detail of my life.

I have a photographic memory; the problem is I have been out of film for three decades.

It got me to thinking about my New Year’s resolutions for this year. I must say that after looking at this list I did not fare too well.

I had resolved to improve my diet and lose some weight. Fortunately, I did not put down how much weight I proposed to lose. I did lose 1 pound 974 times but it always found its way home. I spent some time in Michigan this past summer and just as I was leaving, I threw a pound out the window and hurried on. By the time I got home to Florida that pound was waiting for me at the front door munching on an Apple fritter. What’s a person to do?

Also, another item on my New Year’s resolution list was, “I resolve not to work harder but smarter this coming year.” At the time, I thought it was a very brilliant thing to say. And, don’t get me wrong, it is.

I have mastered the part of not working harder, but the smarter aspect of that resolution eluded me. Whose definition of smarter should apply here? Certainly, I will not appeal to my wife’s idea about smarter. She has an altogether different concept of this whole area of working smarter.

My only consolation is that my definition of the subject is, it is always smarter not to work harder. If we apply that definition to my New Year’s resolution, I passed with flying colors.

Then my good wife reminded me of another part of my New Year’s resolution. According to her memory, and I am in no position to challenge it, I had resolved to exercise more during the year. At the moment, I exercised my right to object to her memory. But, I lost that one.

The only actual exercise I got this past year was several times I had a runny nose. Believe me, that exercised me to no end, but it was not on track with my wife’s idea of exercise.

At this point of life, I think exercise is blown way out of proportion. I tried to persuade my wife that working my elbow at breakfast and lunchtime as well as suppertime was all the exercise I really needed. She said to me, “When was the last time you saw your feet?”

At the moment, I exercised my right to shut up!

Then it dawned on me. I actually did get my share of exercise in this past year.

I exercised my right to be wrong when confronted by my wife.

I exercised my right to keep quiet when my wife was giving me instructions.

All that exercise may not have helped me lose weight but it helped me gain in my relationship with my wife.

I pondered this for some time and realized that many times it is better to admit you are wrong and save your relationship. Those who have to be right all the time are those who end up never being right. I thought of what the apostle Paul said. “Now therefore there is utterly a fault among you, because ye go to law one with another. Why do ye not rather take wrong? why do ye not rather suffer yourselves to be defrauded?” (1 Corinthians 6:7 KJV).

Sometimes it is better to suffer wrongfully for a good purpose.

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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Subscriptions should be mailed to *American River Messenger*, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. Subscription rate is \$28 per year in Fair Oaks and Orangevale.  
The *American River Messenger* is published twice-monthly. Call 916-773-1111 for more information.  
(ISSN # 1948-1918).

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# POPPOFF!

with Mary Jane Popp

I can sit on a mushroom and contemplate my navel for any length of time without going beany. There are those who tell me take note of my dreams because they are a release as well as a foretelling of what is yet to be. Now that’s even scarier. Some of my dreams are really weird and so jumbled I can’t make heads or tails of what they mean. I’m glad I don’t remember them too long. Then, here come the suggestions on how I should eat. The one I really remember is don’t eat anything white like white flour, white rice, or white sugar. I’m sure there is good reasoning behind these ideas, but here is what gets me frustrated. Remember when it was killer to eat butter and people were told to go for the margarine instead? Now, it has all changed and it’s the reverse. Eat butter and not margarine. Or, fat is a killer, but now it’s the kind of fat you eat. I mean really, our brain is made up of fat...the good kind of course...but that doesn’t mean there are not some fat heads in our life.

Then we have to exercise. I do. I’m really good about it. But that changes, too. Remember

“no pain no gain?” Now there are different theories on how to exercise and not necessarily with pain. I used to jog, and then got the information that it can give you bad ankles and knees and even incontinence as we get older. So walk fast and don’t jam those bones. Let’s not even go to the experts in business and politics and the crazies in entertainment. I’m so confused!

Now you ask, then why keep going doing talk shows on all these subjects. Because I have an insatiable curiosity. There is a deep-seated desire in me to unlock the truth. If I do not seek out all the possibilities, how can I find the truth...at least the truth for me? Perhaps that is the key. There is no one truth for everyone. You must find the truth that is right for you and live it to the max. So I will continue to interview these wise and dedicated souls on “POPPOFF” for as long as I am able. And I truly hope that you will stay with me on this journey for truth. We can make a difference for the positive; I truly believe that. Happy New Year and trust in that higher power within each of us! ★



A Film Review  
by Tim Riley

### CONCUSSION (Rated PG-13)

A movie about an immigrant doctor’s discovery of the connection between American football and the severe neurological problems brought on by repetitive head trauma is not exactly cheerful holiday fare.

