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Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

January, 2015

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Local Postal Customer

Walk a Mile in Her Shoes

One Thousand Men Sought for 2015 Record-Breaking March



WEAVE's 2015 fundraising event, scheduled for Sunday, May 3rd, 2015, is slated to top last year's efforts; their goal is to have 1,000 men participate. This will not only bring additional money to the group, but it will break a world record. The organization is accepting registration forms now. Photo courtesy Tia Gemmill

By Linda Harper

SACRAMENTO REGION, CA (MPG) - Walking in someone's shoes is not always an easy thing to do, especially if you're a man marching in women's high heels. That's exactly what 620 men did last spring to raise awareness of domestic violence and sexual assault at WEAVE's 2014 Walk a Mile in Her Shoes event. Through sponsorships, they raised over \$237,000 to fund many programs the organization provides to victims of abuse.

WEAVE's 2015 fundraising event, scheduled for Sunday, May 3rd, 2015, is slated to top last year's efforts; their goal is to have 1,000 men participate. This will not only bring additional money to the group, but it will break a world record. The organization is accepting registration forms now.

Walk a Mile in Her Shoes is an international event in which men embrace the opportunity to raise awareness about the serious causes and effects of sexualized

violence, which has reached epidemic proportions in every city in our nation. Between 2001 and 2012, 6,488 troops were killed in Afghanistan and Iraq, and 11,766 women were murdered by current or former partners—that's nearly double the amount of casualties of war.

Domestic violence is not a singular incident. Statistics show us that it's a continuous problem, deeply rooted in our culture for decades. This black mark on our moral report card is as American as apple pie. Too many women and children have been held captive for too long by physical violence, financial abuse, emotional abuse, or all three. Organizations such as WEAVE are working tirelessly with law enforcement, social services, health and welfare, and many other federal, state and private sector institutions to serve victims, identify abusers, and educate the public in an effort to combat future tragedies.

According to the California



Children are also an at-risk group; the average age of forced prostitution through trafficking is 13. Statistics show that some 300,000 young boys and girls are forced into the sex industry, and the number is increasing. According to FBI published information, criminals who normally would deal in illegal drugs or weapons have now turned to human trafficking. A measure of dope or an illegal gun can only be sold once, whereas a young boy or girl can be sold 10-15 times a day. Photo courtesy Tia Gemmill

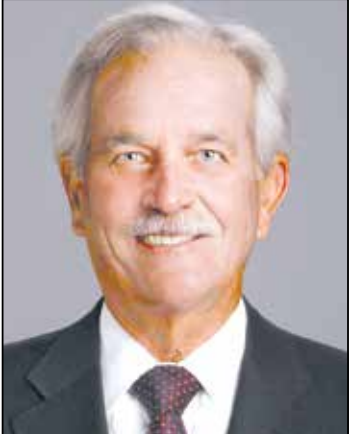
Partnership to End Domestic Violence, approximately 40% of women experience some form of partner violence in a lifetime. Young women 18-24 years of age were significantly more likely (11%) to be victims of physical intimate violence in the past year. A report made by the California Student Survey (CSS) showed a prevalence of teen dating violence. At least one incident was reported by 5.2% of 9th grade girls and 8.2% of 11th grade girls.

Additionally, among students with steady boyfriends, the rates of dating violence increased to 8.8% in the 9th grade and 12.8% in the 11th grade. These figures are disturbing, and they warrant educational intervention. The hope is that early education of these young men about these issues will help them change their ways and prevent them from becoming adult abusers.

Although domestic violence
Continued on page 8

Sierra Vista Bank Appoints Robert Perry-Smith as Chairman

SACRAMENTO REGION, CA (MPG) - Sierra Vista Bank (the "Bank") announced that Robert T. Perry-Smith has been appointed to its Board of Directors and will serve as its Chairman. The Bank's preceding Chairman, Brady Whitlow, will remain on the Board as Vice Chairman. "We are very pleased to add someone with Bob's experi-



Sierra Vista Bank announced that Robert T. Perry-Smith has been appointed to its Board of Directors and will serve as its Chairman. Mr. Perry-Smith is a member of the American Institute of Certified Public Accountants and the California Society of CPAs.

ence and expertise to our team," stated Whitlow. In 2013, Mr. Perry-Smith concluded a 40-year career as a CPA at both the national level as a Partner and then as the Founder and CEO of Perry-Smith LLP. Throughout his career, Mr. Perry-Smith and his firm were regarded as a leading provider of professional services to the Banking Industry specializing in annual audits, regulatory compliance, capital structures, as well as merger and acquisition strategies. The company became one of the region's most successful firms, expanding significantly over its 28-year history before being acquired by Crowe Horwath LLP in 2011. Mr. Perry-Smith is a frequent speaker at Banking Industry conferences and Trade Association meetings.

Mr. Perry-Smith is a member of the American Institute of Certified Public Accountants and the California Society of
Continued on page 6

The Passing of Retired Sheriff Glen Craig

SACRAMENTO COUNTY, CA (MPG) - It is with both sadness and pride that the Sacramento County Sheriff's Department acknowledges the passing of retired Sheriff Glen Craig. Craig was elected as the 33rd Sheriff of Sacramento County in 1986 and served until his retirement in 1999. He was a tireless and conscientious Sheriff who brought many advancements and innovations to the Department, including community service centers and a community-oriented policing philosophy. His leadership and integrity made a profound impact on the Sheriff's Department that can still be felt today. "It was Sheriff Craig who hired me, and he quickly became an informal mentor; someone whose leadership I wanted to follow and to emulate. I have been deeply appreciative of his support, advice, and

friendship during my entire tenure as Sheriff," said Sheriff Scott Jones.

Former Sacramento Sheriffs also weighed in: "It was both a privilege and an honor to have worked for Glen and to have called him my friend. He will be missed greatly," said former Sheriff Lou Blanas.

Former Sheriff Robbie Waters said, "Glen and I worked together after his election to Sheriff, and mine to the city council, for the good of the City and County of Sacramento. He did an excellent job in the law enforcement field and will be missed."

Retired Sheriff John McGinness had this to say: "Sheriff Craig told me, 'Never make decisions based on politics; use your moral compass and do what you believe to be right. Political issues will

resolve themselves accordingly.' In spite of his sincere dedication to his professional calling, he also espoused his firm belief that family should be your first obligation; they'll be with you long after your professional obligations are met. Not only did he offer such wise counsel, he displayed it through his actions. I will miss him enormously."

Prior to serving as Sheriff, he worked numerous positions in his 44 years of law enforcement, including as Commissioner of the California Highway Patrol and as the Director of the Division of Law Enforcement at the State Department of Justice. In each of these roles, he led with distinction and honor. Since his retirement, he has remained active in the private sector, advising on law enforcement-related issues. He is held in the

highest esteem by political and law enforcement leaders throughout the State. He was awarded the prestigious Bud Hawkins award by the California Peace Officers Association (CPOA) for his contributions and impact on California law enforcement. In addition, Sheriff Craig devoted countless hours of volunteer time to the Make-A-Wish Foundation, the Boy Scouts of America, People Reaching Out, Walk America, and the March of Dimes.

"Sheriff Craig left a lasting legacy of leadership and professionalism on the Sacramento Sheriff's Department. He will be missed, but the impact he made on us will continue to shape us and drive us toward excellence each and every day," said Sheriff Scott Jones.

Source: Sacramento County Sheriff's Department

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Sacramento Region Employment Trends Optimistic

Job Demand and Hiring Trends for Local Companies

SACRAMENTO REGION, CA (MPG) - Optimism is strong for ongoing growth of the Sacramento regional economy in the New Year.

