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Gold River Messenger

“Written by the people, for the people”

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FREE WEEKLY YOGA EXPANDS TO SACRAMENTO AREA



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USING YOUR MIND



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Healing by Writing War Stories

Story and photos by Steve Liddick

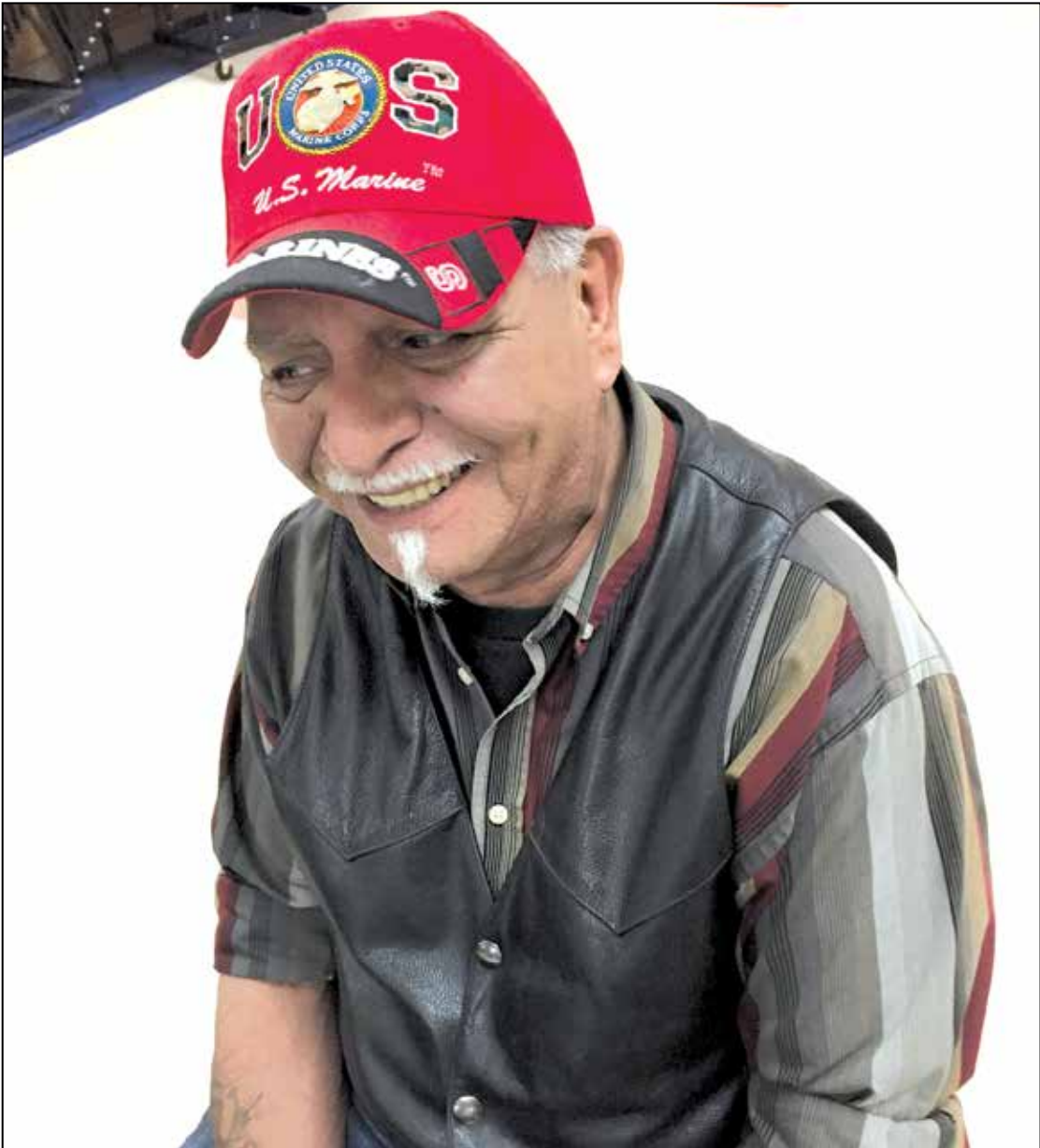
RANCHO CORDOVA, CA (MPG) - A character in John Steinbeck's classic novel "East of Eden" had suffered unimaginable pain and loss in his life. He was asked how he could live with those memories. He said, "I forget by remembering."

That concept is being applied to a small Sacramento area group of veterans of America's wars. A writing workshop doubles as a support group to help each to offset the trauma of battle by giving them a way to confront the demons they continue to carry with them.

Rancho Cordova Library Branch Supervisor Jill Stockinger coordinates the writing program that is funded by a four-year state and federal grant. She said veterans returning from war are an "underserved population," and those who still suffer the effects of war can benefit by writing. Therapeutic, of course, but the hope is that it will be enjoyable, as well. "Self-expression is a positive experience," she said. "We encourage veterans to express themselves to help them adjust to civilian life."

Seated around a table in a quiet room in the library, five veterans gathered to write of their experiences among others who will understand what they have gone through.

