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Out MS** Page 10

**I Get a  
Kick Out of  
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# Carmichael Times

Volume 34 • Issue 41

Serving Carmichael and Sacramento County since 1981

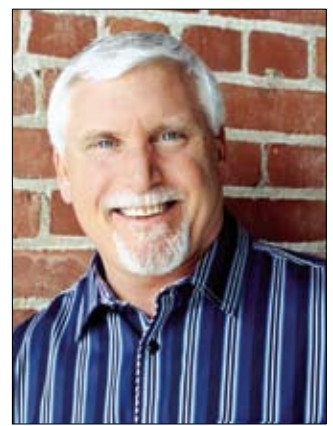
October 9, 2013

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## Major Nilson Honored Champion of Community and Creatures



A supporter of the Boys Scouts and 4-H youth organizations, Major Nilson (kneeling) was central to this 2006 re-staging of a famous Norman Rockwell painting of a country vet. Photo by Susan Maxwell Skinner

**Story and Photos by  
Susan Maxwell Skinner**

**CARMICHAEL, CA (MPG)** - Some people's humanity is recalled by sermons; others by acts. As Bishop in three local LDS Wards, Dr. Major Nilson offered many sermons. But his acts build a greater legacy.

One winter Sunday, I called my 87-year old friend. An aged cat that haunted my street was ill. I could not locate its owner. Would Major - who had tended

thousands of sick animals -- look at the poor kitty?

No vet really retires. Major's pickup truck was soon at my door. He examined a creature sick beyond recovery. We could offer only warmth and shelter and it later died. At that news, Major was visibly moved. "It means the world to me that someone was caring for that little cat," he said. "He deserved to die loved, like any of God's creatures."

One of God's greater creatures,

Major died on September 24 after a long illness. He was 89 and greatly loved. At his funeral, Carmichael animal lore came out of the woodwork. Yes, he tended a lion (at the time, residents could lawfully keep exotic beasts) and yes, the roaring terrified neighbors. And yes, a monkey patient enjoyed opening every cage in the hospital. Remember the sly mocking bird that called "here, kitty, kitty" then petrified approaching cats with a German Shepard woof?

The same bird also cussed like a pirate. Though its language made the Mormon vet blush to his ear lobes, it was healed and dispatched with love.

"Whether it was a State Fair racehorse or a baby bird brought in by a child," said Major's son Bryce Nilson, "dad treated each animal as if it were his only patient."

In days when Carmichael life echoed pages of a Norman Rockwell calendar, the Nilson family personified Americana.

Major and Lucy waltzed to Lawrence Welk in their hallway. A "nightcap" was ice cream. Tall, lean and immaculate, the "marrying, burying bishop" handed \$5 bills and a smiling "time for a haircut, son" reminder to boys at church. If his own son was shaggy, out came the dog clippers. He stitched his kid's injuries on the same table where he sutured dogs. "If I missed school," said daughter Laurel Nilson, "teachers laughed

*Continued on Page 2*

## Abandoned Babies Laid to Rest at Sacramento's Garden of Innocence



Citrus Heights resident Liam Neeley reflects on the many boxes holding the cremated remains of abandoned babies being laid to rest at the new Garden of Innocence in Sacramento. Members of the community donated the boxes, tiny urns of all shapes and designs, blankets, stuffed animals and flowers filling them.

**Story and Photo  
by Elise Spleiss**

**SACRAMENTO REGION (MPG)** - "Bringing communities together to make sure no child leaves this earth without someone who cared. That is what Garden of Innocence National is all about," reads their mission statement.

A community did come together on September 21, 2013 at the East Lawn Sierra Hills Memorial Park in Sacramento to pay respect and lay to rest twenty abandoned babies and to dedicate the new Garden of Innocence (GOI) at this site.

More than 130 participants and cemetery staff from surrounding cities and as far away as Fresno, CA made the journey to the new GOI memorial just outside of Citrus Heights, to be part of a morning created to bring people together to accomplish an urgent goal - to give abandoned children the dignity they deserve in their death despite the very short and loveless life they may have had

in life.

This goal was accomplished during a poignant ceremony following months of preparation by the Garden of Innocence National organization including acquiring each baby's individual final resting place, and giving each a personality of their own with a name, a special poem written for them and a unique urn built and donated by Sacramento Area Woodworkers to hold their cremated remains.

To fulfill the need for involve community in this experience, stories in the media and even on Craig's List called for volunteers and invited those interested to gather and participate in giving these previously abandoned and forgotten children a proper celebration of their short lives.

The service, the same format repeated at GOI memorials around the United States began with a welcome from Victor Hipolito Jr., East Lawn Director. More than 50 men, women, and children created

a solemn "Chain of Love", each participant pausing for a moment as they held each of the 20 urns before passing it on to their neighbor.

As this was taking place, the Knights of Columbus, a Catholic men's fraternal service organization with a heart for children's needs provided the ceremony with an additional sense of dignity as they slowly and silently processed around the circle and 'stood guard' over the entire proceedings.

The ceremony continued with the reading of poems written for each child by volunteers previously recruited from Sun City, and writers and poetry clubs throughout California. One poem written for 'Hannah' came from Uganda.

Adults, children and even families, read the poems. Following each recitation, the reader opened a small white box and released a Monarch butterfly, most of which immediately took flight while others lingered.

One poet, George McGehee, a minister and writer was so

moved when heard of the project from Inspire, his Christian writer's club, that he wrote his tribute to 'Michael' and traveled the 40 miles from Acampo, near Stockton to read it.

The reading of the poems was intermingled with several musical interludes by local musicians and a message of spiritual affirmation by Rev. Ramona Goodge, Center for Spiritual Awareness. Alan Fisher, president of East Lawn Sierra Hills Memorial Park then dedicated the Garden to the children it will serve.

Finally it was time to place each baby in his or her final resting place. Inside each urn, a small 12" by 12" blanket tightly enfolds the cremated remains. Urns were placed in their own white plastic protective 16" x 10" x 10" 'vault', and individually filled with stuffed animals and sprinkled with red rose petals. Permanent personalized grave markers will be placed on the gravesites.