In direct contacts with top Sacramento regional employers, Pacific Staffing has discovered that 84% of company contacts expressed optimism for 2015 about ongoing economic and job growth in our region. Just 8% of those contacted in 2014 between November 12th and December 16th indicated a pessimistic outlook. Another 8% didn't or couldn't answer when asked, "Are you optimistic or pessimistic about the economy in 2015?" In what is traditionally the slowest period for hiring, the Sacramento Employment Trends Survey has learned the majority of top regional employers will continue at a robust pace in hiring for the first quarter (Q1) of 2015.

While weather and seasonal change often reduces the hiring market for Sacramento in Q1 of the New Year, 65% of companies

report they are hiring in January, February, and March. In another measure of ongoing recovery and growth of the economy and hiring market in Sacramento, 49% of hiring was attributed by company contacts to expansion or growth of their workforce in Q1. Thirteen percent (13%) of hiring was attributed to seasonal needs. Thirty-five percent (35%) of companies surveyed by phone say they will not hire in Q1.

Despite the optimistic outlook, regional acquisition and mergers combined with seasonal layoffs is reducing workforces at 6% of Sacramento regional employers polled in the first three months of 2015.

There are many skills in demand: Sacramento employers demonstrated a strong demand for accounting/finance, general office/clerical, warehouse, and shipping and manufacturing skills. Customer service, sales, engineering, and information technology skills continue to be sought by the area's top

regional companies. Some firms report hiring out of the market for specialized IT and industry proprietary technical skills like automated construction estimating.

How does this quarter compare to last quarter or last year? Find out for yourself: For more information, employment blogs, and market surveys, go to www.pacificstaffing.com.

There will be challenges in 2015: The New Year brings new laws including sick leave changes and ACA requirements employers are concerned about. Another worry in the Sacramento market is finding qualified applicants, especially in IT and construction trades, with employers also citing retention of current skilled workers as a growing issue.

Of Sacramento regional top companies, polled by industry, 37% are service, 30% are manufacturers, 21% are construction, and 12% are retail.

Source: Rick Reed Public Relations ★

Therapeutic Recreation Scores Big Since 1975



TRS volunteer attempts goal during the Chargers' last soccer practice before Special Olympics competition.

Story and photo by Ryan Meza

SACRAMENTO COUNTY, CA (MPG) - Providing recreation services to community members with disabilities since 1975, the Therapeutic Recreation Services (TRS) program offered by the Sacramento County Department of Regional Parks is a fun-filled atmosphere that includes activities such as "Monster Mini Golf and Dinner" and "Ridin' on the River."

With an active team of more than 200 athletes who compete in a variety of sporting competitions including the Special Olympics, TRS provides year-round training to all who participate in five different sports: basketball, soccer, swimming, track and field, and floor hockey. Almost everybody who trains in a sporting activity ends up competing in their Special Olympics Team

called the Chargers. The Sacramento County Chargers was founded more than 30 years ago. Chargers athletes have received many awards for various sports and competitions hosted by the Special Olympics. Over the past years, the Special Olympics have also honored several of the coaches and volunteers who participate.

"It is our goal that our participants gain their highest level of independence and valuable lifelong skills that will benefit them in their everyday lives. It is our hope that participants gain improvements in communication, making choices, community awareness, social skills, learn money management skills, and develop new friendships," said Jenn Wilson, recreation specialist for TRS.

TRS is staffed by two full-time employees, 10 part-time employees, 20 regular

volunteers, up to two recreation therapy interns per year, and more than 50 community volunteers from local high schools and colleges. With increasing participation, TRS staff works hard to find new places to visit as well as offer more activities and sports for participants to enjoy.

"Activities are fun, and you get to meet a lot of friends. The staff is cool, and they really make it fun for us," said Hermenda Seals, a TRS participant.

In addition to county funding, TRS receives donations from Eppie's Great Race, Pathways to Recreation, and individual donors. During the last fiscal year, TRS received close to \$50,000 in outside donations. If you wish to donate or become a volunteer, send TRS an email at TRS@SacCounty.net.

Source: Sacramento County ★

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American River Trout Hatchery Reopens After Summer Evacuation



Colder winter temperatures and recent rain are allowing hatchery staff to begin filling the raceways with cooler river water and start producing rainbow trout for planting in northern California lakes in the summer of 2015.

GOLD RIVER, CA (MPG) - The American River Trout Hatchery operated by the California Department of Fish and Wildlife (CDFW) recently reopened after warm water temperatures forced the closure of the facility in early summer.

Colder winter temperatures and recent rain are allowing hatchery staff to begin filling the raceways with cooler river water and start producing rainbow trout for planting in northern California lakes in the summer of 2015.

"The drought forced us to think quickly and make the best

decisions for the health of the fish," said Dr. Bill Cox, CDFW Fishery Program Manager. "Because of the rain and colder weather, we can start producing trout right away."

In June, CDFW moved all rainbow trout out of the American River Hatchery to avoid losses of young fish due to rising water temperatures. Both Nimbus and American River hatcheries' water supply comes from Lake Natoma, upstream of the hatcheries. Drought conditions resulted in reduced water supplies stored in Folsom Lake and warm summer temperatures

increased the water temperature of the available water, exceeding tolerable temperatures for growing fish.

The trout being grown now will be available for planting in state waters beginning in January 2015.

For the fish stocking schedule, please visit www.nrm.dfg.ca.gov/FishPlants/. For complete fishing regulations, please visit www.wildlife.ca.gov/Regulations.

Source: California Department of Fish and Wildlife



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Delta Water Plan Refined to Reduce Local Impacts

Public Invited to Comment on Changes

SACRAMENTO REGION, CA (MPG)

The Brown administration and its federal partners has announced several significant changes to the water conveyance portion of the proposed Bay Delta Conservation Plan, including elimination of the need to build three pumping plants along the Sacramento River near Hood.

The changes represent an effort to respond to the concerns of Delta landowners and others. Subject to further refinement, they will be incorporated into the draft plan and Environmental Impact Report/Environmental Impact Statement and will be recirculated for additional public comment in 2015. The proposed changes would eliminate three pumping plants on the east bank of the Sacramento River between Hood and Walnut Grove; minimize activity on Staten Island, an important sandhill crane habitat, by removing tunnel launch facilities, large reusable tunnel material storage areas, a barge landing site, and high-voltage power lines; increase use of property owned by the California Department of Water Resources (DWR); eliminate the need for additional permanent power lines to the intake locations in the north Delta, including near Stone Lakes National Wildlife Refuge; eliminate impacts on Italian Slough (near Clifton Court Forebay) by removing an underground siphon; reduce power requirements; allow water to flow from the Sacramento River entirely by gravity at certain river stages; and reduce tunnel operation and maintenance costs.

The modified plan would eliminate the need to build three separate two-story pumping plants along a five-mile stretch between Clarksburg and Courtland. Plans to build three intakes screened for fish

protection along that stretch of river would not change, but DWR has determined that it is not necessary to also build pumping plants adjacent to each intake in order to move the water from the river into tunnels. Instead, water could be moved from the river into tunnels by a single new pumping plant constructed 40 miles away at the end of the tunnels on DWR property near Clifton Court Forebay.

The roughly 87-acre footprint of each intake would not change, but three 46,000-square-foot buildings would not be needed to house pumping plants. No permanent transmission lines, substations, or surge shafts would be needed either. Facilities at the intakes would include fish screens in the river, sedimentation basins, drying lagoons, access roads, and control gate structures.

