



Kiyo Sato Tells Story to House of Luminaries

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# Gold River Messenger

"Written by the people, for the people"

VOLUME 6 • ISSUE 11 Serving Gold River and Sacramento County NOVEMBER, 2018

FLUSHING AWAY OUR WATER RIGHTS



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## SPCA Comes to the Rescue



SSPCA welcomes displaced dogs affected by Hurricane Michael. Photo Courtesy SSPCA

By Sarah Varanini, SPCA

**SACRAMENTO REGION, CA (MPG)** -Hurricane Michael recently displaced more than just families. It also displaced many pets in need of immediate care. On Friday, October 19, the Sacramento SPCA received fifteen dogs transferred from shelters in Florida impacted by Hurricane Michael.

Employees from the Sacramento SPCA drove their new animal transfer vehicle, which was purchased through a grant from PetSmart Charities, to Kettleman City on Friday morning to meet staff from San Diego Humane Society. In collaboration with the Humane Society of the United States, the San Diego Humane Society arranged for a transfer of 93 dogs from three shelters located in Florida to create space for animals displaced by Hurricane Michael.

The shelter transport arrived back at the Sacramento SPCA Friday evening. "After the dog's arrival, our priority was getting them comfortable and settled into their new housing," said Sacramento SPCA Animal Services Practice Manager, Karalyn Aronow. "Medical assessments and close observation of the animals will continue over the next week to determine when

they will be available for adoption".

The dogs are medium to large-sized mixed breeds, primarily consisting of lab, pit bull, and hound mixes under five years of age. Ten of the fifteen dogs are Heartworm positive and will undergo Heartworm treatment.

The incoming pets are not direct victims of Hurricane Michael. They are adoptable dogs who have been in animal shelters in the Florida Panhandle area. They were transported out of the area to create room for pets who have been lost, strayed or abandoned due to the hurricane.

"The category 4 storm that recently devastated the Florida Panhandle and the record-setting wildfire season in California are harsh reminders of how important disaster preparedness is for us and our pets," said Sacramento SPCA CEO, Kenn Altine. "I witnessed, first-hand, the devastation and displacement of families and pets impacted by natural disasters while helping with Hurricane Katrina relief efforts in 2005, and even closer to home this August, while assisting Haven Humane Society with relief efforts during the Carr Fire".

These reminders come just as the California Department of Water Resources encourages communities to participate in Flood Preparedness



Week. Local preparedness events and exercises are being held throughout the state to educate communities on what to do during extreme weather events.

A Flood Preparedness Funfair will be held in Sacramento at the Miller Regional Park on Saturday, October 27 from 10:00 am - 2:00 pm. In partnership with the Federal Emergency Management Agency (FEMA), California Department of Water Resources (DWR), and Sacramento Municipal Utility District (SMUD), event attendees will learn how keep their family and pets safe during an emergency, fill sandbags, find evacuation routes, sign up for emergency alerts, and watch rescuers in action as they perform water rescues.

Founded in 1894, the Sacramento SPCA has been providing homeless animals with individual comfort, shelter, and love for more than 124 years. They provide compassionate medical care to tens of thousands of animals annually and offer a variety of programs and services designed to keep people and pets together for life.

More Information: [www.sspca.org](http://www.sspca.org)★

## DMV Must Get Out of the Business of Registering Voters

From the Office of Senator Nielsen

Given the fiasco of botched voter registrations at the California Department of Motor Vehicles (DMV), Senator Jim Nielsen (R-Tehama) will introduce legislation to get the DMV out of the voter registration business so it can focus on issuing licenses and car registrations.

"Voter registration is the cornerstone of our democracy," said Senator Nielsen (R-Tehama). "It must be done correctly by people who understand its importance to our republic."

In recent months, the DMV has mishandled thousands of California voter registrations. The following are some news reports detailing its mistakes: 100,000 registration errors, as reported by CalMatters; 23,000 erroneous voter registrations transmitted, as reported in the Sacramento Bee; Another 1,500 people wrongly registered to vote by the DMV, as reported by the Los Angeles Times; The State's top elections official unable to confirm whether or not non-citizens voted in the June primary, according to the Associated Press.