Local writer, poet, and CSUS and Sacramento City College English professor Bob Stanley is co-director of the group in the first of what will be four Wednesday evening sessions at the library. The remaining three sessions are: March 30th, April 20th, and May 18th. Veterans of



U.S. Marine Corps veteran Daniel Gomez served four tours in Vietnam. Twice-wounded, he contracted malaria and was exposed to the chemical defoliant Agent Orange. When asked why he was attending the writing workshop, he said, "To figure out why the hell I'm still here."

all branches and all eras are welcome, even if they were not able to attend the first session.

"The main focus of the group will be to get words down on paper," Bob Stanley said. Any subject, any form. No rules or pressure came with the exercise. Each was encouraged to

express what they feel and put it in words.

Co-Director Indigo Moor is a poet, screenwriter, and author as well as a U.S. Navy veteran of Desert Storm. Moor read from the published works of several war veterans who had poured out their feelings as free verse

poetry. One of those works was a poignant retelling of the poet's visit to the Vietnam War Memorial in Washington, D.C.

Judging from the reaction of those present, the words were resonating with them as well.

Another author wrote

Continued on page 2

Memorial Fund for Fallen CHP Officer Nathan Taylor

SACRAMENTO, CA (MPG) - The C.A.H.P Credit Union has established a memorial fund in honor of fallen CHP Officer Nathan Taylor. One hundred percent of all donations received will go directly to Officer Taylor's family. The C.A.H.P Credit Union is covering all processing fees and administrative responsibilities.

On March 12th, 2016, CHP Officer Nathan Taylor was providing traffic control to a collision on I-80 westbound, west of Castle Peak. As traffic slowed, a Nissan Pathfinder changed lanes to pass the slowing traffic and lost control, hitting Officer Taylor and causing him to be thrown several feet into a snow bank. An off-duty EMT witnessed the accident and was the first to administer aid and call for help.

Officer Taylor suffered major injuries from the accident and was transported via ambulance to Renown Medical Center in Reno, Nevada. Despite best efforts from the medical staff, Officer Taylor's injuries were too severe and he passed away on March 13th, 2016. He is survived by his wife and three young sons.

"We are deeply saddened by the loss of Officer Taylor," said Brad Houle, C.A.H.P. Credit Union President. "He was an exemplary officer and public servant. Officer Taylor will be greatly missed by his young family, peers, and the community he served."

Donations can be made on the C.A.H.P Credit Union website (www.cahpcu.org) or directly mailed to:

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Source: C.A.H.P. Credit Union ★

Andy Warhol: Portraits

Now at the Crocker Art Museum



SACRAMENTO REGION, CA (MPG) - The status symbol of the disco era was the commissioned Warhol portrait. The exhibit opened in March 2016 at the Crocker Art Museum, "Andy Warhol: Portraits" features more than 160 works exploring the development of the artist's iconic portrayal of

At left: Andy Warhol, Self-Portrait, 1986. Acrylic and silkscreen ink on linen, 108 x 108 x 1 1/2 in. The Andy Warhol Museum, Pittsburgh; Founding Collection, Contribution The Andy Warhol Foundation for the Visual Arts, Inc., 1998.1.814. © 2015 The Andy Warhol Foundation for the Visual Arts, Inc. / Artists Rights Society (ARS), New York

the famous or wealthy. Included are Polaroids, fashion sketches, photo-booth film strips, and more. Visitors will also have the interactive opportunity to create their own Warhol Screen Test using a 1960s film camera outfitted for the digital era.

"Andy Warhol: Portraits" spans Warhol's lifelong preoccupation with self-portraits in addition to images of the 20th-century luminaries who eagerly sat for him. Featured in this career survey are fashion scion Yves Saint Laurent, playwright Tennessee

Williams, Pulitzer-Prize winner Truman Capote, and artists Keith Haring, Robert Mapplethorpe, and Jean-Michel Basquiat. Actors Judy Garland, Jane Fonda, and Sylvester Stallone epitomize Warhol's fascination with Hollywood and filmmaking.

"Celebrity fascination never goes out of style. It evolves with us generation by generation, through the transformation of media," said Crocker Curator Diana L. Daniels. "Andy Warhol was an original in making us

Continued on page 7

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Healing by Writing War Stories



Veteran writing program Co-Director Indigo Moor works with Emtt Hawkins, an Air Force veteran of the Korean War, to express his feelings about his experiences.

Continued from page 1

obscurely of things he heard, saw, and felt on a night patrol in Vietnam, but which each of the veterans present easily interpreted as a soldier waiting for the enemy to come at him from the darkness. Not knowing was as damaging to the psyche as combat itself.

At one point Moor asked those present to close their eyes and envision that “one moment that defines the [war] experience” for them. He urged the men to use the sights and sounds of their experiences in the writing exercise, “use the senses that keep us interested,” he said. Rather than a blow-by-blow account of what happened, he asked that they call upon their feelings and condense them onto paper.

Some who attended are still burdened by what happened to them in their war. U.S. Marine Corps veteran Daniel Gomez served four tours in Vietnam. Gomez was wounded twice and

continues to suffer the health effects of the injuries, exposure to Agent Orange defoliant, and malaria. When asked why he was attending the workshop, he said, “To figure out why the hell I’m still here.” His war may have ended four decades ago, but it is still as fresh in his mind as yesterday.

The five men who attended the gathering represented different branches of the service: Army, Marine Corps, Navy, and Air Force, as well as different wars: Korea, Vietnam, and the Middle East.