But, at least, “Concussion” allows the deft portrayal by Will Smith of the reluctant, nuanced medical crusader Dr. Bennet Omalu, who believed so passionately that his breakthrough in the field of forensic pathology could save lives of football players.

It must be granted that “Concussion,” however, has the fortuitous good timing of landing in theaters just in time for the nearly endless parade of college football bowl games and the upcoming NFL playoffs.

Roger Goodell, NFL Commissioner, is probably not too thrilled with Hollywood’s treatment of this serious issue, considering for one thing that the direction of “Concussion” is in the hands of investigate journalist Peter Landesman, doing double duty as the film’s writer.

Additionally, Goodell may be equally displeased to be portrayed on film by Luke Wilson, whose screen time, though limited, generates no real emotional impact other being another proverbial corporate honcho of dubious moral character.

“Concussion” has an important story to tell for the simple reason that the issue of the health risks to pro players has been percolating in recent years. Will Smith, coming across with naïve yet principled

# Riley Reviews

## SERIOUS DRAMA “CONCUSSION” COLLIDES WITH SPORTS WORLD

conviction, is the right fit to infuse Dr. Omalu with credibility.

By all indications, Dr. Omalu is a highly educated forensic pathologist from Nigeria who seems overly qualified to be working in the Pittsburgh morgue for the Allegheny County Coroner Dr. Cyril Wecht (Albert Brooks).

Possessed of idiosyncratic tendencies, Dr. Omalu is perceived to be somewhat eccentric by his fellow medical colleagues as he talks to the cadavers while conducting autopsies. His stated reason for this behavior is to intuit the truth of a person’s demise.

Conducting his medical examination on retired Pittsburgh Steelers star center and local sports hero Mike Webster (David Morse), Dr. Omalu reportedly discovers a football-related brain trauma disorder that he names Chronic Traumatic Encephalopathy (CTE).

Granted that I am no medical expert, but it seems to me that awareness of repeated blows to the head have been known for some time to cause permanent damage, both mental and physical, to professional boxers, and by extension to any sport involving physical contact above the neck.

The story of Mike Webster takes on special meaning in a community like Pittsburgh where the Steelers are widely revered. Dr. Wecht observes to his Nigerian pathologist that the NFL has claimed Sunday as the day of the week that it owns, thereby upping the stakes to any challenge to the prevailing orthodoxy of football supremacy.

Then, it comes as no surprise that Dr. Omalu’s research into game-related brain injuries was certain to stir passions on both sides of the issue, with certain interests trying desperately to discredit the pathologist’s clinical studies.

That Mike Webster, known as “Iron Mike,” who died of an alleged heart attack at age 50, had suffered from severe dementia and was living in his pickup truck at the time of death proved to be merely the beginning of medical fascination to Dr. Omalu.

Other famous cases of CTE include Philadelphia Eagles defensive back Andre Waters and Chicago Bears defensive back Dave Duerson. The characterization of the latter in this film has drawn fire from family members.

Aside from support from the Coroner, Dr. Omalu had few allies in his quest to bring his research into the public light. Alec Baldwin’s Dr. Julian Bailes, a former team physician for the Steelers, joined the cause after realizing the risks to players formerly in his care.

Playing his role with quiet intensity, Will Smith’s Dr. Omalu may be unorthodox in his approach to medical science but his quest for truth is a matter of personal ethics and professional duty.

“Concussion” works best when the focus is on the doctor’s good works and his interaction with medical colleagues, whether they are hostile or favorable to his efforts.

The film gets bogged down a bit in his personal life story, one that lacks much excitement until his church persuades him to provide temporary shelter to new Nigerian immigrant Prema Mutiso (Gugu Mbatha-Raw), who later becomes his wife.

Not that going up against the powers that be in the NFL is any easy task worthy of focused attention, but the story veers off into a subplot of intrigue in which on one occasion Prema finds that she is being followed ominously on back roads. Moreover, Dr. Wecht gets arrested by federal agents on what looks like retaliation.

In the end, Will Smith stands out in a cast with many excellent performances, but “Concussion” leaves the impression that the conflict with the NFL could have been even more pronounced than as it is portrayed. ★

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# Game Plots

## Revenant Kingdom Does Not Yet Impress

By Noah Howard

“Ni no Kuni: Wrath of the White Witch” is one of the most beloved PlayStation games of the past generation of consoles. Released in Japan in 2011, western gaming audiences cried out for developer Level-5 to bring it to their regions. It wasn’t until 2013 when it finally arrived on the PlayStation 3.

