

# AMERICAN RIVER

## M E S S E N G E R



**Molly's Revenge  
to Headline  
Celtic Christmas  
Celebration**

Page 3



**We Wish  
Our Readers  
A Happy  
and Safe  
Thanksgiving**



**Kurt Vonnegut's  
Time-Travelling  
Classic Opens  
at ARC Theatre**

Page 10

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Volume 5 Issue 22

Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River

Second Edition for November 2010

## There's A New Sheriff in Town



**Present arms.** Campaigning in Foothill Farms, Captain Scott Jones was a target for California Aerostaff Academy cadets. After a dramatic campaign, the 43-year-old was elected Sacramento Sheriff. Delays in counting postal ballots meant Jones' victory was not confirmed until this week when fellow candidate Jim Cooper conceded the race. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

*Sacramento County* - Sacramento's new Sheriff Scott Jones might be justified in feeling robbed. "I missed my hour of glory," he grins. "I never had a victory speech, confetti or champagne. By the time my election was confirmed, public attention had moved on."

After a campaign that bristled at times with nastiness, Jones endured the least comfortable spell of his life. "It was pure torture," he summarized. Election night saw Jones slightly ahead of rival Captain Jim Cooper. Heavy postal balloting and a log-jammed counting process resulted in the long-awaited confirmation. His lead rose and ebbed during this time but, after each sleepless night, Jones was still ahead of his opponent. Doing the math, victory often seemed a done deal. But champagne corks stayed in a silent bottleneck. With the personal

telephone call from Captain Cooper conceding the race on Monday night, the celebration can begin.

Six days after the election, the sheriff-in-waiting was sanguine about buying his wife a new car. "Intellectually, I knew I had a raise coming," he explained. "But my cautious side still did not want to jinx my chances. I needed confirmation to punctuate the end of what seemed like a very long sentence. I went to back work as a captain - I still commanded the Sheriff's Investigation Division - and tried to focus. But it was uncomfortable. People didn't know whether to congratulate me. The department wanted finality. I needed to meet executive staff to lay out my ambitions. Instead, we all had to wait. It was worse than any part of the campaign. The verdict was there; we just couldn't see it. (Sheriff) John McGinness checked on me every day. Friday after the election, he told me to

go home and take my kids to a movie. It was good advice. My kids and the film distracted me from the stress."

A personal ground hog week was apt after Jones' electoral dramas. Sheriff John McGinness and predecessor Lou Blanas had clashed swords by backing rival candidates. Scurrilous allegations circulated about each Captain. For Jones, the departmental tempest was a political introduction by fire - and mud. Campaigning was a further education: "Going from cop to politician was a unique experience," he reflected. "The cop in you wants to push people out of your personal space; the politician tells you to embrace everybody. A cop sees a familiar face and figures he might have arrested him. I had some retraining to do. Suddenly, a familiar face might be someone who'd donated to my campaign. I'd never engaged in politics. I learned some lessons the hard way."

The foot-sore captain earned votes attending up to four public events per day. Days before November 2, I encountered him in shirt sleeves at a Foothill Farms concert. He soon galloped off to address a ladies' club. "The hardest part about campaigning was the time away from my family and the ferocity of the pace," he told me. "I reach every event exhausted. I leave energized." He and Mrs Jones bit the bullet together. "She was disappointed I had to face a run-off election but I always knew we'd be campaigning for the long haul," he summarized. "It was tough for my kids to leave their home and friends in Colfax and move to Antelope. But we discussed all my plans together. My older daughters visited churches and temples with me. We shared unexpected civics lessons, walking the precincts."

Joked the Sheriff-elect: "For me, knocking on doors was a change from knocking them in."

Carmichael folk opened doors for their future Sheriff. Election headquarters was an office loaned by Fair Oaks Blvd businessman John Deterding. "I learned about the Carmichael/Arden area and I loved it," said the campaigner. "Neighborhoods here have strength and soul. But they have challenges." Jones aims to tackle accelerated local crime with attention from a roving team of deputies that will focus on troubled spots in rotation. This plan is enabled by an October funding windfall that brought 50 furloughed deputies back to the Sheriff's Department. "Arden/Carmichael's not alone in its problems," said the new boss. "But with this new manpower, I feel we can make a difference."

Candidate Jones was befriended by area politicians: "Supervisor Don Nottoli and I discussed the race -- its quandaries and how sometimes having strong ethics can be a disadvantage - he encouraged me to stay true to myself. I did. No matter how the election ended, I knew I would have no regrets... I just wish it had ended a little sooner."

The public may contact Sheriff Scott Jones at [sheriff@sacsheriff.com](mailto:sheriff@sacsheriff.com).

## Police Commence Special Traffic Enforcement Program

*Citrus Heights* - More traffic enforcement and safer streets are coming to Citrus Heights in the coming year. Increased special traffic enforcement measures are on tap as a result of a recent \$305,000 grant awarded to the Citrus Heights Police Department. Funding for the grant comes from the Office of Traffic Safety through the National Highway Traffic Safety Administration. The Citrus Heights Police Department is dedicated to keeping our roadways safe through both enforcement and education.

Citrus Heights Police Chief Chris Boyd stated, "Over the past three years, Citrus Heights has seen the benefits of OTS grant-funded DUI enforcement. This enforcement has continually impacted DUI collision rates, thereby reducing injury and fatal collisions. However, driving while impaired continues to be a problem and adversely affects the citizens of Citrus Heights. This grant will enable us to increase our DUI enforcement efforts and improve roadway safety in our community."

The DUI Enforcement and Awareness grant is to assist in

efforts to reduce the number of persons injured and killed in impaired-driving traffic collisions. This will be done through the use of DUI and driver's license checkpoints and directed DUI saturation patrols. In addition, the Citrus Heights Police Department will be conducting DUI warrant service sweeps and several DUI stake-outs for repeat offenders.

Drunk driving is one of America's deadliest crimes. In 2009, over 10,839 people died in highway crashes involving a driver or motorcycle operator with a blood alcohol concentration (BAC) of .08 or higher. California data for 2009 shows that 950 died in Alcohol Impaired Collisions, a 7.6 percent reduction in deaths from 2008.

"Everyone in California should be heartened by these figures," said Christopher J. Murphy, Director of the California Office of Traffic Safety (OTS). "But as encouraging as this is, we can't let up on the efforts to promote and enforce traffic safety. Far too many are still losing their lives or being severely injured on our roadways."

### Holiday Recipes Available at American River Messenger Website

The American River Messenger is making dozens of recipes available to our readers just in time for the holiday season. You can find recipes from salads to entrees to desserts on our website under the recipe section on the homepage.

Our website includes hundreds of additional articles

not found in the printed copy of the newspaper. They include articles on finance, family, travel, care car, beauty, consumer news, food, fashion and more. We bring you a complete "Sunday" newspaper product online every week. Check it out at [AmericanRiverMessenger.com](http://AmericanRiverMessenger.com).

## Christ the King Retreat Center adds to Board of Directors



*Citrus Heights* - Most. Rev. Jaime Soto, Bishop of Sacramento, and William J. Cox, President of the Alliance of Catholic Health Care, join the leadership team of the 61-year-old nonprofit which promotes peace, personal reflection and spiritual growth. The retreat center, begun by a Catholic religious community called the Passionists, is open to all.

Officially received into the Diocese of Sacramento in November 2007, Bishop Soto is involved in seven national committees for the U.S. bishops and serves as chair of the subcommittee for the Church in Latin

America. He is also chair of the Catholic Legal Immigration Network, Episcopal liaison to Catholic Charities of California and the National Federation for Catholic Youth Ministry.

He is a graduate of Columbia University's School of Social Work and a recipient of the humanitarian award from the National Conference for Community and Justice.

William J. Cox is president and CEO of the Alliance of Catholic Health Care, with membership comprised of four Catholic health care systems and three independent hospitals, which operate 58 Catholic and

community-based affiliated hospitals throughout California.