Elimination of the three pumping plants would help preserve the view on State Route 160 between Hood and Walnut Grove, a state scenic highway. It would also reduce construction traffic along the river.

Throughout the eight-year development of the Bay Delta Conservation Plan, DWR has sought to minimize potential disruption and dislocation of Delta residents. In 2013, DWR made significant changes to the proposed water conveyance facilities that reduced by 50 percent the total permanent footprint of the project.

The most recent changes to the proposed conveyance system, along with many other changes to other aspects of the plan, will be available for formal public review and comment in 2015.

The Bay Delta Conservation Plan aims to both stabilize water deliveries from the Sacramento-San Joaquin Delta and contribute to the recovery of 56 species of plants, fish, and wildlife over the

50-year life of the plan. Water from the Delta reaches approximately 25 million Californians and three million acres of irrigated farmland.

The plan aims to both reverse the ecological decline of the region and modernize a water system that now depends on hundreds of miles of earthen levees vulnerable to earthquake, flood, and rising sea levels. One of the conservation measures in the plan involves building new points of diversion in the north Delta in order to minimize the use of the existing south Delta diversion. The existing diversion, constructed 45 years ago, sits on a dead-end channel that cannot be effectively screened for fish. New diversions could be screened with modern technology and would allow for more natural east-west flow through the Delta to San Francisco Bay.

The Bay Delta Conservation Plan has been developed through eight years of analysis and hundreds of public meetings. It is a habitat conservation plan under the U.S. Endangered Species Act and a natural community conservation plan under California law. It describes conservation measures that would be undertaken by the California Department of Water Resources, operator of the State Water Project, and the U.S. Bureau of Reclamation, operator of the Central Valley Project. The plan would provide a stable regulatory environment for operation of the water projects, which in recent years have been forced to curtail Delta pumping under rules to protect certain threatened and endangered fish species.

To read the public review draft Bay Delta Conservation Plan and associated environmental documents, visit www.baydelta-conservationplan.com.

Source: Department of Water Resources ★

Sierra Vista Bank Appoints Robert Perry-Smith as Chairman

Continued from Page 1

CPAs. He holds a BS Degree in Accounting from California State University, Sacramento. Mr. Perry-Smith currently serves as the Chairman of the Perry-Smith Foundation and is a past President of the Sutter Club in Sacramento. As Chairman of the Board, he will serve as an ex officio member of all standing Bank committees, including the Audit Committee, and will Chair the Corporate Governance/Compensation Committee.

"I have known Bob for over

20 years and am looking forward to working with a person whom I so highly regard," stated President/CEO Gary D. Gall. "His presence and business acumen will add strategic value to our organization."

Mr. Perry-Smith said, "Community Banking has long been near and dear to my heart! I am very pleased to have the opportunity to join the Sierra Vista Bank team and share in its vision for the future development of the Bank."

Sierra Vista Bank is a locally owned community bank

headquartered at 1710 Prairie City Road in Folsom, CA since March 2007 and has branches located in Cameron Park and the Fair Oaks Village. The Bank prides itself on serving the financial needs of small businesses and professionals in Folsom and throughout the Highway 50 Corridor while remaining committed to community philanthropy. Additional information about Sierra Vista Bank can be found at www.sierravistabank.com or by calling (916) 850-1500. ★

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By Sal Arrigo Jr.

The Forgotten War is Not Forgotten

bomber. Art finished basic training at Sheppard AFB, Wichita Falls, TX, before moving on to Houston, TX, and finally to Mather Air Force Base, Sacramento, CA, for four months of Norden Bombing and Shoran (short-range navigation) Training.

Listening to Art describe his relationship with his commander, Colonel Delwin D. Bentley, or his description of the meticulous work that had to be done before embark-

event in their lives; PTSD sufferers continue to have terrifying flashbacks. I asked Art what event he recalls that is most traumatic to him, and he described in gruesome detail a moment on one of his last bombing missions with Colonel Bentley.

So, how does Art survive day-to-day with these terrible flashbacks? He writes books, he gives speeches, and he talks with others dealing with PTSD. Art said, "I share my story to



Art Haarmeyer graduated with an MBA degree from the University of Chicago; six months after that the United States entered the Korean War, and Art enlisted as a basic trainee in the United States Air Force. Art finished basic training at Sheppard AFB, Wichita Falls, TX, before moving on to Houston, TX, and finally to Mather Air Force Base, Sacramento, CA, for four months of Norden Bombing and Shoran (short-range navigation) Training.

Korean War veteran and author of "Into the Land of Darkness." The Korean War started on June 25th, 1950, as North Korea invaded South Korea and engulfed the entire region until a ceasefire was declared on July 27th, 1953.

Art Haarmeyer graduated with an MBA degree from the University of Chicago; six months after that the United States entered the Korean War, and Art enlisted as a basic trainee in the United States Air Force. I have gotten to know Art Haarmeyer, now in his 80s. He is a man proud of his service in Korea and is as sharp mentally as he was in his days as a graduate student and as a bombardier/navigator on the Douglas B-26 light

ing on another bombing "run," gave me the feeling that I was actually with Art on these missions! Colonel Bentley was a "pilot who had a great feel for the aircraft," Art said. "He would bank that plane and set us up on our target like no other pilot I ever saw," Art continued. I asked Art what it like was to be a bombardier/navigator and dropping tons of bombs, including napalm, on people he did not even know. Art's answer: "I was just doing my job."

It was doing this job that led into Art developing post-traumatic stress disorder (PTSD), a condition that affects many war veterans, but which also may develop in people who have experienced a traumatic

help others." He mentioned he liked talking with me because we are "our own therapy." I understand Art perfectly, as I also have PTSD—we do have our own two-man therapy sessions and we do realize we will never again be the same emotionally; nevertheless, we are still productive individuals to ourselves, family, and community.

My time in talking with Art and researching the Korean War has enlightened me to the fact there is no such thing as a "forgotten war." I recommend that you read Art's book and learn about an important part of our nation's military history from the perspective of someone who experienced it personally. ★

FEMA Corps Members Graduate After Ten Months of Disaster Service



After completing 10 months of intensive service to disaster survivors, 110 FEMA Corps members were honored at a graduation ceremony on December 5th. The graduates responded to the Oso Mudslide and the Napa Earthquake, assisted disaster survivors at their greatest time of need, helped pioneer new methods of disaster preparedness, and developed leadership and problem-solving skills to last a lifetime.

SACRAMENTO REGION, CA (MPG)

- After completing 10 months of intensive service to disaster survivors, 110 FEMA Corps members based at the Sacramento AmeriCorps National Civilian Community Corps (NCCC) campus in McClellan Park were honored at a graduation ceremony on December 5th. This is the second graduating class from the Pacific Region AmeriCorps NCCC campus based in California.

The graduates responded to the Oso Mudslide and the Napa Earthquake, assisted disaster survivors at their greatest time of need, helped pioneer new methods of disaster preparedness, and developed leadership and problem-solving skills to last a lifetime.

FEMA Corps is an innovative partnership between the Federal Emergency Management Agency (FEMA) and the Corporation for National and Community Service (CNCS) to enhance the nation's disaster response and recovery capacity while expanding career opportunities for young people.

Established as a unit within the existing AmeriCorps NCCC, FEMA Corps engages young adults ages 18 to 24 to provide 10 months of full-time service on disaster preparedness, response, and recovery

projects.

On hand to thank them for their service were speakers José Phillips, National Director of AmeriCorps NCCC; Patrick Hernandez, Director of the FEMA's Incident Workforce Management Division; and California State Assemblyman Ken Cooley.