“Wrath of the White Witch” was a guaranteed hit in the United States, where Studio Ghibli, the famed Japanese animators who helped design the game’s look and animate some of its cutscenes, has long been incredibly popular. The simple story of a boy who’s whisked off to a fantasy world to revive his dead mother (by a come-to-life stuffed toy his mother made for him, no less) contrasted with the normal excessively complex plots that plague Japanese role-playing games (JRPGs) that turn away many potential western players.

It was this story that made the game so magical, sort of like playing an even more imaginative version of “The Wizard of Oz.” And like “The Wizard of Oz,” one of the most popular theories is that the fantasy world doesn’t exist at all, but is rather a creation of the main character’s mind, constructed to help them come to a realization about some aspect of their life. For Oliver, the young boy who stars in “Wrath of the White Witch,” his fantasy world serves as a way for him to come to terms with and



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accept his mother’s death.

This theory has become almost accepted canon for many fans of the game, which is one of the numerous reasons why the recent announcement of “Ni no Kuni II: Revenant Kingdom” (set to release next year) failed to drum up much excitement. “Revenant Kingdom” seems not to involve Oliver or any of the characters from the original game, putting to rest this “mental construction” theory.

That’s a shame, because imagined as one long playable coping method, “Wrath of the White Witch” effectively explores realistic emotional territory where few other games dare to tread. Without the theory, it simply becomes, in retrospect, just another pretty-looking JRPG.

And from the one trailer we have for “Revenant Kingdom,” it looks to be nothing special. It retains the gorgeous Ghibli style (Ghibli itself recently disbanded, but one character in particular looks almost identical to a famous Ghibli star),

but a beautiful coat of paint can’t salvage what looks to be a comparatively lackluster story.

From what we can tell, “Revenant Kingdom” looks to be about a boy king who, after a sudden coup, strives to regain his power and “build a kingdom where everyone can live happily ever after.” This saccharine fairy-tale concept is not only overused, it lacks any of the personal, emotional motivation and struggle that made “Wrath of the White Witch” so great.

Of course, this doesn’t mean the game won’t turn out well. We’ve only seen one real trailer, and we have few details beyond what we’ve been shown. But unless something dramatically different is revealed, “Ni no Kuni II” is looking to both be a painfully average experience and a game that partially kills the impact of its predecessor.

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



# DA Office Announces First-Of-Its-Kind Internet and Social Media Safety Program

**FROM THE OFFICE OF THE SACRAMENTO COUNTY DISTRICT ATTORNEY** - The Sacramento County District Attorney’s Office has launched an innovative new program to address the challenges kids face in this digital age. The program is a collaboration with the Sacramento City Unified School District, Sacramento County Office of Education, Sacramento County Probation Department, Sacramento County Sheriff’s Department, and Sacramento Police Department.

The Internet, Social Media Awareness, Resources and Training (#iSMART) program educates youth about the dangers, risks, and threats the Internet and social media pose for them today and in the future.

#iSMART is unique in that it is an interactive presentation, designed for kids to be an active participant in the learning process. A prosecutor and law enforcement officer use visual storyboards depicting several scenarios, including cyberbullying, sexting, sextortion, online strangers and stalkers, and gang activity online. Throughout the scenarios, facilitators ask

thought-provoking questions to get students thinking and talking about what they post, how quickly pictures or texts spread, how easily stalkers or predators can find them, and the short- and long-term consequences. Potential civil and criminal legal consequences are also discussed.

District Attorney Anne Marie Schubert said, “The Internet and social media have become woven into our everyday lives, even among our children. As public safety professionals, parents, and educators, it’s important we work together to safeguard our children from the new dangers they face whether at home, school, or online.”

The first #iSMART presentations will be held in January in the Sacramento City Unified School District and the Folsom Cordova Unified School District.

“Kids are getting smartphones, iPads, and social media accounts at younger and younger ages,” said SCUSD’s Bullying Prevention Specialist Jessica Wharton. “They are growing up online. But at the same time, many remain unaware of the dangers and risks of inappropriate or careless internet use. This

is why the #iSMART partnership is so important: We need all the help we can get in educating students, parents, and school staff about these dangers.”

“Cyberbullying and other social media threats can greatly impact students’ ability to succeed in the classroom,” said FCUSD Superintendent Deborah Bettencourt. “As social media pressures and dangers rapidly evolve, it’s vital we work together to help our students understand that the choices they make today can have lasting consequences.”

#iSMART is geared toward middle and high school students. There is also a parent component to educate and provide parents with tools and resources to help them protect their children.

