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# AMERICAN RIVER Messenger

"Written by the people, for the people"

Volume 10 • Issue 19

Serving Fair Oaks, Orangevale & Sacramento County

October 9, 2015

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ON DISPLAY AT  
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with Mary Jane Popp



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## Beloved Deputy Remembered

*Danny Oliver Joins Park Heroes November 7th*



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

**Story and photos  
by Susan Maxwell Skinner**

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

Oliver died during a 2014 criminal incident that spread from Arcade to Placer County. The 47-year-old father of two was slain as he and another officer investigated activity in an Arden Way motel parking lot. The shooter and a female companion then fled to Auburn. En route, they carjacked two vehicles, shooting

and injuring one car owner. Near Interstate 80, the male suspect fired on two Placer County officers. One investigator, Michael Davis, died from his wounds.

At the time of his death, 15-year Sheriff's Department veteran Oliver worked with Problem-Oriented Policing in the North Area Division. "We hold Danny Oliver in a place of honor and distinction in the department and in the community," said Sacramento Sheriff Scott Jones. "He will never be forgotten."

Situated near the Carmichael and Fair Oaks border, Patriots Park is dedicated to Carmichael and Fair Oaks heroes. Their Wall of Honor bears plaques naming local legends

who gave their lives in service since the Carmichael Park District began.

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

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



## Local Man to Compete at MMA West Coast Fighting Championship

**By B.T. Stephenson**

**SACRAMENTO REGION, CA (MPG)** - Imagine growing up in the Sacramento area and one day becoming a World Champion. Now imagine holding six of those Championship titles at the same time. That's reality for Max Griffin, known in the mixed martial arts (MMA) world as Max "Pain" Griffin. On October 10th, the kid who grew up in Carmichael and Fair Oaks and went to Bella Vista High School will defend two of those belts in a featured match as part of the West Coast Fighting Championships at McClellan Conference Center in Sacramento.

"I fought a lot as a kid growing up, but it was around 18 or 19 when I decided to be a professional fighter," said Griffin. He thinks there

are several things that make a person a good fighter. "You have to be intelligent and able to adapt, you've got to have heart and probably be a little crazy, because in the ring or the octagon it's 'kill or be killed.' Some people think we're savages, but it takes a lot of discipline and it's fun."

Griffin was recently signed by Iridium, an elite sports agency known for representing exceptional fighters. He believes it will launch his career into the UFC, the leading organization for today's MMA fighters. "I want to be a UFC Champion and one of the best in the world. Hands down," said Griffin.

Being one of the best takes a huge amount of dedication to training and working out, and Griffin has some of the best in the world



to work with every day here in the Sacramento area. "Doug Casebier, Dave Marinobles, Jaime Jara, Grand Master Perry...they've got me at 6% body fat and unbelievable cardio conditioning. I'm in the best shape of my life."

We asked Griffin why

**Max Griffin in the ring against a competitor.** Photo by Tribal Action Photography

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# Local and National Experts Discuss Sacramento Cohousing Opportunities

**SACRAMENTO REGION, CA (MPG)** - The second annual Sacramento Cohousing Forum will be held Saturday, October 10th from 2 p.m. to 5 p.m. at the Unitarian Universalist Church at 2425 Sierra Blvd in Sacramento.

The event will provide an opportunity to learn more about cohousing and whether it is right for you. Local and national experts, planners, and residents will talk about concept and design, as well as what it is like to live day-to-day in the “new, old-fashioned neighborhoods” of cohousing. These modern-day villages are comprised of about 30 individual private homes surrounding a common house where residents can gather for meals and other activities. Cohousing is unique in that the residents design, own, and govern the community.

The featured speaker at the event will be architect Kathryn McCamant, one of the nation’s experts on cohousing. McCamant has designed and developed dozens of communities throughout the US and Canada. She and her husband Charles Durrett introduced cohousing to North America in the 1980s. They are the authors of the book *Creating Cohousing: Building Sustainable Communities*.

Following McCamant’s remarks, several local experts will discuss “Opportunities for Cohousing in Sacramento.”



**Fair Oaks EcoHousing future residents design the site’s layout.** Photo courtesy of Marty Maskall

Presenters will include:

- Architect Erin Reschke of the firm Mogavero Notestine Architects, which is planning a cohousing community in Oak Park.
- Marty Maskall, project manager and future resident of Fair Oaks EcoHousing. Fair Oaks EcoHousing is slated to start construction in the spring of 2016.
- Bob Miller, resident of Wolf Creek Lodge in Grass Valley, a senior cohousing community.
- Anne Geraghty, former city planner and proponent of Renaissance Village Homes, a senior cohousing community envisioned for downtown Sacramento.