It was an inspiring sight as  
*Continued on Page 5*



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# Major Nilson Honored: Champion of Community and Creatures

Continued from Page 1  
at my doctor's notes -- signed by a vet."

In early years of his 42 year practice, Dr. Nilson drove his pickup over thousands of dusty miles. He treated swine in Mariposa; lambs at Mt Shasta. He delivered calves, foals and lambs in areas that -- like Carmichael -- were largely rural. "Carmichael was like a cowboy town," he recalled.

As the colony grew more residential, pets became stock and trade. But pets could be anything from bunnies to ocelots. One patient was a Carmichael attorney's boa constrictor. "A rat had chewed him up," said the vet. "I stitched his skin back together. He healed fine."

"Caring for animals is humbling," he considered. "You feel for them and their owners. They are part of a family. A farmer who milks a cow every day has a strong relationship with it. A newborn calf or foal you've helped into the world seems as much a miracle as a human child." (Puppies were another Major joy; in the 1960s, many Carmichael dogs were named for the vet.)

Raised in rural Utah, he took early responsibility for farm animals. "I always enjoyed cows," he remembers. "They're gentle, obliging creatures; always nice to be around." The teenager volunteered for WW 11 service after high school. By war's end, Acting Third Officer Nilson had sailed on eight ships in the US Merchant Marines and Coastguard. De-mobbed, he began veterinary studies at USU Logan. He graduated with a degree and a wife.

In Washington State, the young vet researched vaccines for turkey and swine illnesses and was soon recruited by UC Davis Veterinary School. Lucy Nilson then discovered the



WWII veteran Major Nilson was a former Carmichael Chamber of Commerce President, Mayor and Business Person of the Year. The veterinarian died recently. Photo by Susan Maxwell Skinner

beautiful homes and rose gardens in Carmichael.

Their first Carmichael practice began at home. Lucy was receptionist. Her kitchen was a surgery; the living room hosted consultations. In 1955, Major opened the Fair Oaks Boulevard Veterinary Hospital in a cow pasture. "My nearest neighbor was a dairy drive-through, selling milk and cheese," he said. "It was a friendly place; people often sent me home with home-baked pies."

The solid businessman -- a 59-year pillar of the Carmichael

Chamber of Commerce -- expanded his animal kingdom with hospitals in Citrus Heights and Roseville.

Beyond serving church and community, Major and Lucy Nilson gave back by endowing scholarships at Utah and Washington State Universities. They also helped establish LDS Scouting camps, enabling thousands to benefit from the Scouting experience. "Boy Scouts learn honesty and respect," explained their champion. "It's inspiring to work around them."

A red rose on a flag-draped

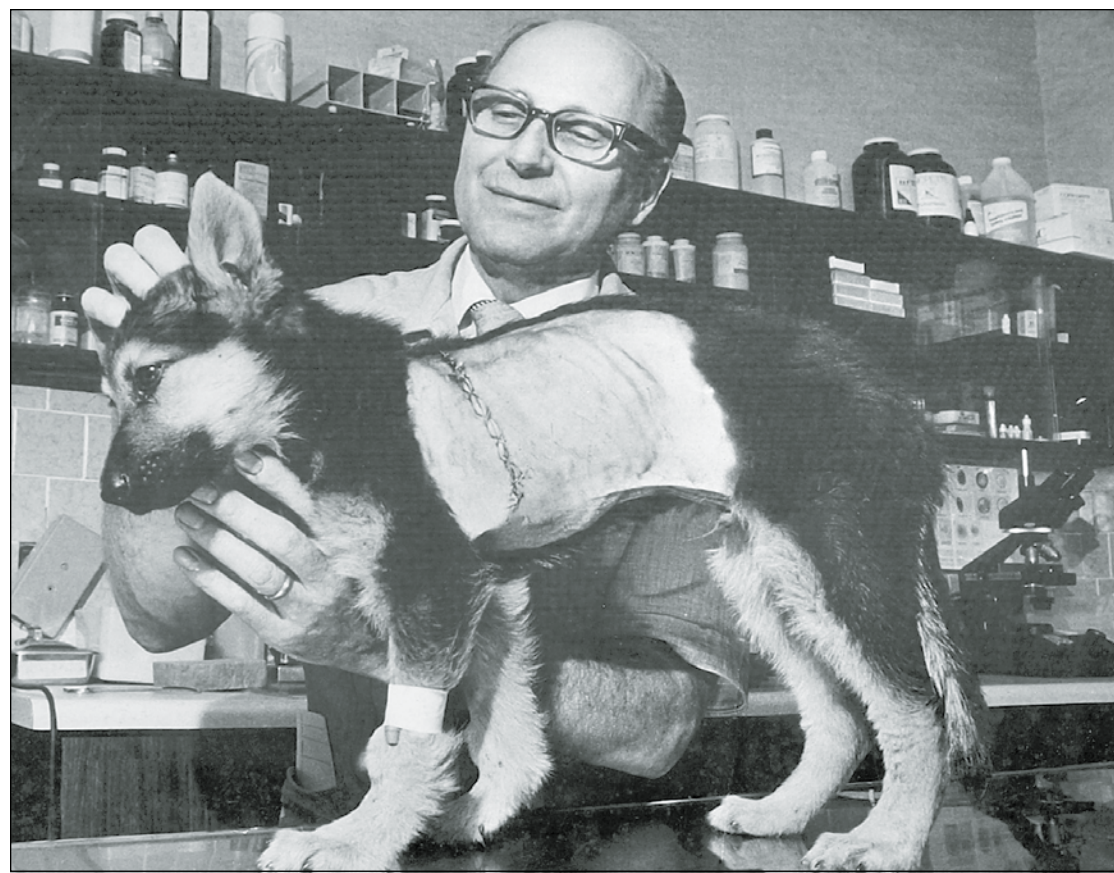
funeral casket last week reminded mourners that despite multi-faceted professional success, Major Nilson was a simple man. He loved growing roses and sharing bouquets. He also raised tomatoes for canning in a church garden.