Cox has more than 30 years of state and national experience as a leader in health care and helped develop the Ministry Leadership Center, which meets regularly at Christ the King Retreat Center.

Cox is a member of the board of directors of the Alliance for Advancing Not-for-Profit Health Care.

Christ the King retreat facility provides 29 acres with both large and small meeting rooms for rent, as well as set weekend programming. For more information, call (916) 725-4720, ext. 323.



Most. Rev. Jaime Soto,  
Bishop of Sacramento

William J. Cox,  
President of the Alliance of Catholic Health Care

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# Saving the “Good” in Healthcare Reform: a Thought Experiment



Commentary By  
Jane M. Orient, M.D.  
<http://www.aapsonline.org/>

Some have suggested piecemeal repeal of the most obnoxious features of the Affordable Care Act (ACA). The risk of this approach is comparable to that in cancer surgery: you might not get it all. In 906 pages of arcane statutory language, a lot can be hidden.

I suggest instead that we wipe the slate clean with a total repeal, and then consider reenacting any features that most agree are good. This would be the most efficient method because the list of items is shorter. Much shorter.

The most popular part is probably the elimination of “pre-existings.” You can’t eliminate the uninsurable condition of course, only the insurer company’s ability to deny coverage to people who have it. How would such an isolated law work?

In a free market, coverage for people with pre-existings might well be available, without any law—if insurers could simply charge a premium reflecting their risk, or limit the potential pay-out. The premium, naturally, could be very high. That would be a strong incentive to buy insurance when young and healthy, and resist temptations to spend the premium money on iPods and new cars instead. But for many it is already too late.

The U.S. already has the equivalent of fire insurance for those whose house is burning down. It is called Medicaid. Roll into the emergency

room desperately ill, and the hospital will treat you, and probably enroll you in Medicaid—likely after you have spent through any assets and lost your SUV and your home.

To prevent such personal tragedies, how about a law that simply said: “Insurance companies must take all comers, without price discrimination for pre-existing conditions.” This is called “guaranteed issue” and “community rating” (GI/CR).

GI/CR would work well, if insurance were a magical money multiplier (MMM): put \$100 in the slot machine, pull the lever, and watch \$6 million in medical services pour out. The problem is that if a lot of healthy people who don’t expect to need medical services decline to feed in their premiums, knowing they can always do so as soon as they get sick, premiums will have to escalate rapidly. This is called adverse selection (only sick people sign up), or the death spiral. It has happened every time GI/CR has been tried.

This popular part of ACA is impossible without the hated and unconstitutional individual and employer mandates.

What about doing away with limits on lifetime coverage? Limiting out-of-pocket expenditures? Doing away with copayments? All of these have the same problem: lack of an MMM, such as a money tree or the Philosopher’s Stone that turns base metal into gold. The more we require insurance to pay out, the more money has to be poured in, with the inevitable loss to administrative overhead.

How about “giving doctors incentives to be more efficient”? In a free market, that is called the profit motive. In the ACA, the “incentives” are sticks painted to look like carrots, involving vast new reporting systems, with payments funneled through managed-care mechanisms. The choice is freedom—or ACA bureaucracies. Which of the some 159 new bureaucracies do we want to keep?

What about “affordability” provisions? Since prices are going up, in ACA “affordable” means forcing someone else to pay. It’s a matter of redistributing money from those who

earn more than 400% of the federal poverty level (around \$88,000) to those who earn less. Americans are divided into winners and losers, guaranteeing constant fights over one’s share of a shrinking pie.

One part everyone might favor is the one about allowing people to keep their insurance plan and their doctor if they like them.

Oh, that’s not in the bill. That was just a Presidential promise. The ACA has rules for “grandfathering” some plans—a good term since they are not expected to have a long life expectancy. ACA also appears to be designed to drive independent doctors out of practice, and it virtually outlaws new doctor-owned hospitals.

If we continue to scour through the ACA looking for isolated good points that will make things better or less costly, rather than worse and more expensive, I predict that our thought experiment will lead to what in mathematics is called the “null set.”

So far I have found no such provisions, zero. Nought, nada, nichts, zilch.

*Dr. Orient is the Executive Director of the Association of American Physicians and Surgeons. She has been in solo practice of general internal medicine since 1981 and is a clinical lecturer in medicine at the University of Arizona College of Medicine. She received her undergraduate degrees in chemistry and mathematics from the University of Arizona, and her M.D. from Columbia University College of Physicians and Surgeons. She is the author of Sapira’s Art and Science of Bedside Diagnosis; the fourth edition has just been published by Lippincott, Williams & Wilkins. She also authored YOUR Doctor Is Not In: Healthy Skepticism about National Health Care, published by Crown. She is the executive director of the Association of American Physicians and Surgeons, a voice for patients’ and physicians’ independence since 1943. Complete curriculum vitae posted at [www.drjaneorient.com](http://www.drjaneorient.com). Additional information on health-related issues: [www.aapsonline.org](http://www.aapsonline.org) and [www.takebackmedicine.com](http://www.takebackmedicine.com).*

# WWI Watch Clocks in Veterans’ Day Observances



**Moment of silence.** Three generations of veterans honor the fallen at the Vietnam War Memorial in Earl J. Koobs Nature Area, Carmichael. It is considered the first Vietnam War memorial to be erected in the United States. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

As the 11th hour of the 11th day approached last week, Fair Oaks WW 2 veteran Jack Koobs counted off the seconds on a watch his father carried into the trenches of WW 1 France. Like his father had 93 years before, Koobs cradled the gold timepiece and awaited the sacred hour of remembrance.

In 1917, allies and enemy had two days’ notice of the minute hostilities would officially cease. With what seems as needless butchery to Koobs, many commanders kept their men fighting until the final second. “Some of the heaviest shelling of WW 1 was in the last minutes before Armistice,” said Koobs. “Dad told me he counted down the seconds on his watch till the peace at 11 a.m. Then, there was absolute

silence.” His father recalled soldiers emerging from trenches to embrace those who were their mortal enemies minutes before.

Iowa volunteer Infantryman Herman Koobs had lied about his age to enlist at 17. His unit battled in French trenches and he was twice wounded. Eight years after Armistice, he died from lung damage caused by mustard gas. His heavy gold watch passed to his young son. Carrying it during WW 2 US Navy service, Jack Koobs would have preferred a wrist watch. “But the old timepiece kept my father close to me,” he explained. “Every time I wound it up, I thought of him.” The antique annually synchronizes observances at the Vietnam War Memorial in Carmichael. Koobs has it cleaned every November and keeps it tucked

away for the rest of the year. Says the 90-year-old: “I want to keep it safe for my son and his son.”

Held in the Earl J. Koobs Nature Area behind Garfield Elementary School, Carmichael Veterans’ Day observances honor 15 young men who died in the Vietnam War. They all attended La Sierra High School in the 1950s and 60s. A retired La Sierra science teacher, Jack Koobs remembers each of the fallen soldiers. “When they died, I felt the same way I felt about the terrible killing I’d seen in the Pacific; just as my father felt as he watched those needless deaths in the last minutes of WW 1. Maybe young guys enlisted in the belief that war would be a marvelous adventure. Well, it’s never like that. Humanity has to find a better way...”

# The Coming Suburban Welfare State

Commentary By Dave Troy,  
Whiskey & Gunpowder

Some have predicted that high-energy costs, either due to decreasing supply of oil or costs associated with carbon emission mitigation, will soon push people out of their cars and onto public transportation.

But there’s something else happening: people are getting sick of spending time in transit at all, making city living increasingly attractive. We are now increasingly able to infill “scrap-time” during our days with useful activity, and location-based social networks make it possible to maximize personal connections as we move about. We are engineering our own serendipity to generate real value from every moment. Why would we squander that potential by spending time in transit of any kind?

In the future, I predict: Air travel will be reserved for trips greater than 500 miles; Trains will be used for trips less than 500 miles; Bicycles, walking, and local transit will be used within cities; Any local trip longer than 20 minutes will be seen as burdensome.