"These are not small mistakes that can be ignored; legislators must fix this egregious error," Senator Nielsen continued. "Registering voters and handling sworn affidavits are not the proper functions of the DMV."

DMV officials are struggling to perform their key responsibilities. Californians are waiting in hours-long lines to register vehicles or renew licenses. Some have spent an entire day waiting in line, often having to take vacation time or unpaid days off from their jobs simply to comply with California's laws. ★

## Flood Preparedness is Your Duty

Special Sacramento County Release

**SACRAMENTO COUNTY, CA (MPG)** - This is the time when you should look at reducing the risk from flooding in your area.

It is important for you to know the flood risk to your home or business. After five years of drought, the floods of 2017 reminded us that threat can become real in the right conditions. The Department of Water Resources has information to help you understand the threat flooding may pose to your property.

If you live in a flood zone, you can reduce the potential for damage by



It is important for you to know the flood risk to your home or business. MPG Stock Photo

being proactive. Clear storm drains of leaves and debris to ensure the water freely flows away from your home. Clogs

can cause localized flooding to streets that could eventually back up to your doorway. If you come across street flooding,

call 3-1-1 to have County crews come out and clear the clogs. Also, don't drive through flooded streets. If you see items dumped into nearby creeks, call 3-1-1 and report it. It's important to clear those areas before the rain to avoid problems.

In Sacramento County, nearly 20 percent of flood insurance claims come from moderate to low-risk areas. You can still obtain flood insurance if your home or business is not in the mapped floodplain. If unchecked, localized flooding can cause a lot of damage. If you live in an area prone to flooding, consider talking to a qualified insurance agent about

flood insurance. Sacramento County takes part in a special Federal Emergency Management Agency (FEMA) program that helps reduce the cost of flood insurance. Through FEMA, if you live a designated Special Flood Hazard Area you will be saving about \$446.00 per year on the full cost of a standard flood insurance policy.

Log onto [www.storm-ready.org](http://www.storm-ready.org) and click Flood Zone Information to learn more about your flood risk.

Source: Sacramento County Media ★

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# Kiyo Sato Tells Story to House of Luminaries

Story by Trina L. Drotar

**RANCHO CORDOVA, CA (MPG)**

- "I am prisoner 25217C and a suspected spy in 1942," said internment camp survivor Kiyo Sato to a packed to the rafters group of students, families, former internment camp survivors, family members, Holocaust survivor Bernard Marks, and local Tuskegee Airmen chapter president Perry Woods. Sato's story begins at the location where Mills Station Arts and Culture Center (MACC) currently stands and across Folsom Blvd. where the building, and her family, first resided.

Sato recalled fond memories of school, a hitching post, big garden tools, and one of those old gasoline pumps – the kind that required the user to hand pump the gas up to five gallons. Most of the audience was too young to remember those, but a few heads nodded as though they'd seen or used them.

A particularly fond memory was going to Mr. Studarus' store where she'd get stamps, two loaves of Rainbow white bread and bologna for lunch, but it was the books that really drew her in. She said that she'd "sit on the floor and read all sorts of books," recalling one in particular – Lillian Wald's Windows on Henry Street, published in 1934.

Sato returned to why she'd written her book, Kiyo's Story, originally titled Dandelion Through the Crack, which she began when she turned 80. She is currently a young-looking 95 year old who credits her youthful exuberance to eating her



Her talk addressed the 4th Amendment when she recalled the day she came home from school to find three FBI agents in the house. Photos by Rick Sloan

vegetables and moving her body, which she certainly did throughout the evening, never missing a beat. She stopped long enough for a period of four years to pen her story in a donut shop.

a civil engineer, four teachers, two nurses, a secretary, and a soil analyst. She was attending Sacramento Junior College at the time when the American dream for many was, she said, becoming a reality.

recalled. "In May, we were ordered to leave."