"Graduation is the culmination of all that we have achieved and the difference we have made," said Ronan Dalcross, Team Leader with FEMA Corps. His team traveled the country to help with logistics for Hurricane Sandy's long-term recovery in Colts Neck, NJ; to work on Geographic Information Systems (GIS) in Philadelphia; and to assist the American Red Cross throughout northern Texas. "We had to really examine ourselves as leaders and to develop into the people we wanted to be at the finale of the program."

After completing training in March 2014, FEMA Corps members deployed across the United States to provide services in emergency management preparedness, immediate response, and long-term recovery support. When not assigned to immediate disaster response, the teams served FEMA in locations across the country by assisting with longer-term

recovery operations.

The joint partnership between FEMA and CNCS is a five-year program that will engage thousands of FEMA Corps members in all aspects of emergency management by responding to disasters across the country. Their service has contributed to delivering disaster assistance in a more expedited way by combining their resources and technology to help register disaster survivors in person.

As part of their service, FEMA Corps graduates will receive a Segal AmeriCorps Education Award to help them pay for college or pursue other learning opportunities in and out of emergency management.

FEMA Corps members are based out of all five AmeriCorps NCCC regional hubs across the country: Sacramento, CA; Denver, CO; Vinton, IA; Vicksburg, MS; and Perry Point, MD.

FEMA's mission is to support citizens and first responders to ensure that we work together as a nation to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards. For more information, visit FEMA.gov.

Source: AmeriCorps National Civilian Community Corps ★

Help Protect Kids from Fraud and Identity Theft

Tips for Safeguarding Children's Sensitive Information

SACRAMENTO REGION (MPG) - Parents go to great lengths to shield their children from life's bumps and bruises, but even the best bicycle helmets and baby gates can't ward off a hazard that has surfaced in recent years. Identity theft is a threat many moms and dads don't know how to protect against.

"Identity theft is at an all-time high, and criminals are targeting children more aggressively than ever," said Mike Sullivan, director of education for Take Charge America, a national nonprofit credit counseling and debt management agency. "Their credit history is clean, and most parents don't even think to check their kids' credit reports, so it's easy for criminals to do serious damage over a long period of time."

Sullivan offers five tips for parents to safeguard their kids from identity theft:

Protect kids' Social Security numbers: Parents should store kids' cards in a safe and hidden place, and think twice before giving out their child's number.

Health care providers may need this information, but is it necessary for Little League or a library card, or are there other options for identification?

Pay attention to their online activity: Kids surfing the web or checking email or social accounts may unwittingly click on links or download content from unknown sources, putting sensitive information at risk. Parents can teach their kids appropriate online conduct and utilize an array of tools that help protect them online.

Protect financial accounts: Many parents open savings accounts for their children, but they must be careful to keep financial statements private, ensure accounts can't be accessed without their approval, and opt out of any marketing to avoid credit card offers in their children's names. To opt out of credit card offers for five years, call 1-888-5-OPT-OUT (567-8688) or visit optoutprescreen.com.

Understand warning signs: Parents who receive credit card

offers in their kid's name should be wary, as this may mean their identity has been compromised. Other signs include denial of a bank account or driver's license, or collection calls or bills addressed to a child.

Check your child's credit: Parents who believe their child is at risk for identity theft should request a credit report from Equifax, Experian and TransUnion. The process for requesting a report on behalf of a child is different for each credit bureau. The steps and required documentation can be found on their respective websites.

If a child's identity has been stolen, parents immediately should file a police report, contact the Federal Trade Commission at 877-ID-THEFT (438-4338) and place a fraud alert on the child's file with all three credit reporting companies.

For more financial tips, visit www.takechargeamerica.org or call (888) 822-9193.

Source: Aker Ink Public Relations ★

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The Promise and Potential of Compassion

By Eric Nelson

It would seem that over the years the widely accepted definition of compassion – that is, a feeling of deep sympathy coupled with the desire to alleviate the suffering of others – has been watered down somewhat.

Take the word “alleviate.” While alleviating someone’s pain might include the actual removal of it, it really just means to help that individual cope with or endure their pain. It’s also possible that our understanding of the very concept of compassion has waned as we’ve gotten into the habit of encouraging others to keep a stiff upper lip in the face of adversity.

But it wasn’t always like this. Back in the day, people were being cured of a host of diseases simply through another’s expression of compassion. “Jesus saw the huge crowd as he stepped from the boat,” it says in the Bible, “and he had compassion



with the frame of mind of both healer and healed? And, if so, is it possible that the same sorts of cures might be replicated, at least to some extent, today?

Given the outcome of his efforts, it’s fair to assume that Jesus’ healings had just as much to do with what he saw in those who came to him for help than how he felt toward them, if not more so. If he were to see them as helpless victims of genetic predisposition, of their own mistakes or the will of some capricious divinity, it’s doubtful he would have been successful. On the other hand, were he to assume that it’s actually in everyone’s nature to express the whole of an all-good God’s will, the full spectrum of spiritually based qualities including health, he might see better results. And he did.

This, then, provides a more refined definition of compassion, one that goes beyond a well-intentioned desire to alleviate, to a deep-seated trust in the Divine’s ability to eliminate disease of all types.

There are many who see such an approach to health and healing as little more than “wishing away disease.” Others have given it a shot and are starting to see consistent if modest success. For Mary Baker Eddy such compassion, such confidence, was not only helpful but absolutely required in her own healing work. “The benign thought of Jesus, finding utterance in such words as ‘Take no thought for your life,’ would heal the sick, and so enable them to rise above the supposed necessity for physical thought-taking and doctoring,” she wrote in *Science and Health*, “but if the unselfish affections be lacking, and common sense and common humanity are disregarded, what mental quality remains, with which to evoke healing from the outstretched arm of righteousness?”

Perhaps our willingness to put into practice what we already know of compassion will inspire an even deeper understanding of its potential, and we’ll find our definition of this most essential of all healing qualities evolving as well.

Eric Nelson’s columns on the link between consciousness and health appear regularly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California. Follow him on Twitter @norcalcs. ★

Compassion is more than a desire to alleviate, but a deep-seated trust in the Divine’s ability to eliminate disease of all types.

on them and healed their sick.” This included healings of blindness, leprosy and even death on more than a few occasions.

Of course, that was then (if “then” ever really happened, some might say) and this is now, so why not just go with the flow and accept the fact that compassion, while certainly a desirable

attribute, can only go so far, right? Wrong. Rather than dial down our expectations, why not dial up our definition of something we already know can have a huge impact, not just on our own, but on another’s health – our happiness, our ability to recover from mental and physical disease, even our longevity.

We can start by revisiting the idea that the cures we read about

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Game Plots

Video Games Losing Innovation

By Noah Howard

Here’s the bottom line: Video games are expensive, time-consuming, and are looked down upon by some of the public, rarely reaching the artistic heights of other mediums. However, I stick with video games as much as I do because they’re a constant source of innovation. As far back as I can remember, there has been at least one game every year that has been, in some way, revolutionary, taking enormous strides in the capabilities of games as a whole. 2014 seems to be the first year in decades where that innovation seems to have faltered.

There was just nothing really new this year. The titles released over the course of 2014 mostly represent refinements of already existing formulas or game mechanics. Sure, there were some exceptions. *Titanfall* helped start a trend of increased up-down movement in games. *Middle Earth: Shadow of Mordor* came up with an interesting, if currently rudimentary, method for creating player-driven stories via randomization, and PT, well, launched the genre of playable trailers (which is what PT stands for).