“What It’s Really Like” will be the subject of a panel of current residents from local cohousing communities who will take questions from the audience. The communities represented on this panel will include:

- Southside Park Cohousing (5th & T Streets, Sacramento)
- Wolf Creek Lodge (a senior cohousing community in Grass Valley)
- Nevada City Cohousing (Nevada City)
- Muir Commons (in Davis, the first in the nation)
- N Street Cohousing (Davis)

After the forum adjourns at 5 p.m., the discussion will continue with refreshments and an informal Q and A. The event will be hosted by Fair Oaks EcoHousing, Renaissance Village Homes, Oak Park Cohousing, and Wolf Creek Lodge. The cost is \$10 at the door. Reservations are recommended, as the event sold out last year. RSVP to Mary Claus at [mary.claus64@gmail.com](mailto:mary.claus64@gmail.com) or (916) 834-7607.

Source: Marty Maskall ★

# Fair Oaks Neighborhood Watch Group Seeks Solutions to Crime

Story and photos by Seraphim Winslow

**FAIR OAKS, CA (MPG)** - “If a burglar wants to enter your home, he’ll use the weakest point of entry. You know what that is?” asked Scott Colvin, owner of First Solutions Incorporated, which installs home monitor alarm systems throughout the wider Sacramento area. The west Fair Oaks residents in the audience shook their heads curiously. “It’s the side garage door. Most people don’t think to secure it.”

Colvin is a big man who has done a lot of big security jobs. “Biggest job I’ve ever done is the nuclear reactor at U.C. Davis. Most people don’t know that they have one there.” With over 20 years of experience in his field, he is a personable and reliable guy who knows his trade well. On Thursday, September 24th, members of the West Fair Oaks Neighborhood Watch Association, Zone 4, gathered at the Living Hope Community Church to hear what their guest speaker had to say about keeping their homes secure. Colvin was friendly but blunt when he said, “In my opinion, you won’t get a good return on your investment if you install a camera system, unless it’s a small unit like the Alro from Netgear meant for



**Scott Colvin informs Fair Oaks residents about home security.**

home use.”

Colvin spoke for about 45 minutes. His talk was useful and sometimes disturbing. “Bad guys case neighborhoods by first getting jobs as door-to-door salesmen. They find out who’s home, and when they quit the sales job, they go to work robbing people’s home equipped with what they’ve learned about neighborhood. Colvin also mentioned that you should put thorny plants like holly in front of low-lying windows, that side gates should have locks, and that installing a security screen door at your home’s front entrance will put one more layer of protection between you and surprise callers who can gain forced entry simply by getting you to open your front door.

The National Burglar and Fire Alarm Association says that about 2 million American homes

are burgled every year. West Fair Oaks alone tracked more than 20 reported incidents within a recent one-month period. So, the residents in Neighborhood Watch Association Zone 4 are right to be wary and prepared. The Association even publishes a free monthly newsletter, “West Side Stories,” in order to create, “a community voice to improve the quality of life in our neighborhood through communication and education on crime prevention.”

Another thing that the Association was right about: enlisting Scott Colvin, who knows his business and who obviously relishes imparting that knowledge to interested residents of Sacramento and Placer counties. “The number one rule that I want you to take away from this talk,” said Colvin, “is to lock your door when you leave the house.” ★

# Halloween Silent Comedies Night

**FAIR OAKS, CA (MPG)** - Join the Sierra Chapter American Theatre Organ society and the Fair Oaks Recreation and Park District for a spooky fun evening! On October 16th at the Fair Oaks Community Clubhouse (7997 California Ave. Fair Oaks, 95628), see a live music accompaniment featuring Dave Moreno at the mighty Wurlitzer. Popcorn, soft drinks, and bottled water will be available for

purchase. Come and show off your best Halloween costume.

The film lineup (all are comedy short films):

- “The Skeleton Dance” (1929) Cartoon
- “Haunted House” (1921) Buster Keaton
- “Haunted Spooks” (1920) Harold Lloyd
- “Lonesome Ghosts” (1937) Cartoon

- “Habeus Corpus” (1928) Laurel and Hardy

Advance tickets are available at the District Office. Tickets will be sold at the door, if available. Doors open at 6:45 p.m. and the show begins at 7:30 p.m. Tickets cost \$10 for ages 12 and over and \$5 for ages 12 and younger. Source: Fair Oaks Recreation and Park District ★



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**Publisher,**  
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# Almond Heights Senior Living Grand Opening



