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Train Ride Experience**

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Camera
Action!**

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2018 Gold River Stingrays

Gold River Messenger

“Written by the people, for the people”

VOLUME 7 • ISSUE 04 **Serving Gold River and Sacramento County**

APRIL 2019

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AFTER HALF-YEAR**



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*****ECRWSS*****

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One Step at a Time

CRPD Receives Recognition for Dedication to Community Health



CRPD wins ‘Excellence in Design’ Award for fitness course and launches new program at Lincoln Village Community Park. Photo courtesy CRPD

By Cady Nagy-Chow, CRPD

RANCHO CORDOVA, CA (MPG) - Cordova Recreation & Park District (CRPD) recently accepted an Excellence in Design award from the California Park and Recreation Society (District 2) for the fitness course addition to Lincoln Village Community Park. Adding to the theme of physical health, CRPD is excited to start offering the Walk With Ease program to the community at Lincoln Village Community Park beginning April 1,

thanks to an instructor training grant from the National Recreation and Park Association and the Centers for Disease Control and Prevention. They received the award on March 7, 2019.

While CRPD's programs have long been centers of health and wellness in the community, parks and facilities had yet to offer a free workout environment. After the Lincoln Village Community Park walking paths were upgraded last year, the Neil Orchard Senior Activities Center members expressed an

interest in “gym-quality” equipment to supplement the District’s aerobic offerings. Inspired by neighboring parks and recreation agencies and their residents, CRPD launched the Outdoor Fitness Course Project a multi-agency, non-profit partnership between the Cordova Recreation and Park District, the City of Rancho Cordova, and the Neil Orchard Senior Activities Center Advisory Board.

CRPD Park Planner Cristina James, the project lead, spoke to the growing

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Sacramento County Gives Boost to Bees



**By Laurie Slothower,
Sacramento County**

SACRAMENTO COUNTY, CA (MPG) - If you like food, you gotta love honey bees. These busy little insects pollinate most of the world’s fruit, nut and vegetable crops. Without bees, almonds – California’s number-one cash crop – would disappear.

In an effort to shore up this small but vital segment of local agriculture, Sacramento County has embarked on two programs to protect and strengthen local apiaries.

The Bee Safe program, approved by the Board of Supervisors on Jan. 29, will use funding from the California Dept. of Food and Agriculture to train two county agricultural inspectors on honeybee inspection, theft prevention and pest protection.

The Bee Where program aims to bring together beekeepers and pesticide applicators to track and safeguard hive locations so that bees are not harmed by pesticide exposure.

Here’s how it works:

Beekeepers are required by law to register their colonies and provide notification about the movement of bees. Not all do. New legislation, however, puts a sting in enforcing the regulations, in the form of possible fines.

Agricultural pesticide applicators will be made aware of bee hive locations within a mile of their application site, through the Bee Where program, and will be able to notify beekeepers 48 hours before the pesticide application is made. The program will give beekeepers the opportunity to move or protect their hives.

“We want to create a GIS-based network of apiaries integrated with pesticide dispersal permits so that beekeepers can protect hives from damage, or the grower can use a different pesticide that is less harmful to bees,” said Agricultural Commissioner Juli Jensen.

“Years ago, we would track hive locations with pins on a paper map. This is a much more efficient way to get beekeepers and growers on the same page.”

The Bee Where program has been sponsored by a partnership between the California Agricultural Commissioners and Sealers Association, California Association of Pest Control Advisors, California State Beekeepers Association and the Almond Board of California.

For more information on Bee Safe and Bee Where, call Deputy Agricultural Commissioner Kevin Martyn at (916) 875-6603 or visit the Bee Where website.

Source: Sacramento County Media ★

Assemblyman Cooley, California Legislature Recognize Callejas as Extraordinary Woman

By Jillena Hernandez

SACRAMENTO, CA (MPG) - Assemblyman Ken Cooley joined the California Legislative Women’s Caucus to recognize extraordinary women from across the state in celebration of Women’s History Month. This year, the Assemblyman honored Michelle Callejas of Sacramento.

“Recognizing Michelle on this momentous occasion at the Capitol brings me great pride,” said Assemblyman Cooley. “Michelle’s dedication to working collaboratively with families and partners within our community fosters better experiences and exemplifies outstanding community service.”

Michelle Callejas has worked in the health and human services field for over 25 years and is currently the Director of Child, Family and Adult Services for Sacramento County. She earned a



Assemblyman Ken Cooley with Michelle Callejas - Woman of the Year.

Bachelor’s Degree in Criminal Justice, a Master’s Degree in Counseling, and is a licensed Marriage and Family Therapist.

She began her career at W.E.A.V.E., a local domestic violence agency,

providing services for victims of intimate partner abuse and sexual assault. She also provided group counseling for children exposed to domestic violence and delivered court-ordered counseling services for women involved in Child

Protective Services trying to reunify with their children.

She began working for Sacramento County in 1996, and has served in child welfare, mental health, and the District

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Authentic and Historic Train Ride Experience

Excursion Train Rides Resume on April 6 & 7



Diesel or steam, excursion train ride guests delight in the sights, smells and sounds of an authentic, historic locomotive as it rolls along the levees of the Sacramento River. Photo attached is courtesy of Kelly B. Huston.

By Traci Rockefeller Cusack

SACRAMENTO, CA (MPG) - Presenting the only train ride experience behind an authentic, historic locomotive in the Sacramento area, California State Parks and the California State Railroad Museum & Foundation are proud to offer history-rich weekend excursion trains on the Sacramento Southern Railroad that begin on April 6 & 7, 2019. Each weekend through September 2019, guests can enjoy relaxing and memorable excursion train rides along the picturesque Sacramento River and Old Sacramento Waterfront pulled by either the vintage steam locomotive Granite Rock No. 10 or a historic diesel locomotive, depending on the weekend.