Cars will be seen as a luxury to be used for road-trips + utility hauling. And again, this will not happen due to fuel scarcity alone – it will happen because people demand it; and I’m not talking about you – but your kids and grandkids.

Regardless of what happens with fuel prices, we know that roads do fill to their available capacity. And then that’s it. Expansion does not help for long, because roads then fill to whatever capacity is available and development occurs until roads are too broken to use.

Roads are also increasingly expensive to build. A major construction project such as the popular-but-doomed Intercounty Connector in Maryland will cost over \$2.6Bn to build. Is this a good long-term use of resources? Seems to me we’re throwing a bone to some 55 year-old commuters who have been annoyed with the state of the Washington Beltway since it was built, and this is the only solution they thought could

fix it. Enough with the reductionist, idiotic causal thinking already: it’s a dumb idea. I don’t begrudge it, but in the long term, who cares?

The idea-driven creative industries that America has hung its hat on can only thrive in cities, where people can get together and trade ideas freely. Any barrier to that exchange lowers the potential net economic value. Put simply, all of this kind of creative work will happen in cities. Period. Because if we don’t do it in cities, we won’t be able to compete with our peers around the world who will be doing this work in cities.

So, what of the suburbs? In many European cities, the urban centers have been long reserved for the upper-class elites; poorer immigrants, often Turks and other Islamic communities, tend to inhabit the outer rings of the city – denying them crucial access to economic opportunity. This kind of social injustice is baked into many European cultures; in France, you are simply French or not French, and no amount of economic mobility will allow someone who is not of that world to sublimate into it.

This is not the case in America. We are all Americans, and even marginalized citizens are able to fully participate in all levels of our culture – though certainly there is social injustice that must be overcome.

Over the next 50-75 years, there will be a net gain of wealthier people in America’s cities and also a net gain of poorer people in our suburbs. This will be a natural byproduct of an increasing demand to be in cities, and an increasing (and aging) suburban housing stock coupled with roads that no longer function.

To fulfill our challenge as Americans, we must use these dual gradients in our cities – the inflow of the rich and the outflow of the poor – as an opportunity to maximize social justice. By avoiding flash-gentrification and fixing education as we go, we can in a span of 20-40 years (1-2 generations) offer millions of people a pathway into new opportunities that stem from real, sustainable economic growth; all the while realizing this is going to mean more

color blindness all around – and that suburbs will generally be poorer than the cities.

In my home state of Maryland, the only foreseeable damper on this force is the federal government and the massive amount of money it injects into industries like cybersecurity and other behemoth agencies like the Social Security Agency.

Because these agencies and the companies that service them generally do not have to compete globally to survive, they can locate in the suburbs and employ people that live in the suburbs – and subsidize all of the inefficiency, waste and boredom that comes with that.

This is nothing but a giant make-work program and its benefactors are little more than sucklings on the federal government’s teat, which is spending money that will likely come straight out of your grandchildren’s standard of living. Right on.

Cybersecurity, for all its usefulness in possibly maybe not getting us blown up by wackos (bored wackos from the European Islamic suburbs, I’ll point out), is nothing more than a tax on bad protocol design. For the most part it doesn’t create any new value. In the end, we’ve got suburban overpaid internet engineers fighting an imaginary, boundless war with disenfranchised suburban Islamic radicals. Who’s crazier?

Lastly, for all of you who think I’m wrong or resist these predictions because you personally “wouldn’t do that” or can produce one counterexample, I ask you: Are you over 35? If so, your visceral opinion may not matter much. I fail this test myself, but I believe my argument is logically sound and is based in the emerging attitudes of young people.

The future will be made by people younger than we, and based on everything I can see, we are on the cusp of a major realignment of attitudes and economics in America.

It won’t be too much longer ‘til active, entrepreneurial creative professionals (black and white) in our cities look at the suburbs (black and white) and decry the entitlement culture of the suburban welfare state.

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MESSENGER

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**Publisher–Paul V. Scholl**

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WPAC. Participants do not need to  
be members and there is no charge.



# San Juan Teachers Receive Innovative Learning Grants

## Community-Based San Juan Education Foundation Awards Grants for Science, Technology and the Arts

*Sacramento Region* - Fourteen innovative teachers from throughout the San Juan Unified School District have recently been awarded grants from the San Juan Education Foundation (SJEF) to help fund innovative programs in science, technology and the arts.

SJEF, an independent, non-profit community organization formed as a link between the community and schools in the San Juan Unified School District, awarded grants totaling \$25,000 to continue its ongoing grant program to support teacher-initiated classroom programs that creatively challenge San Juan students and nurture their desire to learn.

Some of the projects that will benefit from the grants include “Digging Up the Past” at Del Paso Manor Elementary with sixth graders working in teams in a simulated archaeological dig; a collaborative effort with Lichen K-8 and Discovery Museum that coordinates classroom activities with a simulated space mission for immersion in cutting-edge science and technology; a project at Northridge Elementary that challenges students to research, plan, prepare, plant and maintain a school garden with support from community partners; a project at Oakview Elementary that develops awareness and empathy for the different social needs of all students using arts, science and technology; a project at Sylvan Middle to research colleges & create video podcasts to be shared with students district-wide; and a comprehensive, student-led field study at Mira Loma focused on eradicating invasive species, restoring the natural habitat of the creek and educating the public about our local urban riparian ecosystem.

“California’s budget problems have

# Soak It Up! Fight Colds and the Flu with a Hot Foot Bath

by Yoshiko Kage, L.Ac., M.S.

The cold and flu season is coming. If you have been overworking, you may feel you are catching a cold. Here are a couple of simple suggestions you can follow in the upcoming holiday season. Fight it off at the earliest time before it becomes a full-blown cold or flu attack.

**The Earliest Signs to Catch**

- Chills in your neck/shoulders, legs, feet and/or low back.
- Your nose and the back of your neck become cold to the touch.
- Sneezing and/or a sore throat.
- Feeling a little cold in the head and even headachy.

• A tight neck and shoulders, toothache, or pain in the joints/ the low back/stomach.

• More frequent urination or slower urination than usual.

**Self-Help**

1. Soak\* your feet in hot water for 6 minutes, up to three inches above the ankles. Use a bucket. It should feel hot, not warm.

*\*Warning: If you have inflammation in your feet or legs, please do not try this method.*

2. Wipe your feet and check the color of your feet. If both feet become red evenly, you are done. If not, making the water even hotter, and soak the paler foot for 2 more minutes.

3. Drink a glass of water. If you feel chills in your body, drink a cup of hot ginger tea.

You can do this any time of the day. This is different from taking a shower or bath. Do it separately. The soaking will make you sweat lightly and the cold will go away.

Acupuncture and Chinese herb medicine can help you to fight with cold and flues. Contact Yoshi’s Acupuncture & Herb Clinic for consultation.

Have a happy and safe Thanksgiving holiday!

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# Molly’s Revenge to Headline Celtic Christmas Celebration



**Local Event Will Also Raise Funds for Medical Research Charity**

*Carmichael* – Popular Bay Area Celtic music band Molly’s Revenge will be returning to the Sacramento area in December for a Christmas concert that is guaranteed to entertain and delight fans of Scottish and Irish music.

The group’s classic combination of bagpipes, whistle, fiddle, and song — set against a backdrop of guitar, bouzouki, and mandola accompaniment — perfectly captures the spirit of a traditional Celtic Christmas.

This holiday celebration will also feature special guest Moira Smiley, an acclaimed vocalist and musician based in Los Angeles, as well as the Turco Irish Dancers. Part of the proceeds from this event will be donated to the ALS Foundation.

Tickets are on sale on the band’s website and at St. Michael’s Episcopal Church, (916) 557-0151. Please visit the Molly’s Revenge website, <http://www.mollysrevenge.com/>, for additional information.