Carmichael resident Bob Pacholik is an author of some renown. He was a U.S. Army combat photographer in Vietnam during the Tet Offensive. His book “Night Flares: Six Tales of the Vietnam War,” chronicles the war and honors the men and women who served in it.

Most of those present were there for the therapeutic value writing might offer. Some of the men said they hoped to continue



The hat of Carmichael resident, Vietnam War veteran, and author Bob Pacholik.

to write beyond the program. Emmett Hawkins served in the U.S. Air Force in Korea. Among other subjects he is interested in religion and history.

For each of the veterans who took part in the Rancho Cordova writing workshop, the object was to reduce their experience down to its essence to help them to better understand what happened to them.

Poetry: a large idea, written small.

For additional information about the veterans writing project, check out www.saclibrary.org and click on “events.” Also, the library information line number is (916) 264-2920. ★

A Tribute to Toby



By Kay Burton

It was with heavy hearts that John and Barbara Williams of Pioneer Village in Gold River had to notify their friends, neighbors and relatives that their beloved Toby is now chasing turkeys, cats, and squirrels in canine heaven. After all, it’s heaven, he might even catch some! Toby was well known in Pioneer and John and Barbara wanted to honor his memory by sharing a tribute to this beautiful creature. The following is John’s farewell. They say that dogs are miracles with paws that leave paw prints on your heart. Toby left his indelibly etched on John and Barbara’s and hopefully on the hearts of all who knew him.

Farewell to Toby:

As it must come to pass for all of us, the circle of life closed for our beloved Toby on March 12th, 2016, after a 13 year 10 month wonderful run. They say that a dog’s life is something that, given loving masters, is a treasure to behold. And, oh my, what a terrific life he had. The son of a smart Border Collie Mom and a gentle giant Golden Retriever Poppa, he embodied the best of both breeds as I’m sure our neighbors in Gold River will attest. We called him a handsome dude because, let’s face

it, he was drop dead gorgeous.

Toby spent his energetic days, months and years here in Gold River, enjoying the challenges of the abundant wildlife we are blessed with, and sniffing, peeing, and meeting up with his canine buds in the ‘hood. Cats, however, were a different story. There were many Mexican standoffs and frantic, but hopeless, chases of his feline nemeses that began to be relegated to simple observation in his later years.

The wildlife encouraged his hunting adventures and trips to the river. I’m sure that he said to himself that, “if I only could fly those turkeys would be in trouble.” Squirrels were simply too quick to pursue with any hopes of capturing them, and he couldn’t climb those darn trees, but the challenge prevailed nevertheless. Evening strolls often surprised him with does and bucks down near the river and I can only imagine that he thought they were worth chasing just to see if he could keep up.

We had the occasional confrontation with the momma coyotes and it’s a good thing he was on the leash. Horses on the trail were another confusing encounter. Big and aloof they just didn’t seem to fit into his idea of what should be down by the river. On the other hand the annual salmon run was a

fun exercise in trying to catch the spawning fish that always eluded him.

One thing that kept Toby fit and curious was his addiction to galloping along the American River bike trail, hitched up to the Springer on the Toby Bike. Safe and secure we often went up to Lake Natoma and as far as four miles down the north side of river to explore the old dredge tailings and roads that make up our unique local environment.

The bike days began to fade as did his endurance when he was about 12-human-years-old. Funny, but my own biking days ebbed away as well. There’s something about the progress of time that affects all of us. But the lure of the trail and the critters, the sound of the rush of the river, the calls of the ducks and gulls, and the smells that all dogs crave, kept him going strong, if not a bit slower. And this was to continue until he just couldn’t stay on his feet just a few days ago. As always, he was strong, elegant, and loving, right up until God called him home. Maybe there are some slow squirrels in dog heaven or turkeys that can’t fly. He certainly deserves to find out

R.I.P. my old friend. You will be more than missed. I’ll see you at the Rainbow Bridge. ★

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A Passion for Great Taste

Story and photos
by Alona Thomas

LINCOLN, CA (MPG) - Imagine preparing and savoring a dinner of grilled Pineapple Sake Teriyaki Salmon, Apricot Pineapple Tangerine Wild Rice with cranberries and for dessert Caramel Apple Parfait using a Caribbean Banana Caramel Finishing Sauce. Before dinner, let's have a Key Lime Jalapeno Margarita served with the classic cream cheese spread with Red Bell Pepper Ancho Chili Jam. This menu is served up by Earth & Vine Provisions, a company that believes that "Food should taste great, be all natural and minimally processed." This small, family owned company located in Lincoln, California is dedicated to providing very high quality jams, sauces, and marinades to make wonderful easy recipes because all the work is done in the bottle.



This small, family owned company located in Lincoln, California is dedicated to providing very high quality jams, sauces, and marinades to make wonderful easy recipes because all the work is done in the bottle.

Ron and Tressa Cooper started the company in 1977 in a vacated pizza parlor in Loomis. This is all before the Farm to Fork movement, but Tressa had a vision to produce 100% natural products in small batches utilizing products from



Ron and Tressa Cooper started the company in 1977 in a vacated pizza parlor in Loomis.

California farmers as the main source. She was a Specialty Food Representative which gave her insight into the commercial world, before the couple went on their own and developed four jams. They stirred each pot, bottled each jar and it was truly learning by doing. She credits her Mother, who faithfully followed Julia Child, for developing her love of food and giving her the keys to taste.