Diesel or steam, excursion train ride guests delight in the sights, smells and sounds of an authentic, historic locomotive as it rolls along the levees of the Sacramento River for a six-mile, 45-minute roundtrip excursion. Appealing to all ages, the experience offers guests the chance to enjoy train travel from an earlier era. The train features a combination of vintage closed coaches with

comfortable seats, open-air “gondolas” with bench style seating or VIP train ride experiences onboard one of three of the California State Railroad Museum’s first class cars (depending on the weekend): the El Dorado lounge observation car, the Audubon dining car or the French Quarter lounge car from the 1950s that served the famed Southern Pacific “Sunset Limited” service.

Weekend excursion train ride tickets are available and encouraged to book online in advance at www.californiarailroad.museum/visit/excursion-train-rides or can be purchased in-person starting at 10:30 a.m. the day of the train ride (based on availability). Weekend excursion trains depart from the Central Pacific Railroad Freight Depot (on Front between J & K Streets) on-the-hour from 11 a.m. to 4 p.m. From July 6 through September 2, an adjusted summer schedule takes effect with trains running on-the-hour from 10 a.m. to 3 p.m. (if summer temperatures reach 100 degrees or higher, trains may be cancelled for the remainder of that day).

Regular excursion train tickets cost \$12 for adults, \$6 for youths

(ages 6-17), and ages five and under ride free. For passengers desiring a first-class train ride experience, tickets cost \$24 for adults, \$16 for youths and are free for children five and under. First-class train tickets often sell out early so guests are encouraged to purchase tickets in advance. Groups interested in reserving the entire VIP car for a regularly scheduled ride need to do so in advance by calling 916-322-7112.

For more information about the weekend excursion train rides or the California State Railroad Museum in general, please call 916-323-9280 or visit www.californiarailroad.museum.

The mission of the California State Railroad Museum Foundation (CSRMF) is to generate revenue and awareness on behalf of its destinations, while supporting the preservation, interpretation and promotion of our railroad heritage. The Foundation provides funding for ongoing support of numerous programs, both at the museum’s Old Sacramento location and at the historic park in Jamestown, California.

Source: T-Rock Communications ★

Delivering Joy with Gifts from the Heart

By Andrea Hansen

SACRAMENTO COUNTY (MPG)

- It may be spring, but it is never too early to start thinking of how you can support those in need during the holiday season or throughout the year. While many celebrate the holidays surrounded by friends, family and gifts under the tree, it is important to remember those who may be without, including local foster children, dependent adults and seniors.

For the last 30 years, the lives of thousands are touched each holiday season by Sacramento County’s Gifts from the Heart Program, an annual holiday gift-giving program that runs from mid-November until early December serving those within the Child Protective Services, and Senior and Adult Services of the Sacramento County Department of Child, Family and Adult Services.

Over 90 local community partners and individuals from businesses, government agencies, service groups and families donate gifts that allow the County to continue to provide gifts year after year. “Coordinating this program has been truly fulfilling,” said Tanja Edelman, Volunteer and Student Intern Services Coordinator. “The generous gifts and contributions from local community partners and the teamwork of volunteers have made the Gifts from the Heart program possible for 30 years and counting.”

The success of the Gifts from the Heart program not only lies with the kind sponsors but also with the wonderful volunteers who dedicate hundreds of hours, helping to organize and distribute gifts. Each year, a team

of over 50 volunteers manages the pick-up, distribution and delivery of gifts from community and private sponsors.

The volunteers, many of whom return year after year, spend weeks in the warehouse organizing toys and gifts to be delivered or picked up by social workers. In 2018, program and community partner volunteers donated over 12,370 hours at an estimated \$360,000 value.

Gifts from the Heart provided more than 3,300 gifts to children, teens and seniors in Sacramento County during the 2018 holiday season. The program welcomes all who are interested in participating by sponsoring gifts, becoming a community partner and volunteering time during the season.

However, the holiday season is not the only time you can donate or volunteer to support seniors in the community. Senior and Adult Services welcome year-round donations. In fact this week, Liberty Home Equity Solutions, Inc., a business located in Rancho Cordova, coordinated with the department to set up an office collection of basic necessities for seniors. The staff at Liberty Home Equity Solutions, Inc. put together gift bags that included lotion, toothbrushes, toothpaste, chopstick, crossword puzzles, fuzzy no-slip socks and more for social workers to bring to senior clients in need.

All gifts and monetary donations are tax deductible. To learn more about Gifts from the Heart, becoming a community partner, making a donation or volunteering, email Volunteer and Student Intern Services Coordinator, Tanja Edelman or call at 916-875-2027. ★

Chamber Bestowes Best In Business Awards

By Patrick Larenas

RANCHO CORDOVA, CA (MPG)

- This past month of March, the Rancho Cordova Chamber of Commerce celebrated the 2018 BIBA Best in Business Awards for businesses and individuals contributing to the economic prosperity of the region.

The Chamber of Commerce bases its awards on “business growth, financial health, excellence in the marketplace and contributions to the community.”

The Micro Business Award was given to Gloria Howe Nycum and Kerry M. Shaw of Howe’s It’s Done Catering; The Small Business Award was given to Usha Datla of AlphaGraphics a graphic design, sign and banner company serving Rancho Cordova; The Medium Business Award was given to Heritage Community Credit Union.

For Large Business, Redtail Technology was awarded and recognized for its Web-based financial advising firm which inter-



Above - Members of Redtail Technology received awards joined by Rancho Cordova Chamber members. Pictured with award in hands, beginning left center to right: Andy Hernandez, COO; Krysta Malonson with award in hands, Director of PeopleOps; Ryan Oakes, Director of DevOps; Lindsey Newman, HR Generalist; Alison Hawkins, Director of Customer Service; Sarah Thomas, Managing Team Lead, Customer Service. Photo by Rick Sloan

Rancho Cordova. The Rising Star recognition was given to Fox Family Heating and Air.

