



Having the All-In Attitude
PAGE 3

SMUD Clearing Trees and Brush near High-voltage Lines
PAGE 2



Messenger

Gold River

VOLUME 8 • ISSUE 06 *Serving Gold River and Sacramento County* JUNE, 2020

SEE INSIDE

I STILL REMEMBER THE GREAT TIMES



PAGE 6

SOCIAL SECURITY MATTERS
By Russell Gloor



PAGE 6

LISTENING TO THE VOTERS
By Sue Frost



PAGE 8

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

Public or Private, Fireworks this 4th will be Different



Cash-strapped non-profits are hoping for brisk business with so few professional displays being staged this season. Photo by David Dickstein

By David Dickstein

SACRAMENTO REGION, CA (MPG) - This is the first in a two-part series covering how the Sacramento Valley will celebrate Independence Day with traditional fireworks in an untraditional year. Watch for our annual fireworks buyers guide in the next issue.

Between California's months-long shelter-in-place order and other "don'ts" issued by governments of all levels during the coronavirus pandemic, citizens might feel that they're living in the home of the brave, but not so much the land of the free.

That sentiment could make this coming Independence Day the most important one since the first.

"I don't disagree with that," said John Kelly, vice president of TNT Fireworks, the nation's largest reseller of perhaps the most recognizable symbol of the

Fourth of July after Old Glory. "People are feeling constrained in response to the coronavirus crisis. Social distancing has gone on since winter, and for those who have suffered through the loss of loved ones and jobs, this ordeal has been an especially painful journey."

One way humans cope through crisis is by sharing happy and entertaining physical experiences, even in the era of social distancing. It's no surprise, then, that Kelly, part of a consumer industry hoping to salvage a season, proclaimed that "celebrating America's birthday with fireworks is about as happy and entertaining as it gets."

Bought for therapeutic or patriotic purposes, consumer fireworks sold by non-profit organizations out of temporary stands in Sacramento County and other areas where legal will be how many Americans get their bang-boom

on for the nation's 244th birthday. The reason is scant few of the 16,000 public fireworks displays typically staged in country on the Fourth of July are expected to go forward, according to the American Pyrotechnics Association.

"There have been widespread cancellations of Independence Day parades, concerts and fireworks displays nationwide," said APA Executive Director Julie Heckman. "Due to social distancing mandates related to COVID-19, the skies will be dark above the vast majority of cities, towns and municipalities."

Giving a rare green light to skies of red, white and blue is Elk Grove. The city council approved an aerial show for July 4, but instead of setting off fireworks over Elk Grove Regional Park and the 22,000 or so gathered there, the staging area will be at an undisclosed location so that residents can

Continued on page 3

SMUD Stocking Reservoirs with Thousands of Trout

SMUD Press Release

SACRAMENTO REGION, CA (MPG) - SMUD is again stocking three Sierra reservoirs with rainbow trout. The fish planting starts in June and runs into August. SMUD will stock 25,000 pounds of fish at Union Valley, Loon Lake and Ice House reservoirs in El Dorado County.

Surveys say fishing tops the reasons folks visit the Crystal Basin Recreational Area and the trout plants enhance angling opportunities for the public. On average, the fish weigh almost two pounds, including some trophy fish.

SMUD has scheduled six separate trout plantings. The largest of the three reservoirs, Union Valley, will get 9,400 pounds; Loon Lake, 8,100 pounds; and Ice House, 7,500 pounds. Mount Lassen Trout Farms of Payne's Creek will deliver the fish. The company also stocks SMUD's Rancho Seco Lake, which annually hosts a very popular trout derby.

SMUD proactively works to improve the quality of life in El Dorado County, where the electric utility owns and operates the Upper American River Project (UARP), a system of hydroelectric generation facilities. "Many SMUD employees work and live in El Dorado County and support the local businesses and the tax base," said SMUD Chief Energy Delivery Officer Frankie McDermott.

In 2014 SMUD was awarded a new 50-year license by the Federal Energy Regulatory Commission (FERC) to continue operating the UARP, which provides nearly 700 megawatts of low-cost, clean, non-carbon-emitting hydro power. The resource provides about 15 to 20 percent of SMUD's energy capacity during an average water year. The fish-stocking effort helps SMUD meet conditions of operating its FERC license for the UARP.

Fishing licenses issued by the California Department of Fish and Wildlife are available for purchase from more than 1,400 license agents throughout the state and can also be obtained online at wildlife.ca.gov/licensing.

For more information about UARP and associated projects, please visit SMUD.org and the Community and Recreational Areas web pages. ★

Proceeds from Quick Quack's New Community Guide to Benefit Food Banks

By Courtney Hardy-Wagner, Quick Quack Car Wash

SACRAMENTO REGION, CA (MPG) - Quick Quack Car Wash has developed a Community Guide to spur the local economy and raise funds for local non-profits. The limited number of Community Guides will start selling on Friday, May 29, 2020, at all Quick Quack Car Wash locations across Greater Sacramento.

"We realize many businesses were affected by the shelter-in-place order due to the Coronavirus pandemic,"



Quackals is your partner to support local businesses and supply Sacramento and Placer Food Banks stock up. Photo: Quick Quack

said Travis Kimball, Chief Marketing Officer and Partner of Quick Quack Car Wash. "Our vision is to 'Change Lives for the Better,' which includes showing support to our local businesses, with this guide we hope to increase business for our business partners, and also raise capital for the Sacramento Food Bank and Placer Food Bank. 100% of the proceeds from the guides will be donated to these organizations to continue feeding families during this time of need." While the state is slowly reopening,

Continued on page 3



SAFE. CLEAN. DEPENDABLE.

www.chwd.org | (916) 725-6873

www.GoldRiverMessenger.com

*****ECRWSS*****

Local Postal Customer

SMUD Clearing Trees and Brush near High-voltage Lines

SMUD Press Release

SACRAMENTO COUNTY, CA (MPG) - SMUD vegetation management crews are busy clearing large areas of trees with high fuel loads and elevated fire risk in the Sierra foothills under and near high-voltage transmission lines. With the 2020 fire season approaching, tree and brush work is essential to SMUD's efforts to mitigate wildfire danger during the hot summer months.

Crews working in the Rescue area east of El Dorado Hills are conducting the latest in planned vegetation management work in El Dorado County that's been going on for several years. SMUD owns rights-of-way in its transmission line corridors that span forested areas all the way to Loon Lake in the Crystal Basin area.

The transmission lines move electricity from SMUD's hydroelectric plants in the Upper American River Project (UARP), which produce about 700 megawatts of electricity or about 20 percent of SMUD's customer demand. This carbon-free resource is especially valuable in the hot summer months when air conditioning load in SMUD's service territory can push demand to near peak levels.

Though SMUD doesn't serve El Dorado County, the community-owned electric company works directly with property owners to plan the work, which in some cases crosses private property near homes and businesses including orchards and vineyards. In many cases, property owners request the removal of trees and brush on their properties as wildfire danger has become considerably more threatening in recent years.



SMUD contract tree pruning workers clear high-fuel vegetation and brush under and near high-voltage transmission lines in Rescue, El Dorado County. Photo: SMUD

"Managing this vegetation near our transmission lines that feed the SMUD grid is critical to keeping our system reliable," said SMUD Chief Energy Delivery Officer Frankie McDermott. "This exhaustive planning and work execution also go a long way in mitigating potential wildfire danger."

In fact, SMUD's comprehensive approach to vegetation management using industry best practices has delivered life- and property-saving results. The work aided firefighters in gaining control of the King Fire in 2014, which impacted SMUD's transmission lines near Camino. A key turning point came as SMUD's already-managed transmission line rights-of-way provided critical fire breaks for firefighters to stop the fire's spread. CAL FIRE officials even publicly acknowledged SMUD's vegetation management programs as critical factors in protecting the foothill communities of Camino, Pollock Pines and Apple Hill from the catastrophic King Fire.

SMUD patrols these lines annually, by truck, on foot

and by helicopter. To identify trees proven to be historically associated with causing power outages, SMUD uses Light Detection and Ranging (LiDAR) technology and a helicopter to efficiently and strategically pinpoint those trees for pruning or removal that are within defined clearance limits of SMUD's power poles, towers and lines. LiDAR measures distance to a target by illuminating it with an FAA-approved pulsed laser light and measuring the reflected pulse – like SONAR but with light instead of sound – producing digital 3D pictures of the target. The imaging technology is even capable of identifying chlorophyll, which makes plants green and is an accurate measurement of plant health, which is utilized to identify potential hazards from weak, dying or dead trees, the result of recent drought years.