Story and photo by Christie Spurlock

**ORANGEVALE, CA (MPG)** - On Friday, September 18th, Almond Heights Senior Living hosted their Grand Opening Celebration. The celebration featured a smorgasbord of hors d'oeuvres, desserts, and other goodies. "Passports" were handed out at the door, and guests who participated in the full self-guided tour of the facility got their passports stamped and could enter a drawing

for several flat screen TVs. The self-guided tour showed off the many amenities of the facility, such as a movie theater, game rooms, a spacious dining area, a hair salon, and more. There was also a ribbon-cutting event where staff gathered to mark the occasion with giant scissors and ribbon (pictured). Almond Heights Senior Living is located at 8685 Greenback Ln. in Orangevale. To find out more about Almond Heights, go to [www.almondheights.com](http://www.almondheights.com). ★

## Danger in the Dark: Women's Safety and Self-Defense Alert

**SACRAMENTO REGION, CA (MPG)** - As days get darker earlier in the changing seasons, criminals get bolder. Dark mornings and earlier nights invite trouble for those unaware of their surroundings. Criminals seek the dark and target the unaware. With the time change comes greater danger. Awareness and conflict avoidance are the first steps.

Robinson's Taekwondo offers a free clinic on personal safety and self-defense just for women. Women are especially vulnerable as they are often exposed to danger as they pick up and drop off family members in school or shopping mall parking lots.

Plan to attend this safety awareness and simple self-defense clinic. Robinson's Taekwondo instructors will help raise awareness of dangerous situations and locations, show how to escape an attacker's hold, and give everyone who attends a safety "mindset."



Dark Dangers Safety and Self Defense Free Clinic will be held in two sessions beginning on Friday, October 23rd at participating Robinson's Taekwondo locations across the Sacramento region. Registration is required to reserve your space at <http://www.robinsonstk.com>. Or, call (888) 249-7853 for more information.

Source: Rick Reed ★

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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.

Community Coffee October 21st

Please join me at my next Community Coffee Meeting, which will be held on Wednesday, October 21st at 7:30 a.m. at the Fair Oaks Water District’s conference room (10326 Fair Oaks Blvd. near Winding Way). The program will consist of a photographic narrative by journalist Susan Maxwell Skinner regarding the recent Hometown Heroes Parade held last month to honor the three young men who thwarted the terrorist attack on a European passenger train.

The courageous actions of Anthony Sadler, Alex Skarlatos, and Spencer Stone showed the entire world how one single act of

bravery can stop the horrors of terrorism. Our community recognized the bravery of these three local hometown heroes on September 11th with a parade down Capitol Mall followed by a special ceremony on the West Steps of the Capitol.

These local heroes all grew up in the Sacramento area and formed a bond of life-long friendship when attending middle school in Fair Oaks (Alex and Spencer attended Carmichael’s Del Campo High School; Anthony attended Rosemont High School).

San Juan Unified Stars

On Friday, October 16th, please support the San Juan Education Foundation and recognize three outstanding graduates of the San Juan Unified School District at the STARS Hall of Fame dinner.

This event honors exceptional San Juan Unified School District graduates who embody an innovative spirit and have made their mark in their chosen profession. This year’s event will be at the Arden Hills Resort Club & Spa, which will include wine tasting, a formal dinner, live and silent auctions, music, and entertainment. The 2015 honorees are Facebook Security Chief Officer Alex Stamos (Bella Vista High School), Teichert Chief Operating Officer Mary Rotelli (Rio Americano High School), and Tony-nominated award-winning actress Kate Levering (El Camino High School).

The San Juan Foundation believes inspired and innovative

teaching better prepares students for success by utilizing science, technology, arts, and reading (STAR). For more information about the dinner and tickets, please visit [sjeveningwiththestars.squarespace.com](http://sjeveningwiththestars.squarespace.com).

No Campfires in the Parkway

Since May, more than 50 wildfires have ignited in Sacramento County Regional Parks with a majority occurring in the American River Parkway. In response to the increasing fire danger, the Board of Supervisors approved an urgency ordinance granting additional authority to the Regional Parks Department to restrict the use of barbeques and other incendiary devices in Regional Parks except in designated picnic areas. In addition, the ordinance makes it a misdemeanor crime to ignite, maintain, or use a fire in any Regional Park facility without a permit from the director.

Fires in the American River Parkway are an immediate threat to public safety. The goal of this ordinance is to protect everyone who uses the Parkway, the neighborhoods surrounding it, and the public safety personnel who respond to the fires.

These stronger rules and enforcement measures give our park rangers another tool to stop fires before they start.