**What:** Celtic Christmas Celebration with Molly’s Revenge  
**When:** Saturday, December 11 7 pm (doors open at 6:15 pm)  
**Where:** St. Michael’s Episcopal Church Johnstone Hall 2140 Mission Avenue Carmichael, CA 95608  
**Cost:** \$18 in advance or \$20 at the door

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# Send a “Touch of Home”

## “Holiday Mail for Heroes” to Deliver Greetings to U.S. Military Members and Veterans

*Sacramento Region* – For a fourth year, the American Red Cross and Pitney Bowes Inc. are teaming up to deliver holiday cards to service members, their families and veterans, many of whom will be far from home this holiday season. The Holiday Mail for Heroes program provides Americans with the opportunity to send holiday greetings and a note of thanks to our men and women of the U.S. Armed Forces.

Through December 10th the public is invited to send a “touch of home” through holiday cards that contain messages of cheer and appreciation. The Red Cross and Pitney Bowes will then screen cards for hazardous materials, sort and package the cards, and deliver them to military bases and hospitals, veteran’s hospitals and other locations during the holidays. Pitney Bowes is providing all screening, packaging and shipping at no charge. The Red Cross will utilize hundreds of volunteers to sort and box cards for delivery to service men and women, veterans and family members in November and December.

“Sending a greeting card is a small effort that makes a big impact for our American heroes during the holiday season,” said Trisha Johnson, emergency services director at the Capital Region Chapter. “The American Red Cross serves and supports members of the military, veterans, and their families by providing emergency communications, comfort and assistance each day. The Holiday Mail for Heroes program continues the Red Cross tradition of service to the armed forces.”

The American Red Cross will be hosting a local card-signing event on Sunday, December 5 from 1:00 to 4:00 pm at the Sacramento office, located at 1565 Exposition Boulevard. The public is invited to join in the event, signing cards to be delivered to military members near and far.

“Few can truly understand the tremendous sacrifice that our military personnel and their families make every single day on the nation’s behalf,” said Vicki O’Meara, senior vice president and president of Pitney Bowes Management Services and government & regulatory affairs. “Now more than ever, it is important for all Americans to seize the opportunity to say ‘thank you.’ We are thrilled to join with the American Red Cross to help make that happen.”

Holiday cards should be addressed and sent to:  
**Holiday Mail for Heroes**  
**P.O. Box 5456**  
**Capitol Heights, MD 20791-5456**

Please be sure to affix adequate postage. Cards must be received no later than December 10. Cards received after this date will be returned to senders. For reasons of processing and safety, participants are asked to refrain from sending “care packages,” monetary gifts, using glitter or including any inserts with the cards.

# Holiday Art Sale

## ACAI Gallery to Host Annual Fundraiser

*Fair Oaks* – ACAI Gallery is hosting MartixArts annual fundraiser The Gift of Art. The show features over 20 artists, artisans and jewelers. The sale is every Friday, Saturday, and Sunday November 12th through December 19th from 10 AM to 4 PM. The Gallery is located at 7425 Winding Way, Fair Oaks CA 95628 (966-2453). In addition to the sale, you’ll have materials to make a variety of ornaments for your tree or holiday gift cards. We’ll also demonstrate some techniques in clay and painting you might not have thought about. . Bring your family and friends and enjoy the wonderful variety of art and crafts available. Help support local artists and art organizations.

The sale features works of over 20 local and regional artists, artisans and jewelers including: Lawrence Fox, Aiyanna Person, Elen Huls, Lisa Johnson, Ken Kelso, Joy Gee, Erika Byrd Foley, Daphne Burgess, Sister Sheba, Dave Wilkerson, Deborah Smith, Patris Miller, Michael Smith, Tod Winebarger and a dozen others.

*Additional information about ACAI Studios & Gallery is available at [www.acaistudios.com](http://www.acaistudios.com) or by calling 966-2453. We are located at 7425 Winding Way Fair Oaks, CA 95628.*



## We Support Our Military

# Golden 1 Hires New Senior Vice President, Chief Lending Officer

*Sacramento* – The Golden 1 Credit announced recently the hiring of Charles Goss as the new Senior Vice President, Chief Lending Officer for the credit union.

A veteran of the lending industry, Charles Goss comes to Golden 1 with nearly 25 years experience in consumer, residential real estate, and commercial services lending. Goss was previously the Vice President of Lending with a highly respected Texas-based credit union and leader in auto financing.

“Golden 1 has long been recognized as an industry leader and we are very pleased to have Charles join our executive team,” said Donna Bland, President and Chief Executive Officer of Golden 1. “He brings a wealth of knowledge and experience in lending and we look

forward to working together in a collaborative partnership to achieve even greater success.”

“I am truly excited about the opportunity to lead the lending activities at Golden 1,” said Goss. “Golden 1 is widely recognized as one of the most progressive credit unions in the nation. I am proud to join their experienced and highly regarded management team and will enjoy the opportunity to contribute to their continued growth and strong performance.”

Golden 1 is the seventh largest credit union in the United States. As California’s leading credit union, it has more than \$7 billion in assets and serves residents in 34 of California’s 58 counties, state employees, and thousands of employer groups. With 84 branches and over 600,000 members, Golden 1 serves more members than any other credit union in California.



Charles Goss, new Senior Vice President, Chief Lending Officer at The Golden 1 Credit Union.

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# Sacramento Master Singers Presents

## “Peace, Peace”

*Sacramento* – The Sacramento Master Singers, under the direction of Dr. Ralph Hughes, will open their 2010-11 Season with four performances of the choir’s annual holiday concert in December. This year’s concert, entitled Peace, Peace, occurs at St Francis of Assisi Catholic Church (26th & K Streets) in Sacramento on December 12 at 3:00 PM; December 18 at 8:00 PM; December 19 at 3:00 PM; and December 22 at 7:00 PM. This concert marks director Ralph Hughes’ 25th season conducting the Sacramento Master Singers. During his tenure the group has developed a signature Christmas program full of special traditions: a quiet and reflective candlelight processional, sparkling Renaissance and antiphonal motets surrounding the audience, and favorite carols sung in traditional – and sometimes unique-arrangements. As in years past, this program includes both exciting new pieces and traditional heartwarming favorites that the audience members have told Dr. Hughes that they love. The December 18th performance

will be signed for the deaf and hard of hearing. Tickets for Peace, Peace are \$20 and can be purchased online at [www.mastersingers.org](http://www.mastersingers.org), or by phone by calling (916) 788-7464, or at-the-door one hour before each concert. The Sacramento Master Singers will also present *Jingle All The Way!*, their annual children’s holiday concert on December 18 at 2:00 PM at St. Francis of Assisi Catholic Church (26th and K Streets). As usual, a delegation from the North Pole will assist the Master Singers in presenting this shorter, family-oriented program design especially for children. Tickets for *Jingle All The Way!* are \$5 for adults, \$3 for children. All concerts will be held at St. Francis of Assisi Catholic Church, 26th and K Streets, in Midtown Sacramento.

### Free Holiday Concert

*Sacramento* – The Sacramento Concert Band, under the direction of Grant Parker, will be presenting a holiday concert at 7:30 PM on Monday, December 6, 2010, at Christ Community Church in Carmichael. This is the 41st season for the fifty-five member Sacramento Concert Band, an outstanding wind ensemble comprised of talented volunteer musicians from Sacramento and the surrounding areas. The concert is free. Christ Community Church is located at 5025 Manzanita Avenue between Winding Way and Madison Avenue. Directions: Take the Madison Avenue east exit from Interstate 80. Turn south on Manzanita Avenue. The church is on the right about 0.3 miles past the Madison/Manzanita intersection. More information is available by calling (916) 691-7632. The Sacramento Concert Band is a non-profit organization sponsored by the Sacramento Valley Symphonic Band Association.

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Marlys Norris, Christian author  
By Marlys Norris

Any person who at one time, accepted Jesus Christ as their personal Savior has a capacity to love that excels other people? He never leaves that person no matter what they might do or not do in their lives. Have you been a recipient of God’s Love through a person as this? Then, you must recognize the love you have enjoyed in abundance is a supernatural love. This love has been graciously given to you— from the very heart of God. God pours out His love and blessings to others through those who have made this decision.