SMUD also manages trees and brush below and near clearances in the neighborhoods with overhead lines in the SMUD service territory at least every 36 months. Some trees grow faster, and

any potential situation that can cause an outage or safety issue is prioritized and addressed to ensure public safety and reliability.

Trees are beautiful and provide excellent natural benefits including comfort and energy savings from the shading canopy, but their growth needs to be managed in an environmentally friendly way. The elected SMUD Board of Directors makes Environmental Stewardship a Core Value. SMUD's "Do No Harm" edict coincides with public safety and electric reliability.

SMUD has also been recognized by the Right-of-Way Stewardship Council (ROWSC) for demonstrated excellence in managing the vegetation growth near the SMUD electrical system.

Remember, during this time of heightened concern over COVID-19, if you see our field personnel out, please greet them from afar with a thumbs up or a wave.

For more information about SMUD and its vegetation management programs, visit SMUD.org. ★

Vitalant Begins Testing Donations for Antibodies to COVID-19

By Drew Fowler, Vitalant

SACRAMENTO, CA (MPG) - Vitalant became the first national blood bank to test all blood donations for antibodies to SARS-CoV-2, the coronavirus that causes COVID-19. The nation's largest independent, nonprofit blood collector – serving hospital patients across the country, including Northern California and the Central Coast – is providing the test results to donors who complete successful blood donations, which are critically needed now.

The antibody test – authorized by the Food and Drug Administration – will indicate if the donor's immune system has produced antibodies to the virus, regardless of whether they ever showed symptoms. It is possible that over time, the broad use of antibody tests and clinical follow-up will provide the medical community with more information on whether a person who has recovered from COVID-19 is at a lower risk of infection, and if so, for how long.

"While a positive antibody test does not mean that someone is immune to COVID-19, it does mean that they may be eligible to donate convalescent plasma in the future and help people with the disease," said Cliff Numark, Vitalant's Chief of Marketing. "Convalescent plasma can be given directly to patients currently battling COVID-19 to help boost their ability to fight their illness."

Vitalant began collecting and distributing convalescent plasma in April. For

more information, visit vitalant.org/COVIDfree.

Donations of all blood types are critically needed right now, with an especially high need for type O, A- negative and B-negative red blood cells. In addition, platelets are always needed by patients for cancer treatments, surgeries and emergencies. Because of its short shelf life – only 5 days – the supply of platelets must be continually replenished.

Donors are urged to give blood as soon as possible. Appointments are strongly recommended: visit vitalant.org or call 877-25-VITAL (877-258-4825).

The antibody tests are part of a full panel of tests that Vitalant performs on successful blood donations. Donors are not charged for the tests and costs are subsidized, in part, by The Blood Center Foundation of the Inland Northwest and The Bonfils Blood Center Donor Advised Fund. Donors will be able to see their results approximately 2 weeks after donating by logging into their online donor accounts.

In addition to Vitalant providing lifesaving blood to patients in need, Vitalant Research Institute is leading several research initiatives related to SARS-CoV-2 antibodies.

June 14 is World Blood Donor Day, a campaign developed by the World Health Organization to raise awareness of the ongoing need for blood. Vitalant strongly encourages donors in the U.S. to step up and give blood to support patients undergoing emergency procedures and receiving ongoing treatments. ★

KP International Market
 10971 Olson Drive
 Rancho Cordova, CA 95670
 916.853.8000
 Market: 10 Days 8am - 10pm
 Food Court: 10 Days 11am - 8pm
 (Chinese: 11:30am - 8:30pm)

To Our Valued Customers.

We will continue to offer the best prices possible during these challenging times. Our KP team is working very hard and have your families and our communities in mind. Please honor "social distancing" and be patient in your shopping experience and courteous to all in the store.

THANK YOU for shopping at KP International Market.

FROZEN & FISH DEPT

REG. \$6.99/EA
\$4.99/ea
 Frozen Peeled & Deveined Shrimp 61/70 • 1 lb

REG. \$3.99/LB
\$1.99/lb
 Frozen Cut Rex Sole

WEEKLY MEAT SPECIALS *SUBJECT TO AVAILABILITY

Beef Tri-Tip Roast Trimmed - Bnls \$4.99
Beef Ribeye Roast Boneless \$6.79
Beef Ribeye Steak Boneless \$6.99

WE WILL HAVE DAILY SPECIALS THROUGHOUT THE WEEK!

Chicken Drumsticks \$2.69/ea
Pork Leg Roast Boneless \$1.99
Pork Baby Back Ribs - Single Pack \$2.99

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JUNE 10 - JUNE 16, 2020.

FRESH PRODUCE SALES FOR PRODUCE WILL BEGIN ON WEDNESDAYS @ 12:00PM

Red Potato 5 lb Bag 2.29
 Padilla Peppers 99¢
 Ginger 1.49
 Leek 2/\$3
 Avocados 2/\$1

Red Cherries 1.29
 Shallot Onions 99¢
 Korean Melon 1.99
 Mini King Oyster 300 g 2.99
 Granny Smith Apples 79¢

AMERICAN/HISPANIC GROCERY

Pan Fry Cooking Spray 6 oz \$3.99
 Chips 1.99
 Chex Mix 2.29
 Diced Onions 99¢
 El Meritino White Rice 4.99

ASIAN GROCERY

UFC Brand \$3.49
 Coffee 79¢
 Noodles 49¢
 Knorr Brand \$3.99
 Sips \$7.99

EUROPEAN GROCERY

Solar Sunflower Oil 4.5 Liter \$11.99
 Maitland Noodles \$4.29
 Zepko Polish Sausage \$2.99
 Prince Pils Crispy Wafers \$10.99
 Best Tea Blend \$10.99

KOREAN/JAPANESE GROCERY

Onion \$4.99
 Noodles \$9.99
 Kashi Beer \$3.99
 Porky Malt \$2.99

HOUSEWARES

NOVEL MINI ELECTRIC RICE COOKER \$10.99
 NOVEL ELECTRIC BBQ GRILL \$29.99
 NOVEL ELECTRIC GLASS KETTLE \$25.99

FROZEN & FISH DEPT

Frozen Cooked Butterfly Shrimp 30 Pes \$4.99/ea

EUROPEAN DELI

Kriana Imported Mascarpone \$6.99
 Belmont Zywiewka Brand Sausage \$4.99
 North Star Chicken Gratin Roll \$6.29
 Schmalz's Maszkoeka Kielbasa \$5.89

Advertised items good at KP International Market - Rancho Cordova location ONLY. We reserve the right to LIMIT QUANTITIES. Not responsible for TYPOGRAPHICAL OR PICTORIAL ERRORS. All advertised items are SUBJECT TO AVAILABILITY. Sorry NO RAINCHECKS. PRICES EFFECTIVE JUNE 10 - JUNE 16, 2020.

Having the All-In Attitude

New Firefighters Graduate to Join Metro Fire



The Sacramento Area Fire Fighters Local 522 Honor Guard marked the opening of the ceremony with the presentation of the Colors. Photo: Captain Mark Nunez/Metro Fire

By Captain Chris Vestal, Sac Metropolitan Fire District

CITRUS HEIGHTS, CA (MPG) - On Friday, May 29, 2020, the Sacramento Metropolitan Fire District (Metro Fire or the District) welcomed eighteen new firefighters, as Recruit Class 20-1 graduates from the Metro Fire Recruit Academy, a California State Fire Marshal Accredited Fire Fighter 1 Academy. Metro Fire Chief Todd Harms highlighted to the new recruits the fact that it was a memorable moment in which “you all are starting your careers and this [same] weekend members are [also] retiring from their careers.”

The Sacramento Area Fire Fighters Local 522 Honor Guard marked the opening of the ceremony with the presentation of the Colors and a procession by a bagpiper from its Pipes and Drums Society.

This was a special class, challenged not only by the usual grueling physical demands and intense academics but by the

COVID-19 pandemic. Metro Fire is particularly proud of these new firefighters for their ability to adapt; ensuring they continued to be successful on the academy grounds while maintaining obligations to their families and other loved ones during this atypical period in all of our lives.

Under the direction of Metro Fire Assistant Chief/Director of Training Adam House and Drill Master/Captain Jason Harris, the sixteen-week academy included hundreds of hours on the drill ground and classroom combining the knowledge and skills critical for performing emergency operations on scene at fires, emergency medical incidents, and motor vehicle accidents. Recruits also trained in live structural fires, simulated structural collapses, wildland fire suppression, and learned countless other firefighting and rescue skills.