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

Local Man to Compete at MMA West Coast Fighting Championship

Continued from page 1

local people should come out to watch and support him. “It’s like watching any sport on television. You can feel the excitement live, the momentum, and hear how the crowd gets into it,” he said. “It’s the best way to experience MMA.” This will be the first time in two years that the Sacramento-area Champion will have fought on his home turf.

When asked if he could fight anybody in the world right now, who would it be, without hesitation, Griffin said, “Robbie Lawlor, because he’s a Champion.” Lawlor is the current UFC Welterweight Champion. For now, Griffin will have to focus on his current opponent.

You can support Max “Pain” Griffin, the local kid who now holds several title belts, at the West Coast Fighting Championship on Saturday night, October 10th at McClellan Conference Center. Doors open at 4:30 p.m. and fighting starts at 5 p.m. The evening will feature a full slate of matches. For a full list of competitors and for tickets, see <http://west-coastfighting.com/WFC15.html>.

You can support Max “Pain” Griffin, the local kid who now holds several title belts, at the West Coast Fighting Championship on Saturday night, October 10th at McClellan Conference Center. Photo by Tribal Action Photography



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# Dare to Live Without Limits

## What Kind of Day Will You Have?

by **Bryan Golden**



The alarm clock blares, summoning the start of another long week. You drag yourself out of bed and start your routine. You're still tired, facing a long, monotonous day. It's only Monday. Friday seems so far in the future. What kind of day will you have?

You wake up before the alarm goes off. Filled with excitement about the brand new day ahead, you jump out of bed. You're glad it's Monday. There's a whole week in front of you filled with new opportunities. Energized with enthusiasm, you can't wait to get started. What kind of day will you have?

The kind of day you will have depends on your outlook. Expect your day to be torturous, and it will be. Have an upbeat attitude and your day will be much more pleasant. This approach works. Your perception is based on your mindset. Your reality is based on your perception. Therefore, your mindset determines your reality.

Don't wait for a good day to make you happy. When you are happy, you will have many more good days than those who aren't. When asked how are you doing, what's your answer? Your response offers real insight into your frame of mind.

Is your answer something along the lines of, "same stuff, different day"? Or do you reply with, "I'm doing well, thanks for asking"? Your response is shaped by your perception.

Of course everyone has off

days or times when they're feeling down. No one is emphatically upbeat 100% of the time. But with the right attitude, you can be in a positive mood a vast majority of the time.

The only thing you have total control over is your thoughts. Your thoughts control your attitude. So by directing your thoughts in a positive direction, your attitude will be boosted. Without conscious intent, thoughts have a tendency to drift into negative territory. This is due to the influence of all of the negativity we are exposed to from other people, news reports, and society in general.

It requires a conscious effort to guide your thoughts to the positive. Part of this process is connecting with positive influences such as other positive people, motivational books, tapes, and videos. A great source of inspiration is reading about the accomplishments of others and how they solve problems.

You have to be proactive. Waiting for your attitude to improve doesn't work. Start by limiting your exposure to negative influences. Minimize the time you spend with negative people along with any activities that bring you down.

Next, monitor and correct your self-talk. Replace negative phrases with positive ones. For example say, "I can," instead of "I can't," "I will," rather than "I'll try," and "I'll figure it out," in place of "It won't work."

Cultivate an attitude of gratitude. Start your day by reviewing a mental checklist of all the things in your life you have to be grateful for. List every positive element regardless of how small.

This process alone does wonders to boost your morale. It puts things into perspective and gives you a realization that circumstances are better than you thought. Repeat this process as often as necessary throughout each day to keep your attitude positive.

Life's problems can be draining. Keep in mind that there is a solution for every problem and that each problem you face provides an opportunity to get stronger, learn, and grow. Everyone faces problems. Successful people become problem solving experts.

You have control over what kind of day you have. If you're not welcoming each day with joy and enthusiasm, change your outlook. Life is too special to squander it while waiting for each weekend.

*NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columlist.com](mailto:bryan@columlist.com) or write him c/o this paper. © 2011 Bryan Golden. ★*



**By Marlys Johnsen Norris, Christian Author**

The question of the trinity is certainly a question that one has before they have read and studied God's Holy Word, the Bible. In the very first book of the Bible, these words should answer the question. *"And God said, let us make man in our image, after our likeness..."* (Genesis 1:26 KJV) and *"...let us go down"* (Genesis 11:7 KJV).