This year, the Chamber introduced a new feature to their awards ceremony

Cordova, and Aerojet Rocketdyne were inducted.

The retiring Haven was lauded for having turned Rancho’s tide after the Mather Air Force Base shut down over three decades ago. Assemblyman Ken Cooley attending the awards told the audience, “I know what it takes to succeed in business and what you need is a good story, and this man has it.”

Haven of 62 years of age said, “I am retiring to make room for other people and to mentor a new generation.” “I know there are some really strong business women in this place,” directing a welcoming invitation to the new leadership of the city.

Celebrating 70 years of Aerojet Rocketdyne’s history, the aerospace and defense manufacturer,

with some 5,000 local employees, joined Haven in Rancho Cordova’s Business Hall of Fame.

The recognition for Ambassador of the Year award was given to Thomas L. Steinbach of Steiny’s Mobile Notary Service; Steinbach a 55 year old native of Rancho Cordova with a passion for his city

has been an ambassador of the Chamber since 2015.

Steinbach is a Graduate of The Leadership Academy and heads Rancho Cordova’s HART Homeless Assisted Resource Team. Mixing passion and compassion for the community is a driving ideal for him. “Any person can become homeless, the

car breaks down, the boss gets mad and then they get fired,” he explained.

The Chairman’s Award was given to the Cordova Community Council for its 60 years of service and having Rancho Cordova recognized as an ‘All American City’. Larry Stafford of the council received the award on behalf of the organization.

The Chamber of Commerce also welcomed the new additions to the Chamber’s Board of Directors for 2019 including: Ken Henderson, Sublime Digital Marketing Group; Hyowan Kim, KP International; Anil Kondakrindi, Sacramento Telangana Association; Krysta Malonson, Redtail Technology; and Chad Suggs, Heritage Community Credit Union.

New directors Hyowan Kim and Anil Kondakrindi were highlighted for bringing a “vital global perspective.” Recently, Rancho Cordova was recognized #1 city in building diversity in the State of California.

The Chamber also thanked those completing their service: Douglas A. Brewer (State Farm Insurance Agency), Board Chair 2016 & Director 2013-2018; Kate Malmgren (VSP), Director, 2016-2018; David Mathis (Small Business Representative), Director 2017-2018 Steve Millner (US Bank), Chair 2014 & 2015, Director, 2012-2018.

Chamber staff member Ani Salakian of Administrative and Membership Services received a touching bouquet of flowers and will be missed by the staff. ★



From left to right - Denise Brandt, 2017 & 2018 Chair, Rancho Cordova Chamber Board of Directors; Diann Rogers, President & CEO, Rancho Cordova Chamber of Commerce; Usha Datla, Owner, AlphaGraphics - 2018 Small Business of the Year; Scott Alexander, 2019 Chair, Rancho Cordova Chamber Board of Directors. Photo by Rick Sloan

estingly incorporates in its offices a foster dog haven. The Nonprofit Award was given to The Sacramento Children’s Museum of

by establishing a Business Hall of Fame in which Curt Haven, the Director of Economic Development for the City of Rancho



From left to right - Denise Brandt, 2017 & 2018 Chair, Rancho Cordova Chamber Board of Directors; Matt Ceccato, District Director; Greg and Melissa Fox, Owners, Fox Family Heating & Air Conditioning - 2018 Rising Star (in business less than four years); Scott Alexander, 2019 Chair, Rancho Cordova Chamber Board of Directors. Photo by Rick Sloan

Dogtopia Barking Up the Right Tree after Half-Year

By David Dickstein

RANCHO CORDOVA, CA (MPG)

- Mike and Terri Wilson's pet project turns a half-year old on April 19 – a puppy by dog standards, and a bona fide fledgling enterprise in business circles. But how long Dogtopia has been open is of no concern to the self-appointed boss. Tanner, a year-old, 80-pound husky-border collie mix, acts like he runs the place. Indeed, belonging to the owners of a doggie daycare facility has its advantages. Like having a bed to lay on in an office near where furry friends are released to their owners.

"Tanner, come back here – you know you can't do that," Mike barked in a half-serious voice as Noah, an Australian shepherd mix, was going home – not that a full-serious voice would have made any difference to the curious canine, one of the younger daytime residents of Dogtopia. Tanner and his more composed 7-year-old brother Boomer, a 90-pound English cream golden retriever, are cute as heck, but furry freeloaders. All employees get comped daycare for their pooches. Of paying guests, about 70 percent are regulars, not unlike daycare facilities for human children.

With dozens of dogs having a ball on any given day, Dogtopia has certainly brought life to 7,455 square feet that had been dead since stores selling furniture and kayaks pulled out. The first Dogtopia franchise in the Sacramento Valley is part of a renaissance for the newly remodeled Nimbus Winery. Over the past year, long-time tenants Tommy T's



Terri and Mike Wilson own Dogtopia in Rancho Cordova. Photo by David Dickstein

and Old Spaghetti Factory have also welcomed Fort Rock Brewery and Red Door Escape Room.

Like a cat entered in a dog show, Dogtopia doesn't seem to belong in a mall dominated by restaurants and amusement centers, Monster Golf included. But when you think about it – as a dog – it actually makes complete sense. The animals are served food and entertained in an open-play environment. Think Chuck E. Cheese's for canines, not that the mouse mascot would stand a chance against the anti-rodent instincts of a pack of dogs.

Well, there's one alpha male at Dogtopia who

wouldn't hurt a mouse, let alone a flea. Milo is the alpha due not to strength – he's a sweet Shih Tzu – but seniority.

"Milo was Dogtopia's very first customer," said Lisa Henslee, a vice president at VSP Global who finds the facility's location off 50 and Hazel Avenue as ideal between her El Dorado Hills home and Rancho Cordova workplace. "Dogtopia is a great doggie daycare option for my dog and for me. Milo gets to enjoy socializing with other dogs and I get peace of mind knowing that he's in a safe and fun environment."