Captain Harris noted that “all these things are simple in concept, but they are very difficult to execute, especially when you are at the limits of mental and

physical endurance ... and all under time constraints.”

Physical fitness and overall health was also emphasized to reinforce proper physical training for the rigors of firefighting and the healthy lifestyle and nutrition choices required to ensure a long and healthy career.

Many fire service traditions were on display. Graduating firefighters received their badges, took their oaths to serve the public, and received their probationary station and shift assignments. Chief Harms told the recruits, “You’ve each earned your badge; the challenge now is to live up to the traditions and standards that go along with that badge that will go along with you.”

Chief Harms said to the 20-1 class passing on the advice of Metro Fire retirees, “Thirty years comes and goes by really quickly. Enjoy the good times, and know that there is going to be bad times along the way.”

Due to restrictions on large gatherings the event was celebrated without families of the graduates and only District staff essential to the graduation ceremony was in attendance. ★



Firefighter Recruit Class 20-1 graduated from the Metro Fire Recruit Academy, receiving their badges and first station assignments. Photo: Captain Mark Nunez/Metro Fire

Proceeds from Quick Quack’s New Community Guide to Benefit Food Banks

Continued from page 1 Quick Quack wanted to do its part to help businesses affected by COVID-19. Although Quick Quack has also suffered a loss, they have continued to operate safely and serve their regular customers. In contrast, many business owners have not been as fortunate.

The community guide includes coupons from businesses like Bonney Plumbing, Electrical, Heating and Air, Pizza Guys, Jiffy Lube, Incredible Pets, Buckhorn Grill, Chando’s and other local favorites. Quick Quack hopes to drive their customers to these community partners to support the businesses and provide some discounts for the public. Businesses like 4 Guys Print & Mail also stepped

up to join the effort by donating the cost of printing the guides.

“Bonney is proud to partner with Quick Quack Car Wash and other local businesses to support our community members’ needs,” said Jeremy Macdonald, Chief Executive Officer of Bonney Plumbing, Electrical, Heating and Air. “During this time, it’s especially critical for us to join together to shop locally and support the great work that the Sacramento Food Bank and Placer Food Bank provide to families in need.”

The Community Guides will be available at all 26 Quick Quack Car Wash locations. Customers can stop by anytime between 7 AM and 9 PM to purchase a Community Guide for \$5 with all proceeds going to

the Sacramento Food Bank and the Placer Food Bank.

“We appreciate Quick Quack stepping up to help Placer Food Bank address the unprecedented increase of food insecurity needs in our community due to a loss of jobs and income,” said Lisa Heinrich, Director of Development at Placer Food Bank. “Every dollar donated helps us and our hunger-relief partners ensure that food is on the table for children, families, and seniors in the communities that we serve throughout El Dorado, Nevada, and Placer Counties.”

Join us by purchasing a guide with coupons that will help local businesses and nonprofits right in our community.

For more information www.dontdrivedirty.com ★

Public or Private, Fireworks this 4th will be Different

Continued from page 1 watch from their homes.

Elk Grove is lighting up, but from Rancho Cordova and Folsom to South Lake Tahoe and Davis, aerial displays were announced as grounded to the disappointment of pyro fans and the detriment of pyro producers.

“The business is on life support. We are down 90 percent in sales and shows,” said James Souza, CEO of industry bellwether Pyro Spectaculars, which does have the Elk Grove gig. “Everyone wants a show but is not going to commit due to the state’s public gathering policy.”

At press time, hope was being held out for the show to go on in a smattering of locations awaiting health data on the staged reopening approach. Even with favorable figures, putting on a professional firework display still might not be possible given the short fuse.

“All the more reason for the general public to stock up on consumer fireworks and plan a backyard or neighborhood celebration – of course, abiding by social distancing guidelines,” said the APA’s Heckman.

Many of the nearly 33 jurisdictions in Sacramento, Placer, Yolo and Yuba counties warm to consumer fireworks had left existing laws as-is at press time, while others may enact a one-year moratorium on sales that has no impact on use. Best to check with your local fire department before lighting. A list of “open” communities can be found at <http://ca-fireworks.presskit247.com>.

For most of the state including Sacramento County, June 28 starts a potentially big week for non-profits that could be more cash-strapped than usual.

Whereas residents of other states can also let the sparks fly on New Year’s, if not year-round, celebrating the anniversary of our country’s fervent declaration of independence from Great Britain in 1776 is the occasion for which California consumers can legally light fireworks, and only the state-approved “safe and sane” variety.

Depending on ordinances in effect at the time, law-abiding revelers and sellers may need to wear masks and separate households by at least six feet during the show.

Except for rules around personal protection equipment and distancing, buying fireworks may not be all that different from non-pandemic years.

“Key guidelines that will need to be met are already built in,” said Kelly of TNT, which has its Northern California regional offices in Sacramento. “We’re already selling out of stands where the volunteer salespeople and customers are separated by wood panels and chicken wire. Buyers don’t touch product until purchase.”

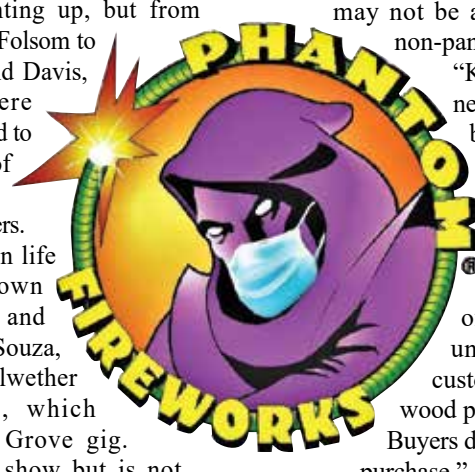
Phantom Fireworks, the state’s second-largest fireworks reseller, is confident that patriotism, community support, a hunger for outdoor family amusement and the most favorable day of the week for a Fourth of July will outweigh any inconveniences associated with compliance.

“A weekend Independence Day is always great for fundraising, but with the fourth falling on a Saturday, that’s even better,” said Linda Hass-Kreman, Phantom’s West Coast operations manager based in Sacramento. “A Saturday July Fourth means many among the workforce have that Friday off as a corporate holiday and the next day off as well being a Sunday. I think society is so ready to have fun outside the home, enjoying something separately, but together, that we’re going to have one of the most special and successful fireworks seasons ever.”

It’s not as if the country doesn’t have experience dealing with pandemics at this time of year. Smallpox, measles and other diseases had wary colonists shutting themselves in their houses at the time future president John Adams correctly predicted that the first Independence Day would be celebrated with “bonfires and illuminations.”

Two and a half centuries later, American history will repeat itself when patriotic citizens ooh and aah to star-spangled fireworks under pandemic conditions.

“Fireworks are the most widely anticipated tradition of celebrating our nation’s independence,” Heckman said. “Americans are ready to celebrate and looking for something to do after being cooped up for so long, and many of us still are in parts of the country.” ★



FEELING ISOLATED?

Not on our watch!

Our staff will care for you, make sure you have healthy dining options and work hard to keep you entertained!

Wouldn't it be nice to have that kind of support right now?

Summerset is family owned, conveniently located and welcomes small pets.

Call to schedule your virtual tour and free assessment.



Independent • Assisted • Memory Care

2341 Vehicle Drive • Gold River/Rancho Cordova

summersetseniorliving.com

916-400-3831

RCE Lic. #347005361



'Fool's Gold' Unmasking Bad Behavior

By Gold River Resident
David Dickstein

Was it Aristotle, Nietzsche or Confucius who famously said, "Pandemics make jerk-heads out of people?" Oh, now I remember. It was me. I said that quotable quote to my wife on a walk around the village the other day. It was prompted by the visual of two neighbors – men slightly older than me – who literally walked passed each other without ever making eye contact. One had just gotten his mail at the cluster box and was heading back into his house while the other was walking up his driveway from the car he just parked on the street.

My usual puckish self couldn't let the awkward visual go without comment. From across the street I yelled in a playful voice, "Wow, neighbors who can't even say hi to each other during a pandemic when we're so desperate for human interaction!"

If my snarky comment had yielded a laugh or a grimace, or better yet, get the two men to acknowledge each other, I'd consider that a personal triumph. But neither gent even flinched. Maybe they're hard of hearing. Perhaps they're feuding. Since they didn't respond to me, I'm presuming that the two are using this social distancing thing as an excuse to be aloof to the point of being rude.