"My dad preferred to be on the serving end of service" said daughter Laurel. "Anyone could ask for his help. His answer was always yes. "With a smile on his face and a twinkle in his eye, he liked to get things done; he liked making things nice for others." ★

At right: In semi-rural Carmichael, patients at Dr. Nilson's Fair Oaks Boulevard Veterinary Hospital were often equine. Nilson family photo



Below: Photographed at his surgery circa 1960, Major Nilson tended Carmichael and Fair Oaks animals when both areas were mainly farmland. Nilson family photo



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# DMV Prepares to Implement AB60 Testing, Licensing and Insurance Requirements for Undocumented Drivers

**SACRAMENTO, CA (MPG)** - DMV announced October 3rd that it will begin the process of implementing AB 60 (Alejo)—the new law requiring DMV to issue driver licenses to undocumented persons—by drafting new regulations and preparing field offices to process new applications. The new law becomes operative by January 1, 2015.

“This law will improve public safety for all Californians by helping ensure that undocumented persons pass a written and driving test and obtain proof of insurance and a license before driving their vehicles in California,” said DMV Chief Deputy Director Jean Shiomoto. “Thanks to AB 60, we believe more drivers will be safer on California roads.”

To implement the new law, DMV will adopt regulations that will detail how applicants can prove identity and California residency. In drafting the regulations, DMV will follow rules set forth by the Office of Administrative Law (OAL). In general, this process will involve public notice of draft regulations, a public comment period, and a final decision by OAL. DMV will immediately begin this regulatory process by consulting with stakeholders and drafting proposed regulations.

DMV will also propose a design for the license; however the design must be reviewed

by the U.S. Department of Homeland Security for compliance with federal law. DMV’s proposal will look similar to current licenses while complying with the new law by, for example, having the abbreviation “DP” for driving privilege, rather than “DL” for driver license. The new law explicitly prohibits discrimination based on this license. The new law also explicitly prohibits using the license for criminal investigation, arrest or detention based on immigration status.

In addition to drafting new regulations and designing the license, DMV will also begin preparing to process the additional applications. DMV currently processes approximately 27 million transactions per year in its offices, including about 10 million driver license related transactions. DMV also processes more than 12 million online transactions a year, such as renewing vehicle registrations and driver licenses, change of address, and notice of release of liability. DMV estimates that roughly 1.4 million undocumented persons could apply for driver licenses over the next three years once the program is implemented.

DMV encourages future applicants for a driver’s license, to prepare for the written exam by studying the California Driver Handbook available on the DMV

webpage at [www.dmv.ca.gov](http://www.dmv.ca.gov). The website also features sample tests that could be useful for the applicants. The California Driver Handbook is available in 10 languages at all DMV field offices: English, Armenian, Chinese, Farsi, Korean, Punjabi, Russian, Spanish, Tagalog, and Vietnamese.

With the DMV Now app – applicants can also start preparing to take the written driver’s license exam by taking sample tests, watching DMV driving videos, finding local DMV field offices and getting important DMV alerts. DMV also has a YouTube channel where drivers can find useful and informative videos to help hone driving skills and learn the rules of the road.

Don’t Stand In Line, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Website including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions by calling DMV customer service at (800) 777-0133. DMV is a department under the California Transportation Agency. ★

Source: DMV

# Ted Gaines Announces Bid for California Insurance Commissioner



Senator Ted Gaines

**SACRAMENTO, CA (MPG)** - Senator Ted Gaines (R-Rocklin) announced October 3rd his candidacy for California Insurance Commissioner.

“The Insurance Commissioner should work to protect consumers, keep rates low, and make it easier for companies to hire and retain workers,” Gaines said.

Senator Gaines noted that under its current leadership, the California Department of Insurance has become a hostile bureaucracy that is driving companies out of the state.

“When the Insurance Commissioner pushes insurers out of California just to score political points, the result is less competition and ultimately fewer choices and higher rates for all our citizens,” Gaines

said. “More competition means more choices and better rates for consumers.”

For nearly 30 years, Senator Gaines has run a family insurance business, representing individuals and small business clients as an independent insurance agent.

Gaines also currently serves in the California State Senate, representing the 1st Senate District. Prior to his election to the Senate, he served in the State Assembly from 2006-2011.

“As a family insurance agent, I’ve had to fight insurance companies on behalf of my clients,” Gaines said. “And as a state legislator, I work hard to fight big government bureaucracy on behalf of my constituents.”

In addition to encouraging competition and economic growth, Gaines also plans to focus on reducing fraud and abuse and removing politics from the Department of Insurance.

“When insurance fraud happens, everyone pays the price,” Gaines said. “I will work to increase criminal penalties for fraud and will aggressively prosecute those who prey on seniors and our most vulnerable citizens.”

“But there are other forms of abuse,” Gaines continued. “California is one of the most litigious states in the nation, and frivolous lawsuits are a significant cost driver in the state. We need to clamp down on lawsuit abuse, and we can start with the Department of Insurance where our current Insurance Commissioner is far too cozy with trial lawyers.”

Gaines said he will actively oppose an initiative sponsored by trial lawyers and supported by the current Insurance Commissioner that would put health insurance companies under the regulatory control of the Department of Insurance.

“This regulatory initiative is all about playing politics at the expense of California consumers,” Gaines said. “The Insurance Commissioner has a duty to protect consumers and foster a business climate that will improve our state’s economy. This important elected position shouldn’t just be a stepping stone to higher office.”

Senator Gaines has released an announcement video can be seen at [www.TedGaines.com](http://www.TedGaines.com) ★

Source: The Office of Ted Gaines

## 238th Marine Corps Birthday Celebration

**SACRAMENTO REGION, CA (MPG)** - The Folsom Marine Corps League Detachment # 940 is celebrating the 238th Birthday of the United States Marine Corps with a Birthday Ball. At this Sit down dinner, non-host bar, DJ, dancing and honoring the United States Marine Corps. Open to all members of the military, active duty, retired, their family members and friends etc.