Wow you say! Who wouldn’t

## Do You Want A Blessed Life?

want their life to be blessed? Doesn’t everyone have a desire for their life to have meaning and purpose? The only drawback for experiencing and enjoying a blessed life is— ones reluctance, rejection or resistance to obedience to the instructions God has provided in the Holy Word of God. The Bible is progressive revelation and Jesus is the fulfillment of the Old Testament prophecies. (see Isaiah 53).

The question for today is: Can and will you yield yourself into the will of God? It costs you absolutely nothing to obey and do the will of God. Well now, seems like you just might have an important decision to make. Are you going to listen and follow the words of Scripture or are you going to run from it? Obedience to God’s call, will “always bring blessings”. *Obedience is the only key to God’s will and instruction book that unlock the doors to God’s blessings and favor.* Listen to Paul’s call to you. “I ask you therefore, brethren, by the mercies of God, that you

present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect will of God”. (Romans 12:1-1) “And you will know the truth and the truth shall make you free”. (John 8:32)

Jesus said, “Verily, verily I say unto thee Except a man be born again, he cannot see the kingdom of God”. (John 3:3). “Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God”. (John 3:5) That which is born of the flesh is flesh; and that which is born of the Spirit is spirit”. (John 3:6)

Marlys Johnsen Norris, Author  
Marlys5934@sbc global.net  
“Intimacy Begins Going God’s Way”  
“God Moves Mountains, It was a Miracle”

## Worship Service of Contemplative Song

*Fair Oaks* - The Well, a contemporary worship service, can be found at Saint Francis Episcopal Church, 11430 Fair Oaks Boulevard in Fair Oaks at 7:30 P.M. the last Saturday of each month.

The Well is a non-denominational,

non-formal presentation that consists of 12 or more contemplative songs, original and existing prose and poetry, and scripture readings all based on a central topic. The mission of The Well is to provide an opportunity to experience the Divine through music,

community, and meditation. The next Well presentation will be Saturday, November 27, at 7:30 P.M. For more information and worship team auditions, please contact Worship Leader David Coffey at cofeyworshpldr@gmail.com



By The Reverend Kevin Kitrell Ross

Sweeter than sound itself is the profound voice of the Silence. The hustle and bustle of the world dominates the senses making it appear that in fact our three dimensional experience is real. However, those of us who understand Reality, know that everything that exists in the three dimensional world, is projected from the unseen dimension which sustains all the is appearing.

The good news in this is that you and I have access to both dimensions. The Silence is the dimension of the truly powerful, because it is in this dimension of the soul that we are tapped into the Source that causes all worlds to exist. In other words, it is in our ability to “come apart” from the outer world of effect and enter into the inner world of cause in order to truly understand how we can truly be powerful.

So, ever wonder why you are asked to close your eyes and pray? This is

## The Gift of the Silence

done so that we can shut out the illusion that is appearing to the sensorium. Thus, by “turning within” you now transcend the limitations of the space-time continuum and you make passage into the realm of the eternal now, the field of pure potentiality, the Mind of the Infinite. The Silence, therefore, is the space between thoughts that holds within it all wisdom, all knowledge, all intelligence, all compassion, and all permission for you and I to be fully expressed as spiritual beings.

When discussed with a capital “S”, the Silence is not meaning the absence of sound, as commonly thought of. However, it is a profoundly alive dimension within the soul that is often experienced through the gateway of “the absence of sound.” When we learn to quiet our external environment and likewise quiet our inner environment, we are then able to perceive the Silence. Notice, I did not say, “hear the Silence.” The reason I did not say, “hear the Silence” is that our goal with “turning within” is to release our use of our external faculties; like seeing, touching, hearing, tasting, and smelling. Thereby, what we trigger in turning within are our inner faculties which operates through perception. And the more we access the Silence, the finer our perceptions are made and thus through our perceptions and higher faculties, we bring to our daily life a

quiet mind and a dynamic Silence. The Master Teacher Jesus once invited his disciples to “Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. And they departed into a desert place by ship privately” (Mark 6:31–32). Metaphysically, to come apart to a desert place to rest a while, is each one of us withdrawing from the outer sense realm of action and reaction, but to that desert place of stillness and direct knowing. The Silence is the desert place, because it is this dimension of our souls that is void of human busyness and worldly thought traffic and all there is to experience is The Presence of God.

This week, whether it be through prayer, meditation, deep relaxing breathing exercises, a long walk on the beach, yoga or some other modality, get some spiritual rest by taking time to experience the Silence.

Kevin Kitrell Ross is the host of *Design Your Life* weekly radio program, online at [www.unity.fm](http://www.unity.fm), every Wednesday at 10:00 a.m. He is also the Senior Minister/ Spiritual Director of Christ Unity Church of Sacramento, online at [www.christunity.com](http://www.christunity.com). Feel free to join them for one of their two services 9:00 a.m. and 11:00 a.m. Christ Unity Church is located at 9249 Folsom Boulevard, Sacramento, CA 95826.

## What to Do in a Tough Time

us three things to do when we find ourselves in tough times.

**Release control.** Valleys cause us to fear because things get out of our control. You get sick, you have a relational breakup, you face financial crises and you think, “What’s going to happen to me now?” “What will this lead to?” “Why did God allow this?” But David said, “I will not fear!” “I will not fret, I will not be afraid, I’m not going to let it get me down.” When you reach this point, the point of release, the point of surrender, you have taken a major step in your spiritual maturity.

**Rest in God’s care.** David said, “Surely your goodness and unfailing love will pursue me all the days of my life...” David rested in God’s unfailing love. When you really understand God’s unfailing love, His mercy, then when something bad happens to you...your car breaks down...you get sick...you have an accident..., you won’t be tempted to think, “God must be mad at me... That must be God getting back at me...punishing me.” God doesn’t get back at you for things that Jesus already paid the penalty for! Not if you’re a follower of Jesus Christ. You will experience many different kinds of days in life. You will

experience days of loneliness, days of sickness, days of sorrow, days of pain, of tragedy. But you will never experience one day without God’s mercy and unfailing love!

**Refocus on eternal things.** Finally, David said, “I will dwell in the house of the Lord forever.” Talking about eternity. What gave David peace and confidence through the valleys of life? He kept an eternal perspective. You see, if you’re just focused on the here and now, as if this is all there is to life, then when bad times hit, when you get sick, when tough times come, then you will get discouraged and fearful. You must learn to live with an eternal perspective. This life is temporary and all of troubles are temporary. It gets better! Paul said, “These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us.” 2 Corinthians 4:17 (Msg) When you find yourself in a valley, release control, rest in God’s love, refocus on eternity and God will give you His strength.

See you soon, Pastor Ray  
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By Pastor Ray Dare

Life is full of valleys, tough times, highs and lows, good times and bad times. The fact is valleys are going to happen so you might as well count on them. It’s not a matter of “if” it’s a matter of “when”. You’ve either just come out of a valley, you’re in a valley right now or you’re headed towards a valley. What should you do when you’re in a valley?

