

## EDITOR'S DESK

Eva Dunn  
Editor-in-Chief  
Publisher



### 2009, what a year!

January 2010 is on the fast track; here it is almost the end of the month! Christmas is a memory captured through hundreds of digital photos, wrapping paper and ribbons still hang about, with gifts of chocolates, wine and cheese. Good times were had by all. It was wonderful to visit with family and friends, to play with the grandchildren, to enjoy the warmth of family love.

Although it is always cold in January there are many things happening to warm our hearts, and our bodies. This is a great month for charities, for bargains, for sales you just can't pass up, for great vacation deals. It is a good time to face your old debt and work out a budget to be debt-free in no time. Yes, we did it almost two years ago and it is a powerful, amazing feeling! It is also a great time for homemade soup during these cold, rainy days. The slow cooker is queen in the kitchen again, providing wonderful meals by the time you arrive home after work. January is your month to begin a health regime, with wise food choices and activities to jumpstart your body. Read our Health and Fitness page 8 in this issue for even more tips to good food and good health. January is a hard-working month, indeed! It sets the tone for the rest of the year, so snuggle in and work out your yearly plan, while enjoying that hot bowl of energizing, homemade soup!

### Health for Life

There are so many natural healing products available to us...I am drawn to health and nutrition, information on alternative medicines, herbal supplements, and natural remedies because of how drugs affect me adversely. Arthritis, Osteoarthritis, Diabetes, Fibromyalgia, Neuropathy, Parkinson's; these are real diseases and illnesses, but they do not have to define who you can be!

We have to understand how inflammation, stress, poor food choices, and the crippling lack of exercise live in the dark recesses of these conditions; how they affect our health. As I learn more on my health quest, I will share with you on our Health page. It is vital for us to know our bodies, to understand how it works, and what we can do to be the streamlined, super functioning, healthy person we need to be to fully enjoy our lives and to be there for our family and friends. It is not set in stone that as we age, we cease to be vital and vibrant. Don't give in to disease, illness, or aging; do all you can to challenge your body. Be diligent, become self-empowered, armed with knowledge to turn your health around. You can achieve wellness no matter what your condition. Envision what you want and set it as a goal, then work for it! Believe in yourself! Then hang out with others who believe in you too.

My mentor is my daughter, Jennifer, who has shown me what hard work and diligence can do in just one year! She runs marathons, has 3 children and looks fantastic! I am going to beat my illnesses and be healthy again in my 'golden years'. Our bodies are amazing, they want to be healthy; they were created to be strong. Fortified with Folic acid, Omega-3 capsules, flaxseed, and vitamin D, this is my year! You can make it yours also.

### Heads Up, Seniors-- What's Happening in April?

OK, seniors in Upcountry Amador...what do you think the most important event will be in this year of 2010, and what does your input mean? I won't keep you guessing. It's the Census--taken every ten years in April. That means most likely for us oldsters, that we will only be able to act on it six or seven times in our life times.

Just as a reminder, the U.S. Census counts every resident in the United States, and is required by the Constitution. The collected data helps to determine the number of seats our state has in the U.S. House of Representatives. It takes away the guess work and myth based remarks in a community or county. It provides national decision makers with guaranteed facts from which to make comprehensive decisions. This year, the form will be the shortest in history--ten questions--and although short, it is a powerful tool as each question will help determine how more than \$400 billion will be allocated to communities across the nation. And no, you will not be able to fill out your census online, to avoiding the risk of someone hacking into your valuable, personal information.

The 2010 Census will help communities receive more than \$400 billion in federal funds for needs like hospitals, job training centers, schools, senior centers, bridges, tunnels and other public works projects and emergency services. At the same time, the Census tells us where we have been. For example, the Census annual report for 2008 on income and poverty told us that the recession had already erased 6.9 million jobs. Poverty rates had jumped to 13.2 %, the highest since 1997. Women earned 77% of what men made in 2008, unchanged from a year earlier. Seniors fared the best, as only households led by people 65 and older enjoyed income gains--a 1.2% increase. Doing worst: the middle-aged, with households headed by 45 to 54-year-olds, which suffered a 5.4% drop. According to Minnesota demographer Tom Gillaspay, "Social Security and Medicare make a big difference to the elderly."

Please, tell your neighbors, friends, families, community organizations and churches how significant the census is, and ask them to participate. Me--I'll remind you again! What's in it for you? According to an interesting report on how aging affects the human brain, recent medical studies contend that the brain keeps on creating new cells as long as people try new things.

That means our older years can be a time of major change and growth. The report wondered whether nurturing of creative activity helps keep older people out of costly nursing homes, and whether older people can be retrained to perform educational and social tasks that would otherwise go unfilled. Shall we prove it? Ruth Gottstein, Publisher Emerita, Volcano Press, P.O. Box 270, Volcano, CA 95689. ruth@volcanopress.com; www.volcanopress.com

--"Printed by permission of *Upcountry News*"

### Valentine's Day! Not just for lovers

A Day of Love and friendship, Valentine's Day gives us the opportunity to tell other people in our lives that we love them and appreciate them, too. Spread the joy outside your usual circle and have a wonderful Valentine's Day!