This dinner is the major fundraiser for the Folsom Marine

Corps League and goes to support the following programs:

- College Scholarships for children and grandchildren of veterans.
- The Fallen Warrior program.
- Marine Corps Reserve “Toys for Tots” campaign.
- Provide support to the families of active or veteran Servicemen/women.
- The detachment Honor Guard/Color Guard. The Honor Guard is a uniformed group

of veterans who volunteer to provide Military Honors for deceased veterans. The Color Guard also presents Colors at patriotic events.

Date: Sunday November 10th 2013 at 5:00 p.m. Location: Folsom Community Center 52 Natoma Street Folsom, Ca. Cost: \$35.00 per person.

Contact : Charlie Kank Detachment Commandant 916-984-8455 or Max Hartley 916-384-6629. ★

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Dr. Bob Graykowski



Now more than ever before, many of our aging population are concerned about developing Alzheimer's disease (AD). No wonder, current estimates indicate that the numbers of Alzheimer's cases will more than quadruple over the next 50 years. These statistics are disheartening. However, new research provides hope that we will soon be able to delay the onset of AD and perhaps even avoid it altogether.

As a preventive health-care specialist I strive to remain current with cutting-edge research-and to share this information with patients. This month's Better Brain Blueprint workshop on 10/8/2013 will teach proactive ways to create a healthier brain.

#### What Causes Alzheimer's?

Researchers don't know exactly what causes AD. Most scientists agree that a genetic component exists. Viruses or bacteria may also play a role. The good news, however, is that many experts feel that Alzheimer's is-at least in part- a disease of oxidative stress. (Oxidative stress refers to the activity of "unstable molecules called free radicals. Because free radicals are missing electrons they "steal" them from nearby molecules, causing a destructive chain reaction.) Why is this good news? Its good news because oxidative stress may be prevented by maintaining a healthy lifestyle.

#### Get Moving

A report highlighted at the American Academy of Neurology's annual meeting suggests that exercise may

# Can Alzheimer's Disease be Prevented?

ward off AD. The Brain needs good oxygenation to stay healthy. Regular and consistent movement brings vital nutrients to the brain. Although experts stress that the AD/exercise link is not yet proven, what do you have to lose? Exercise will only improve your health.

#### Enough "E"?

Alzheimer patients have lower levels of vitamin E in their blood and cerebral spinal fluid than individuals without the disease.. One placebo-controlled study tracked 341 patients with Alzheimer's for two years. Subjects who took vitamin E experienced a slower progression of memory loss. Scientists are currently looking at whether vitamin E will prevent the onset of the disease altogether. In the meantime, because vitamin E supplementation may also stave off cardiovascular disease, it's worth trying the minimum recommended doses are 400 IU per day.

#### "C" Straight

Vitamin C, a potent antioxidant, may also avert Alzheimer's disease. Subjects who took vitamin C supplements had "a lower prevalence of more severe cognitive impairment". It's abundant in foods like, kiwi, tomato, strawberry, broccoli, and asparagus-and is also available in supplement form.

#### "B" Smart

Research suggests that AD patients have higher blood levels of the amino acid homocysteine and adequate levels of vitamin B6 and folic acid decrease homocysteine.

Does homocysteine cause Alzheimer's or does AD raise homocysteine levels? Experts aren't sure, but keeping homocysteine in check also wards off heart disease and may help reduce effects of Alzheimer's, so it's worth a shot!

#### Brain Foods

Fruits and vegetables contain disease-fighting antioxidant substances called phytochemicals. Researchers believe that some of these

chemicals may curb the risk of AD. For example, one analysis looked at rats fed extracts of strawberry and spinach. Both extracts significantly retarded age-related mental decline. Diets rich in broccoli and green tea appear to lower the risk of AD. Potent antioxidants include grape seed extract, flavonoids, selenium, carotenes and vitamins A and E.

#### Helpful Herbs

The herb Ginkgo biloba is often touted as an AD prevention tool and research supports this claim. It's important to check with your Wellness Doctor before taking Ginkgo biloba or any other dietary supplement. Ginkgo biloba has blood-thinning properties and may be dangerous for some people.

#### Dump the Drugs

Several drugs, including calcium channel-blockers, diuretics, alcohol and nicotine are associated with memory loss. And, new drug-related hazards are discovered nearly every day. So play it safe-steer clear of any unnecessary medications by maintaining a fit lifestyle. Review ALL of the medications that you are taking along with any supplements to look for possible contraindications.

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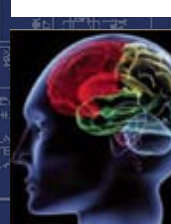
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# Abandoned Babies Laid to Rest

Continued from Page 1

one white dove, then three, then 20 doves were released into the sky. The first dove signified 'spirit', the next three, the 'holy father' followed by the final twenty.

This service comes in the wake of media coverage given to the story of the burial in of "Baby Rosie" in Auburn, CA on Sept. 18, 2013. Two park workers found Rosie's perfectly formed body on July 8 in a Roseville park. Since then, the issue of abandoned deceased babies and children has re-gained

media and public attention.

The 20 children buried this day came from the coroner's office, after being still born in surrounding hospitals. Parents leave their babies at the hospital as they cannot handle the grief of the loss or cannot afford the burial. Formerly, indigent or abandoned adults and children were buried in an unmarked section of the cemetery; now babies and younger children will rest at the GOI. Sierra Hills will handle abandoned children's burials for eleven children

surrounding Sacramento

Each burial would cost at least \$3,000 today. Over a dozen volunteers are required to plan and run a GOI memorial service, even to bury just one baby. Volunteers are always welcome.

The initial Garden of Innocence was created in 1998 with the first memorial park in San Diego, CA. In 2005 founder Elissa Davey, and Dr. Netteira Carrol initiated the National Garden of Innocence program after hundreds of inquiries US & Canada to come to their community and help start a garden there. Their goal is have a memorial park in every state.