But none of these small



This is more than a bit concerning, especially looking at the 2015 release calendar. With the exception of *No Man’s Sky*, there don’t appear to be many “firsts” coming next year, either. Photo courtesy Noah Howard

improvements were incredible or unmissable, and their influence will likely be eclipsed by such games as *The Last of Us* from 2013, or *The Walking Dead: The Game* from 2012. This is more than a bit concerning, especially looking at the 2015 release calendar. With the exception of *No Man’s Sky*, there don’t appear to be many “firsts” coming next year, either.

2014’s lack of innovation is disconcerting. This is especially true, considering that the release of new consoles usually sparks a renewed wave of creativity. The new gaming consoles, the Playstation 4 and the Xbox One seem to have failed to create new game experiences, despite their increased power. Developers seem content to introduce just enough “new” to prevent us from becoming bored, while stopping before they do anything potentially

influential and radical. Both in big-budget and in independent games, the will to experiment seems to be fading.

This could be a temporary setback. It’s possible that after this year and next year, games will resume their annual schedule of creativity and innovation. However, it’s more likely that this is an indication of games starting to “mellow-out”, exiting their rambunctious, growing youth and falling into the more predictable pace of progress that currently blesses the stable, slowly growing, movie industry. The best every year in film (and books and television, too) usually represents a well implemented example of techniques that already exist, rather than something seen for the first time.

It seems to be part of the life-cycle of all art forms. When first created, they push on and on, but as soon as the market gets big enough, and the techniques become refined enough, there’s little motivation to invent.

That’s especially a shame for video games, because they still have an incredible amount of territory to explore. We’ve only begun to see what games can do if they adhere to a gameplay policy of minimal or restricted violence. “Games in which you don’t fight” is clearly an enormous category, barely touched upon by the current gaming industry. Maybe it’ll start arriving as the currently young demographic of gamers becomes older and more refined. Maybe it’ll just pursue a younger audience all over again. Either way, innovation has taken a blow this year, and I hope video games can get back on their feet.

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

CHP Highlights New Laws Affecting Motorists

SACRAMENTO REGION, CA (MPG) - The mission of the California Highway Patrol (CHP) is to save lives. One way to assist in accomplishing this mission is to ensure all California drivers are familiar with a couple of new laws designed to keep the motoring public safe.

Modified Limousine Safety Requirements: Regulations/Inspections (SB 611, Hill)

This law creates a modified limousine inspection program that must be implemented no later than July 1st, 2016. Through this program, modified limousine terminals will be inspected once every 13 months by the CHP. The new law also defines a modified limousine as a vehicle that seats not more than 10 passengers, including the driver, and has been

modified, altered, or extended in a manner that increases the wheelbase of the vehicle, sufficient to accommodate additional passengers. SB 611 also requires modified limousines to be equipped with two readily accessible and fully charged fire extinguishers. The driver or operator of the modified limousine must notify the passengers of the safety features of the vehicle, including instructions for lowering the partition between the driver and passengers and the location of the fire extinguishers.

Driver License Eligibility: Undocumented Residents (AB 60, Alejo)

Beginning January 2nd, 2015, the California Department of Motor Vehicles (DMV) will issue an original driver

license to an applicant who is unable to submit satisfactory proof of legal presence in the United States. The applicants are required to provide satisfactory proof of identity and California residency and must meet all other qualifications for licensure, which includes demonstration of the basic knowledge, skills, and ability to have the privilege of driving. This law was adopted during the 2013 legislative year. It does not change the day-to-day operations of the CHP.

For complete information on chaptered bills enacted in 2014, please refer to the Legislative Counsel website at www.LegInfo.ca.gov.

Source: California Highway Patrol ★

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Thank A Veteran Today



By Alona Thomas

The Poggio Etrusco in Montepulciano is a private organic farm of 15 acres. Its owners, Pamela and Johnny Johns, have lived there for 12 years, raising their daughter along with

How to Eat Tuscan

that used to be a pigpen in the days of the nobles. Tuscan food is rooted in the idea that nothing is wasted and making it as tasty as possible. It has been heavily influenced by poverty and war. Salt was heavily taxed and was saved to cure all parts of the meats for use at a later time. Therefore, bread in Tuscany has no salt and dries quickly. It makes a wonderful Panzanella salad, using the day-old bread with fresh ingredients from the garden, including tomatoes, and finished with the Etrusco olive oil.

This not only uses seasonal herbs but is stored in a jar for later use. A batter made with flour and Prosecco coated the zucchini blossoms and sage leaves fried in olive oil. This was accompanied by zucchini timbales made with Ricotta. It was now time for dessert, which was my task—Olive Oil Cake. Along with the usual ingredients, one and one-half cup olive oil was added. This was served alongside Johnny's homemade peach gelato. Wonderful!

This meal was accompanied by Etrusco wines on the patio, with puffy clouds in the blue sky overlooking the gardens. My Tuscan

Our first course was a tomato



Fresh Tuscan garden herbs from the Poggio Etrusco in Montepulciano, a private organic farm. Photo courtesy of Alona Thomas

Sangiovese grapes and olive trees. Pamela is an acclaimed chef and food writer. Her 13 books include a wonderful variety with the newest Cucina Povera, Tuscan Peasant Cooking. It was my lucky day to enroll in her Farmers Market class.

I joined the group staying at the villa. There are three private apartments, each with a kitchen, a swimming pool on the grounds, and views. The Poggio Etrusco is designated as Agriturismo. Guests are invited to enjoy the fruits and vegetables grown on the property along with fresh-made jams and jellies served at breakfast.

After breakfast, we all piled into Johnny's VW van and headed for the market. The many stands include clothes, T-shirts with American logos, and tablecloths. The history of the market is not its fresh-food products, as Tuscan citizens grew and many still grow their own vegetables and fruits. There were fresh fish vans frying calamari to take home, lots of gorgeous tomatoes and zucchini blossoms, along with pecorino cheese. The highlight was a farmer who prepares a whole pig each night, brings it the next day to market, and succulent slices are available for purchase.

Back at the villa, we were given a list of ingredients to pick from the garden. Pamela explained the recipes and we were set to work in the kitchen

gaspacho served with a chicken liver pate. One fellow admittedly spends no time in a kitchen; he prepared pork rolls stuffed with Ricotta and swiss chard. He did great; we just had to

experience added up to meeting warm and welcoming people with a dedication to making my trip a truly once-in-a-lifetime opportunity to "Corpo pieno, anima consolata," meaning "If



Pamela Johns (left), acclaimed chef and food writer, with columnist Alona Thomas (right) at Poggio Etrusco in Montepulciano. Photo courtesy of Alona Thomas

watch out for the toothpicks that he had conscientiously embedded deep into the meat. Pamela gave away a secret, seasoned salt, which meant chopping the fresh herbs into tiny pieces using a Mezzaluna and adding kosher

your stomach is full, your spirit will be calm." For more information, visit www.poggio-etrusco.com.

Alona's hobby is food and delicious times. Contact alonathomas@gmail.com ★

Many Veterans Have Fond Memories of the Top of the Mark

By Judy M. Zimmerman

It was World War II that gave the glass-walled cocktail lounge at the Top of the Mark (in the Mark Hopkins Hotel at One Nob Hill) its reputation as a famous San Francisco landmark.

During the war years, it was a favorite spot for Pacific-bound servicemen to enjoy their last liberty before shipping out. As their ships sailed below the Golden Gate, anxious wives and sweethearts gathered in the northwest corner of the lounge to watch them go, earning that section of the lounge the nickname Weepers' Corner.