Both presentations are available through participating schools or by request from community groups. Requests for either presentation can be submitted online through the District Attorney’s Speakers Bureau. The request form can be found on the homepage of [www.sacda.org](http://www.sacda.org).



# George Runner Responds to Governor Brown’s January Budget

**SACRAMENTO REGION, CA (MPG)** - Board of Equalization Vice Chair George Runner issued the following statement in response to Governor Jerry Brown’s January budget proposal:

“I’m pleased that the Governor continues to take a cautious approach to the budget. While California’s economy improves, it makes sense to strengthen our

rainy day fund.

“During this time of additional revenue, the Governor should also be commended for keeping his promise to voters to end temporary tax increases on schedule. However, I’m concerned that the boost in revenue will cause many lawmakers to clamor for more spending. The last thing we need to do right

now is mirror past mistakes that led to prior budget crises.

“I think now, more than ever, lawmakers should focus on improving quality of life for taxpayers by prioritizing jobs, roads, and education without raising taxes.”

Source: Senator George Runner’s Office



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# California Called on to Divest from Companies that Discriminate Against Israel

*The California-Israel Commerce Protection Act Will Eliminate Taxpayer Funding Of Companies That Boycott Israel*

**SACRAMENTO REGION, CA (MPG)** - Today, Assemblyman Travis Allen (R-Huntington Beach) introduced AB 1551, The California-Israel Commerce Protection Act, to require the State of California to divest from companies that boycott Israel.

“The United States and Israel have historically stood together as allies due to our unique bond founded on shared values, a bilateral trade relationship, and our unwavering commitment to freedom and democracy,” said Assemblyman Travis Allen. “Any company that is intentionally inflicting economic harm upon California’s trading partners weakens our ability to conduct business and harms the vital economic interests of our state. Further, boycotts

of countries often derive from ethnic, religious, racial, or nationality discrimination, which directly contradicts the values of California citizens.”


In 2014, California exported over \$2.3 billion in goods to Israel, making it the state’s 18th largest export destination. Manufactured commodities are the largest export category for California, with over \$1.6 billion, representing nearly 70 percent of all exports to Israel.

AB 1551 will prohibit the State of California from investing in companies that boycott Israel. Specifically, any company “engaging in actions that are politically motivated and are intended to penalize, inflict economic harm on, or otherwise limit commercial relations with the State of Israel or

companies based in the State of Israel or in territories controlled by the State of Israel”.


“Israel is recognized around the world as the strongest democratically-elected government in the Middle East, which is one of the many reasons the nation’s relationship with the United States is imperative to the security and strength of California,” said Assemblyman Travis Allen. “It is unconscionable for our state to do business with companies that play politics and boycott our critical allies. California has developed long-standing social, political, and economic partnerships with the State of Israel that should not be cast aside by politicians.”

*Source: Office of Assemblyman Travis Allen* ★



*Lisa West*  
Community Outreach Director

What Veterans Need to Know



*Memorial Parks  
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**By Lisa West**

Are you a veteran or do you know one? First, let me say, I love veterans. They are truly our heroes and deserve our respect and undying gratitude for their service.

Veterans are entitled to many benefits. I can’t possibly list them all here, and I wouldn’t want to try. But I do want to give you some basic information regarding burial that I hope you find beneficial.

There are some misconceptions about veterans getting a “free burial,” first, depending upon your service, veterans are entitled to be buried in a VA cemetery. The closest one to Sacramento is called Sacramento Valley National Cemetery, although it’s not in Sacramento, it’s in Dixon (in Solano County).

Please note that although you are entitled to be buried in the VA cemetery, you still must be prepared for burial and taken to the VA cemetery by a funeral home. This is where people sometimes get confused.

yours to use if you qualify. To find out if you qualify, call a licensed funeral home and they can tell you. If you do qualify, you still need to make your final arrangements through a mortuary or funeral home. It is always a good choice to do this in advance.

This means you need to be brought into the care of the funeral home after you pass away. Your body must be prepared through either cremation or casketing, and these fees are not free or paid for by the VA.

Other important facts to know are that a licensed funeral director is required to make the arrangements with the VA cemetery at the time of need (it cannot be made in advance like other arrangements can), and that funeral home must transfer your casket or cremation urn to the VA cemetery for the interment.

*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.*

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# FDA Proposes Tanning Bed Restrictions

## Proposes Age and Other Important Safety Measures

**FDA SPECIAL RELEASE CA (MPG)** - The U.S. Food and Drug Administration recently announced important proposed steps to protect public health by preventing the use of sunlamp products (also commonly known as indoor tanning beds) by minors and reducing the risk of using these devices for adults. The FDA is committed to protecting public health by informing consumers of the risks of indoor tanning.