Henslee, a former Gold

River resident, made the switch from another daycare facility when she learned Dogtopia has webcams in each of the playrooms.

"I can check in on him, see him playing, and know that he's having a blast!" she said.

A full day costs \$33, \$20 for a half day, and prices go down with multiple-day passes and memberships. Other services include dog boarding starting at \$47 per night, and "spa" treatments that range from ear cleaning and teeth brushing to a nail trim and bath.

The playrooms are set up like supervised indoor dog parks, complete with a plastic fire hydrant on a patch of artificial grass large enough for dogs to, well, do what they do around real fire hydrants. Each playroom has compressed rubber flooring that promotes safe play and easy clean-up, along with a powerful HVAC system to maintain fresh air. Named "The Beach" and "The City," each with a theme-supporting motif, the environments are under the watchful care of certified dog handlers, which here are called "canine coaches." Dogs in each room are separated by size and temperament, and if one gets a bit, too rambunctious, crates are nearby for a well-deserved "time out." Full-out chaos is rare, according to the Wilsons, thanks to an extensive evaluation process each pooch goes through before being welcomed beyond the free first day.

Fortunately for the Wilsons, their dogs were not among the 5 percent that don't pass. That would be like the school

principal's kid being expelled. Tanner actually benefits from his brother having doggie daycare experience. After seeing the value of this type of service with Boomer when the Wilsons first got him, the idea of investing in the fastest-growing pet franchise made their decision for Mike to leave corporate America after 30-plus years a little less crazy.

"I was unhappy at my job, and we wanted to do something where we'd have a steady stream of money so we can take elaborate trips when we retire," said Mike, who before his professional life went to the dogs, was director of planning for Anthem Blue Cross and Blue Shield in Rancho Cordova. From managed care to pet daycare, one could say. If you like that, how about from white collar to dog collar? No doubt, Mike has heard them all. His wife, not so much. Terri has kept her 9-to-5 job at VSP, where she's senior vice president and general manager of International Vision Care. On weekends and after hours, she dons the franchise hat.

Among Dogtopias 13 months and younger, Rancho Cordova's ranks among the highest in the categories of customer satisfaction and staff retention. In fact, 16 of the original 20 employees are still there as of this printing, led by general manager and Citrus Heights resident Nickole Fiola, who worked previously for Mike when both were at First Health.

Being a top dog within the Phoenix-based company is a tasty treat that the Wilsons don't take for granted. It's dog-eat-dog in the growing doggie daycare business, and just a few miles away are Folsom Dog Resort and Waggin' Tails in Citrus Heights, among other places where the area's dog-owning population can park their pooch.

"Bringing a high-end daycare and boarding facility to the Sacramento area is one motivator for us," Terri said. "Another is that we enable more families to experience the joy of dog ownership, just as we did when discovering the value of dog daycare with Boomer." ★



Dogtopia canine coach Aiden Keller supervises clients during open play. Photo by David Dickstein

Lights-Camera-Action!



The 2018 Stingrays. Photo by Tom Jones

By Jan Float

GOLD RIVER, CA (MPG)

- Gold River's Awards Season is not over. In fact, its highly-rated Spring & Summer production has just begun. Those actors in leading roles, the Stingrays themselves, are working diligently with their directors ... in-the-water coaches on stage and in-the-gym trainers behind the scenes. Nuanced talent is developing among cast members, wardrobe has been fitted, and set designers are auditioning the sound system and other equipment. Through April, before the opening, swimmers are participating in daily run-throughs and memorizing their starting scripts for well-timed scenes.

Akin to live-action human animations, swim meets require seamless choreography in a collaborative effort to form an ensemble that is both harmonious and vivacious. No walk-ons, fill-ins or cameos; rehearsals are imperative. The team's Board members, parental keypersons and all volunteers [some needing official actors' certification] play supporting roles;

and Sponsors have graciously accepted serving in the capacity as promoters. This huge cast and crew ensures that the production has solid entertainment value, builds into a thrilling crescendo, and enjoys a successful and rewarding long run.

At present, more experienced, older leads are demonstrating to the younger how to lay it all out there in front of a live audience. Stagefright? Good. Tap into those nerves and use them as performance-enhancing special effects. When the audience responds with applause and cheering, there's a mutually palpable and undeniably intense exchange of energy. This reciprocal interaction, which then courses through the actors' veins, spurs them on to give it even more than they thought they had ... and generates over-the-top enthusiasm for intros into each of their upcoming scenes!

On May 11, the Stingrays dress rehearsal at Time Trials. Individually strong and confident, and coagulating into an equally-so ensemble, they'll have established a baseline

and are then able to reach for summited performances, until the award-winning production closes down at season's end. With four other teams in the Gold Rush Conference, for its Festival of Competition debut, the Gold River players are traveling in concert to Rocklin on May 18. Lights-Camera-Action!

Last year's cast and crew have now received their last Standing O's and taken that final curtain call. During an annual, fun social event at the club on April 28, the new leading actors and directors will line up as a Singular Sensation and pose for another professional picture, the returnees adding 2019 to their burgeoning portfolios.

Before the ensemble and audience break for intermission, June's script requires rapid fire dialogues. How about six meets, including two invitationals? Practice makes perfect. Perform and reform -- move and improve. Repeat with every live performance. Such is the nature of the Stingrays' Superstars and their claim to fame. Lights-Camera-Action!★



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By County Supervisor Sue Frost

GOLD RIVER COMMUNITY UPDATE

A Bumpy Road to Fully Funding Road Repairs

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

As you are undoubtedly aware, California voters went to the polls last November and voted not to repeal the "gas tax", which is the largest tax increase in the history of California. The gas tax is here to stay, and local roads in Sacramento County will start getting repaved later this fall. But strangely enough, even though this tax has only been in place for a little over a year, there are local governmental entities currently having discussions about how to raise even more money. I want to take this opportunity to explain to you why this is happening, and where I think we should go from here.