The famous Oval Bar is gone and the lines no longer stretch all the way across the lobby downstairs as they did during World War II. But now, as then, the 19th floor lounge with its panoramic view sparks romance.

Tradition has it that when things got really tough on the Pacific fronts, servicemen would pledge to one another, "We're going to make it through this, and I'll buy you a drink at the Top of the Mark." Those who returned would ask the bartender for their unit's bottle (usually bourbon).

"Once a serviceman signed his name on the label, he could drink from the bottle for free," explained Hank Cancel, a former bartender at the lounge. "There was only one catch: The man who took the last drink was required to buy a new bottle."

There was also a notebook registry for each squadron's bottle. A serviceman would sign his name and date, one unofficial way of keeping track of who made it back.

"Sometimes it was sad," Cancel said. "One guy told me that when he returned he was the only one who had signed the registry, so he assumed everyone else in his squadron had died in



Though the days of GIs shipping off into the Pacific are long gone, the view of San Francisco and the memories remain. Today, many come from far and near to have a good time, not wondering if the fate of war will allow them to return. Photo courtesy of Judy Zimmerman

battle." Although such bottles are long gone from the legendary sky bar and there are no more free drinks, plaques celebrating the military history of the bar are tucked into a side area.

While the military feel has waned over time, the thousands of service personnel who put an elbow on the bar have passed on their memories to the next generation.

Philip Mooberry of Tucson sat at the small bar overlooking the skyscrapers of San Francisco and toasted his late father, who ferried bombers from the United States to combat zones during World War II. "He came to the Top of the Mark whenever he could, and now that I am in town, this is where I come for a drink," Mooberry said.

Though the days of GIs shipping off into the Pacific are long gone, the view of San Francisco and the memories remain. Today, many come from far and near to

have a good time, not wondering if the fate of war will allow them to return.

For more information about Top of the Mark, please visit www.topofthemark.com or call (888) 424-6835.

Judy Zimmerman has been a travel editor and award-winning freelance travel writer for over 28 years. She's traveled to well over 100 countries and sailed on more than 65 cruises. Her articles have appeared in over 500 newspapers, magazines, and websites.

She is a member of the Society of American Travel Writers; the International Food, Wine, and Travel Writers; and the Outdoor Writers of California.

Her specialties include cruises, worldwide destinations, senior and solo travel, destination health spas, soft adventure, service articles, and the Western U.S.

Judy's home base is Gold River, CA. ★



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By Gold River resident David Dickstein

“Fool’s Gold”

New Year’s Resolutions

ARCO station on Sunrise and Coloma.

- Convert the old Bryan College property to Gold River Jail, where there will finally be a place violators of CC&Rs will pay for their heinous crimes. Garbage cans left out too long will carry a 1-day sentence in the local slammer. Parking a car overnight in the driveway may be punishable by up to 3 months. Painting your front door an unapproved color will get you 15 years to life depending on how far the hue strays from the board’s personal taste. And as for what happens after the third late notice for not paying association dues, well, that’s dead homeowner walking.
- Write to Dear Abby for advice on how to gently remind neighbors of the overnight parking CC&R. Would hate to see them hauled off to Gold River Jail.
- When I must drive to the Gold River Racquet Club, stop looking for the closest parking spot to the entrance.
- Limit myself to one piece of that killer bread at Il Forno Classico, and no dipping in the oil.
- Visit Gold River, British Columbia and bring home T-shirts and other souvenirs sure to get lots of “Hey, cool, where did you get that?” responses here in town.
- Give up correcting people who inaccurately call Gold Station “Gold River Station.”
- Compliment the elderly couple who meticulously cares for the lawn OCD style outside their manor home along Gold Rush Drive.
- Give Jack’s Urban Eats another try after boycotting the place for years after seeing an employee scratch her head with bare hands and then go straight to making my salad.
- Pick up at least one piece of trash each time I walk the trails.
- Donate a ton of Intel-based technology (shameless day job plug!) to Gold River Discovery Center.
- Offer a \$1 million reward to the first person with a proven sighting of a mountain lion on the trails.
- Sue Yogurt Monkey for false advertising. Not one of the toppings is made of monkey.
- Take more walks and bike rides at the beautiful, yet often forgotten recreational area around Nimbus Dam.
- Get a fishing license so I can catch my own salmon dinner.
- Finally go rafting on the American River after 16 years of living here.
- Join the Villagers club so I can get use out of the Gold River Community Room my dues pay for and learn mahjong at the same time.
- Love thy neighbor, even those who don’t deserve it. ★



By Kay Burton

Meet Danny Boy Dunn: A Bolognese Prince



Puppy or adult, the Bolognese will steal your heart. Photo courtesy Kay Burton.

Danny, a 14-pound, eight-year-old male Bolognese, owns Ann Dunn of the Sacramento area, and she is extremely pleased that he does.

A rare breed that originated in Italy, the Bolognese traces its ancestry back to the 13th century. Because of its beauty, grace, and charm, the breed became a favorite of the nobility during the Renaissance.

The Bolognese is a gentle, sensitive, affectionate dog that is ideal for the young or elderly. This breed enjoys playing with gentle children and gets along well with other animals. The Bolognese is a very healthy breed and has no major health problems. Eager to please and a quick study, it does very well in obedience classes. The Bolognese, as a sensitive breed, does not like to be left alone for very long periods; therefore, it is not suitable for households that spend the entire workday outside of the home. Having a home office is ideal.

This breed requires a monthly groom and daily brushing to avoid an unkempt appearance. Many owners keep their Bolognese in a “puppy cut” for easy maintenance.

Danny is a featured member of the well-known Bow-Wow Beauties Fundraiser, a group that puts on doggie fashion shows and raffles to support the Sacramento Society for the Prevention of Cruelty to Animals (SPCA) and other rescue groups. Along with other breeds of dogs,

big and small, Danny and his Bolognese half-brother, Sonny Boy Burton, are planning their next show. The date has not yet been finalized, but there will be plenty of publicity next spring.

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups.

To share your family pet story with our readers, Email: Kay.Burton1@comcast.net ★



Jim Miller Answers Your Senior Questions

Check Out This Week’s Topic!

Savvy SENIOR

How to Keep Tabs on an Elderly Parent When You Can’t be There

Dear Savvy Senior,

Can you recommend any caregiving devices or technology products that help families keep an eye on an elderly parent that lives alone? Over the holidays, my sister and I noticed that my dad’s health has slipped, so we would like to find something that helps us keep closer tabs on him when we’re not around. - Concerned Son

Dear Concerned,

There are many different assistive technology products available today that can help families keep an eye on an elderly loved one when they can’t be there. Depending on your dad’s needs and how much you’re willing to spend, here are some good options to consider.

Personal Emergency Response Systems

If you’re primarily worried about your dad falling and needing help, one of the most commonly used and affordable products for seniors living alone is a personal emergency response system (PERS) – also known as a medical alert device.

For about a dollar or two a day, these systems provide a wearable pendent button – typically in the form of a necklace pendent or wristband – and a base station that connects to the home phone line.

At the press of a button, your dad could call and talk to a trained operator through the system’s base station receiver, which

works like a powerful speakerphone. The operator will find out what’s wrong, and will notify family members, a neighbor, friend or emergency services as needed.

Some PERS today even offer motion-sensitive pendants that can detect a fall and automatically call for help. And some offer GPS mobile-alert pendants that work anywhere. Some top companies that offer all levels of services include Philips Lifeline (lifelinesys.com, 800-380-3111), Medical Alert (medicalalert.com, 800-800-2537) and MobileHelp (mobilehelpnow.com, 800-992-0616).