There is absolutely no outsourcing for Earth & Vine Provisions. Tressa has done all of her own research and development for each of the company's forty products. Her combinations gives testimony to a fine palate. The Tangerine Fig Balsamic finishing sauce, Mandarin Pumpkin Marmalade, or the Mango Tequila Jalapeno Grilling & Dipping Sauce are just for starters. Her inspiration comes from the freshest and best ingredients and a wonderful imagination. All the products are made, bottled and shipped from their small production facility. Ron oversees the puzzle including the production equipment, procuring the ingredients including the correct bottles, lids, labels, and making sure each small batch suits the Cooper's high

standards.

Their award winning mustards are unique such as Chipotle Honey Lime and Sweet Fire Ale. But I just had to try the Key Lime Mango Cocktail Mixer. I followed the recipe for Jalapeno Margarita and now have a must serve for the future. There are varieties of mixers, and Tressa recommends for a hot summer day to make an Italian soda with the Lemon Mandarin Mixer, sparkling water, ice and add a bit of fruit.

Truly hands on, Tressa has created every recipe and there are approximately 150 on the web site. The hand crafted provisions are designed for the cook to make a signature dish with ease. She also takes all the photos for the web site and product brochures. With a small and dedicated staff they reach their goal of "Your Taste is Our Passion." Earth & Vine Provisions is carried by independent and specialty markets across the US and internationally. Locally they are available at both Whole Foods and Nugget Markets. The web site (www.earthvine.com) has all the information for ordering exactly what you want.

Alona's hobby is food and delicious times. Contact alona-thomas@gmail.com ★

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Crossword Puzzle on Page 5

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Sudoku Puzzle on Page 5

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

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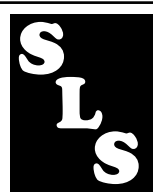
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Exposing the Libyan Agenda: A Closer Look at Hillary’s Emails



Commentary by Ellen Brown

Critics have long questioned why violent intervention was necessary in Libya. Hillary Clinton’s recently published emails confirm that it was less about protecting the people from a dictator than about money, banking, and preventing African economic sovereignty. The brief visit of then-Secretary of State Hillary Clinton to Libya in October 2011 was referred to by the media as a “victory lap.” “We came, we saw, he died!” she crowed in a CBS video interview on hearing of the capture and brutal murder of Libyan leader Muammar el-Qaddafi.

But the victory lap, write Scott Shane and Jo Becker in the New York Times, was premature. Libya was relegated to the back burner by the State Department, “as the country dissolved into chaos, leading to a civil war that would destabilize the region, fueling the refugee crisis in Europe and allowing the Islamic State to establish a Libyan haven that the United States is now desperately trying to contain.”

US-NATO intervention was allegedly undertaken on humanitarian grounds, after reports of mass atrocities; but human rights organizations questioned the claims after finding a lack of evidence. Today, however, verifiable atrocities are occurring. As Dan Kovalik wrote in the Huffington Post, “the human rights situation in Libya is a disaster, as ‘thousands of detainees [including children] languish in prisons without proper judicial review,’ and ‘kidnappings and targeted killings are rampant.’”

Before 2011, Libya had achieved economic independence, with its own water, its own food, its own oil, its own money, and

its own state-owned bank. It had arisen under Qaddafi from one of the poorest of countries to the richest in Africa. Education and medical treatment were free; having a home was considered a human right; and Libyans participated in an original system of local democracy. The country boasted the world’s largest irrigation system, the Great Man-made River project, which brought water from the desert to the cities and coastal areas; and Qaddafi was embarking on a program to spread this model throughout Africa.

But that was before US-NATO forces bombed the irrigation system and wreaked havoc on the country. Today the situation is so dire that President Obama has asked his advisors to draw up options including a new military front in Libya, and the Defense Department is reportedly standing ready with “the full spectrum of military operations required.”

The Secretary of State’s victory lap was indeed premature, if what we’re talking about is the officially stated goal of humanitarian intervention. But her newly-released emails reveal another agenda behind the Libyan war; and this one, it seems, was achieved.

Mission Accomplished?

Of the 3,000 emails released from Hillary Clinton’s private email server in late December 2015, about a third were from her close confidante Sidney Blumenthal, the attorney who defended her husband in the Monica Lewinsky case. One of these emails, dated April 2nd, 2011, reads in part:

Qaddafi’s government holds 143 tons of gold, and a similar amount in silver...This gold was accumulated prior to the current rebellion and was intended to be used to establish a pan-African currency based on the Libyan golden Dinar. This plan was designed to provide the Francophone African Countries with an alternative to the French franc (CFA).

In a “source comment,” the original declassified email adds:

According to knowledgeable individuals this quantity of gold and silver is valued at more than \$7 billion. French intelligence officers discovered this plan shortly after the current rebellion began, and this was one of the factors

that influenced President Nicolas Sarkozy’s decision to commit France to the attack on Libya. According to these individuals Sarkozy’s plans are driven by the following issues:

1. A desire to gain a greater share of Libya oil production,
2. Increase French influence in North Africa,
3. Improve his internal political situation in France,
4. Provide the French military with an opportunity to reassert its position in the world,
5. Address the concern of his advisors over Qaddafi’s long term plans to supplant France as the dominant power in Francophone Africa.

Conspicuously absent is any mention of humanitarian concerns. The objectives are money, power and oil.