Well, Mr. Freeze-meister and Mr. Standoffish are Mr. Friendly compared to another man who did the unthinkable early into the shelter-in-place order. Remember when several Gold River Discovery Center teachers caravanned from village to village to the delight of students and parents? It was a wonderful way for them to reconnect in the physical world after Zoom became the virtual classroom. Heartwarming were the reactions from all the townfolk except for the man who flipped off the teachers as they drove past in their festooned vehicles. It was shocking. Maybe his giving the bird was meant as a joke – killjoy-type humor that works for Janeane Garofalo and Larry David, but not by a neighbor in my village and not when it's directed to teachers. They



Lawbreakers shouldn't expect to be saved by a mask-peddling Superman. Photo by Russ Allison Loar

get enough abuse as it is.

Speaking of feeling beat up, I went to a Fair Oaks Village restaurant the day after outdoor dining was OK'd by the governor. Standing in line to order take-home breakfasts for my wife and me, I noticed I was the only person in line respecting social distancing. People were eating inside, too – a major no-no at the time. Worse, employees were lacking the required personal protective equipment, even in the kitchen from what I could see.

Through my hand-sewn Dodgers mask, I asked the cashier about her establishment's total disregard of state-mandated guidelines. "We're just really busy," she responded

before grabbing a pastry for a customer who also wasn't wearing a mask. Instead of apologies, I got glares, including from the unmasked man behind me in line who if he were a car would get a ticket for tailgating. Pretty incredible that this restaurant could risk being so indifferent to health laws, especially when one false move in front of the wrong person could close them down faster than a horseshoe bat at a Chinese wet market.

Instead of snitching to Gov. Newsom, I thought about the economic harm that would cause and simply walked out, leaving the disgusting diner to the 20 or so inside who clearly didn't give a darn. Won't be back. If

the place doesn't care about hygiene now, it never has.

Found myself in a similar situation the other week, only this time at a medical office. Walked in for my appointment and saw the two ladies behind the reception desk not wearing masks, a violation of state guidelines. My stunned look didn't even prompt either to obey the law. So I stated the obvious. "You're supposed to wear masks." Their response? "Not while we're working," one of the women said. Huh? I didn't make a formal complaint as that would bring more harm than good in the long run. One worker was wearing a mask by the time I left, offering me not an apology, but a wisecrack. "You don't have to tell me twice," she said. Wow, they just don't get it. Not fair that their selfishness, negligence and recklessness made me uncomfortable and put my health at risk.

Instances of places and people not respecting the law or common sense have increased since the Wuhan virus scare. It's probably worse where management and processes were loosey-goosey pre-pandemic. But what was quirky or cute then isn't now. Whatever we may think of the government actions changing our lives, COVID-19 is real and those who play the victim when they're the villain are making matters worse. Can't stand people who play that game, especially when the world is so vulnerable.

How vulnerable? Hope you're sitting down for this, but civilization as we know it could be at the mercy of aliens from outer space. Sounds cray-cray, right? All I know is this dude who went through Vicky Manley's checkstand at Bel Air the other day swears the pandemic is the work of extraterrestrials set on taking over the planet. It's probably not the first wild conspiracy theory he's ever believed, but, honestly, with none of us ever envisioning the crazy world we're now in, who's to say he's wrong?

David Dickstein is a Gold River resident, award-winning writer and principal at the PR firm Prose & Comms Inc. He can be reached at daviddickstein1@gmail.com. ★

We Beat Almost All Online Prices on Premium Brand Pet Foods

Including Blue Buffalo, Chicken Soup, Earth Born, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin.

EVERY OTHER WEEK WE HAVE THE **LOWEST PRICES** ON **FRISKIES** (5.5oz) OR **FANCY FEAST** (3oz) *
*Compared to All Chain and Local Stores

PET CLUB
FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
(Some items may vary from website. No Membership Fees)

2344 Sunrise Blvd. 318 N Sunrise Blvd.
Rancho Cordova, CA Roseville, CA
916-635-5008 916-781-8500

\$2.50 OFF

ANY PURCHASE OF \$7.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items. Limit 1 PLU 331 CHM Limit: 1 Coupon Per Family Effective 6/10/20 - 6/16/20

FREE PURE NESS PET BOWL

Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1. 99¢ Value PLU 338 CHM Limit: 1 Coupon Per Family Effective 6/10/20 - 6/16/20

Look for Advertised Sale Items Everyweek at www.petclubstores.com

| | | | |
|--|---|--|---|
| <p>TASTE OF THE WILD GRAIN FREE DRY DOG FOOD •Wetlands •Sierra Mountains •Pacific Salmon •High Prairie •Southwest Canyon</p> <p>28 Lb Bag \$39.99</p> <p style="font-size: x-small;">Effective 6/10/20 - 6/16/20</p> | <p>CANIDAE DRY DOG FOOD FOR ALL LIFE STAGES •Multi-Protein •Chicken Meal & Rice •Large Breed 44 Lb</p> <p>(Multi Protein, Chicken Meal & Rice, Lamb & Rice, Less Active 30 Lb)</p> <p>\$10 OFF</p> <p style="font-size: x-small;">As Marked Our Regular Low Prices! Effective 6/10/20 - 6/16/20</p> | <p>BLUE BUFFALO WILDERNESS DRY DOG FOOD •Chicken (\$9 off reg price) •Salmon •Large Breed Adult •Healthy Weight</p> <p>24 Lb Bag 100% Grain Free</p> <p>\$8 OFF</p> <p style="font-size: x-small;">As Marked Our Regular Low Prices! Effective 6/10/20 - 6/16/20</p> | <p>FRISKIES DRY CAT FOOD 16 Lb Bag •Seafood •Indoor •Surfing & Turfing</p> <p>Limit 2 Bags per Family</p> <p>\$10.99</p> <p style="font-size: x-small;">Effective 6/10/20 - 6/16/20</p> |
| <p>9 LIVES CANNED CAT FOOD 5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family</p> <p>37¢</p> <p style="font-size: x-small;">Effective 6/10/20 - 6/16/20</p> | <p>FANCY FEAST GOURMET CANNED CAT FOOD All Varieties except Elegant Medley 3 Oz</p> <p>Limit 2 Cases Per Family</p> <p>ON SALE Everyday</p> <p style="font-size: x-small;">Effective 6/10/20 - 6/16/20</p> | <p>JONNY CAT PREMIUM CAT LITTER 20 Lb Bag •Regular •Multiple Cat Formula</p> <p>Limit 2 Bags Per Family</p> <p>\$3.79</p> <p style="font-size: x-small;">Effective 6/10/20 - 6/16/20</p> | <p>FRESH STEP SCOOPABLE CAT LITTER 42 Lb Bag</p> <p>Limit 2 Bags Per Family</p> <p>\$13.99</p> <p style="font-size: x-small;">Effective 6/10/20 - 6/16/20</p> |

| | | | | | |
|--|--|---|---|---|--|
| <p>WELLNESS CANNED CAT FOOD Full Case •Pate •Gravies Selected Varieties Also •Signature Select •Core 5.3 Oz Limit 1 Case</p> <p>20% OFF REGULAR LOW PRICES</p> | <p>FELINE PINE HEALTHY CAT LITTER 20 Lb Bag Limit 2 Bags</p> <p>\$7.99</p> | <p>WILDERNESS DRY CAT FOOD •Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags</p> <p>\$6 OFF AS MARKED OUR REGULAR LOW PRICES</p> | <p>SCIENCE DIET SMALL BITES DRY DOG FOOD •Adult •Light •Mature (Lamb & Rice Small Bites \$28.99) (Sensitive Stomach & Skin \$28.99) 15 Lb Bag Limit 2 Bags</p> <p>\$22.99</p> | <p>CAREFRESH PET BEDDING 60 Liter (Ultra Not Included)</p> <p>\$16.49</p> | <p>CHICKEN SOUP FOR THE SOUL DRY DOG FOOD As Marked •Adult •Large Breed •Mature •Weight Care •Puppy (Reg & Lrg Breed) 28 Lb Bag Limit 2 Bags</p> <p>10% OFF OUR SUPER LOW PRICES</p> |
| <p>SWHEAT SCOOP NATURAL WHEAT LITTER (12 Lb Bag - Original \$10.99 Multi Cat \$11.99) 36 Lb Bag Limit 2 Bags Original \$29.99 Multi-Cat \$31.99</p> | <p>SOLID GOLD CANNED CAT FOOD Including •Perfect Pairings Cups •Holistic Delights Pouches 2.75 Oz - 6 Oz Can As Marked</p> <p>10% OFF OUR REGULAR LOW PRICES</p> | <p>PRECIOUS CAT CAT LITTER 20 Lb Box Limit 2 Boxes Cat Attract</p> <p>\$12.99 Touch of \$7.99 Outdoors</p> | <p>WELLNESS DRY DOG FOOD (3 Free Wellness 12.5 Oz Can Dog Food w/ Each Purchase) 24-30 Lb Bag •Chicken •Senior •Healthy Weight •Grain Free Adult \$53.99 •Grain Free Lamb •Grain Free White Fish \$56.99</p> | <p>MEOW MIX CAT FOOD Market Select 2.75 Oz Cup Limit 2 Cases</p> <p>53¢</p> | <p>MERRICK'S WHOLE EARTH FARMS DRY DOG FOOD •Grain Free Chicken/Turkey •Grain Free Pork, Beef & Lamb 25 Lb Bag Limit 2 Bags per Family</p> <p>\$7 OFF OUR REGULAR LOW PRICES</p> |