In the New Testament, we read, *"...in the name of the Father and of the Son and of*

# The Trinity:

## One God in Three Persons

*the Holy Spirit..."* (Matthew 28:19 NIV). Isn't that three persons in one? Another place it reads, *"There is one God, and one mediator between God and men, the man Christ Jesus"* (1 Timothy 2:5 KJV).

It makes sense that as the Bible speaks about Almighty God. He is described in several terms to help man comprehend the depth of who He is. In the same vein, if we look at ourselves, we too are called by many names. Our given name, son or daughter, and later a father or mother may have an insignia relating to our expertise or profession.

When one continues to read the Bible, the words written actually come alive within you as one understands and applies them to life and lives by them. Is it any wonder lives are transformed and changed by the power of God in the process? One who has a problem with self-esteem and identity will find themselves as well as find a wonderful freedom in the process. It is an adventurous life, and the thirst for the knowledge in the Bible seems to never be quenched as one comes to know the author of true love.

God is love! Love that comes from Him satisfies our souls.

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*Marlys Johnsen Norris is the Christian author of seven books. You may contact her at [Marlysjn@gmail.com](mailto:Marlysjn@gmail.com). ★*



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**ACROSS**

- \*Where bats are stored, pl.
- Sheep sound
- Biblical captain
- \*Player's rep
- Opposite of nothing
- Slow on the uptake
- Rock bottom
- \* \_\_\_\_ out a triple
- Twig of willow tree
- Pharmacy order
- \*Game that determines home-field advantage
- Make bigger
- Team homophone
- Federal Communications Commission
- Per person
- Bank account transactions
- Bread quantity
- \*"Kiss Me, Kiss Me, Kiss Me" band The \_\_\_\_
- Specialty
- 4,840 square yards
- Edward Teller's baby
- Capital on the Dnieper
- Dandruff manufacturer
- Ship canvas
- Additional
- \*H in DH
- Kind of math
- Hankering
- Like a busybody
- Voluntary fee
- \*Home of 1993 champion Blue Jays
- Popular flowering shrub
- Opera house exclamation
- Not lean
- Narcotics lawman
- Of the Orient
- However, poetically
- \*Ty Cobb or Al Kaline
- Sushi wrapped in nori
- Small dog's bark
- Mercantile establishment

**DOWN**

- Campaigned
- Petri dish gel
- Surrender
- Mack the \_\_\_\_
- \*Reason for World Series cancellation
- \*Opposite of strike
- Sierra Nevada, e.g.
- Pool problem
- Nessie's loch
- "I'm \_\_\_\_!"
- Away from port
- \*All-Star 2nd baseman, '85 Cardinals champs
- Neolithic tomb
- "Lifestyles of the Rich and Famous" host
- \_\_\_\_ Zeppelin
- Like Kathleen Turner's voice
- \*HOFer Frankie Frisch, "The Fordham \_\_\_\_"
- Spherical bacteria
- Jeweler's unit
- \*Last World Series win was 1908
- Two-wheeler
- In a cold manner
- Not those
- \*Best-of-\_\_\_\_
- Matted wool
- Chieftain in Arabia
- The \_\_\_\_, against Britain
- Type of flag
- Break down
- \*2014 World Series champs
- Sentimental one
- Braid
- Kind of ski lift
- Guesstimate phrase
- Iron horse track
- West Wing's Office
- At the summit
- Therefore or consequently
- Maple, to a botanist
- Bingo!
- Miner's bounty

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

**For Solutions See Page 7**

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**Crossword Puzzle on Page 6**

R	A	C	K	S		B	A	A		N	O	A	H
A	G	E	N	T		A	L	L		D	E	N	S
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# Governor Gets Request to Declare Tree Mortality Disaster

**SACRAMENTO REGION, CA (MPG)** - Senator Tom Berryhill (R-Twain Harte) submitted a request to Governor Jerry Brown and California Office of Emergency Services Director, Mark Ghilarducci, to declare a State of Emergency because of the threat presented by the increasing number of dead and dying trees in rural areas.

Drought, invasive species, and the history of mismanaged federal, state, and other forestlands have placed California in a situation where high numbers of dead or dying trees are providing fuel that is escalating the intensity of wildfires throughout the state. This situation threatens our ability to conserve water, jeopardizes air quality and carbon reduction as well.

While the Governor’s office has recognized the drought as contributing to wildfire danger, the administration has only recently begun to acknowledge the implication of tree mortality.

Local resources are no longer enough to address the overwhelming increase in dead or dying trees throughout the state.

A U.S. Forest Service survey, of about 3.6 million acres of land covering the lower western foothills of the central and southern Sierra—from the Sacramento area south to Visalia, found more than 6 million dead trees across roughly 526,000 acres.