Sacramento County does not have enough money to pay for our roads, and even with the gas tax, we are still dreadfully short of what is needed just to maintain the current awful condition our roads are in. The gas tax was advertised as "fixing our roads", but in actuality it was just a small drop in the bucket. Right now, even with the gas tax the County would need an additional \$15-20 million

yearly just to maintain the roads at their current level. To improve the roads to a standard that people would deem as "good", we would need an additional \$50 million yearly.

What many people do not understand is that local roads in California used to be primarily funded by the State and Federal government, but over the past several years they have heavily cut back on local funding. Not only that, but much of the funding that does come in comes in the form of competitive dollars, meaning we are only going to win those funds for major projects that have nothing to do with resurfacing, like the road widening that recently happened along Hazel Avenue.

The problem Sacramento County is experiencing with our roads is not localized to just our county or even region. This is a problem afflicting the entire State of California, as even with the gas tax, our state has around \$85 billion in road maintenance that has been postponed due largely to the State and Federal government diverting funds away from local municipalities. This enormous bill would feel more understandable if California were broke, but that is not the case.

Not only did Governor Newsom just announce a nearly \$15 billion surplus, but after backtracking on some of his comments, he announced that we are still moving forward with California High-Speed Rail (CAHSR). In my opinion, CAHSR is not even a fraction as important as having reliable roads. CAHSR will

be used exclusively on passengers, with a focus on commuters. Roads meanwhile are used by everyone including passengers, freight, fire service, police service, etc.

When voters approved CAHSR, it was supposed to cost \$40 billion and connect San Francisco to Los Angeles. Experts are now expecting that it could cost over \$98 billion, but I suspect given how this has been run so far that it would run far higher than that. Governor Newsom made comments recently that he wants to focus on completing the first section, a 188-mile segment between Merced and Bakersfield estimated to cost \$10.6 billion, before moving forward with the full project.

Instead, I suggest we cut our losses, end CAHSR, and finally make real investments to our crumbling infrastructure. Sacramento County cannot afford to let California prioritize a handful of central valley commuters over the needs of virtually every Californian in the State.

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@sac-county.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 Murietta, North Highlands, Carmichael, Foothill Farms and Fair Oaks and Rancho Cordova. ★

Meet Sargent of Gold River



By Kay Burton



The Labrador retriever is a large type of retriever-gun dog. The Labrador is one of the most popular breeds of dog in Canada, the United Kingdom and the United States.

My name is Sargent. My Mom adopted me three years ago on Christmas Day...I am now six years of age. When my mom got me I had never been in a car for a ride. It took her an hour to get me in her car...I was so scared.

Then I feared her stairs...this took her three hours to get me up the stairs. Next swimming at the Lake. My Mom had

A favourite disability assistance breed in many countries, Labradors are frequently trained to aid the blind, those who have autism, to act as a therapy dog, or to perform screening and detection work for law enforcement and other official agencies. Additionally, they are prized as sporting and hunting dogs.

to shove all 86 pounds of me into the Lake. But now all three of those things are what I love the most, besides my Mom.

So face your fears as I did. Those three fears I look the most forward to today!

Kay Burton is a longtime columnist and supporter of the SSPCA

and other rescue groups. To share your pet story with our readers email: KayBurton1@comcast.net. 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: Kayburton@comcast. ★

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Pam Young's Corner

Finish Every Day and Be Done With It



One thing we all learn, as we age, is that life changes and we don't see it happen, because it happens so gradually. The older we get, we realize how important it is to enjoy every single day to the max. When we were growing up, we were too busy raising our families to think much about savoring each day. Most of our younger years are a blur of hard work, chaos, fatigue and a lot of noise.

We notice the changes when we look back on photos taken when we were younger, and can think, 'I looked good. I looked young then, so why did I think I looked old? Why was I so hard on myself?' Most of the younger women I know are so hard on themselves and I wish I could hug them and remind them that they look just fine. You young moms, be easy with yourselves. Everything's okay.

Here's a thought. No matter how old you are, if you want to look ten years younger instantly, the next time you get into a discussion about age, tell that you are ten years older than you are and watch the compliments flow to you! But I really have some better advice.

A ninety-year-old friend of mine, who just passed away, once told me she started every day with words from Emerson. They are the same words Peggy and I used to end our book, "The Sidetracked Sisters' Happiness File."

"Finish every day and be done with it. You have done what you could. Some

blunders and absurdities no doubt crept in. Forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays."

Do you know much about Ralph Waldo Emerson? He lived in Concord, MA and owned property on Walden Pond where his live-in handyman, friend and protégé Henry Thoreau ended up living for a couple of years. In addition to doing odd jobs in the yard and house, Henry also watched the four Emerson children sometimes.

Since Ralph was a highly respected and famous American philosopher and man of letters, he mentored Henry, who was no dummy either. Henry graduated from Harvard as did Ralph.

When I think of that household of four children, a live-in student and a busy writing and lecture schedule, I can see why Emerson wrote that paragraph. Can you imagine Henry following him all around, soaking up every drop of wisdom from Ralph that he could? Do you think maybe Ralph is the one who suggested Henry build a little room on that lake property just to get him out? You know what they say about visitors being the same as fish; after three days they stink.

I often wonder how much Henry was in the "real" world. He lived with his

parents before he lived with Ralph and his family. He spent \$29 on the room he built to live in on the shore of Walden Pond and conducted an economic experiment to see if it were possible to live by working one day and devoting the other six days to rest and contemplation, reversing the Yankee habit of working six days and resting one. Sounds like Henry was a millennial before his time.

We don't have six free days a week to contemplate life, but maybe we can take just a minute or two here-and-there every day and relish being alive. Relish every bite we take. Relish good music we can listen to anytime we turn it on. Relish our neighbors, friends and family members every time we come in contact with them. Relish our freedom. Relish the fact that we live on this planet (the only sphere that we know of in the Universe that we can inhabit) and we are conscious of it.