Sensor Monitoring

If you want to keep closer tabs on your dad than what a PERS offers, consider a sensor monitoring system. These systems use small wireless sensors (not cameras) placed in key areas of your dad’s home that can detect changes in his activity patterns, and will notify you via text message or email if something out of the ordinary is happening. For instance, if he went to the bathroom and didn’t leave, it could indicate a fall or other emergency.

You can also check up on his patterns anytime you want through the system’s website. And for additional protection, most services also offer PERS call buttons that can be placed around the house, or worn.

Some good companies that offer these services are GrandCare

Systems (grandcare.com, 262-338-6147), which charges \$300 for their activity sensors, plus a \$50 monthly service fee. And BeClose (beclose.com, 866-574-1784), which runs \$399 for three sensors, and a \$69 monthly service fee if paid a year in advance.

If you’re interested in a more budget-friendly option, consider Lively (lively.com, 888-757-0711), which costs only \$50 with a \$35 monthly service fee. Lively uses small motion sensors that you attach to movable objects like a pillbox, refrigerator door, front door, etc. These sensors will track your dad’s movement/activity and let you know of any abnormalities in his routines. For example, if he didn’t pick up his pillbox to get his medicine, or he didn’t open the front door to go out and retrieve his morning newspaper, you would be notified and can check on him. Lively also offers a PERS “safety watch” in case he falls or needs to call for help.

Another affordable option to check out is Evermind (evermind.us, 855-677-7625), which lets you keep an eye on your dad by monitoring his frequently used electrical appliances through small plug-in sensors. So, for example, if your dad doesn’t turn on the coffee maker in the morning, or if he’s not watching his favorite television program before bedtime, you would be notified. Evermind costs \$199 for the three sensors, plus a \$29 monthly service fee. ★

For the Love of Books



Book Review by Amy Shane
amy-shane@att.net

LET IT SNOW
by John Green, Maureen Johnson and Lauren Myracle

- ◆ Publisher: Speak
- ◆ Release date: October 2, 2008 ◆ Paperback, 352 pages
- ◆ Intended audience: Young adult



On the Book Jacket: Sparkling white snowdrifts, beautiful presents wrapped in ribbons, and multicolored lights glittering in the night through the falling snow. A Christmas Eve snowstorm transforms one small town into a romantic haven, the kind you see only in movies. Well, kinda. After all, a cold and wet hike from a stranded train through the middle of nowhere would not normally end with a delicious kiss from a charming stranger. And no one would think that a trip to the Waffle House through four feet of snow would lead to love with an old friend. Or that the way back to true love begins with a painfully early morning shift at Starbucks. Thanks to three of today’s bestselling teen authors—John Green, Maureen Johnson, and Lauren Myracle—the magic of the holidays shines on these hilarious and charming interconnected tales of love, romance, and breathtaking kisses.

Amy’s Review: A perfect circle of symbolism and Christmas magic, from the author that brought us *The Fault in our Stars*, John Green, along with young adult authors, Maureen Johnson and Lauren Myracle.

All three authors, take one Christmas Eve night and spin three separate tales, which intertwine, not only into each other’s stories, but into your heart as well.

Jubilee, has the perfect life, perfect boyfriend, and parents who love Christmas more than anything else, mainly because of their avid collection of Flobie Santa Village ceramics. So when Jubilee’s parents are arrested at a Flobie Santa Village Warehouse, Jubilee quickly finds herself caught up in a cyclone of mishaps. Stuck on a train alone, bound for Florida, during the worst blizzard in 50 years. Jubilee’s luck can’t get any worse, until the train hits a snowbank, stranding her, as well as its passengers, turning her perfect Christmas into a mess of unpredictability.

Jubilee puts the wheels of these three holiday tales in motion, by leaving the train filled with overzealous cheerleaders and love sick passenger Jeb, for the comfort and warmth

of a Waffle House along the town’s tracks, sparking a series of events.

Maureen Johnson, continues the tale of that snowy Christmas Eve, following the events when Jeb and the fourteen cheerleaders, follow Jubilee to the Waffle House, setting the course for a hilarious chain of events. With one phone call from the Waffle House employees and the lure of cheerleaders, a hot pursuit ensues as three groups of teens race off into the snow buried city, looking for an epic Christmas adventure, at the Waffle House.

Continuing the tale, Lauren Myracle, introduces you to heartsick Addie, the slightly, self-absorbed ex-girlfriend of Jeb, sharing another side of that same Christmas Eve, when unpredictability causes love to fall off course. Tying up three separate stories of new love, old love and discovering love that you never knew was possible; *Let it Snow* beautifully tackles the difficult challenge of merging all of these stories into one, making them seamless, as well as a beautiful circle. Rekindle a little Christmas magic this winter with, *Let it Snow* and let it take you on a course of miracles and magic, along with laughter and first kisses.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit www.savvysenior.org. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.



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Classics REINVENTED

Brown Rice Frittata with Bacon and Edamame

FAMILY FEATURES

When you are looking for a taste of yesteryear this holiday season, look no further than your pantry for a staple you can incorporate into holiday meals, including snacks, breakfast, the big dinner and even desserts. Instant white or brown rice and multi-grain blends provide easy ways to put a fresh twist on traditional recipes your family knows and loves.

For a delicious, modern take on classic family favorites, look for ways to integrate current or seasonal flavors that complement the original recipe. Start new family mealtime traditions with easy recipe make-overs. For example, traditional broccoli, cheese and rice casserole only gets better with bacon, and using quinoa adds a subtle new texture. You can also give your sweet potato casserole a lift with white or brown rice for an updated take on this revered dish.

Using a quick and wholesome ingredient like fluffy Minute Rice saves cooking time so you can transform your favorite recipes while spending less time in the kitchen and more time with loved ones.

These recipes demonstrate how to update recipes from a frittata and casserole to dressing and stuffing for new ways to enjoy the classics this holiday season.

Explore more recipes and preparation tips at www.minuterice.com.

Brown Rice Frittata with Bacon and Edamame

Servings: 6-8

- 1 cup Minute® Brown Rice
- 4 thick cut bacon slices, cut into 1/2-inch pieces
- 4 scallions, thinly sliced (whites and greens divided)
- 1 cup frozen shelled edamame
- 6 eggs
- 3/4 cup sour cream, divided
- 1/2 teaspoon kosher salt

Preheat oven to 400°F.

Prepare rice according to package directions. While rice cooks, sauté bacon pieces in 10-inch oven-proof skillet over medium heat until starting to crisp, about 5 minutes. Drain off all but 1 tablespoon bacon fat, then add scallion whites and edamame (or if desired, use 1 cup frozen green peas) to the bacon in the pan and sauté 1 minute.

Add cooked rice, and sauté 1 minute. In a bowl, whisk together eggs, 1/2 cup sour cream and salt. Add egg mixture to pan, swirling gently to distribute mixture evenly throughout other ingredients. Cook undisturbed for 2-3 minutes, until edges look set. Then place pan in preheated oven until set in center, about 10 minutes.

Mix together scallion greens with remaining 1/4 cup sour cream. Serve frittata in wedges topped with a dollop of scallion cream.

Sweet Potato Rice Casserole

Servings: 6

- 1 can (8 ounces) crushed pineapple in natural juice, drained (reserve juice)
- 1 cup Minute® White Rice or Minute® Brown Rice, uncooked
- 1 large egg, lightly beaten
- 1 can (5 ounces) evaporated skim milk
- 1 can (15 ounces) sweet potatoes, drained
- 1/2 teaspoon ground cinnamon
- 2 cups miniature marshmallows

Preheat oven to 400°F.