At present there are GOI sites in 25 California counties five other states. More are being designed, built and dedicated as they strive to fill the many requests from throughout the United States and Canada to help create a Garden of Innocence in their community.

Sierra Hills East Lawn is one of four local East Lawn sites. Founded in 1904 at 43rd & Folsom in downtown Sacramento, the other two are on Fruitridge Road in Sacramento and Elk Grove. ★

For more information on attending a service or volunteering for this program visit [www.gardenofinnocence.org](http://www.gardenofinnocence.org) or call 888-878-7812.

## Charity Bingo Supports Forgotten Warrior

**SACRAMENTO REGION, CA (MPG)** - Forgotten Warrior is hosting charity bingo to raise the money to adequately finance its programs that serve local veterans. Thursday and Friday games start at 6:30 p.m.; Sunday games start at 6:00 p.m. at the Sacramento Bingo Center, 3399 Arden Way in Sacramento.

Forgotten Warrior's mission is to address the vital needs of Veterans who struggle to re-enter civilian life, in addition to those who have struggled for decades to maintain a stable lifestyle. Forgotten Warrior strives to inspire, guide, and equip Veterans through meaningful experiences and basic support that facilitate a productive future.

Veteran statistics are alarming: Nationally, 32 Veterans a day commit suicide and 200 veterans a month (four per month per state/48 per year per state/nationally, 2,400 per year) are imprisoned due to poor decisions made while suffering from untreated Post Traumatic Stress Disorder. 28% of Sacramento's homeless are Veterans.

Source: Wind Walker for Forgotten Warrior



## A Case in Point

# Wronged at Work! THEY SAID I'M TOO OLD, SO THEY DUMPED ME

By David Graulich, Esq.

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

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

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

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

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

I found similar comments from

employers in the court records of recent age discrimination lawsuits:

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

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

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

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

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

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

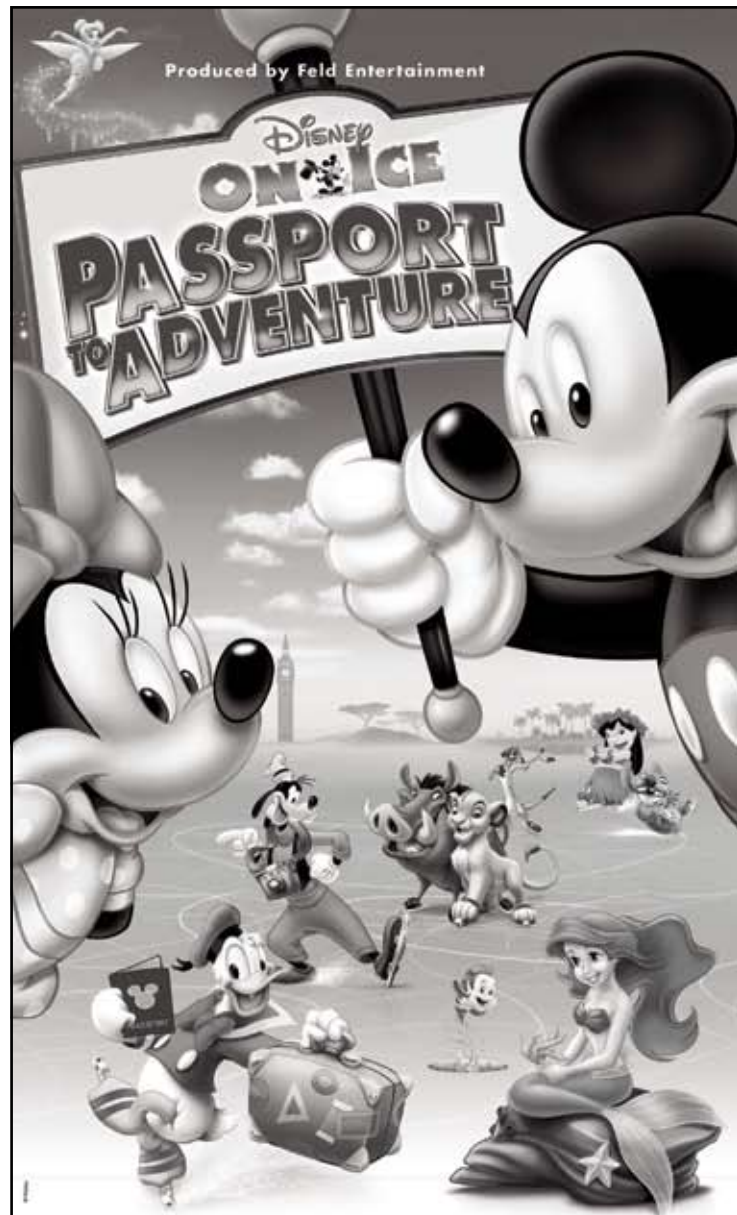
Another case that I'm following closely is being argued in Alameda County. In May 2008, Lawrence Livermore Laboratories fired hundreds of experienced employees,

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

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

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

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



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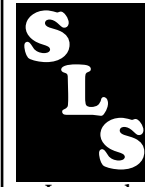
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#### CLUES

#### ACROSS

1. Abandon
6. "One, \_\_\_ Buckle My Shoe"
9. Not as much
13. Convex molding
14. "Have \_\_\_ any wool?"
15. Fancy home
16. Chocolate substitute
17. Boy toy
18. Permeate
19. "Like jumping Jack"
21. "Jack Horner's spot"
23. "Blackbird dessert"
24. Bad impression
25. "He \_\_\_ in his thumb, and pulled out a plum"
28. "A \_\_\_ of Two Cities"
30. Josey Wales, e.g.
35. Aphrodite's son
37. Email folder
39. "Fear of Flying" author, \_\_\_ Jong
40. Swing seat?
41. Levy of 1/10th of something
43. Bypass
44. Painter's helper
46. Mystery writer, \_\_\_ Paretzky
47. Ready to serve
48. Relating to nose
50. Gang's domain
52. "Dear" one
53. "A \_\_\_ Old Owl"
55. Tennis shot
57. "Muffet's seat"
60. Reflexive me
63. Pilaff, to some
64. Gold of "Entourage"
66. Queen's headdress
68. Declare invalid
69. H+, e.g.
70. Leaf-eating moth
71. Stop depending on
72. Food coloring, e.g.
73. Set to zero