So let's focus on the good in our lives right now in this moment. Way more is going right than going wrong. Live this day for the good that's in it, forget what went wrong and be done with it.

For more from Pam Young go to www.cluborganized.com. You'll find many musings, videos of Pam in the kitchen preparing delicious meals, videos on how to get organized, lose weight and get your finances in order, all from a reformed SLOB's point of view. Pam's books are also available on Amazon. ★



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By David Dickstein, Gold River resident

‘Fool’s Gold’

Hallmark’s Gone, Is Applebee’s Next?



Is the Gold River Applebee’s staying or going? Photo by David Dickstein

After years of steering clear of our neighborhood Applebee’s (let’s just say I’m not a fan), I went inside the restaurant the other night to ask the manager about something I saw online. It was a pair of property listings at Gold River Town Centre, posted by the landlord and broker, and one parcel stated as “available” raised this journalist’s curiosity.

It wasn’t 5,940-square foot “Suite C-1.” That’s where the Hallmark Gold Crown Store stood until late-February. Unless that space got leased since this went to print, Gallelli Real Estate is still seeking interested parties, according to the Roseville company’s website.

More intriguing is the other space declared as available at the Gold River center: “Pad 2.” A site plan on the listing’s webpage has the parcel shaded in blue and connected to a box with the Applebee’s logo. It took two seconds to confirm that the address associated with this 5,865-square-foot parcel, 2170 Golden Centre Lane, is indeed Applebee’s.

Could Gold River no longer be a home of Applebee’s signature Perfect Margarita and popular riblet platter, an entree that’s to die for? No, really – it’s got 1,700 calories, 700 from fat, and 2,800

milligrams of sodium.

Before calling the restaurant directly, risking causing potential hysteria to the uninformed, I reached out to the two brokers of record. Kevin Soares didn’t respond to several voicemails and live messages left with the receptionist. The other, whose name is on the door, did. Per policy, Jason Gallelli wouldn’t respond the media query, but was kind to ping a proper contact at Donohue Schriber Realty Group on my behalf. In her emailed response, Ashley Morales, a center marketing manager, wrote, “Applebee’s is a current tenant of Gold River Town Centre. It is Donahue Schriber policy not to speak to confidential lease matters regarding current and prospective tenants of the shopping center.

So, with the brokers and landlord unable to confirm what’s quite clear on their own websites, I made the call to Applebee’s itself. The nice young man who answered said he hadn’t heard that the Gold River location was closing. The next evening, I went inside the restaurant to ask a manager. The place was packed! “Where will these poor people go for

2,000-calorie nachos and fish and chips with 128 grams of fat?,” I asked myself. Then I asked for the manager, identifying myself as a reporter. The smiling hostess promptly went into the kitchen, and came out a minute later. “He’s busy in the kitchen, but asked if you can come back in a couple of hours,” she said, smile intact. Understanding, yet impatient, I begged her indulgence to go back into the kitchen and ask the manager one question: “Is this Applebee’s closing down?” A minute later, she emerged, smile gone. “He said, not anytime soon.”

For the manager’s sake, and that of his staff and a loyal local following, let’s hope he and the person I spoke to at the chain’s HQ in Glendale are correct when saying Gold River’s Applebee’s restaurant is staying put. But if they’re right, then can information on the websites of firms directly linked to the property be wrong?

All this ambiguity has me needing a drink. Better head to Applebee’s for a signature Perfect Margarita before it’s too late.

David Dickstein can be reached at daviddickstein1@gmail.com. ★



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TV GUIDE MAGAZINE CHEERS & JEERS

By Damian Holbrook

of Netflix's *Fuller House*.

Cheers to NBC
for rebuilding its comedy brand. Between *Superstore*, *Brooklyn Nine-Nine*, *Will & Grace* (pictured), *The Good Place* and *A.P. Bio*, it's safe to say that Thursday nights are a Must-See buffet the Peacock Network can be proud of.

Jeers to Shameless
for giving Fiona a bum's rush. Yes, Emmy Rossum's decision to exit the Showtime dramedy left the writers in the lurch, but surely they could have come up with more than a forced twist that saw Fi leaving Chicago to basically find herself.



It's safe to say that Thursday nights are a Must-See with *Will & Grace*.

Colton), the woman he really loved. Glad to see he was here for the right reasons. ★

Jeers to Aunt Becky with the Bad Rap
After being busted in the college - admissions scam (along with Felicity Huffman), TV-movie queen Lori Loughlin was fired from her Hallmark shows, including the *Garage Sale Mysteries* series, and the final season

Cheers to Colton Underwood
for sticking to his guns. *The Bachelor* took ABC's long-running franchise into real virgin territory by foregoing the usual finale to preemptively end things with Tayshia and Hannah G. before winning back Cassie (pictured, with

ASK MATT

BY MATT ROUSH TV Guide Senior Critic

What's The Best Role For Nathan Fillion?

Question: I haven't seen any talk about Nathan Fillion's talent for comedy. Anyway, I cringe to watch him as *The Rookie* when he was so perfect in the role of *Castle*.

I know that actors don't want to be typecast, but I feel he's not showing his potential in this *Rookie* role. Your opinion? -Granny

Matt Roush: I get where you're coming from, and

there's no question that the lighter touch required on *Castle* suited his considerable comedy chops better than this more earnest procedural. But I also feel that there's an innate likability and vulnerability to the way Nathan Fillion plays *Rookie*'s John Nolan, as he tries to start over at middle age with the cards stacked against him. Shows end and an actor's career goes on, and it's understandable that you'd prefer one role to another, especially

if the aspects of his talent you enjoy most aren't fully on display here. When the time comes for him to put his badge away, maybe he'll go back to comedy and you'll be more satisfied.

Question: On the March 11 episode of *Magnum P.I.*, was the barber played by the original T.C.? -William

Matt Roush: Yes, good catch. That was Roger E. Mosley playing John Booky, a Vietnam vet who offers advice along with his cuts. Don't know if we'll see him again, but that was a nice callback to the show's origins.