| | | | | | | | | | | | | | |
|--|---|---|---|---------------------|---------------|-------------------|----------------|-----------------|-----------------|-------------------|----------------|------------------|-----------------|
| <p>ASPEN PETMATE PET BEDDING All Varieties, Including Self Warming Bedding</p> <p>20% OFF OUR SUPER LOW PRICES</p> | <p>HAGEN FLUVAL FILTER SALE</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>MODEL.....TANK.....</td> <td>PET CLUB SALE</td> <td>MODEL.....TANK.....</td> <td>PET CLUB SALE</td> </tr> <tr> <td>107...25 GAL.....</td> <td>\$87.99</td> <td>307...70 GAL...</td> <td>\$132.99</td> </tr> <tr> <td>207...40 GAL.....</td> <td>\$99.99</td> <td>407...100 GAL...</td> <td>\$169.99</td> </tr> </table> | MODEL.....TANK..... | PET CLUB SALE | MODEL.....TANK..... | PET CLUB SALE | 107...25 GAL..... | \$87.99 | 307...70 GAL... | \$132.99 | 207...40 GAL..... | \$99.99 | 407...100 GAL... | \$169.99 |
| MODEL.....TANK..... | PET CLUB SALE | MODEL.....TANK..... | PET CLUB SALE | | | | | | | | | | |
| 107...25 GAL..... | \$87.99 | 307...70 GAL... | \$132.99 | | | | | | | | | | |
| 207...40 GAL..... | \$99.99 | 407...100 GAL... | \$169.99 | | | | | | | | | | |
| <p>PET 'n SHAPE HEALTHY DOG TREATS All Varieties</p> <p>20% OFF OUR SUPER LOW PRICES</p> | <p>VOLKMAN Avian Science Bird Food & Small Animal Food 2 - 4 Lb Pkg Selected Varieties</p> <p>15% OFF OUR DISCOUNT PRICES</p> | <p>AQUEON BOXED 10 GALLON TANK With Economy Kit Just add Heater For Tropical Fish</p> <p>\$36.99 Limit 1 Per Family</p> | <p>REPTILE SUPPLY SALE Zoo Med Reptibark 8 Qts.....\$5.49 Tetra Reptomin 3.7 Oz.....\$3.79 Tetra Reptomin 10.59 Oz.....\$8.49</p> | | | | | | | | | | |
| <p>PETSAFE GENTLE LEADER •Head Collars •Easy Walk Harnesses •Come With Me Kitty</p> <p>ON SALE</p> | <p>EVERCARE PET PLUS Lint Rollers 60 Sheets (Refills 60 sheets \$1.99)</p> <p>Super Buy \$2.49 Regular Size</p> | <p>REPTILE SUPPLY SALE Zoo Med Reptibark 8 Qts.....\$5.49 Tetra Reptomin 3.7 Oz.....\$3.79 Tetra Reptomin 10.59 Oz.....\$8.49</p> | <p>GORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL</p> <p>\$12.99</p> | | | | | | | | | | |

| | | |
|--|---|---|
| <p>BONUS COUPON FRISKIES BUFFET CANNED CAT FOOD 5.5 Oz All Varieties Limit 1 Case With Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/10/20 - 6/16/20</p> <p>ON SALE Everyday</p> <p>CHM PLU 367</p> | <p>BONUS COUPON WHISKAS TEMPTATIONS CAT TREATS •Selected Varieties - 3 Oz Limit 2 Pkgs with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/10/20 - 6/16/20</p> <p>\$1.25</p> <p>CHM PLU 569</p> | <p>BONUS COUPON JONNY CAT CAT LINERS Jumbo Drawstring - 5 Ct Limit 1 Box with Coupon Limit One Coupon Per Family Price Valid Only With Coupon Effective 6/10/20 - 6/16/20</p> <p>\$2.09</p> <p>CHM PLU 449</p> |
|--|---|---|

Rest in Peace Naomie Webster



Naomie Webster

By Paul V. Scholl, Publisher

It is with deep and sincere sadness that we report the death of one of our

staff members, Naomie Webster. She was killed in a single automobile accident on Saturday evening, May 2nd, on Highway 70, just east of Quincy, California.

Naomie had only been with the company for a short period, working in our Gridley office. She had become a valued staff member and had a promising future within the company. She had been furloughed for just a few weeks due to the corona virus, but was due to return to full work duties on the morning of May 5th.

She had a very special spark to her personality, as local advertisers and friends of the newspaper had mentioned from their interactions with her. She had many talents and we were excited to be able to bring her back on board and let her blossom into a management member.

Naomie will be truly missed. She is on to a better world, but please take just a moment to send a prayer to her family and friends grieving their loss. ★

The community you've imagined, the care your loved one deserves.

ASSISTED LIVING · MEMORY CARE



Oakmont of Fair Oaks offers premier assisted living and memory care with a compassionate and experienced team available 24 hours a day.

- 🌿 Wellness and Engagement Programs
- 🌿 Onsite Nursing Staff
- 🌿 Full-Service Medication Management
- 🌿 Award Winning Culinary Program
- 🌿 Concierge Physician Program

LUXURY SPACIOUS STUDIO SUITES, ONE BEDROOM AND TWO BEDROOM APARTMENT HOMES AVAILABLE

Call for more information or to schedule a tour today
(916) 694-0472



Assisted Living & Memory Care
Oakmont
of Fair Oaks

8484 Madison Ave · Fair Oaks, CA 95628
www.oakmontoffairoaks.com

Gold River Messenger

Serving Gold River and Sacramento County



Publisher, Paul V. Scholl

Gold River Messenger is a member of Messenger Publishing Group

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: publisher@mpg8.com.

Be sure to place in the subject field "Attention to Publisher." If you do not have email access, please call us at (916) 773-1111.

It is the intent of the *Gold River Messenger* to strive for an objective point of view in the reporting of news and events. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The *Gold River Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *Gold River Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *Gold River Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Gold River Messenger, 7144 Fair Oaks Blvd., Suite #5, Carmichael, CA 95608. The *Gold River Messenger* is published monthly. Call 916-773-1111 for more information.



We are proud members of these newspaper associations.



Get Cash Back on Every Purchase and save with No Annual Fees with our Cash Reward Visa®.



With our new Cash Rewards Visa, you'll earn cash back – up to 3% – on every purchase you make. And since it's from First U.S., you'll save with:

- No Annual Fees
- No Balance Transfer Fees
- No Penalty Rates
- No Foreign Transaction Fees – great for traveling

Enjoy rewards the easy way. No worrying about tracking or expiring points. No worrying about using the right card at the right merchant. We make it simple – just cash back for each purchase you make, deposited monthly right into your savings account.

Start earning cash back on every purchase – the easy way – with a First U.S. Cash Rewards Visa.

To apply online visit firstus.org, or call (800) 556-6768 today.



11220 Gold Express Dr. in Gold River
firstus.org

Terms and offers effective 06/01/2020 and subject to change. Offer good for new First U.S. card holders. Existing cardholders may opt to convert a fixed-rate Visa to Cash Rewards. One card type per member. Account must be open and in good standing to earn rewards. A \$25 savings is required for membership along with a one time \$5 membership fee.



POPPOFF!

with Mary Jane Popp

DADDY

It's been a long time since I could say daddy, but I still remember the great times we had together. He was not the mushy type and he didn't call me his little princess, but he was always there when I needed him. He didn't have the warm and fuzzy life growing up. He was born to immigrant parents in Ilasco, Missouri. Yup! I said the same thing ... where? But it does or did exist. Dad took us there to see where he was born. But his parents weren't the ideal couple. So his mom took the kids and returned to Romania where they had come from. His dad didn't put his family first. He stayed in the U.S. and became an interpreter for the Ford Motor Company in Detroit Michigan.