Measure reserved pineapple juice and add enough water to make 1 cup. Prepare rice according to package directions using juice-water mixture.

In large bowl combine pineapple, rice, egg, milk, sweet potatoes and cinnamon. Mix well. Spread in 2-quart casserole dish. Top with marshmallows.

Bake 20 minutes, or until marshmallows begin to brown.

Honey Nut Dressing

Servings: 6

- 1 cup Minute® Brown Rice, uncooked
- 1 tablespoon butter or margarine
- 1/4 cup chopped walnuts
- 3/4 cup chopped onion
- 3/4 cup chopped celery
- 1/2 cup raisins
- 2 tablespoons chopped fresh parsley (optional)
- 2 tablespoons honey
- 1 tablespoon lemon juice
- 1/4 teaspoon salt

Prepare rice according to package directions.

Melt butter or margarine in large skillet over medium heat. Add walnuts; cook and stir until lightly toasted. Add onions and celery; cook and stir until crisp-tender.

Stir in rice and remaining ingredients. Heat thoroughly, stirring occasionally.

Cranberry Pecan Multi-Grain Stuffing

Servings: 4

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 1/4 cup chopped fresh celery
- 1/4 teaspoon poultry seasoning
- 1/2 cup dried cranberries
- 1 cup chicken broth
- 1 bag Minute® Multi-Grain Medley, uncooked
- 1/2 cup chopped pecans, toasted
- Salt and ground black pepper, optional

Heat oil in medium saucepan over medium heat. Add onion and celery, and cook 2 minutes.

Add poultry seasoning, cranberries and broth. Bring to boil, and stir in rice. Cover, reduce heat and simmer 5 minutes.

Remove from heat, and let stand 5 minutes. Stir in pecans and season with salt and pepper, if desired.



Sweet Potato Rice Casserole



Honey Nut Dressing



Cranberry Pecan Multi-Grain Stuffing

Walk a Mile in Her Shoes

One Thousand Men Sought for 2015 Record-Breaking March

Continued from Page 1

and sexual assault can happen to any woman in any relationship and circumstance, there are specific groups that should be noted. In a survey conducted by the American Psychological Association, it was discovered that over 40% of women with disabilities were more likely to experience severe partner violence than those without disabilities. Many of these victims are in wheelchairs or suffer from conditions that prohibit them from running or defending themselves, making them the most vulnerable. Another group of women who suffer at the hands of their male domestic partners are female veterans. It has been found that women who served in the military may experience higher rates of interpersonal violence, sexual trauma, and related health challenges than those who have not served. The leading cause of murder among pregnant women is intimate partner violence. Victims of sex trafficking are perhaps the largest growing segment of male and female casualties due to sex slavery. Children are also an at-risk group; the average age of forced prostitution through trafficking is 13. Statistics show that some 300,000 young boys and girls are being forced into the sex industry, and the number is increasing.

“Between 2001 and 2012, 6,488 troops were killed in Afghanistan and Iraq, and 11,766 women were murdered by current or former partners—nearly double the amount of casualties of war.”

According to FBI published information, criminals who normally would deal in illegal drugs or weapons have now turned to human trafficking. A measure of dope or an illegal gun can only be sold once, whereas a young boy or girl can be sold 10-15 times a day.

We don't have to be victims of domestic violence and intimidation, sexual assault, stalking, or human trafficking to feel the effects of it all. There's a financial element to this growing crime segment. Nationally, women lose eight million days of paid work every year because of the abuse perpetrated against them by current or former male partners. This loss is equivalent to over 32,000 full time jobs.



Domestic violence is the third leading cause of homelessness among families in the United States. If you're a man who wants to take advantage of an impactful way to ensure women in your community are protected from a life of fear and violence at the hands of their partners, don a stylish pair of heels and "Walk a Mile in Her Shoes!" Photo courtesy Tia Gemmell

When a woman is treated for intimate partner violence, the cost of initial care is approximately \$948. Domestic violence is the third leading cause of homelessness among families in the United States. Between 1995 and 2005, the cost of domestic violence against women in the nation was \$5.8 billion. Today, that number has advanced with more than a 30% increase in domestic violence, and unfortunately the numbers are rising.

In 1978, WEAVE opened as a grassroots private organization to serve survivors and families of domestic violence in Sacramento County. Their services were used by countless victims who until then had nowhere to turn. Most thought abuse was just a way of life. The members of WEAVE realized that abuse has many facets. In 1988, they began serving victims of sexual assault, and today it's the sole rape crisis center in Sacramento County. Five years ago, WEAVE became part of Sacramento's Rescue and Restore Coalition to provide services to domestic and international victims of human trafficking. Through dedication and hard work, the organization has grown into a nationally recognized agency. Their critical services

include a 24-hour support and information line; a confidential, emergency safe house; walk-in triage services including a lethality assessment and therapeutic counseling services; legal advocacy; youth and community prevention education programs; and more.

WEAVE encountered an increased need to house families surviving violence while they worked to make new lives for themselves. In 2009, they built a 12,000-square-foot safe home featuring 18 family suites with onsite support services and a charter school complete with a Nature Explore classroom. To further serve survivors, WEAVE initiated construction of Next Step Housing Village, a long term housing option for families graduating from the safe house programs. In 2013, WEAVE received a \$1 million grant from the Emergency Housing Assistance Program to purchase and renovate eight apartments to use as emergency shelter options for victims with unique barriers such as service animals. 2013 also saw the launch of Low Bono, a low-cost legal assistance program.

For the past 15 years, WEAVE's Suited for Success program has provided professional clothing and career development to

hundreds of women in Sacramento County who have experienced violence. The program grew from the need to assist victims of violence in attaining economic independence. Lack of financial freedom is a common factor that binds abused women to their abusers. Many of WEAVE's cli-



620 men marched in women's high heels last spring to raise awareness of domestic violence and sexual assault at WEAVE's 2014 Walk a Mile in Her Shoes event. Through sponsorships, they raised over \$237,000 to fund many programs the organization provides to victims of abuse. Photo courtesy Tia Gemmell

ents leave all their belongings behind when they flee their threatening situation; they often arrive with only the clothes on their backs.

Suited for Success awards clients \$100 worth of professional work clothes from WEAVE Works Recycled Fashion, a

professional attire thrift store operated by WEAVE volunteers. This addresses the catch-22 faced by many women who need to rebuild their lives: if a woman does not have a job, she cannot afford career clothing, yet without proper attire for an interview, she cannot get a job. Obtaining employment is a critical step for victims working to reclaim their lives and support their families.

This article was written to bring awareness to the national problem of domestic violence, not to paint a picture where every man is an abuser. The fact is, most men are kind, generous, and loving toward their female companions. Still, it is what it is, and the statistics are staggering. To combat this problem in our neighborhoods, everyone needs to be on board. If you're a man who wants to take advantage of an impactful way to ensure women in your community are protected from a life of fear and violence at the hands of their partners, don a stylish pair of heels and "Walk a Mile in Her Shoes!"

To learn more about WEAVE or to obtain fundraising event information, visit www.weaveinc.org or call (916) 448-2321. If you or someone you know is experiencing domestic violence, call WEAVE's 24-hour support and information line at (916) 920-2952.

Sources: www.weaveinc.org; www.fbi.ca.gov; World Health Organization; CA Women's Health Survey; CA

Partnership to End Domestic Violence; American Psychological Association; Vanity Fair, "Sex Trafficking of Americans—the Girl Next Door" 5/11; Huffington Post, "30 Domestic Violence Facts..." 10/23/14. ★

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Your Guide on the Senior Journey

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