#### DOWN

1. Elmer to Bugs
2. "Terrible" czar
3. Reality TV star Spelling
4. Walk clumsily
5. Middle-earth dweller
6. "Nursery rhymes audience, sing."
7. "Wednesday's child is full of this"
8. "An \_\_\_ of prevention..."
9. Trace or outline
10. Hamburg river
11. Insult
12. Self-addressed envelope
15. Moral excellence
20. Minimal
22. Lennon's lady
24. With tooth-like projections
25. "He couldn't keep his wife"
26. Dickens's Heep
27. Bodies
29. Luau souvenirs
31. Walked on
32. Prom rides
33. Raspberry or blackberry drupelets
34. "Jack and Jill's quest"
36. Witnessed
38. "Through" in a text?
42. Ahead of time
45. Rule-governed
49. Tell tall tale
51. "He went to Gloucester"
54. Respectable and quiet
56. Sandy color
57. Fork part
58. Arm bone
59. Roman goat-like deity
60. Part of colliery
61. Falls behind
62. "\_\_\_ at last!"
63. It has pads and claws
65. Cowboy Rogers
67. Product of creativity

CROSSWORD														
1	2	3	4	5	6	7	8	9	10	11	12			
13						14			15					
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	19				20			21	22					
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63								64	65			66		67
68								69				70		
71								72				73		

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	8		4									9	
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				7									
6		8							3				9
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	2					6		8					
				9				7	3				

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 Solution See Page 7

For Solution See Page 7

Come back every week for Crossword and Sudoku!







# I Get a Kick Out of Founders Day



Martial arts instructors Brian Nay (left) Chris Caswell and Emily Asaro demonstrated their skills at Carmichael Founders Day. The high-kicking trio represented Carmichael's Kovars Satori Academy.

Story and Photos by Susan Maxwell Skinner

**CARMICHAEL, CA (MPG)** - Carmichael's 104th anniversary was recently commemorated at Founders Day in Carmichael Park.

The town was founded as a Sacramento colony in 1909. Real estate entrepreneur Daniel Carmichael gave his name to the farming community.

Music, exhibits, children's games and a visit from the Sacramento River Cats' popular mascot Dinger set the seal on all-day birthday celebrations. The Carmichael Times presents a pictorial report. ★



Arty cat. River Cats mascot dinger received a freshly painted portrait at an interactive exhibit hosted by Wee Tymes Play School.



Instructor Maka Chaves Kalama (left center row) led a mimi hula troupe during Founders Day entertainment at Carmichael Park. The Junior dancers are part of a class sponsored by Carmichael Park District.

## ARDEN PLAYHOUSE PRESENTS Crumme's Capers Crossed

Written and Directed by Blake Flores



The mysterious Lady Rosaline (Alyssa Bedoya, left) and evil Duke Armado (D.L.Shields) try to hear what the dark spirit is telling Princess Sharon (Vanessa Voetsch) in the Arden Storytelling Adventure Crumme's Capers Crossed now playing at Arden Playhouse.

**SACRAMENTO REGION, CA - (MPG)** Arden Playhouse is pleased to present Crumme's Capers Crossed a hauntingly delightful Halloween adventure!

Written and directed by Blake Flores and loosely based on Shakespeare's Love's Labors Lost, it tells the story of King Ferdinand's attempt to start an "academy" with his lords Biron and Dumain.

The plan is for all three to remain isolated for three years, to study without any distractions from the outside world. Unfortunately, the world won't leave them alone. Princess Sharon and Lord Boyet urgently need money from the King to save the Princess' father, and they go undercover to get it. At the same time, the King and his

Lords are haunted by the villainous Duke Armado's plans for the revenge of his own father's untimely death. Add to that, the intervention of Lady Rosaline who is in disguise as a Page (and in turn as a peasant girl) and who may be working both sides. The King and Lords have their resolve tested as costumed characters, disguises, spirits and witches abound on All Hallows Eve in an all-ages story with a little Shakespearean flavor.

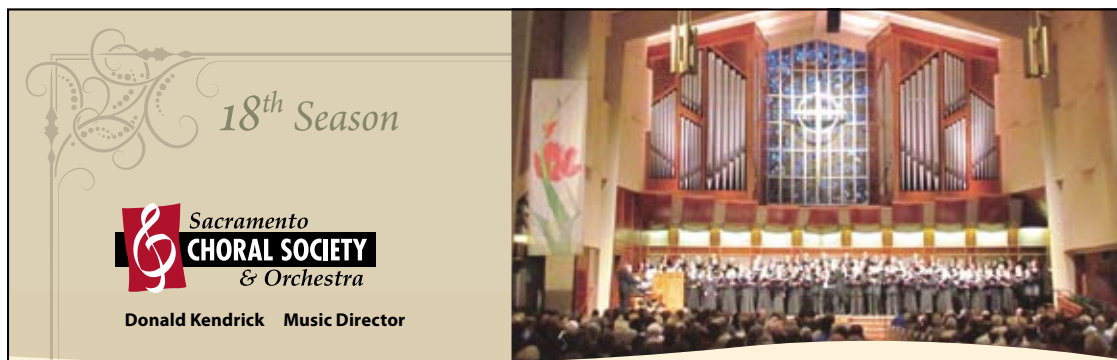
This production of Arden's Storytelling Adventures (ASA) includes veteran ASA actors Vanessa Voetsch as Princess Sharon, Elias Nunez as Dumain, Lakshman Vasam as Biron and Blake Flores as Boyet. In addition ASA welcomes newcomers Alyssa Bedoya as Rosaline,

Bobby Hanselman as Ferdinand and D.L.Shields as the villainous Armado.