He was brilliant, speaking some eleven languages, but not the fatherly type. Dad didn't talk much about how he came to the U.S. He just said when he was fourteen years old, he



John Popp

had to declare whether he would stay in Romania or come to America since he was born here. He boarded a cargo ship and made his way back to America. He looked up his dad, but got no help from him. His father just told him, "I gave you wings, now fly." And fly he did. He lied about his age, got work and took on the world all alone.

But dad was not one to feel sorry for himself. He worked hard and got into the fur business and studied in New York and overseas to become a design furrier. He made good! He worked his way up to designing fur coats for movie stars like Joan Crawford and Bette Davis at Metro Goldwyn Mayer in Hollywood. He never looked back. During WW II he so wanted to join

the Army, but they had him put caps on bombs and test them in a munition plant, a job as treacherous as being on the front lines. But he wanted to do what he could for his beloved country.

There's so much more. He went from furrier to becoming an Ironworker believe it or not, because of the stress he had dealing with temperamental star types. And he was good at that too til he had a bad accident that almost took his life. Just two weeks after he was released from the hospital, he insisted on driving me to the state championships so I could compete singing and playing violin. He was always there when my brother and I performed making sure he had a tape recorder and sound checks. He always said he would never be the father to us that his father was to him. He cared and loved us til the end! I remember the last time I said "I love you dad" and planted a big kiss on his shiny bald head. He's been gone a long time, but daddy (John Popp) you will always be in my heart and I am honored to be your daughter!

HAPPY FATHER'S DAY TO ALL DADS!!!

And Then It Was Silent No More

By Rev. James L. Snyder

During this time of exclusive lockdown, I and the Gracious Mistress of the Parsonage have grown accustomed to silence.

Silence is wonderful and soothing, enabling me to sit back and enjoy a good read. There is nothing like reading a book, and from my point of view, I have not read a book unless I have read it ten times.

Just as I was getting adjusted to "The Sounds of Silence," our routine changed drastically. I really did not see this coming.

Last Tuesday as my wife went to the front door, she turned, looked at me and said, "Honey," (I think she calls me "Honey" because she can't remember my name), "I'm going to go shopping this morning and use some of those wonderful gift cards I got." It was a long morning, and finally, I heard my wife backing into the driveway and parked her van. She came to the door and asked if I could help her put some things into the garage.

As we took the package out of her van, I asked, "What did you get?"

"I got a power saw for my workshop. Lowe's was having a sale, and I couldn't refuse."

"What do you need a power saw for?"

"I just have a few projects in my workshop, and this will come in handy."

I was happy that she was happy, and that always makes for a good time.

I just settled in and was reading the next chapter in my book and enjoying the silence around me when suddenly I heard what sounded like an explosion.

Burrrrrrrrrrr. It seemed to get louder and louder. The very room where I was setting shook with the racket.

I jumped out of my chair and ran to the garage as fast as I could. The closer I got to the garage, the louder the sound was.

When I got into the garage where my wife was, the saw was running as loud as I have ever heard anything, and she was cutting boards. When I saw her, I noticed the biggest smile I've seen on her face in a long time.

"Is there anything wrong," I shouted over the noise.

She heard me, turned off the power saw, looked at me with that smile still on her face and said, "Nothing. I'm only testing my power saw to make sure it works."

Then she turned back to the power saw, turned it on, and the noise resumed.

I could see she was happy and enjoying herself, as I have not seen her lately. I guess all the silence in our home has come to an end, this will be our "new normal."

I walked back to my chair, sat down, and listened to the sound coming from the garage.

For a few moments, I just sat there, thinking and listening, and I came to a marvelous conclusion. If this is what makes my wife happy, then I too, am happy. For the rest of the day, I enjoyed "The Absence of Silence" filling our home.

I remembered what I once read in the book of Proverbs. "Happy is the man that findeth wisdom, and the man that getteth understanding" (Proverbs 3:13).

Wisdom and understanding can have a practical application. When I have the wisdom to know what makes my wife happy, I will understand what true happiness is.

Dr. James L. Snyder is pastor of the Family of God Fellowship, 1471 Pine Road, Ocala, FL 34472. He lives with his wife in Silver Springs Shores. Call him at 352-216-3025 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com. ★

Social Security Matters

How Do I Apply with Social Security Offices Closed?



By Russell Gloor, AMAC Certified Social Security Advisor

Dear Rusty: I am 64 years old and would like advice on how to move forward to apply for Social Security now instead of waiting until I am the "magic" age of 66.5 years. **Signed: Ready for Retirement**

Dear Ready for Retirement: All Social Security offices are currently closed to public visits, but they are still providing telephone services (although telephone wait times are usually longer these days). You can apply over the phone if you wish. However, the most efficient way to apply for your Social Security benefit, especially during the COVID-19 pandemic, is to apply online. You will need to create your personal "My Social Security" account prior to applying online, but that is easy to do at www.ssa.gov/



myaccount. For information, Social Security uses a "two-factor" identification process for security purposes, usually by asking you to enter, in addition to your password, a special ID code sent to your cell phone (or email). Once you have set up your personal account, you can use the online application process at www.ssa.gov/retire.

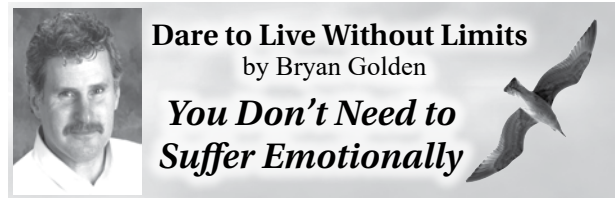
Here is a link to a short video from Social Security which explains the online application process: www.ssa.gov/hlp/video/iclaim_r01.htm. When you start the online process, be sure to write down the reentry code, which will allow you to save and re-enter your online application as many times as needed before you finally submit it. Once it is submitted, Social Security will call you or write you to get any additional information they need. A couple of things I want to be sure you are aware of:

By claiming before your full retirement age (FRA) your benefit amount will

be permanently reduced. The reduction is about 0.556% per month prior to your FRA that you claim (at 64, a reduction of about 15%).

Finally, if you are still working, you'll be subject to Social Security's earnings test until you reach your full retirement age. If you start benefits mid-year 2020, you'll be subject to a monthly earnings limit of \$1520, and if you exceed that limit you won't be eligible for benefits for that month. The following years you'll be subject to an annual limit, until you reach your FRA when there is no longer a limit to how much you can earn.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadviser@amacfoundation.org. ★



Emotional suffering occurs when you have unresolved issues persisting over an extended period of time. Suffering can be caused by guilt, shame, anxiety, worry, stress, or fear. Suffering which is not effectively dealt with runs the risk of becoming engrained and normalized. If left unchecked, you become acclimated to suffering as a normal way of life.

However, you don't need to suffer when you are encountering an adverse situation. Regardless of what you may be experiencing, you can take steps to improve your circumstances. You are an active participant in your life, not a docile observer. You don't have to passively wait for things to get better.

Don't resign yourself to accept suffering as inevitable, or normal. It's not something you have to get used to. Begin the recovery process by identifying the exact cause of what you are feeling. Be specific. Saying that your just not happy will not allow you to find the root problem.

Next, identify the circumstances which would enable you to feel better. Doing so provides you with an objective to head toward. If your desired circumstances are not possible, determine alternative options which would help.

Consider all possible options. Making excuses for why you can't, or won't do something keeps

you in a rut. Excuses justify inaction. The path you take doesn't have to be ideal,

it only needs to be okay.

Inaction engrains your state of suffering. Worry is a trap that, in addition to exacerbating your feelings, prolongs inaction. You cannot feel better while consumed with worry. Taking positive action to move forward counteracts worry.

Constant complaining is another emotional trap. It deepens the hold of suffering. The more you complain, the worse you feel. Once your problem has been identified, there's no need to endlessly rehash it. Instead, search for positive ways to alleviate your suffering.

Positive action is required in order to extricate yourself. Negative behavior worsens your situation. Formulate a step by step plan to move toward your objective. Each small step is preferable to doing nothing.

Looking for the good in your life alleviates suffering. It leads to a positive path forward. The good in your life provides a foundation upon which to construct your recovery. It affords a positive perspective to help you move forward.

Constantly tell yourself how you want to feel instead of thinking about how bad you feel. Doing so reprograms your mind away from suffering. Additionally, your brain works non-stop to bring whatever you say to yourself to reality.