Tree mortality has reached endemic levels in many areas. Approximately 54% of all trees in Mariposa County are dead or in decayed state, with an expected increase to 72% of all trees this year.

Even if California experiences normal or higher-than-normal levels of precipitation this winter,

the disaster would continue due to the high number of dead trees that would fall. Falling trees pose a problem for power lines and are a public safety risk to communities and people who visit California’s forests.

Mariposa, Madera, and Fresno County Boards of Supervisors are just a few of the recent counties in the area, covering the Sierra and Sequoia National Forests, issuing resolutions stating that the level of tree mortality “has created extraordinary threats to public safety,” and “exceeds their functional capabilities.”

State recognition of the disaster would draw much needed attention to the problem and begin the process of getting resources, both state and federal to the affected counties.

*Source: Office of Senator Tom Berryhill* ★

# See Faculty Art on Display at Harris Center

**SACRAMENTO REGION, CA (MPG)** - Harris Center for the Arts hosts the 15th annual exhibition of Folsom Lake College Visual Arts faculty in the Bank of America Gallery, now through November 8th, 2015, with a special artists’ reception set for Friday, October 16th from 5 p.m. to 7 p.m.

The Folsom Lake College visual arts faculty includes professional artists with diverse specializations encompassing the spectrum of classes offered, from studio arts, to art history and photography. Folsom Lake College faculty members have exhibited regionally, nationally, and internationally. The artwork exhibited will reflect a wide range of media and styles. Participating artists include: Diana Coco-Russell, Talver Germany, Aleris Hart, Brian Hayes, Eunyoung Hwang, Shadieh Mirmobiny, Marisa Sayago, Heike Schmid, Kristine Wendt, and Margaret Welty.



“Raku Vase” by Brian Hayes. Photo courtesy of Folsom Lake College



“Self Portrait with Wisdom” by Margaret Welty. Photo courtesy of Folsom Lake College

The Bank of America Gallery is open to the public from 10 a.m. to 2 p.m. Tuesdays, Wednesdays, and Thursdays when exhibits are installed. In addition, the gallery is open beginning one hour before—and during intermissions of—each scheduled performance at Harris Center.

Regular admission to the gallery is free of charge. When visiting the gallery on a weekday, a parking permit is required. Permits are available for \$2 per vehicle from automated kiosk dispensers located near the parking lot entrances.

For more information on Harris Center for the Arts and the Bank of America Gallery, please visit [www.harriscenter.net](http://www.harriscenter.net).

*Source: Folsom Lake College* ★

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This event is presented by the YaYa Red Hatters and the Red Hat 6PAC in collaboration with the Sunrise Recreation and Park District. Proceeds from this event will be used to begin a “Fix the Roof” fund for Rusch Home.

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# Colleges Need to Sync-Up Student Skills with Modern Employer Demands

**Commentary by John Hyde  
and Amy Bravo**

Many of today's college students are stunningly ill-prepared for the professional world. What's worse, they don't even realize it.

A new survey from the Association of American Colleges and Universities finds that about 70% of college students think they possess the critical thinking skills needed to succeed in the workplace. But less than a third of employers think recent college grads are ready for the real world.

There's good reason for this divide. Employers increasingly value skills that often aren't taught on the average college campus. And most students are completely unaware of employer demands because they don't plan for life outside the academic bubble.

Colleges need to repair this disconnect. Faculty and administrators must ensure students develop the aptitudes that can actually secure them long-term, satisfying employment.

Consider skills like teamwork and collaboration. While 60% of college students think they excel here, just 40% of employers agree. When it comes to the quality and speed of their decision-making, student confidence is double that of employers'.

At the same time, many employers have stopped assessing academic achievements alone. Indeed, only 2% of employers consider GPA the most important factor when evaluating job

applications, according to a survey from the research firm Millennial Branding.

These discrepancies are exacerbated because many students don't take advantage of the opportunities provided by school administrators to acquire professional skills.

Fortunately, there are ways to improve student career readiness.

First, colleges can adjust their curricula to better simulate real-world working conditions. Most jobs don't require the sort of sustained, independent work it takes to finish a paper; collaboration is more common. That's why Purdue University lends some of its business students out to local small businesses to act as consultants. Professors in all academic programs should look for similar opportunities.

Leadership matters, too. Only micromanagers provide employees with minute-by-minute orders. Often, workers are expected to identify employer needs, adapt accordingly, and guide colleagues when appropriate. Given that, American University has launched a public affairs leadership program, which challenges students to identify a social ill and try to resolve it.