Performance dates are Saturdays at 11 a.m. and 1 p.m. and Sundays at 5 p.m., October

5-27. Children must be accompanied by a responsible adult. All tickets are \$5 for all ages (Cash or check only.) For more information or to make a reservation call the theater at (916) 332-2582. Also see ardenplayhouse.com for more information and directions to the theater.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150. Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting. ★



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# Carmichael Woman Rallies Community to Help Stomp Out MS

**SACRAMENTO REGION, CA (MPG)**  
- After personally raising over \$11,000, a Sacramento woman walked 50 miles in three days to help raise money and awareness as part of a fundraising event for Multiple Sclerosis.

The full-time working mother, Janine Wong, created "Team Lysie" to support a close family friend, Alyssa Gomez (24), who this past year was diagnosed with Multiple Sclerosis (MS), a chronic, unpredictable and disabling disease of the central nervous system with no known cause, cure or prevention. MS symptoms can vary greatly but typically range from numbness in the limbs and extreme fatigue, to loss of balance and muscle coordination or paralysis. Members of Team Lysie included Alyssa's mother Silvia, and Janine's daughter Danielle who volunteered as a Registered Nurse during the event. The group joined about 200 other walkers who participated in the 2013 National Multiple Sclerosis Society's Southern California Challenge Walk MS on September 27-29.

The 2013 Challenge Walk MS was designed under the theme, "Connecting MS Through The Years," and split up amongst three days. Walkers dressed in costumes from their favorite decade, and each of the 50 mile-markers throughout the walk displayed interesting or monumental information discovered about MS through the years. The Challenge's first day, 20-mile walk began at the Carlsbad Flower Fields and ended at the San Diego Marriott Del Mar Hotel. Walkers received free massages by volunteer masseuses from Kaplan College, and proceeded to dinner filled with inspiring speeches from fellow Walkers, a team costume contest and other fun games and prizes.

The second day, 20-mile walk continued from the hotel and finished at Sunset Point in Mission Bay, where buses shuttled walkers back to the hotel for a dinner and entertainment, where Olympic cyclist Maureen Manley shared her story on how she discovered



Approximately 200 walkers participated in the 2013 Challenge Walk on September 27-29.

and deals with her MS diagnosis. The final day, 10-mile walk started back at Sunset Point, and the entire group of 200 walkers crossed the finish line as one united body around noontime at Embarcadero Marina Park South, located behind the San Diego Convention Center in Downtown San Diego.

In order to participate in the Challenge Walk, each Walker had to raise a minimum of \$2,500 in donations; a key reason as to why they call it a "Challenge" walk. However, for Janine and Team Lysie, this hurdle appeared to be nothing more than a speed bump.

Janine explains, "Previously Alyssa was very involved in her community, having coached for her alma mater, the El Camino High softball team, and helping manage Charity Bingo with her father for over five years. Upon her diagnosis, she had to take a leave from Charity Bingo and I was asked to help in her absence; which is where I got the idea to use them to help raise money for the Walk. They were very supportive and let us have an "MS Night" twice a month on El Camino High's Booster night, where we give the customers \$10.00 off of their bingo buy-in if they will donate \$10.00 to MS."

The entire Charity Bingo and El Camino community rallied around the cause, and Team Lysie raised over \$11,000. Yet Janine found even strangers to Alyssa and the Gomez family were more than eager to donate to the Challenge Walk efforts; when the company Custom Ink received Janine's graphics for their Team Lysie t-shirts, Custom Ink personally contacted Janine to get more information on how to donate to her efforts.

Even further, through the Charity Bingo Hall Janine met a man named Wind Walker, who works closely with The Forgotten Warriors and other non-profits for veterans and their families and has many connections throughout Sacramento. He was touched after hearing about Alyssa and her battle with MS, and although the MS Challenge Walk was different than his normal causes, he took her story to heart. On August 24, at 5:30pm he invited Janine and Alyssa to join him on an Access TV Sacramento segment to bring the MS Challenge Walk to public awareness and call other non-profits to help Janine and her team in their MS fundraising efforts.

"This past year has been very eye-opening for me," Janine

confesses. "I never even knew what MS was until about 12

months ago! Alyssa is so young and the news of her having MS was shocking. It's unsettling because I want to be able to "fix it," but I've learned with MS that isn't an option. So I'm trying to do the next best thing; I walked 50 miles in this year's Challenge Walk, and I'll continue to raise money to help find a cure and walk for Alyssa and others who can't."

This was Janine and Team Lysie's first year participating in the National MS Society's Southern California Challenge Walk MS.

**About The Challenge Walk**  
The 2013 Challenge Walkers raised a cumulative total of over \$751,000 dollars. Since the event's inception in 2002, when 179 local walkers raised \$496,000, the Pacific South Coast Chapter's Challenge Walk has raised a cumulative total of more than \$10 million dollars. The National MS Society said about 60 of the 200 walkers during this year's 12th annual Challenge Walk have been

diagnosed with MS, the most common neurological disease leading to disability in young to middle aged adults like Alyssa. Statistics also show that most people are diagnosed between the ages of 20 and 50, and more than twice as many women as men have MS.

The Pacific South Coast Chapter's Challenge Walk MS is among the highest dollar fundraising amounts of any of the nine other Challenge Walk MS events organized by the 50-state network for MS Society chapters in the U.S. The Southern California Challenge Walk MS, organized by both the San Diego-based Pacific South Coast Chapter and the Los Angeles-based Southern California & Nevada Chapter, is the only Challenge Walk west of the Mississippi River. Additional information on the National MS Society SoCal Challenge Walk can be found at [www.MyMSChallenge.com](http://www.MyMSChallenge.com) ★

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## Announcements & Events

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**October 1-26, 2013**

Announcing **Bold Expressions**, Northern California Arts' 58th Annual International Open Juried Art Exhibition at Sacramento Fine Arts Center October 1-26 2013. A Special Second Saturday Reception will be held October 12, 2013 5:30-8:30pm. A closing reception and awards presentation will take place October 26, 2013, 1-3pm. The judge this year was Barry Sakata a Northern California sculptor, painter, teacher and author.