Other explosive confirmations in the newly-published emails are detailed by investigative journalist Robert Parry. They include admissions of rebel war crimes, of special ops trainers inside Libya from nearly the start of protests, and of Al Qaeda embedded in the US-backed opposition. Key propaganda themes for violent intervention are acknowledged to be mere rumors. Parry suggests they may have originated with Blumenthal himself. They include the bizarre claim that Qaddafi had a “rape policy” involving passing Viagra out to his troops, a charge later raised by UN Ambassador Susan Rice in a UN presentation. Parry asks rhetorically:

So do you think it would it be easier for the Obama administration to rally American support behind this “regime change” by explaining how the French wanted to steal Libya’s wealth and maintain French neocolonial influence over Africa—or would Americans respond better to propaganda themes about Gaddafi passing out Viagra to his troops so they could rape more women while his snipers targeted innocent children? Bingo!

Toppling the Global Financial Scheme

Qaddafi’s threatened attempt to establish an independent African currency was not taken lightly by

Western interests. In 2011, Sarkozy reportedly called the Libyan leader a threat to the financial security of the world. How could this tiny country of six million people pose such a threat? First some background.

It is banks, not governments, which create most of the money in Western economies, as the Bank of England recently acknowledged. This has been going on for centuries, through the process called “fractional reserve” lending. Originally, the reserves were in gold. In 1933, President Franklin Roosevelt replaced gold domestically with central bank-created reserves, but gold remained the reserve currency internationally.

In 1944, the International Monetary Fund and the World Bank were created in Bretton Woods, New Hampshire, to unify this bank-created money system globally. An IMF ruling said that no paper money could have gold backing. A money supply created privately as debt at interest requires a continual supply of debtors; and over the next half century, most developing countries wound up in debt to the IMF. The loans came with strings attached, including “structural adjustment” policies involving austerity measures and privatization of public assets.

After 1944, the US dollar traded interchangeably with gold as global reserve currency. When the US was no longer able to maintain the dollar’s gold backing, in the 1970s it made a deal with OPEC to “back” the dollar with oil, creating the “petro-dollar.” Oil would be sold only in US dollars, which would be deposited in Wall Street and other international banks.

In 2001, dissatisfied with the shrinking value of the dollars that OPEC was getting for its oil, Iraq’s Saddam Hussein broke the pact and sold oil in euros. Regime change swiftly followed, accompanied by widespread destruction of the country.

In Libya, Qaddafi also broke the pact; but he did more than just sell his oil in another currency.

As these developments are detailed by blogger Denise Rhyne:

For decades, Libya and other African countries had been attempting to create a pan-African

gold standard. Libya’s al-Qadhafi and other heads of African States had wanted an independent, pan-African, “hard currency.”

Under al-Qadhafi’s leadership, African nations had convened at least twice for monetary unification. The countries discussed the possibility of using the Libyan dinar and the silver dirham as the only possible money to buy African oil.

Until the recent US/NATO invasion, the gold dinar was issued by the Central Bank of Libya (CBL). The Libyan bank was 100 percent state owned and independent. Foreigners had to go through the CBL to do business with Libya. The Central Bank of Libya issued the dinar, using the country’s 143.8 tons of gold.

Libya’s Qadhafi (African Union 2009 Chair) conceived and financed a plan to unify the sovereign States of Africa with one gold currency (United States of Africa). In 2004, a pan-African Parliament (53 nations) laid plans for the African Economic Community – with a single gold currency by 2023.

African oil-producing nations were planning to abandon the petro-dollar, and demand gold payment for oil/gas.

Showing What Is Possible

Qaddafi had done more than organize an African monetary coup. He had demonstrated that financial independence could be achieved. His greatest infrastructure project, the Great Man-made River, was turning arid regions into a breadbasket for Libya; and the \$33 billion project was being funded interest-free without foreign debt, through Libya’s own state-owned bank.

That could explain why this critical piece of infrastructure was destroyed in 2011. NATO not only bombed the pipeline but finished off the project by bombing the factory producing the pipes necessary to repair it. Crippling a civilian irrigation system serving up to 70 percent of the population hardly looks like humanitarian intervention. Rather, as Canadian Professor Maximilian Forte put it in his heavily researched book Slouching

Towards Sirte: NATO’s War on Libya and Africa:

[T]he goal of US military intervention was to disrupt an emerging pattern of independence and a network of collaboration within Africa that would facilitate increased African self-reliance. This is at odds with the geo-strategic and political economic ambitions of extra-continental European powers, namely the US.

Mystery Solved

Hillary Clinton’s emails shed light on another enigma remarked on by early commentators. Why, within weeks of initiating fighting, did the rebels set up their own central bank? Robert Wenzel wrote in The Economic Policy Journal in 2011:

This suggests we have a bit more than a rag tag bunch of rebels running around and that there are some pretty sophisticated influences. I have never before heard of a central bank being created in just a matter of weeks out of a popular uprising.

It was all highly suspicious, but as Alex Newman concluded in a November 2011 article:

Whether salvaging central banking and the corrupt global monetary system were truly among the reasons for Gadhafi’s overthrow...may never be known for certain—at least not publicly.

There the matter would have remained—suspicious but unverified like so many stories of fraud and corruption—but for the publication of Hillary Clinton’s emails after an FBI probe. They add substantial weight to Newman’s suspicions: violent intervention was not chiefly about the security of the people. It was about the security of global banking, money and oil.