Helping others is another effective strategy which helps you feel better. While you are assisting someone else in solving their

problems, not only are you doing something worthwhile, you are getting a needed respite from your suffering. The process of aiding another person stimulates your mind to generate possible paths for you.

Changing gears by immersing yourself in an enjoyable activity or hobby gives you a mental break from suffering. Even during this break, your subconsciousness is working on finding appropriate solutions.

Smiling, especially when you don't feel like it, relieves suffering. Although it's not a complete solution to your situation, smiling provides an opportunity to feel better. Laughing is even more powerful than smiling. The endorphins produced by laughing have an amazing curative effect.

Exercise provides relief from suffering. Physical activity reduces stress while producing endorphins. Inactivity, on the other hand, worsens your suffering. The last thing you need is to sit and ruminate on your problems.

You are not alone. There are many others who have dealt with similar situations. Reach out to them for support and insight. Connecting with people who can relate to what you are going through is comforting. They prove that you can and will move forward from your suffering.

NOW AVAILABLE:

Dare to Live Without Limits, the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2020 Bryan Golden ★

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
 Call to place your legal advertising **916-773-1111**
 All Legal Ads Published by Messenger Publishing **MPG**

We Support Our Military

Sell Your Vehicle in the Local Classifieds
 Call **916.773.1111**
MPG

BUSINESS DIRECTORY

LANDSCAPE SERVICES



Superior Landscape Services
Landscaping and Maintenance

- Sprinkler Repair/Install • Pruning
- Mowing/Trimming • Fertilizing

Insured Lic#794551
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net



**IF YOU'RE READING THIS
SO ARE YOUR CUSTOMERS**
Advertise Your Business Here
CALL 916-773-1111

DRUG AND ALCOHOL REHABILITATION



HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!
DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

BEAUTY CONSULTANT

Natalie Miller
Independent Beauty Consultant

MARY KAY

millernatalie29@yahoo.com
www.marykay.com/nmiller9625
916.621.0833

Contact me for a Complimentary Facial

LET'S FACE IT!

Some jobs are just too big to do-it-yourself! Whatever it is that you need done, **Call A Professional!** Check out the advertisers on this page. They are waiting to hear from you!



LET US SAVE YOU TIME & MONEY

REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL!

| | |
|---|---|
| Community Classified 25 words/245+ papers | 1x \$650 Statewide \$435 North/\$485 South |
| Daily Classified 25 words/41 papers/7 days | 7 days \$995 \$650 North/\$650 South |
| CLASSIFIED COMBO 25 words/282+ papers | 8 days \$1,270 Statewide |
| DISPLAY - Community Newspapers 140+ papers | 1x \$1,600 2x2 Statewide; \$1,240 2x2 No.; \$1,240 2x2 So. |

HOLLYWOOD CALIFORNIA NEWSPAPERS DELIVER!
More info: Call (916) 288-6011; email cecelia@cnpa.com



We'd love to help your business connect with our readers.
Call 916 773-1111

GOT LOCAL NEWS?

Call 916 773-1111



Land For Sale

36 ACRE SELF SUFFICIENCY HOMESTEAD - \$162 MONTH - Outstanding buy on quiet - secluded off grid northern Arizona homestead at cool clear 6,000' elev. Entirely useable grassy meadowland with sweeping views of surrounding red rock ridges. Situated within a secluded valley location surrounded by thousands of acres of uninhabited wilderness. Bordered by 1,280 acres of uninhabited State Trust land. Free well water access, rich loam garden soil, and ideal year round climate. No urban noise and dark sky nights. Zoned for livestock. Camping and RV use ok. Maintained road access. On special at \$17,900, \$1,790 dn. with no qualifying seller financing. Free brochure with similar property descriptions, photos/terrain maps/ weather data/ nearby pioneer town info. 1st United Realty 1-800-966-6690. (Cal-SCAN)

Local Classified

Announcement

Water Damage to Your Home? Call for a quote for professional cleanup & maintain the value of your home! Set an apt today! Call 855-401-7069 (Cal-SCAN)

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-877-538-9554 or visit http://dorranceinfo.com/Cal (Cal-SCAN)

ENJOY 100% guaranteed, delivered-to-the-door Omaha Steaks! Get 4 FREE Burgers. Order The Grillers Bundle - ONLY \$79.99. 1-877-882-4248 Use Code 63281PAM or www.OmahaSteaks.com/family06 (Cal-SCAN)

Autos Wanted

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. FREE 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care of. Call 1-844-491-2884 (Cal-SCAN)

DONATE YOUR CAR, BOAT OR RV to receive a major tax deduction. Help homeless pets. Local, IRS Recognized. Top Value Guaranteed. Free Estimate and Pickup. LAPETSALIVE.ORG 1-833-772-2632 (Cal-SCAN)

Classified Advertising

916 773-1111

Cable/Satellite TV

DIRECTV - Switch and Save! \$39.99/month. Select All-Included Package. 155 Channels. 1000s of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Premium movie channels, FREE for 3 mos! Call 1-888-641-5762. (Cal-SCAN)

COMPUTER SERVICES

Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Virus & Spyware Eradication
Alan Zinsky
Phone: 916-622-2269
zconf@zbcglobal.net
Bus. Lic. # 305302 • E. A. R. Reg. #84416
www.zinskyspcrepair.com

For Rent

Property is under construction and will soon have 1,2,3, & 4 bedroom units for rent!

The Housing Authority of the County of Butte is currently accepting applications for its Farm Labor Housing property in Gridley, CA. We have 2 Bd. units available at this time. Rental assistance is available and provided by USDA Rural Development for those that meet USDA Rural Development guidelines. For more information contact our office at (530) 895-4474 or TDD 1-800-735-2929.

"The Housing Authority of the County of Butte is an Equal Opportunity Employer and Housing Provider"



Fitness/Yoga

Your Fitness Genie
18 Years of Experience
FREE Fitness Goal Planner
Age Well In Place
Avoid Assisted Living
*Keep Strength and Mobility
Be Active, Call Today!
Jenn@YourFitnessGenie.com
(916)768-8767

Financial Services
Over \$10K in Debt? Be debt free in 24 to 48 months. No upfront fees to enroll. A+ BBB rated. Call National Debt Relief 1-888-508-6305. (Cal-SCAN)

Struggling With Your Private Student Loan Payment? New relief programs can reduce your payments. Learn your options. Good credit not necessary. Call the Helpline 866-905-5862 (Mon-Fri 9am-5pm Eastern) (Cal-SCAN)

Handyman

A Quality Home Maintenance
Hauling Gutters Cleaned
Yardwork
One Time Lawn Mowing
You Name It!
Scott Lehman
Gutter Dog
(916) 613-8359

Health & Medical

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

Stay in your home longer with an American Standard Walk-In Bath. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-844-252-0740 (Cal-SCAN)

ATTENTION: OXYGEN USERS! THE NEW Inogen One G5. 1-6 flow settings. Designed for 24 hour oxygen use. Compact and Lightweight. Get a Free Info kit today: 1-844-359-3976 (Cal-SCAN)

HOME IMPROVEMENT - SOLAR

STOP PAYING HIGH electric bills! Solar is up to 10x cheaper than electric bills! Call Option One Solar Now! 1-833-613-5151 (Cal-SCAN)

FOR SALE

Tower Garden Holds 20 plants. Call 916 560-9030

Classified Advertising
916 773-1111

Insurance/Health

Lowest Prices on Health & Dental Insurance. We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

SAVE BIG ON HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 1-844-410-9609! (M-F 8am-8pm Central) (Cal-SCAN)



Landscaping

CREATE YOUR PARADISE
Winter Yard Cleanups, Complete Landscape Design/Installation, Sprinkler System Installs/Repairs, All Types Concrete Work, Fence Installation, Retaining Walls- All Types, Drainage Systems-all types, Landscape Lighting, Residential/ commercial American Landscape Design & Installation, Est 1987 American Construction & Property Maintenance Company
WE ACCEPT VISA & MASTER CARD
(916)612-0776
Lic#690968

LANDSCAPING

Summer clean up. One time yard clean up. Mow, weed, prun, haul, rock, bark, and gutters. 916 205-9310 916 688-9310.

Valencia's
Lawn & Garden
FREE ESTIMATES
Affordable Prices
• Clean-up • Valve Repair & Installation
• Tree Trimming
• Mulch, Sod & Sprinkler Repair & Installation
916.277.4270

Miscellaneous

ATTENTION DIABETICS! Save money on your diabetic supplies! Convenient home shipping for monitors, test strips, insulin pumps, catheters and more! To learn more, call now! 1-855-702-3408.