To submit questions to TV Critic Matt Roush, go to: tvinsider.com ★

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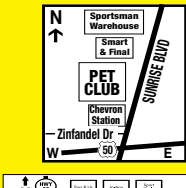
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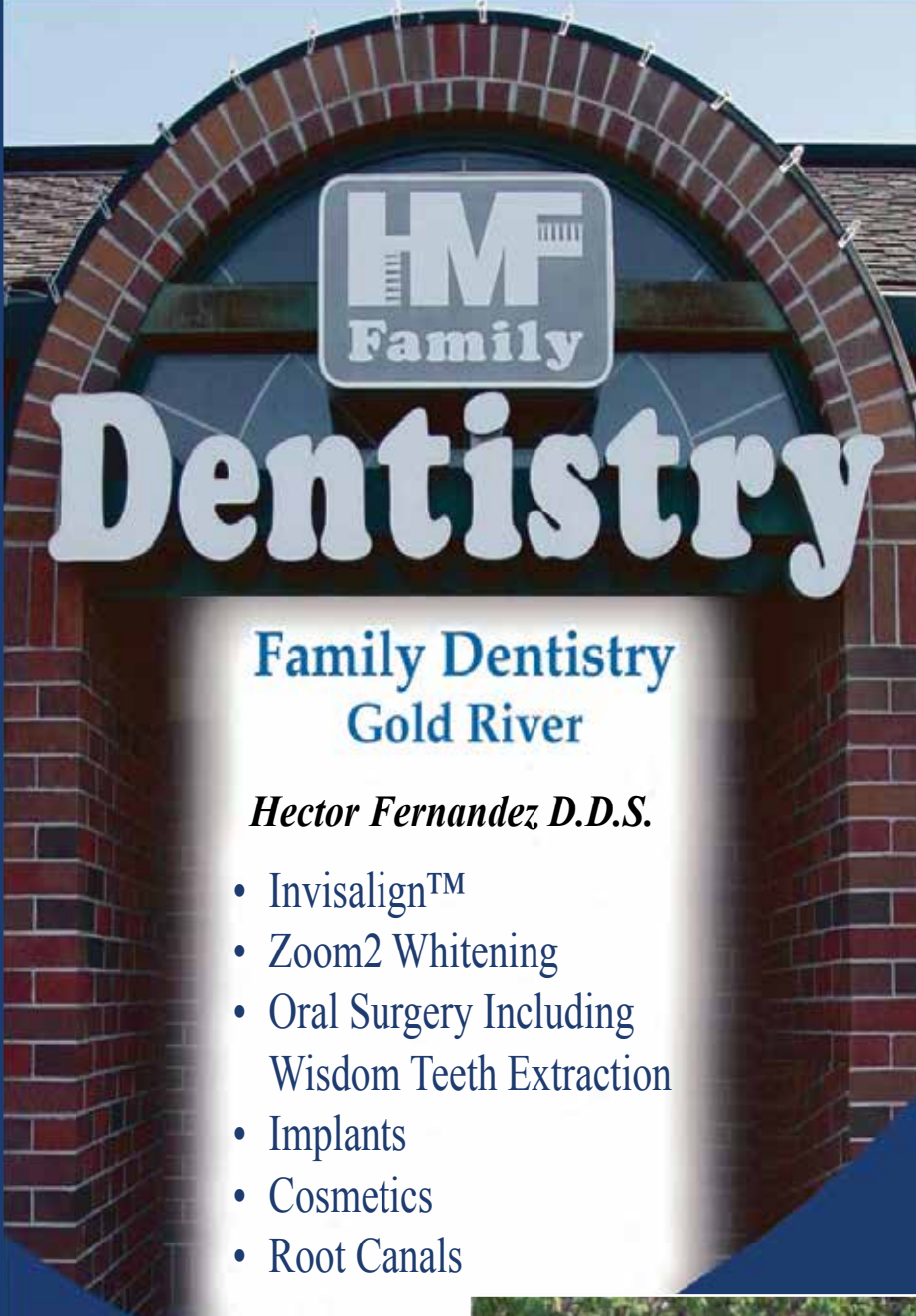
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Local Nonprofit Crafts Blankets for Mather VA Hospital and Bradshaw Animal Shelter



The group of volunteers from ECMC give back to the community again. Photo Courtesy ECMC Group

By Libby Brustuen, ECMC Group

MATHER, CA (MPG) - More than 60 employees from local nonprofit ECMC (Educational Credit Management Corporation) recently crafted blankets for the Mather VA Hospital and Bradshaw Animal Shelter.

Employees assembled 50 blankets for the VA hospital and also attached

heartfelt notes thanking the Veterans for their service. In addition, 27 pet-sized blankets were created for the Bradshaw Animal Shelter.

Once all of the blankets were complete, volunteers delivered them to the VA Hospital and the animal shelter. At the VA Hospital, employees had the opportunity to deliver the blankets directly to the Veterans, allowing them to

visit and spend time with the men and women.

ECMC is committed to making a positive impact on the communities where it has locations through service, charitable giving and good corporate citizenship. ECMC is a nonprofit corporation with a mission to help students succeed through programs promoting financial literacy, college access and college completion. ★

Assemblyman Cooley, California Legislature Recognize Callejas as Extraordinary Woman

Continued from page 1

Attorney's Victim-Witness program working with family members of homicide victims and victims of hate crimes.

Michelle served as Deputy Director of Child Protective Services for seven years, where she identified opportunities to work with system and community partners to better address the complex needs of children and youth in foster care. She and several other leaders in Sacramento completed a Multi-System Integration Certificate Program at Georgetown University and have implemented practices

to reduce the number of foster children that cross over to the Juvenile Justice system. The team also worked with other community partners to develop a county-wide protocol to identify and serve child victims of commercial sexual exploitation. She is currently co-leading efforts to develop a county-wide prevention plan that focuses on strengthening families and preventing child abuse.