## PHOTO OF THE MONTH Maria Muldaur at the Sutter Creek Theater

Happy, feel good tunes..enough to lift the cloud of doom on these hard times? Oh yes, indeed! give a listen to Maria Muldaur's *The Garden of Joy!* Jug Band Music was a genre I was not familiar with so gave this CD a listen, not knowing what to expect. Happily, the music was lively, lyrics true and funny, and the whole compilation so easy to listen to. The day I played this CD I was off work ill, not feeling well, in fact, aching in every joint with a fuzzy head from Motrin. This music matched the blue skies outside and I found myself tapping a foot, bobbing my head and thoroughly enjoying the music. In concert, live and in person, this would be great music to hear from the lady herself, Maria Muldaur.

Loved the tune, 'The Diplomat', the duet in 'Life's Too Short' is good music, charming, flirtily sexy and carries you along its silver strand of hope in the future. Its message: have fun, life's too short! Maria's voice is really sweet in this one. The pace picks up as it transcends into *When Elephants Roost in Bamboo Trees*, the last half of this tune. Banjo strumming, harmonious tunes, beep bo bop go the monkeys! A real fun song! The lyrics to all her songs are simple, carry a message, and are packaged in bright tunes. She is a true natural and loves singing.

Maria's voice is distinct, powerful and brings energy to jug band revival and lifts heavy spirits. Take a listen and let the music drift you away from pain and hard times. Maria Muldaur and her *Red Hot Bluesiana Band!* *Hot smokin*



Photo courtesy to the *Gold Country Times*

*New Orleans blues!* will be playing at the Sutter Creek Theater on January 23, 8pm, Main St., Sutter Creek. \$23 adv / \$26 day of show. Maria does Blues great and her last blues CD "Naughty, Bawdy, and Blue" won awards. In person she is infectious, down-home crazy fun wrapped up in a dynamite lady of Blues that blows music out the door and onto the streets."

I can imagine a really good time at this hot concert right in the middle of Sutter Creek! A lovely lady with a golden voice, she is best known for her 1974 mega-hit "Midnight at the Oasis" and the followup, the iconic anthem "I'm A Woman." In the years since then, Maria has recorded 35 solo albums covering all genres of music, from blues to jazz to big band to gospel — and several acclaimed children's albums. Since the early '90s she has comfortably settled into her favorite idiom, the blues. 44 Main St., Sutter Creek. (209) 267-1070.

## The Gold Country Times

www.goldcountrytimes.com

<b>Eva Dunn</b> Editor-in-Chief, Publisher	<b>Michael Spinetta</b> Plymouth School Gardens	<b>Justine TenZeldam</b> Founder
<b>Tim Dunn</b> Accounts Manager, Sales	<b>Carol Harper</b> ACN Editor	<b>Suzy McMinn</b> Reporter
<b>Red Johnson</b> Legends of the Gold Country	<b>Sandy Carriger</b> Theater, Music	<b>Joan Kruger</b> Theater, Music
<b>Elaine Hunt</b> Theater, Music	<b>Mary Jane Harding</b> Nevada Reporter	<b>Gary &amp; Sue Grant</b> 'From the Vine'
<b>Jennifer Benton</b> Theater, Music	<b>Victoria Beninga</b> Theater, Reporter	<b>Rose Navarro, RVT</b> Pawsitive Pet Care
<b>John Benton</b> Special Events	<b>Jane Haworth</b> Theater, Travel	<b>Pamela Richmond-Sherlock</b> Theater, Music
<b>Tim, and Donna</b> Distribution	<b>James E. Roberts</b> Theater, Music	

Published in Sutter Creek, The Gold Country Times, serving over 10,000 readers in four counties along with the dynamic internet community with the 'Good News', is a positive example of journalism with an eclectic assortment of articles and reviews ranging from health and wellness to the arts.

**OUR MISSION:** We are dedicated to providing the 'Good News' and news of the Gold Country, and reaching more communities than any other single newspaper. Along the way, should we educate, inform, and entertain, it would be a good thing. **ADVERTISING:** Competitive rates; Special rates for non-profits. Call (209) 267-9886 for more information on multiple-month ad discounts. Ask about our 'bundled' specials--print advertising, online advertising, and a website at specially reduced prices. Maximize your advertising dollars at affordable rates.

**CIRCULATION:** 6,000 readers in four counties. *The Times* is published monthly. Subscriptions: \$20 yr, \$16 seniors, vets. Mail to: POB 897, Sutter Creek, Ca 95685 **CONTACT:** Write to us at PO Box 897, Sutter Creek, CA 95685. E-mail us at editor@goldcountrytimes.com - Telephone 209-267-9886 Cell: 209-256-4566.

For Display Ad sales, contact: Tim Dunn at 209-256-4566 or e-mail us any time at editor@goldcountrytimes.com. Ask about our ongoing advertising specials!

We welcome submissions of event news, photographs, articles, press releases, literary pieces, and poems and will consider them for publication.

"The Gold Country Times is not responsible for any action taken by any person as a result of reading any part of this issue. The pieces are written for information, entertainment, and suggestion—not recommendation. Any action reflected by this publication is the sole responsibility of the individual and not of this publication, its staff, owners, or contributors. Opinions expressed in this issue are those of the authors, and do not necessarily represent those of the Gold Country Times. Our writers are freelancers and contributors. The Gold Country Times will not be responsible for any infringement of copy or trademarked material by advertisers and any other publications. Any materials for advertising are supplied by the advertiser. The advertiser will hold the Gold Country Times harmless and without liability to any 3rd party. Rights revert to writers/poets upon publication. The Gold Country Times welcomes Letters to the Editor and retains full discretion as to material published. Display ads/graphics/artwork created for advertising may not be used without the written permission of the Editor. Photos are used 'with permission' in this publication.