Attention: Oxygen Users! Gain freedom with a Portable Oxygen Concentrator! No more heavy tanks and refills! Guaranteed Lowest Prices! Call the Oxygen Concentrator Store: 1-844-653-7402 (Cal-SCAN)

HALL RENTALS

VFW Post 6158

8990 Kruithof Way,
Fair Oaks, CA
916-966-1663
vfw6158.org/rent-our-hall/
Call or come by

Music Lessons

Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebbalbert1@gmail.com. 530-263-6926 (MPG 12-31-20)

Classified Advertising

773-1111

Pets/Animals

DOG RESCUE
Gary
(916) 334-2841
Please Adopt or Foster
Because so many really great dogs are dying for a good home...
ShelterMOU
@hotmail.com

Professional, Loving PET SITTING
*Established Reputation
*Kennel Free
*Lots of TLC
*Happy & Safe Environment
*Affordable Rate
Call Madeline
(916) 723-1608

Roofing

BERNARDINO ROOFING
Reroofs, Repairs, Maintenance, Dryrot, Gutters, Family Operated, BBB MEMBER!
FREE ESTIMATES
SENIOR DISCOUNTS
Lic.#817945 35 Years Experience
916.920.0100
www.bernardinoroofing.com

School

AIRLINE CAREERS Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 877-205-4138. (Cal-SCAN)

Classified Advertising

916 773-1111

Tree Service

BP TREE SERVICES LLC.

TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
Insured. Workman's comp. Arborist
916-722-6321
BPTreeServices.com
VISA / MASTER CARD
California Contractors Lic.#1036031

Tax Services

ARE YOU BEHIND \$10K OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-970-2032. (Cal-SCAN)

Work Wanted

I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. Serving Sacramento, Sutter, and Butte counties. References, College grad, security and Health background. Tim, 916-370-0858. (MPG 12-31-20)

Real Estate

RETIRED COUPLE \$1 Mil for business purpose Real Estate loans. Credit unimportant. V.I.P. Trust Deed Company www.viploan.com Call 1-818-248-0000. Broker-principal DRE 01041073. No consumer loans. (Cal-SCAN)

RETIRED COUPLE

Has \$\$\$\$ to lend on California Real Estate*
V.I.P. TRUST DEED COMPANY
OVER 35 YEARS OF FAST FUNDING
Principal (818) 248-0000 Broker
WWW.VIPLDAN.COM *Sufficient equity required. No consumer loans
Real Estate License #016041912
CA Department of Real Estate, NMLS #339217
Private Party loans generally have higher interest rates, points, & fees than conventional discount loans

Lending Opportunity

Existing Assisted Living in Sac. 15 bed needs new first deed 350k @ 6% interest only.

Fully secured and insured through a title company.

Brian 916 224-7537

bigelowconstruction@icloud.com

Wanted

Freon Wanted: We pay CASH for cylinders and cans. R12 R500 R11 R113 R114. Convenient. Certified Professionals. Call 312-586-9371 or visit RefrigerantFinders.com (Cal-SCAN)

Need some cash! Sell your unwanted gold, jewelry, watches & diamonds. Call GOLD GEEK 1-844-905-1684 or visit www.GetGoldGeek.com/california BBB A Plus Rated. Request your 100 Percent FREE, no risk, no strings attached appraisal kit. Call today! (Cal-SCAN)

CALL 916 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER

NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER

Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

HELP WANTED

KP International MARKET
Many Positions are Available. Please no phone calls. Apply in person.
10971 Olson Dr. Rancho Cordova, CA 95670

Errand Service

Write the List Senior Errand Service. Provide services, post office, dry cleaning, grocery shopping etc. 916 544-1624

Classified Advertising

Sell Your Stuff! Reach 1000's of Readers Every Week!
MPG
CALL
916 773-1111

Messenger Publishing Group
Call to Advertise Here 916 773-1111

AIRLINE CAREERS START HERE
AM
AVIATION INSTITUTE OF MAINTENANCE
Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance
877-205-4138

Donate A Boat or Car Today!
Boat Angel
"2-Night Free Vacation!"
800-700-BOAT
(2628)
www.boatangel.com
sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN



By County Supervisor Sue Frost

GOLD RIVER COMMUNITY UPDATE

Listening to the Voters

Through the generosity of the *Gold River Messenger*, this column serves to provide an update about matters affecting the unincorporated community of Gold River.

On May 14th, the Sacramento Transportation Authority voted to approve an expenditure plan for a local half-cent sales tax increase across Sacramento County by a vote of 11-5 that will very likely go on the ballot in November. I voted “no” for four main reasons, and want to take this opportunity to explain what they are.

First, I cannot for the life of me think of a worse time to tell residents of this County that they need to pay the government more money. Just two days before this vote, Governor Newsom warned that California may see one-fourth of California’s workforce without jobs and that our economic downturn will be worse than the Great Recession. Residents of this County need financial relief, not more pain.

Second, I am fully confident that voters will reject this tax by an unprecedentedly enormous margin, and

it is a waste of taxpayer dollars to put a tax proposal on the ballot when we already know the outcome. Even before the outbreak of COVID-19, polling told us this tax measure would fail by 13% – and it costs the taxpayers over \$1,000,000 to put this on the ballot. We are already going to be faced with a huge number of layoffs, and this will only increase that number for no conceivable benefit.

Third, the residents of this County have been extremely loud and clear on how they feel about this issue. This one item alone received over 750 public comments, and around 700 of them were opposed to the tax increase. The comments came from across the County and came from people from all walks of life. Many people said they would never support a tax increase, and many said they might support one if we were not in the midst of an emergency. But almost all of them agreed that right now this is a bad idea.

Finally, I do not think this tax, if passed, would actually fix our roads to an acceptable level. Even when you exclude all the roads within the Cities in the County, Sacramento County needs an additional \$25 million annually just to maintain the roads at their current level. To improve

the roads to a standard that people would deem as “good,” we need an additional \$65 million yearly. This tax would not even come close to generating the \$65 million we need to get our roads to a “good” level, especially when you consider that nearly 40% of this tax would go towards a public transportation system that hardly anyone uses.

The final step this tax needs to take to go onto the ballot is a vote at the Board of Supervisors on July 14th, but unlike the previous vote that needed a two-thirds majority to pass, this one only needs a simple majority. Assuming it passes, this will be on the ballot November 3rd for all voters of Sacramento County to officially vote on. Expect to hear a lot more about this issue from me and others between now and then.

Thank you for reading – and as always, if you want to contact me, call me at 916-874-5491, or e-mail me at SupervisorFrost@sacounty.net.

Sue Frost represents the 4th District, which includes all or part of the communities of Citrus Heights, Folsom, Orangevale, Antelope, Rio Linda, Elverta, Gold River, Rancho Murieta, North Highlands, Carmichael, Foothill Farms and Fair Oaks. ★

SACRAMENTO METROPOLITAN



AIR QUALITY MANAGEMENT DISTRICT

BURNING TIPS & RESTRICTIONS

During the COVID-19 health crisis breathing clean air is more important than ever, especially for those with underlying health conditions like asthma or respiratory illness.

LIMIT RECREATIONAL BURNING

- ⇒ Wood smoke harms our respiratory and immune systems and is unhealthy for everyone. It is particularly harmful to children, seniors and those who have respiratory illness.
- ⇒ The District recommends all residents limit or cease recreational burning during this health crisis.
- ⇒ When deciding to have a recreational burn, please consider your neighbors and the need to preserve good air quality during this time.

DON'T BURN TRASH or YARD WASTE

- ⇒ Burning trash is extremely harmful to respiratory health.
- ⇒ Burning trash is always illegal and will result in fines.
- ⇒ Open burning or burning yard waste is also illegal in most of Sacramento County and will result in fines.
- ⇒ Check our website and contact your local fire department for a permit.

www.airquality.org

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
 Call to place your legal advertising **916-773-1111**
 All Legal Ads Published by Messenger Publishing



ESKATON
 Transforming the Aging Experience

“I am so grateful that my father lives at Eskaton. The staff are very friendly and caring; always aware of the needs and feelings of the residents. The food is great and the community is beautiful. It certainly deserves 5 stars.”

- GRATEFUL FAMILY MEMBER

Visit us online at ESKATON.ORG/ELGR or call to tour today.

ESKATON LODGE GOLD RIVER | ASSISTED LIVING - PRE-MEMORY CARE - MEMORY CARE

License # 347001241

916-900-1685