“Today’s action is intended to help protect young people from a known and preventable cause of skin cancer and other harms,” said acting FDA Commissioner Stephen Ostroff, M.D. “Individuals under 18 years are at greatest risk of the adverse health consequences of indoor tanning.”

Indoor tanning is a known contributor to skin cancer, including melanoma (its most deadly form), and other skin damage. Yet, 1.6 million minors indoor tan each year, increasing their risk of skin cancer and other damage (based on data in the 2013 National Youth Risk Behavior Survey).

According to the American Academy of Dermatology, those who have been exposed to radiation from indoor tanning are 59 percent more likely to develop melanoma than those who have never tanned indoors.

In addition, the effects of exposure to UV radiation add up over one’s lifetime. Therefore, UV radiation exposure in children and teenagers puts them at a greater risk for skin and eye

damage later in life.

The FDA is issuing two proposed rules today. The first proposed rule would restrict use of sunlamp products to individuals 18 and older. In addition, before their first tanning session and every six months thereafter, adult users over age 18 would have to sign a risk acknowledgment certification that states that they have been informed of the risks to health that may result from use of sunlamp products. According to the Centers for Disease Control and Prevention, an average of more than 3,000 emergency department room visits occur for injuries related to indoor tanning each year in the U.S. (based on 2003-2012 data).

The FDA also issued a second proposed rule today that would require that sunlamp manufacturers and tanning facilities take additional measures to improve the overall safety of these devices. Specifically, some of the key proposed changes would include: making warnings easier to read and more prominent on the device; requiring an emergency shut off switch, or “panic button”; improving eye safety by adding requirements that would limit the amount of light allowed through protective eyewear; improving labeling on replacement bulbs so tanning facility operators can make sure they are using the proper replacement bulbs, reducing the risk of accidental burns; and prohibiting dangerous device modifications, like installing stronger bulbs, without re-certifying

and re-identifying the device with the FDA.

“The FDA understands that some adults may decide to continue to use sunlamp products,” continued acting FDA Commissioner Stephen Ostroff, M.D. “These proposed rules are meant to help adults make their decisions based on truthful information and to ensure manufacturers and tanning facilities take additional steps to improve the safety of these devices.”

The proposed device restriction would apply to manufacturers and tanning facility operators. There are approximately 18,000 to 19,000 indoor tanning salons and 15,000 to 20,000 other facilities, such as health clubs, spas, and other commercial establishments, that offer tanning services in the U.S. The FDA has information for consumers and businesses via the Division of Industry and Consumer Education (DICE). Also, additional guidance and information for industry is included in the proposed rules.

The proposed restriction and updated performance standards are two of the latest steps the Department of Health and Human Services is taking to reduce the risks associated with skin cancer. In July 2014, the Office of the Surgeon General issued a Call to Action to Prevent Skin Cancer, which included strategies for reducing indoor tanning among minors.

*The proposed rules are available online at [www.regulations.gov](http://www.regulations.gov) for public comment for 90 days.* ★

# Raley’s Announces New Senior Vice President of Marketing

**SACRAMENTO REGION, CA (MPG)** - Raley’s Family of Fine Stores has named Deirdre Zimmermann as senior vice president, marketing. In her new role, Deirdre will lead the advertising, marketing, and external communications teams to advance the company’s brand. As the company continues to promote the vision of health and wellness, Deirdre brings new strategies for brand management and attracting new customers.

“Deirdre’s extensive retail experience and unique perspective will ensure Raley’s is an even more customer-centric organization focused on offering healthier choices for our customers at an affordable price,” said Keith Knopf, chief operating officer.

With nearly 20 years of retail experience, Deirdre has served as Vice President of Marketing for several specialty retailers, including Brookstone, and most recently White House Black Market. She moved up in the industry, working both in-house and for ad agencies representing great brands such as Fitigues, Jil Sander, The Field Museum, and Talbots.

Deirdre graduated from Barnard College with a Bachelor’s Degree in Art History. She also studied Visual Communications at the Art Institute of Chicago and Photography at International Center of Photography. Deirdre enjoys spending time with her



**Deirdre Zimmermann, Raley’s new senior vice president of marketing.**

husband of nearly 20 years and their son. An avid sports enthusiast, Deirdre enjoys running, yoga, and swimming.

“I believe a comprehensive customer-centric approach is imperative for acquisition and retention,” said Zimmerman. “Raley’s has a strong brand in California and Nevada and I am excited to bring my marketing expertise to the grocery industry.”

Source: Kat Maudru, Ivie & Associates, Inc. ★

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