2013 Best of Show "Annitra in Lavender", by Steve Walters

**Gallery 3**  
NCA Master Painters  
"Living In the Sea"  
by Marie Dixon NCAMP

**Foyer Gallery:**  
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Art Show

**WASH Inc.** Next meeting is  
7 pm October 14, 2013  
Jeannie Vodden

Photo Club meets 4th Thursday 7pm  
Fiber Arts Group meets 3rd Wednesday 10am

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# Its Hard Out There for a Doctor

Commentary  
by Sally C. Pipes

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

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

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

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

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

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

By throwing millions more people into the program without

raising Medicaid payment rates, Obamacare will make it even harder for patients covered by the program to secure care.

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

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

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

Obamacare will also reduce payments to doctors who do not adhere to the law's byzantine new regulations. For instance, doctors who fail to comply with the Centers for Medicare and Medicaid Services' Physician Quality Reporting System or order a certain number of prescriptions electronically could see their reimbursements docked up to 7 percent by 2017.

In many cases, doctors will have to make substantial investments in their office infrastructure

and computer systems just to follow all the new rules.

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

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

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

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

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

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

# Digital Movement: The Virtuix Omni

By Noah Howard

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

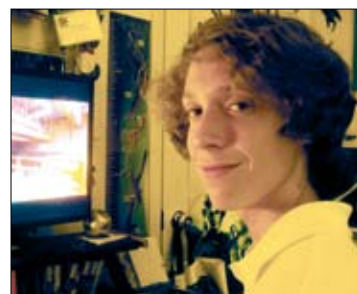
The base of the Omni is shaped like a large, concave saucer, with grooves lining the edges. The player wears special shoes that fit into the grooves to tell the computer which direction the player is moving. As players run, they will step up the slanted sides of the Omni and slide back down into the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

The Omni is intended to be

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

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

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



Noah Howard

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

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

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

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# 2nd Annual "Souls of the City" Activities in Old Sacramento Culminate With Celebration on November 1

**SACRAMENTO REGION, CA (MPG).** - In honor of "Day of the Dead" activities celebrated each year in Mexico and in major cities around the world, Sol Collective and the Historic Old Sacramento Foundation have teamed up to present a series of 2nd Annual Dia De Los Muertos/"Souls of the City" events and activities in Old Sacramento that take place throughout October and culminate on November 1, 2013. The annual tradition -- a national holiday in Mexico -- is showcased by friends and families

building elaborate altars to honor loved ones who have died then gathering in remembrance and celebration.

A series of fun pop up art labs and special activities will be held in October that showcase the traditions and/or demonstrate how to create some of the special items used in "Day of the Dead" celebrations. A schedule of the free workshops and special activities follows:

**Decorate Calaveras (Skulls) Pop Up Art Lab** - Saturday, 10/12, 11 a.m. to 2 p.m.at

Sacramento History Museum/Stanford Gallery (111 I Street, next to Museum)

**Mini Altars Pop Up Art Lab** - Saturday, 10/19, 11 a.m. to 2 p.m. at Sacramento History Museum/Stanford Gallery (111 I Street, next to Museum)

**Honoring Our Past Community Lecture Series** - Thursday, 10/24, 6:30 to 9 p.m.at Sacramento History Museum (101 I Street)

**Dia De Los Muertos Celebration** - Friday, 11/1, 6

p.m. to midnight in front of the Sacramento History Museum (101 I Street)

The finale Dia De Los Muertos Celebration includes a traditional procession and lighting of the altar led by Kalpulli Maquilli Tonatiuh (Aztec Dancers), interactive community alters, a pop up art exhibit, family activities and games, food, face painting, live music and more. This symbolic "gathering of the spirits" celebration offers Sacramento area residents and Old Sacramento visitors a chance to experience

and learn more about the cultural tradition that is highlighted by chanting, singing, dancing, the building of the altar with personal items, intricate offerings of orange Mexican marigolds on the altar, and much more.

More information about the Dia De Los Muertos/"Souls of the City" events is available at [www.historicoldsac.org](http://www.historicoldsac.org) or [www.solcollective.org](http://www.solcollective.org).

Source: T-Rock Communications

## CALENDAR OF EVENTS

**WHAT: 2ND ANNUAL "SOULS OF THE CITY" EVENTS & ACTIVITIES**  
**Where:** Sacramento History Museum 101 I Street in Old Sacramento and/or next door at Stanford Gallery  
**When:** Skulls) Pop Up Art Lab 10/19 (11 a.m. to 2 p.m.) - Mini Altars Pop Up Art Lab 10/24 (6:30 to 9 p.m.) - Honoring Our Past Community Lecture Series 11/1 (6 p.m. to midnight) - Dia De Los Muertos Celebration  
**Cost:** Free  
 For More information: 916-808-7059, [www.historicoldsac.org](http://www.historicoldsac.org) or [www.solcollective.org](http://www.solcollective.org)



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 Every Thursday from 3 to 7:30 pm (Seasonal, through November 14th)
- SATURDAY** **Sacramento Midtown Farmers Market**  
 2020 J Street (Between the STANF Native American Health and Bioware buildings)  
 Every Saturday from 8 am to 1 pm - all year round, rain or shine
- WEDNESDAY** **Fair Oaks Plaza Park Farmers Market**  
 7003 Park Drive, Fair Oaks (Old Fair Oaks Village)  
 Every Wednesday from 3 to 7 pm (Seasonal, through October 31st)
- WEDNESDAY** **Mather VA Hospital Farmers Market**  
 10535 Hospital Way, Mather  
 Every Wednesday from 9 am to 1 pm (Seasonal, through December 18th)
- SATURDAY** **Sunrise Mall Farmers Market**  
 6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot)  
 Open every Saturday from 8 am to 1 pm - all year round
- SATURDAY** **Historic Folsom Farmers Market**  
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