"It is truly humbling to receive this award. I consider it a privilege to serve our community and want to acknowledge the dedicated staff in the Department of

Child, Family and Adult Services who are serving and supporting children, families and adults each and every day in District 8 and the larger Sacramento area," said Michelle.

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmcd.org/members/a08/>

Source: Office of Ken Cooley ★



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Game Plots

Battlefield V Wins the Battle, Not the War

By Noah Howard

SACRAMENTO REGION, CA (MPG) - *Battlefield V* is a better game than its predecessor, *Battlefield 1*... and that's not necessarily a good thing.

By most metrics, *Battlefield V* should come out on top. It extends the massive all-out war multi-player battles of *Battlefield 1*'s "Operations" game mode in clever and logical ways, its selection of weapons is better balanced (as are its maps and teams), it requires smart squadplay and teamwork, and it allows for more customizability to fit any individual's preferred playstyle.

But few of the above factors represent why players come to this long-running online multiplayer series in the first place. Even though *Battlefield V* does these things well, there are plenty of other online shooters that do them all better (go to *Halo* or *Call of Duty* for class customizability, or *Overwatch* for teamplay and balance). Instead, the primary draw of the *Battlefield* series since the release of *Battlefield 1942* in 2002 has been its unique brand of organized chaos that magically coalesces into brilliant spectacle.

By this metric, *Battlefield 1* was the absolute pinnacle of the series.

Playing it is utterly overwhelming, as bullets and biplanes streak across the screen in a cacophony of chaos. Death is usually swift and unexpected, and most soldiers feel helpless against the massive "beheemoth" (as the game calls them) machines that dominate the maps, from the zeppelin that blots out the sun to the battleship that rains fire from afar.

All of this beautiful madness, though, comes at a price. On *Battlefield 1*'s biggest "Operations" maps, the attackers almost always lose. In a grim parallel to the actual WWI battles during which the game takes place, soldiers charging into fortified positions across vast stretches of no-man's-land almost always get mowed down. And even once the close-quarters brawling begins, the win-conditions on attackers are far more stringent than those for defenders (attackers need to take and hold, for example, three points to capture a given area, while defenders only need to maintain control over one of those points to defend it). The balance is appalling, and makes me grateful for the option to take the cheap way out...the "switch team" button.

Battlefield V shares none of these problems. And yet, it feels emptier, like some part of the series's



Bethesda and Electronic Arts/DICE have underestimated how quality-discerning their fanbase is, and even if *Battlefield V* and *Fallout 76* earned enough from pre-release orders to cover their costs the stain on both companies' reputations could prevent that from happening again down the road.

soul burns less brightly. Gone are the wide, sweeping plains of destruction, replaced by environments that take great pains to interrupt long sightlines with frequent cover (better for allowing the attackers a chance to push forward without being decimated, far worse for contributing to spectacle). Tanks and planes are far more powerful (as they were during WWII, when *Battlefield V* takes place), but that also means that there can be fewer of them in the game.

The huge 64-player battles are what makes the series special, but in *Battlefield V*, I couldn't usually tell that the game I was playing was that big. Rare were the opportunities for the two mini-armies of players to line up, dig in, and face off in a climactic clash. This time around, victory does go to the team that truly earned it, but at the cost of diminishing why people play *Battlefield* in the first place. ★

One Step at a Time

CRPD Receives Recognition for Dedication to Community Health

Continued from page 1
popularity with outdoor fitness courses and how the course will benefit the community. "Research shows that working out in nature and sunlight triggers chemicals in your brain that help you sleep better! After we'd heard from residents and read about mental and physical health benefits like that, we were convinced that providing a fitness course was exactly what the community needed," Cristina said.

Beyond the health benefits, the District felt that outdoor fitness courses also provide a welcoming social environment, different than that of a traditional gym. "Having fitness equipment outside makes it feel like an adult playground in some ways. We were able to transition empty space into shared, endorphin-producing space that fosters social connection in both the older and younger generations," Cristina said.

For this project to become a reality, CRPD relied on public outreach to shape the design of the accessible, state-of-the-art, 5-piece course, and funding from the City of Rancho Cordova's Community Enhancement Fund. With a matching amount and in-kind labor provided by CRPD, the Lincoln Village Community Park fitness course came to life and is now able to provide an environment for thousands of residents to engage in an active lifestyle.

Beyond the course, CRPD's new Walk with Ease (WWE) program, developed by the Arthritis Foundation, will



Beyond the health benefits, the District felt that outdoor fitness courses also provide a welcoming social environment.

contribute to increasing activity in community members daily routine. Studies by the Thurston Arthritis Research Center and the Institute on Aging at the University of North Carolina have shown that WWE helps reduce pain and stiffness associated with arthritis, offers benefits for people managing other chronic conditions, contributes to reduced pain, increased balance and strength, increased levels of physical activity, and improved overall health.

"Walking can offer numerous health benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong your life. This grant from NRP and the CDC allows us to add a new way for community residents to fulfill daily recommended exercise, and all you need to start is a sturdy pair of walking shoes," District Administrator Patrick Larkin said.

As one of only 40 park and recreation agencies

across the country to be awarded the WWE instructor training grant, CRPD's fitness instructors will receive grant-funded training so they may offer the best level of service to the community. "We are extremely grateful to be the recipient of the WWE grant because it allows us to continue to help our community keep fit in mind, body and spirit," Heather Schelske, Recreation Supervisor at the Neil Orchard Senior Activities Center, said.

The Walk with Ease program will be offered three times per week for six weeks by certified and trained instructors. The classes are ideally suited for seniors 50+ who are interested in a low-impact exercise program in their local community, especially those looking to manage a chronic condition. The program is scheduled to begin Monday, April 1 at 10:30 a.m. For more information, visit crpd.com/programs/active-senior. ★



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