Career service programs also have an important role in preparing students for life after college. Administrators should focus on increasing the number of internships available, expanding the variety of participating employers, and allowing students to accrue credit from part-time

professional opportunities.

Notably, Alma College in Michigan has installed a careers services program that provides students \$2,500 grants toward off-campus internships, fellowships, or research.

Here at New York Institute of Technology, we provide extensive professional development opportunities. The skills our students acquire translate into real job opportunities. Fully 87% of our graduates are employed in their chosen field within six months of commencement. Nationally, only 55% of college grads secure full-time jobs before the six-month mark.

Most recently, we started an urban administration course that introduces students to the inner-workings of city governments and non-profits through traditional classroom instruction—and then empowers them participate firsthand with a community service project. This program isn't simply aimed at exposing students to these fields. It also cultivates the problem-solving skills employers demand.

American institutions of higher education must narrow the gap between what the average student learns and what the average employer demands. If not, future generations of graduates will find themselves locked out of the job market and deprived of the chance to find fulfilling work.

*John Hyde is the dean of New York Institute of Technology's Office of Career Services. Amy Bravo is the assistant dean. ★*

# Sacramento Employment Trends Rise

Continued from page 1

major. Five percent said accounting/finance or economics. Other interesting choices included medicine/health, systems analysis, and a new degree in mechatronics. The latter is a new major, blending skills relating to

both mechanical engineering and electronic systems.

Sacramento regional top companies polled by industry: 42% are service, 27% are manufacturers, 17% are construction, and 14% are retail.

How does this quarter

compare to last quarter or last year? Find out for yourself. For more information, employment blogs, and market surveys, go to [www.pacificstaffing.com](http://www.pacificstaffing.com).

Source: Rick Reed Public Relations ★

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# Local Songwriter is Finalist for National Video Award

**SACRAMENTO REGION, CA (MPG)**

- Sometimes when you are holding onto a dream, you hope you never have to wake up. Gwen Scholl has been dreaming about becoming a successful songwriter and performer, working on her craft on weekends and evenings after her regular workday. It now seems to all be coming together as she has her first music video in the top ten being considered for a national award.

Scholl has been a saxophonist, songwriter, and singer for many years but found a special niche in writing and recording songs on positive and spiritual messages. She co-produced the video with her brother Eric, a budding director from the Los Angeles area. "He pushed me way out of my comfort zone and the whole effort was an incredible learning experience in what goes into producing a video from the permits, paperwork, rehearsals, filming, editing, and all the little things you just would not anticipate. I never would have guessed the need to rent a stunt saxophone!" said Scholl.

Scholl notes that, "Music really has the power to move people. With so many messages bombarding people every day I wanted to make a positive contribution with songs on positive and inspiring themes."

The video that is up for the national award is for her song called "My Evolution," written on the theme that people have their own personal path in life that involves great ups and downs. Scholl believes these life changes expand our spiritual growth and our own personal evolution.

The video features breathtaking scenery, beautiful colors, two wonderfully talented dancers, and Scholl playing sax on the beach.

Winning the best video title would not provide a cash prize, but rather a confirmation that the



The video that is up for the national award is for her song called "My Evolution" written on the theme that people have their own personal path in life that involves great ups and downs.

message touches people's hearts. "I have been very fortunate to have been able to perform my songs at my church and would also love to bring a message of inspiration to a wider spiritual community," she said.

You can view the video and vote for Gwen Scholl. Voting runs through October 14th. The best video award is a PEOPLE'S CHOICE award and is based solely on voting by ranking the videos on a scale of 1 to 10 stars. To watch the top ten choices, go to <http://www.empowerma.com> and assign it the stars you think it deserves. (You will have to create a free account to view and rate the finalist videos).

The national competition is produced by emPower Music and Arts. They are a community dedicated to positive global change through music, writing, and the spoken word. The Posi Awards were introduced in 2005 to recognize excellence in song-writing for positive, emPowering Music and to celebrate the powerful music and extraordinary artists who are transforming lives and helping to create a world that works for everyone through the power of Positive music. To hear more of Gwen Scholl's music or to buy her CD, go to [GwenScholl.com](http://GwenScholl.com). ★

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# Parents and Teachers Examine Homework

By Lanaya Nilsson

**SACRAMENTO REGION, CA (MPG)**  
- Now that school is underway and schedules are being set, one particular subject comes to the forefront for many students, teachers, and parents: homework.