One of the most famous Psalms in the Bible is Psalm 23. Many have memorized this Psalm and it is often recited as a prayer. David says, “Even when I walk through the dark valley of death, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies... Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.” Psalm 23:4-6 (NLT) It’s a favorite Psalm because it gives

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**Adult / Elder Care**

**Elderly Care Home** in beautiful Orangevale neighborhood. Long-term care only. Nutritional daily meals. Call Maria from 8am-9pm. 916-833-8371 (MPG)

**Fair Oaks Manor**

Beautiful assisted living care home. Semi private & private rooms available. Devoted 24/7 staff providing personalized care. 50% off first month and no assessment fee. www.fairoaksmanor.biz. Lic# 347004361. Call (916) 967-6400. (MPG)

**Newly constructed, modern Care Facilities** in Fair Oaks Private/Semi room. ½ off first month. No assessment fee. 24/7 on site care staff. Call 916-871-4267/947-8618. Will work with placement company. (MPG)

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**OAKS AT ARCADE CREEK** New & Upscale 1/1 2/2. 6544 Auburn, Citrus Heights. 916-726-6100 (MPG)

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**ATTN:** Internet health and wellness company expanding. Seeking top sales Pros's. Will train right person. CALL 888-279-7875 24hrs. (MPG)

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**Backhoe owner operator** specializing in rock retaining walls land contouring, artistic rock scaping, and 4-x-4 backhoe tractor work. Call Ross 530-308-1373 (MPG 08-25)

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Miss Citrus Heights Beauty Pageant; October 29th, 2010 Call Pageant Director for more information-725-3824 (MPG)

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**Adult Residential Facility is in Need of Live-In Caregiver** with experience in an ARF facility, good DMV record, and hardworking. Please call Orlando or Hermie at 916-487-4482. (MPG)

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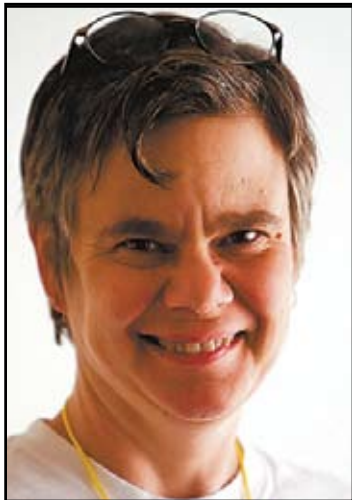
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ROCK DOC

By Dr. E. Kirsten Peters

I came to a sharp fork in the deeply rutted road of my life this fall. I had to decide if I would continue to limp around on Saturdays in my beloved but inefficient '87 pickup, or sell it off to some poor soul in more need of it than I.

My eight cylinder American-made truck has a relatively small engine in it, the most petite offered in its day. Still, you can feel the engine torque the body of the truck when you turn it on. Perhaps that's why it gets only about a dozen miles to the gallon, and that's at 50 mph with a strong tail wind. If I'm towing anything, or have a heavy load in the truck's bed, the miles per gallon figure crashes into the single digits. In short, my fine truck is not what you'd call fuel efficient.

But a rural geologist needs a truck. It's part of the image, isn't it?

Still, lately I've been strongly tempted to sell the thing off. The truck costs money in gas and oil. It requires funds to insure. New studded snow tires add to the fun. The truck is

The '87 Truck

old enough it breaks down, including in the middle of the road, leading to towing bills and major charges from my mechanic. (I suspect my pickup pays his mortgage, but perhaps it only seems that way to me.)

There's always the dream of a new, more fuel efficient truck. There are models that actually shut down some of their cylinders on the highway when they are not needed, helping to boost mpg figures. Or I could switch to a smaller truck entirely, making efficiency gains hand over fist. And, of course, the new truck could be a glaring yellow with red flames painted down the sides. What could be better?

But perhaps we Americans have learned something in this recession. Maybe rather than allowing myself to be seduced by an expensive new truck I'd seldom use, I'm better off sticking with what I've got. My ride isn't swank. The cab is smelly, a mix of the aroma of wet-dog, decaying cushions, and deep-seated mold. The engine runs a touch rough sometimes. I burn just a bit of oil. And I don't get great gas mileage. But I don't put many miles on the truck. And I can operate and fix my truck for far less than the price of the annual interest of a top-of-the-line new truck, even one without flames painted on the sides.

It may be corny to say it. But most of us citizens of this fine republic have had to reexamine at least some of our financial priorities in recent years. I know it's felt that way to me.

I could, in truth, live without a truck at all. But it's convenient to have one for taking loads of yard waste to the dump, for lending to young and strong folks moving from

one home to another, for towing utility trailers, and for taking a load of household goods (where does all the stuff come from?) to the annual church rummage sale.

So I'm going to keep my old truck. It's not always convenient to use, because it does break down. On the other hand, I can think of it as an adventure every time I drive, something no new truck offers an owner. Maybe that's the kind of out-of-the-box thinking we need to hang onto during this long crawl upward out of the deep recession into which we fell.

Here's my last thought, one meant to remind us of the season and to help us through our financial challenges.

Modern trucks are a marvel of engineering and even basic science. And it's a fundamental truth that, more broadly speaking, there is still a powerhouse of science and engineering research in this large and diverse country. Everything from modern medicine to electronics to agricultural engineering to research in genetics is rapidly gaining ground. Perhaps with our renewed personal values about what's really important, and our bedrock national advantages in sciences and engineering, the U.S. will see progress in the coming years in many important respects.

May it be so.

*Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Sciences at Washington State University.*

Spare the Time, Spoil the Family and Spice up the Meal!



Talking turkey: It can be easier than you may realize to turn out a beautiful bird. Photo Credit: istockphoto.com

(NAPSA) – Too often, lofty holiday menus result in more time spent over the stove than with the family. With some easy time - and money-saving techniques, you can spice up your holiday feast with a much-needed makeover that saves time and money.

- Start preparing your holiday meals as much as a week ahead. Desserts and cranberry sauce can often be prepared in advance and frozen, and items such as sweet potatoes often taste better the day after they are made.
- Dice fruits, vegetables and herbs the day before and place them in plastic baggies or storage containers. Refrigerate until ready to use.
- Spice up your traditional holiday meals by incorporating flavors such as cumin, oregano, sage and cayenne. (Check out a new twist on the

old feast at [www.groceryoutlet.com/holidays](http://www.groceryoutlet.com/holidays).)

- Cut your conventional cooking time by a third by butterflying and grilling the turkey. (Visit [www.groceryoutlet.com/holidays](http://www.groceryoutlet.com/holidays) for a complete how-to.)
- Organize your grocery list by department to save time at the store. And don't forget to shop your own cupboards first to see what you already have.
- Shop outside the box at stores that offer the most value for your dollar. For example, Grocery Outlet Bargain Market purchases overstocks and closeouts directly from brand-name manufacturers. That means prices that are up to 70 percent cheaper than regular grocery stores'. Grocery Outlet's \$3 Sugar and Spice Holiday Menu can feed a family of six for less than \$20!

**Grilled Butterflied Turkey**

Butterflying exposes the whole bird to the heat of the grill and promotes faster cooking. Learn how to do it at [www.groceryoutlet.com/holidays](http://www.groceryoutlet.com/holidays)

*Serves 8 to 10*

1 10 - to 12-pound turkey, butterflied  
1 cup freshly squeezed lime juice (about 10 limes)  
3 tablespoons dried oregano  
1/2cup (1 stick) butter, melted  
Canola oil  
Kosher salt and freshly ground black pepper, to taste

Place the turkey, bone side down, in a large baking dish. Cover the bird

with 1/2 cup lime juice. Sprinkle oregano over the turkey and under the wings. Marinate for a few hours in the refrigerator, turning the bird at least once.

Pat the bird dry with paper towels. Coat all surfaces of the turkey with oil, then sprinkle lightly with kosher salt and freshly cracked black pepper. Let the bird come to room temperature (approximately 30 minutes).

Combine the melted butter and the remaining 1/2 cup lime juice and set aside.

Prepare your grill with half of it on high heat and leave half of the grill turned off.

Place an aluminum roasting pan on the side of the grill without heat.

Once the grill is hot, place turkey skin side down on the hot side of the grill for 6-8 minutes, until the skin starts to crisp. Flip the bird and grill for another 6-8 minutes.

Carefully place the turkey skin side up into the aluminum pan off the direct heat. Close the grill, and try to maintain an internal grill temperature of about 350-375° F.

Baste the turkey with the butter mixture and rotate the pan every 20 minutes. Grill the bird until a meat thermometer inserted in the thickest part registers 180° F, about 60 to 90 minutes.

Transfer to a carving board, cover and let the turkey rest 15-30 minutes before carving.