Ellen Brown is an attorney, founder of the Public Banking Institute, and author of twelve books including the best-selling *Web of Debt*. Her latest book, *The Public Bank Solution*, explores successful public banking models historically and globally. Her 300+ blog articles are at EllenBrown.com. Listen to “It’s Our Money with Ellen Brown” on *PRN.FM*. ★

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CLUES

ACROSS

1. Santa and Uncle Sam have this in common
6. Be in a cast
9. Plural of cecum
13. *” _____ beaver”
14. *”Pitching _____”
15. Sacrificial spot
16. Less than 90 degrees
17. Grass bristle
18. Had in mind
19. *”Retail _____”
21. *” _____ it”
23. Bruin legend Bobby
24. Forbidden fruit, e.g.
25. *” _____, humbug!”
28. Ready and eager
30. Foot part
35. Mosque V.I.P.
37. Indian restaurant staple
39. Bodies
40. Part of cathedral
41. Binary digits code
43. Interest _____
44. Writer behind a writer
46. Rodeo Drive tree
47. Cold War’s Warsaw Pact, e.g.
48. Protective embankment
50. *”You _____ what you sow”
52. King Kong, e.g.
53. Kick out
55. India’s smallest state
57. *Add this to injury?
60. *Disorderly person or thing
64. Ice cream amount
65. Roswell subject
67. Figure with vertex and rays
68. Coastal town in southern England
69. Animal’s nose
70. Leg of lamb
71. Actress Hathaway
72. *”A bird in the hand is worth _____ in the bush”
73. Cardinal compass point at 90 degrees, pl.

DOWN

1. *”Don’t _____ around the bush”
2. *”To _____ his own”
3. Chills and fever
4. Old but in
5. Like rainy afternoon?
6. *”An apple a day keeps the doctor _____”
7. *”Don’t have a _____!”
8. Polynesian kingdom
9. Horsely
10. Short for “and elsewhere”
11. C&H crop
12. Product of creativity
15. Quantity
20. Vital life, in Sanskrit
22. _____Wan of “Star Wars”
24. Server on wheels
25. *” _____-watch” a lot of TV
26. Wet nurses
27. *”Wreak _____”
29. Coarse file
31. Kind of apple, gritty and acidic
32. _____-la
33. Bar by estoppel
34. *” _____ of cake”
36. Table in Mexico
38. African river
42. Idealized image
45. Group of performers
49. Afghan monetary unit
51. Thick soup
54. Dangerous movie trick
56. Plural of amnion
57. Desktop picture
58. Lunch time?
59. Worn from walking
60. Great Depression drifter
61. *Don’t put these into one basket
62. Vegas bandit
63. They make up a tennis match
64. R&R spot
66. “The _____. The Proud. The Marines”

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MPG

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By David Dickstein, Gold River resident

Well, after living in Gold River for 17 years, it's time to say goodbye. I got a new job in Oklahoma City as youth pastor at one of those mega-churches there. My wife, Mimi, a long-time teacher at Gold River Discovery Center, is as excited as I am about not only making a fresh start, but starting over as parents. I'm thrilled to announce that we're having twins and they're due in October.

April Fool!
OK, that was whack. But, look, it's April and my column is called "Fool's Gold." It's my right.

Hey, speaking of April Fool's jokes, I'm thinking about how much fun it would be to play a few pranks in Gold River. And the fact that it's a few days past April Fool's Day makes the jokes even more unexpected. Maybe we can put our heads together and come up with some real doozies. Here's what I'm thinking....

•Tape notices on the Bel Air supermarket doors that say, "We're moving. Coming soon: Hooters." April Fool!

•After 9 p.m., when everyone in Gold River is asleep, cause mass hysteria the next morning by painting one garage door in a brown village pink. April Fool!

•Ask the employees at Rubio's if they're disappointed in the failed presidential candidacy of their boss Marco Rubio. April Fool!

‘Fool’s Gold’ Time to Say Goodbye

•Start a rumor that the Gold River Racquet Club has been purchased by the Gold River Community Association and will become a new benefit for homeowners. April Fool!

•Start another rumor that Gold Station is now an official village and monthly dues of \$278 begin in May. April Fool!

•Show up at the fire station on Coloma with a camera crew and tell the fire fighters they've been selected for a beefcake 2017 wall calendar. April Fool!

•Ask for a sample of dog food at Western Feed & Pet Supply, then immediately open the pouch and take a small bite. Look disgusted and complain that this stuff tastes like dog food. April Fool!

•Set up a toll booth on the American River Bike Trail, charging only cyclists wearing stupid racing attire. April Fool!

•Call the Rio Americano High School office and ask how much tickets are for the Olympics. Break the awkward silence with, "Isn't Rio hosting the Summer Games? ...April Fool!"

•Paint a small rock gold and storm into Starbuck's screaming "Thar's gold in them thar river!" and claiming that you just found the nugget washed up near Fair Oaks Bridge. And so will begin the Great Gold River Gold Rush of 2016. April Fool!

•At your next village board meeting volunteer to head up a "Motorcyclist and Garage Band Welcome Committee." April Fool!

•Get Rancho Cordova Mayor Robert McGarvey in on the fun and hold a fake press conference in front of the Gold River Community Center. His announcement? That Gold

River has been annexed by Rancho Cordova. April Fool!