The topic has become controversial in recent years. Books like *The Case Against Homework* (2007, Sara Bennett and Nancy Kalish), *The Homework Myth* (2007, Alfie Kohn), *Rethinking Homework: Best Practices that Support Diverse Needs* (2009, Cathy Vatterott), and documentaries like *Race to Nowhere* (2010) explore the educational policies in our country and within our school districts and how they compare to other countries that are performing the highest in the world, despite many of them having little to no homework for their students. Even NPR featured the subject in an article titled “Homework: A New User’s Guide.”

There are many conflicting claims on how much of an increase we have had in homework loads on children in the last 20-30 years. Some claims say it has doubled, others argue that it has stayed pretty much the same. When the communication manager of Sacramento Unified School District was asked if there had been any recent changes in homework policies, she said not at the district level, but that schools handle it on a case-by-case basis. But when researching the subject, personal findings are that there are certain factors that should be considered when a parent or a teacher is deciding if homework helps or hinders their students.

How long does homework take per subject? When should students get a break from doing homework? Is homework interfering in other activities or family time? When a group of



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mothers of students in a K-8 school within the San Juan district were approached with these questions, they had much to say.

“Homework works well for our family,” said Melissa Tachiera, mother of a first grader, a third grader, and a high schooler. “It creates both a routine and helps my kids learn responsibility. But my kids actually like doing homework and finish it quickly, and I know this is not the case for everyone.”

Another mother chimed in. “I had my son at a very militant-type school before this school year, where the homework load was large, and he began to quickly dislike going to school,” she said. “The daily battle even

to get him to go to school was getting unbearable, so his father and I decided to switch. Since changing, his whole attitude is improved, and he once again is liking school and coming home happy.”

When the group was asked about their opinions of weekend or holiday break homework, all of them shook their heads in unison. “Weekends and holidays are *our* time, family time,” one said. “It’s also a time when we get to relax as a family, do sports, and let our kids be kids,” replied another. When asked about homework overload, a mother said, “We have never had a problem with the teachers here overloading our kids, and if

there have ever been any issues, it is easy to contact the teacher and work it out, whether it be homework or any other problem.” One of the mothers also added, “Homework can also be an important part of recognizing if there is a learning disability present in your child and getting early intervention.”

Although homework was not a sore subject among this group of parents, there are plenty with conflicting experiences. Many educators in districts all over the country are beginning to examine homework within the classrooms, particularly at the high school level, where so many students are feeling increased pressure that results in stress, depression, and even

performance-enhancing drug use. One teacher featured in the *Race to Nowhere* documentary noted that when he cut his homework load in half as an experiment, the scores from students actually went up a significant amount. Other teachers around the nation are doing this same experiment with similar findings.

Is the homework that is being assigned conducive to learning and retaining, or is it just “busy work?” Is it something that is being currently taught in class, or are students expected to learn it at home on their own or with instruction from parents? This was the case for another parent that was interviewed, Heidi Kellerman, who has both a

student in San Juan Unified and Sacramento Unified. Kellerman said, “The problem I have had with homework are the assignments that my kids have yet to be instructed on, and so I end up being the teacher for them. I am a single parent, and after a full work day, I don’t have time and patience to be my kids’ teacher as well.” Kellerman also went on to say that many times a parent actually completes work for their child. When she has helped her kids with projects for display and later gone to see the other children’s projects, it seems obvious to her that most of them were completed by the parents and not the kids, as they are very advanced. “So what’s the point of it if the parents are just going to do it for them? What do the kids learn?” she asked.

This is a complaint of many of the parents’ groups that have begun petitions to ban homework in their districts. They say the nightly battle with kids, the emotional impact on both the whole family, and the amount of help on their part (when they have housework, cooking, errands, and more) is not worth it when their child’s assignment so often does nothing to further them academically or improve their life skills. The National PTA has even been quoted as saying, “Homework that cannot be completed without help from the parent is not good homework.”

So where do we go from here? Homework seems to be a subject that is individual to the family and the teacher. But the one word that seems to sum up how most people feel about it is moderation. Just like anything else, too much of it hurts—not helps—a developing mind. When a student experiences high stress, burnout, and develops a “who cares, just get it done” attitude, we all lose. ★

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4) You must sincerely desire to be happy. Nothing is accomplished without desire. Desire is a wish with wings of imagination and faith. Imagine the fulfillment of your desire, and feel its reality, and it will come to pass.

5) By constantly dwelling on thoughts of fear, worry, anger, hate, and failure, you will become very depressed and unhappy. Remember, your life is what your thoughts make it.

6) You cannot buy happiness with all the money in the

world. Some millionaires are very happy, some are very unhappy. Many people with very little worldly goods are very happy, and some are very unhappy. The kingdom of happiness is in your thoughts and feelings.

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