For more Holiday recipes, go to [www.AmericanRiverMessenger.com](http://www.AmericanRiverMessenger.com)



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# Kurt Vonnegut's Time-Travelling Classic Opens at ARC Theatre



Older Billy Pilgrim and the Optometry Quartet (Front Row) Clay Kirkwood (Middle Row - Left to Right) Jacob Hillock, John Farnsworth, David Johnson (Back Row) Joshua Lee

*Sacramento* – American River College Theatre continues its 2010-11 season with an adaptation of Kurt Vonnegut's intense, darkly humorous "Slaughterhouse-Five (or: The Children's Crusade)." The absurdist classic about a WWII soldier who has become 'unstuck in time' will run Nov. 19 - Dec. 5, 2010. Set intimately in

the college's new 125-seat "black box" theatre (Stage 2), seating is extremely limited. The play contains adult language and subject matter. Vonnegut's "Slaughterhouse-Five" was a best-seller when released in 1969, bringing him to prominence as a major voice in American fiction. Adapted by Steppenwolf Theatre's

Oscar-winning and Tony-nominated playwright, Eric Simonson, the story of Billy Pilgrim is brought to vivid life onstage. Billy is a man who has become 'unstuck in time' after being abducted by aliens from the Fourth Dimension. In a plot-scrambling display of virtuosity, we follow Pilgrim simultaneously through all phases of his life, concentrating on his (and Vonnegut's) shattering experience as an American prisoner of war who witnesses the firebombing of Dresden. "With this significant event as the climax of this satirical and horrifying anti-war story, Slaughterhouse-Five carries a unique poignancy-and humor." (Kenneth Jones, Playbill)

"Slaughterhouse-Five" is directed by Pamela Downs, whose previous productions have been lauded by the Kennedy Center's American College Theatre Festival. The production will be the first fully-staged play to take place in ARC's new "black box" theatre ("Stage 2"), so seating is limited.

Stage 2 is on the American River College campus at 4700 College Oak Drive. Weekend parking is free in Lot "D" (at the corner of College Oak and Myrtle). Weeknight parking is \$1. Ticket prices are \$12/general, \$10/student/senior/sarta. For tickets and information, call the ARC Box Office at (916) 484-8234 or go to [www.arctheatre.org](http://www.arctheatre.org).

# More Time on Her Paws

*Sacramento Region* – Despite her big heart and talented nose, Tassie, a 9-year-old Lab mix, has reached the mandatory retirement age for pest detection dogs. She was honored by the Sacramento County Board of Supervisors with a resolution on Tuesday, November 9, 2010 at 10:00 a.m., 700 H Street, Sacramento.

Rescued from an animal shelter in Florida, Tassie began her career working for Customs and Border Protection at the Port of Long Beach sniffing out foreign plant pests. She was then assigned to Plant Protection and Quarantine working domestic cargo detecting destructive wood borers and hitchhiking snails. In early 2009, Tassie was reassigned to the Sacramento County Agricultural Commissioner's office as part of their Pest Exclusion Team.

Alongside her handler Jennifer Berger, Tassie worked throughout the region inspecting over 10,000 unmarked packages containing plant material that may have led to infestations and devastating economic loss to the agricultural industry and untold damage to the environment. Tassie intercepted numerous non-native insect pests from Hawaii,



Retiring Pest Detection Dog, Tassie, with her handler Jennifer Berger.

prohibited meat from Nigeria, and helped alert Fish and Game authorities to animal shipments of non-native

snakes and fish.

Tassie received special recognition from California Department of Food and Agriculture Secretary A. G. Kawamura for intercepting an illegal shipment of curry leaves and guavas that were infested with Asian citrus psyllid, a tiny exotic pest that is capable of transmitting a devastating disease that could have threatened California's \$1.88 billion citrus industry.

Tassie has a nose that knows and is described by her handler as a workaholic. "It's great to work with an animal that is so excited and ready to do her job," says Berger. "Tassie is always in a good mood and shows up to work wagging her entire body."

As the department and program ambassador, Tassie has attended many outreach functions and showed off her skills with demonstrations to raise public awareness of the threat from invasive pests and disease. Tassie also co-stars in a YouTube video produced by CDFA: <http://www.youtube.com/watch?v=p32hAyV04XM>

Tassie will live with her new adoptive parents in Pleasant Hill spending time going on walks, chasing tennis balls, and playing with her favorite toy, a pink squeaky hippo.

Tassie's replacement is expected to report for duty in January 2011.



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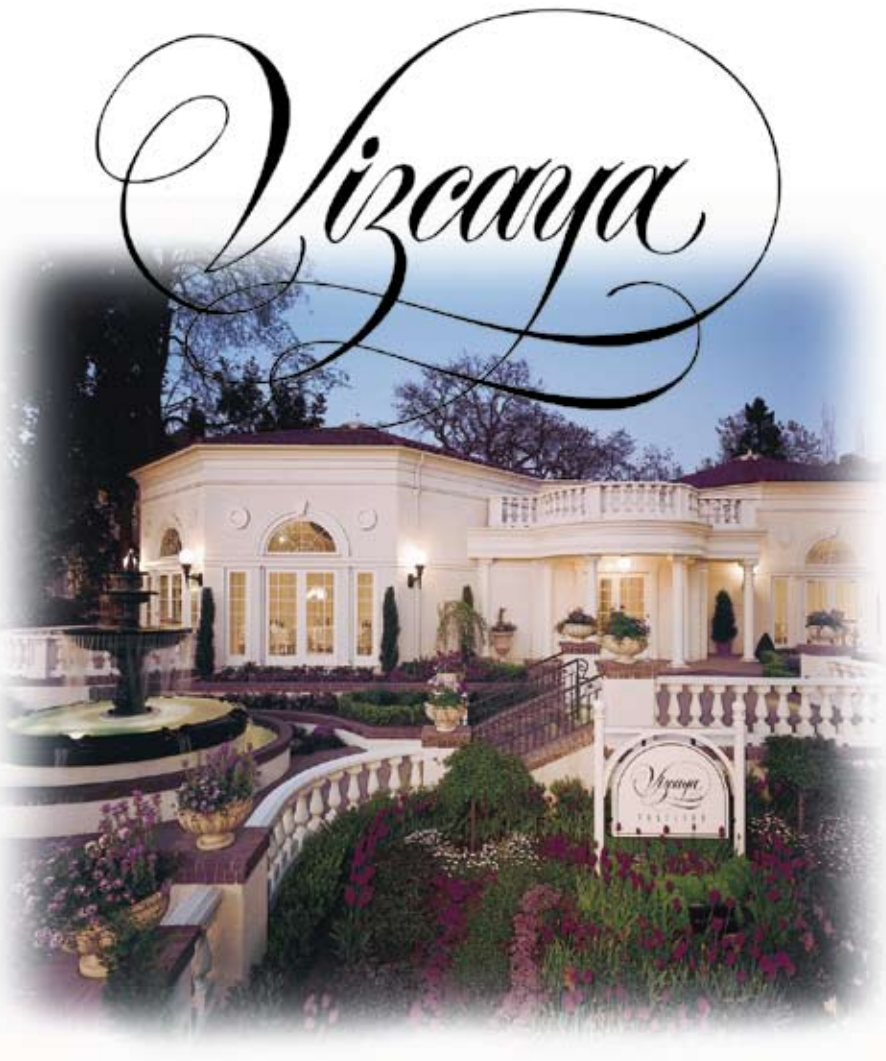
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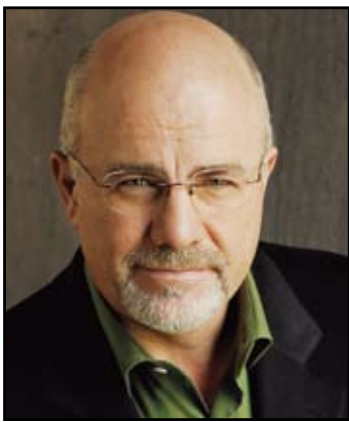
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Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life’s work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Prepping Kids for Healthy Habits