•Tell your neighbors about plans to add another two more stories to your house. April Fool!

•At the In-N-Out drive-thru order a Big Mac "animal style," then go across the street to McDonald's for a Double-Double Happy Meal. April Fool!

•Bring a Baby Ruth chocolate bar to the Racquet Club's family pool. If you don't know what to do with it, watch "Caddyshack." April Fool!

•Find the security guard who walks around Gold River Town Centre and frantically tell him you've been robbed. "Robbed of a hug!" Before he reacts, give the guy a big-time squeeze. April Fool!

•Cause every Rules Committee chairperson to hold emergency meetings by putting up "Neighborhood Garage Sale" signs at the three entrances to Gold River. April Fool!

•Buy a take-and-bake pizza at Papa Murphy's, then walk over to Blaze and ask them to bake it in their oven. April Fool!

•Get a cup of Thrifty ice cream at Rite-Aid, then bring it to Yogurt Monkey and add their toppings. Put the cup on the scale. The worker will have no idea how to charge for it. April Fool!

•At midnight open your garage door, then hide and wait for Gold River patrol to drive into your village. As the attentive officer approaches your dark garage to investigate, jump out and blast an air horn. "April Fool!" you'll be saying from a hospital bed. ★



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Game Plots

Virtual Reality Pulls Into the Station

By Noah Howard

An emerging technology could become an important moment in entertainment history. When the train pulled into the station in one of the first films ever shown to the public, people screamed, and ducked, and fled. This new medium of film was too real, too immersive. The train’s modern-day parallel is virtual reality (VR).

That initial reaction to the train was similar to my father’s reaction upon trying VR in HTC’s Vive headset, set for release later this year. VR headsets completely surround the wearer with the sights and sounds of a digital environment, and allow them to look around as they please. It aims for total immersion. When a whale passed by my father’s face he tried to reach out and touch it. Though his feet were standing on solid, flat ground, when presented with a digital cliff, he couldn’t bring himself to jump off. I learned through both the reactions of my father and the conversations with various people working on creating content for VR that this is an entirely new medium—the same as film or television or videogames.

VR is often thought of as an extension of videogames. The three headsets coming out this

year are marketed mostly to gamers and are intended for use with game distribution software and systems. But there are plenty of people creating VR content that doesn’t fit into the videogame category. What my father (and I) tried were “experiences”; a sort of non-interactive, digital, moving diorama. We were also shown a proof-of-concept for a short VR film, a Bond-like action scene in which you could look at the fight happening all around you.

The bottom line is that all of this experimentation and variety branches from the fact that VR is so new and different, so intent on completely immersing you in another world, that no one knows how to handle it. It’s equivalent to early silent films that amounted to little more than short plays without any camera movement or technique.

In transitioning to VR, most videogames have wrestled with how to allow the player to control the action. Most VR games have to be in first-person, and we’ve never come up with a good way to control a first-person game in which the head movement is independent of body/hand movement, as would be necessary for shooters. For film, the wearer’s ability to freely look around the scene prevents the director from



VR headsets completely surround the wearer with the sights and sounds of a digital environment, and allow them to look around as they please. It aims for total immersion.

adequately controlling what the viewer sees. As the producer of the studio we visited told me, during an essential dramatic scene of a movie, the viewer could be off looking at a tree.

Nevertheless, these are all problems stemming from the raw new-ness of the VR medium. We can’t process VR because we still don’t know exactly what it is and what it can do. The first consumer headset, the Oculus Rift, was only released at the end of March, so we don’t even know what type of content the consumers in the market will demand. Nevertheless, this is an exciting time. We’re witnessing the birth of a new art form, a new type of entertainment, which could potentially become as much a part of our everyday lives as film, television, or videogames.

Keep your eyes open for VR. You might just see into another world.

To respond to Noah’s articles email him at digitalartsnoah@yahoo.com ★

Andy Warhol: Portraits

Continued from page 1

lust for what we already have in abundance: images of sex appeal, power, and wealth.”

Significantly, it was Warhol’s commissioned portraits that became synonymous with power and beauty, wealth and accomplishment. The basis for Warhol’s paintings was always his Polaroid photography. After 1968, sitters posed privately for dozens of unique images taken by the artist. Only one from a session resulted in a final portrait, and commissioned works were sold in pairs. This practice was profitable, but also paradoxical. The dual image emphasized the vanity of the sitter while the doubled-up presentation effaced the notion of the sitter’s originality, or being one-of-a-kind.

The exhibition, which runs through June 19th, 2016, will be complemented by additional Museum programming, including portrait-making workshops

for youth in March and April, live performances, Warhol-inspired parties, a symposium, and more. The Crocker is the only California venue for this career survey, which was organized by The Andy Warhol Museum, one of the four Carnegie Museums of Pittsburgh.