Dear Dave,  
We have two kids, ages eight and 11. When they get some money we have them take out 10 percent for tithes or giving, and 10 percent for saving. It’s difficult with the younger one sometimes, because all he wants to do is spend money. And really, what’s the point if he gets ten dollars of putting away just a dollar? How do you convince a child this age that it’s good to save?  
- Allen  
Dear Allen,  
First, I think you’ve got a nice plan

Dave Says

in place working with them on saving and giving. With a kid who’s eight, you start out by explaining it the best you can on his level. Then, if he still doesn’t want to do it, you make him do it anyway. Sometimes, as a parent, you have to pull rank when it comes to doing what’s best for the kid.  
Now, here’s the point of saving, even if it’s only a dollar. You want to make sure you teach them a pattern of habits that will help them win in life. When your kids have homework you make them sit down and do it. Then, you help them when they need help, right? The point is you want them to learn good study habits, so that when they get into high school and beyond they can succeed. That one dollar won’t make him rich right now, but getting into the habit of saving – because his mean, old dad made him do it when he was a kid – will make him wealthy one day!  
You might try setting goals for him, too. Lots of younger kids have trouble with the concept of saving. But if you set some goals, and let him save up a little bit of money and pay for something himself, it will be a real lesson for him. It will show him that delaying pleasure really pays off.  
Make sure you start out small, with a few easily attainable goals. Then, you’ll be paying the way for bigger things, like saving for a car and maybe even college!  
- Dave

Landlord Wants Protection

Dear Dave,  
I’m a new landlord, and I have a question. In the event of a lawsuit, what is the best way to protect my personal assets?  
- Carrie  
Dear Carrie,  
I’d go with a liability umbrella policy of about two million dollars. This picks up where your liability leaves off on your car, homeowner’s and rental property fire and extended coverage policies. It’s not very expensive, either.  
If you start to build a substantial portfolio of investment real estate, such as houses, you might want to begin putting every four or five properties you buy into a separate corporate entity. I’d advise an LLC, which is a kind of cross between a sole-proprietorship and a corporation. Plus, it has some of the best characteristics of both business types.  
Each LLC is a separate company with its own checking account. If you do all the paperwork properly, and an LLC entity owns a property where someone falls and sues you, then they can only sue for the assets of that company.  
- Dave  
For more financial help please visit [daveramsey.com](http://daveramsey.com).



THE CHINA STUDY

First you read that it’s good for you to eat. Then you read the same thing is detrimental to your health! So who do you believe anymore? We get so confused, we just want to throw our hands up and give up! But **Dr. T. Colin Campbell**, respected nutrition and health expert researcher, claims to have the truth revealed in his book **“The China Study”** when he tears into special interest groups who have taken us down what he calls a deadly path with startling implications for diet, weight loss, and long term health.  
We are still a nation of obese adults and children with kids being diagnosed with Type II diabetes, typically an adult disease, at an alarming rate. In **“The China Study”** Dr. Campbell details the connection between nutrition and heart disease, diabetes, and cancer. His report also examines the source of nutritional confusion produced by powerful lobbies, government

POPPOFF!

with Mary Jane Popp

entities, and opportunistic scientists.  
Early in his career as a researcher at MIT and Virginia Tech, Dr. Campbell worked to promote better health by eating more meat, milk, and eggs... high quality animal protein. After all, he was raised on a farm and was happy to promote the American way of life. Later, as a researcher in the Philippines working with malnourished children, the project became an investigation as to why so many Filipino children were diagnosed with liver cancer. He uncovered a dark secret. Children who ate the highest protein diets were the ones most likely to get liver cancer.  
The research project culminated in a 20-year partnership of Cornell University, Oxford University, and the Chinese Academy of Preventive Medicine, and thus the China Study. The findings? People who ate the most animal-based foods got the most chronic disease. People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease.  
Dr. Campbell came up with the Eating Right Eight Principles of Food and Health:  
1) Nutrition represents the combined activities of countless food substances. The whole is greater than the sum of its parts.  
2) Vitamin supplements are not a panacea for good health.  
3) There are virtually no nutrients in animal-based foods that are not better provided by plants.  
4) Genes do not determine disease on their own. Genes function only by being activated, or expressed, and nutrition plays a critical role in determining which genes, good and bad, are expressed.  
5) Nutrition can substantially control the adverse effects of noxious chemicals.  
6) The same nutrition that prevents disease in its early stages (before diagnosis) can also halt or reverse disease in its later stages (after diagnosis).  
7) Nutrition that is truly beneficial for one chronic disease will support health across the board.  
8) Good nutrition creates health in all areas of our existence. All parts are interconnected.  
Lots to ponder and lots more to digest in **“The China Study”** with Dr. T. Colin Campbell. If you need more info, just go to [www.thechinastudy.com](http://www.thechinastudy.com). Want to keep all of you guys around reading my column for a long time!  
Join Mary Jane for the KAH! Noon News Monday–Friday and then again for POPOFF 10 PM–Midnight.

DWR and DFG Sign Fish Restoration Program

Sacramento — The California Departments of Water Resources (DWR) and Fish and Game (DFG) will develop a “Fish Restoration Program” in the Sacramento-San Joaquin Delta and Suisun Marsh. The program goal will be to mitigate State Water Project (SWP) impacts on sensitive fish species in the Delta, a milestone for the west coast’s most vital and diverse estuary and California’s critical water-supply hub.  
DWR Director Mark Cowin and DFG Director John McCamman signed the agreement on Oct. 18, 2010. The agreement is designed to enhance program coordination for improved Delta habitat and favorable conditions to benefit key native fish species, including the Delta smelt. An implementation schedule will be developed by DWR and DFG during the next 12 months.  
“The signing of this agreement is a wonderful step for conservation in California,” said McCamman. “It will mean that we can step up our restoration efforts for endangered Delta

species.”  
“DWR and the SWP Contractors see this program as a vital effort to help heal and nurture the Delta ecosystem and benefit its native fish populations,” said Cowin.  
The program will create or restore fish habitat and include other activities with the intent to satisfy requirements in the 2008 U.S. Fish and Wildlife Service (USFWS) Biological Opinion for Delta Smelt; the 2009 National Marine Fisheries Service (NMFS) Biological Opinion for Salmonids; and DFG’s Longfin Smelt Incidental Take Permit for SWP operations.  
Expected to cost an estimated \$188 million over 10 years, funding will come from SWP Contractors, a group of 29 public water agencies with long-term contracts for purchase of SWP water.  
Components of the plan may include:  
· Creation or restoration of 8,000 acres of intertidal and associated subtidal habitat to benefit many fish species of concern

- Improvement of habitat and ecosystem support conditions for delta smelt
  - Satisfying many of the restoration obligations of Biological Opinions for salmon
  - Restoration of 800 acres of habitat for longfin smelt
  - Satisfying restoration obligations of Biological Opinions for salmon including funding for Phase Two of the Battle Creek Restoration Project.
- The Department of Water Resources operates and maintains the State Water Project, provides dam safety and flood control and inspection services, assists local water districts in water management and water conservation planning, and plans for future statewide water needs.  
The Mission of the Department of Fish and Game is to manage California’s diverse fish, wildlife, and plant resources, and the habitats upon which they depend, for their ecological values and for their use and enjoyment by the public.



Jennifer Landers, CMT

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**OPEN LETTERS** BY JORY JOHN & AVERY MONSEN

Dear Science,

Have you figured out how chameleons work yet? I, for one, am getting pretty sick of not being able to change color to match my environs. Get on it.

Sincerely,  
A Human

**OPEN LETTERS** BY JORY JOHN & AVERY MONSEN

Dear High School Mathematics,

Thanks for making me feel inferior for four years. Now I've got an equation for you:

$0 + 0 =$  THE NUMBER OF TIMES I'VE USED YOU IN REAL LIFE.

Sincerely,  
An English Major

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