The Crocker Art Museum was the first art museum in the Western U.S. and is one of the leading art museums in California today. Established in 1885, the Museum features one of the country’s finest collections of Californian art, exceptional holdings of master drawings,

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Crocker is located at 216 O Street in downtown Sacramento. Museum hours are 10 a.m.–5 p.m., Tuesday–Sunday; 10 a.m.–9 p.m., Thursdays. Every third Sunday of the month is “Pay What You Wish Sunday” sponsored by Western Health Advantage. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

Source: Crocker Art Museum★



At left: Andy Warhol, Cow, 1976. Screen print on wallpaper. 45 1/8 X 29 1/2 in. The Andy Warhol Museum, Pittsburgh, PA1994.7. © 2015 The Andy Warhol Foundation for the Visual Arts, Inc. / Artists Rights Society (ARS), New York

a comprehensive collection of international ceramics, as well as European, Asian, African, and Oceanic art. The

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Free Weekly Yoga in the Park Expands to Sacramento Area



Beginning April 2nd, 2016, Folsom and Davis parks will add weekly free classes. Photo by Suzy Goodwin

WEST SACRAMENTO, CA (MPG) - The Sacramento region will soon have five parks participating in free weekly community yoga classes. Local nonprofit, Yoga Moves Us, holds regular free yoga classes at three of the Sacramento area’s largest parks: McKinley Park, Tahoe Park, and Maidu Park in Roseville. Beginning April 2nd, 2016, Folsom and Davis parks will add weekly free classes.

A recent survey conducted by the Yoga Journal and Yoga Alliance found that yoga’s popularity is growing exponentially. The survey found that the number of Americans practicing yoga has grown by over 50 percent over the last four years to over 36 million as of 2016, up from 20.4 million in 2012.

However, the survey also found that many people feel like the practice is not accessible and is exclusive to individuals who are already flexible and spiritual. Yoga Moves Us defies that misconception by providing regular free yoga classes open to anyone who is willing to try. Additionally, classes are taught by some of the best yoga teachers from studios across the region.

“The mission of our open-hearted community is to make yoga accessible for everyone. It’s been amazing to see neighborhoods connect in our existing parks and it is exciting for Yoga Moves Us to expand to new parts of Northern California,” said Zach Stahlecker, president of Yoga Moves Us.

No yoga experience is required for the all levels classes. A limited number of yoga mats are available for participants who do not have their own mat. Participants are encouraged, but not required, to donate to Yoga Moves Us to help defray expenses, such as facility rentals during colder months and insurance.

Yoga in the Park’s weekly schedule is as follows:

- Saturdays at 9 am:**
McKinley Park: 601 Alhambra Blvd., Sacramento (Near the rose garden)
- Maidu Park:** 1550 Maidu Dr., Roseville (Near the library)
- Lions Park:** 403 Stafford St., Folsom (Near the community center)

Community Park: 1405 F St., Davis (Between the library and the baseball diamond)
Sundays at 9am:

Tahoe Park: Corner of 59th St. & 11th Ave., Sacramento (Near the pool)

Find more information at www.YogaMovesUs.org.

All donations to Yoga Moves Us will be used to support and grow the Yoga in the Park programs. Yoga Moves Us is a 501(c)(3) nonprofit, so your gift may qualify as a charitable deduction for federal income tax purposes. Please consult your tax adviser or the IRS to determine whether a contribution is deductible for you. Our nonprofit tax ID# is: 47-4189002

Donate at: <http://yogamovesus.org/how-to-get-involved/donate/>

Yoga Moves Us is a nonprofit organization with a mission to build healthier, stronger communities by sharing yoga that is accessible to all and by supporting those who are dedicated to inspire others through yoga.

Source: Yoga Moves Us ★

Using Your Mind

Story and photo by Sal Arrigo, Jr.

Tiffany Paige is the founder of the Artisan Mind. Paige’s company “artfully connects the heart and mind of individuals living with Alzheimer’s disease and other dementias.”

I recently caught up with Paige as she was managing her schedule, in going from one art show to another. “My grandfather paid for my art education that took me from Southern California to Paris, France,” said Paige. “He always asked what I was going to do with my degree.”

As Paige saw her grandfather slip into the grasp of dementia, she knew what she had to do: use her art training to help those who suffer from Alzheimer’s disease.

The Artisan Mind concept inspires people with dementia to share their emotions and feelings and encourages in the sharing of pleasant memories. In fact, KVIE, the public television station that covers the Sacramento area, is going to feature Paige and her work on an upcoming broadcast in February. Still, it took her a while to recognize the best way to work with those with dementia.

“I realized my subtle approach in introducing various colors and scenes to a person with dementia got far greater positive results than someone who just tried the traditional engagement guidelines.” Translation: alternate ways in working with Alzheimer’s sufferers was needed, and, as Paige mentioned “art needs to be part of a personal care plan for these people.”

Paige features her work at various locations throughout the Sacramento Valley, including the Crocker Art Museum, the California Museum, and the California Automobile Museum. Paige is also a regular guest at many Memory Care Facilities in the area, conducting her educational classes.



Tiffany Paige holding a photo album of her grandfather who was so instrumental in her starting her career.

As a way to consistently improve her product, Paige documents the reactions of participants to her art work and then relays this information to the people who are supervising their care. Any positive information she provides not only makes caregiving easier, it makes her work all worthwhile.

The Artisan Mind is a non-profit, 501 c-3 business that seeks the financial support of individuals and companies to allow Paige’s work to continue to make a positive difference in our local community. To learn more, visit www.artisanmind.org and learn how you can help. In the meantime, Paige has plans to organize a fundraiser or two in 2016 to continue her mission of “unlocking memories and imagination through creative arts.”

Contact Tiffany Paige, Artisan Mind founder, at (916) 792-3281. ★

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