A long list of contraband items included cameras, long knives, and radios.

"Even knitting needles were contraband," she said. "Can you believe that?"

Upon receiving the ten day notice to leave with only what they could carry, Sato's family, because of the quick and forward thinking of her father, packed all sorts of items in their bedrolls.

"What do you think he had in the bedroll?"

Seeds was the response from those who answered.

"Hammer, nails, a saw – all these tools he hid in each one of our bedrolls," she said. "A bucket." And those seeds were also hidden.

"Every one of those things he took was in demand and came in so handy."

Her talk was accompanied by a display behind her and a series of photographs, including one of the bedroll. She talked about how the hammer and nail were used and how

they used scrap lumber and made nails from wire.

Her talk addressed the 4th Amendment when she recalled the day she came home from school to find three FBI agents in the house. One was in her room looking at her diary. The feisty young woman

Sato's family was taken to Poston, Arizona where that bucket came in handy when the many sandstorms hit and to obtain potable water. Seeds were planted and somehow grew in temperatures that often topped 120 degrees. Poston was one of only ten



"We need to teach children to respect each other". Photos by Rick Sloan

wanted to tell him to stop, but she didn't because the situation could have been made worse for the family.

She had plenty of artifacts to share with the audience including a copy of the evacuation order poster, nearly half her size, which had been attached to fence posts, buildings, and telephone poles along Routier Road, just a stone's throw from her home and the MACC.

She showed a copy of a Japanese Hunting License, which she read and horrified the audience, some who recalled Bernard Marks' words from a week earlier. She also held up a framed letter from the White House offering its apology and signed by President George H.W. Bush.

campus across the United States for 120,000 people of Japanese descent. Camps were also located in California, Idaho, Colorado, Wyoming, Arkansas, and Utah. German-Americans and Italian-Americans were sent to different camps.

Sato took numerous audience questions and engaged with many after the event.

"We need to learn to be respectful of one another," she said. "We need to teach children to respect each other. It concerns me that we're not being respectful of the other person."

For additional information, visit: <http://www.remacc.org/>. For additional information about Kiyo Sato, visit [www.blackbirdvision.com](http://www.blackbirdvision.com). ★




Sato signed books for many of the attendees. Photos by Rick Sloan

Sato was animated, energetic, witty, and passionate as she spoke about strawberries, Miss Cox and the 52 students in her class (all but thirteen were removed), and of reading. She was the oldest of thirteen children that included

"Then this happened." Executive Order 9066, signed by President Roosevelt, was issued to remove all persons with more than 1/16 Japanese blood.

"I couldn't finish my first year of college," she





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# Skilled Workers Still a Mystery

*Job demand and hiring trends for the 4th Quarter*

By Rick Reed

**SACRAMENTO REGION, CA (MPG)** - Sacramento employers have slowed hiring with shortages of skills and applicants. However, they continue to seek expansion of workforces in the final Quarter of 2018. Down from sixty-six percent (66%) hiring in the previous three months, Pacific Staffing discovered in direct contacts with top regional employer's fifty-seven percent (57%) will hire in October, November and December. Twenty percent (20%) of all companies report a lack of applicants as a major challenge.

While top regional employers, contacted by phone between August 23rd and September 21, will cut overall marketplace demand, those seeking workers are still motivated by expansion or growth needs in the workforce. Forty-one percent (41%) will hire for growth in the next three months with replacements within existing workforces accounting for thirty-two percent (32%) of employer demand in the

Quarter ahead. Six percent (6%) of Sacramento companies also report some increased hiring for seasonal needs thru the next three months. Only one company polled reports plans to reduce workers with layoffs in Fourth Quarter (Q4) due to market slowdowns.

Seasonal shopping is going to be a gamble as Sacramento retailers polled were split 50/50 on hiring or not in October, November and December. Twenty percent of employers surveyed say simply finding applicants is a major challenge in meeting demands in the Sacramento market. Retention is another challenge. Signing bonuses and incentives like additional vacation or Flex time are being offered in the efforts to keep current skilled, experienced workers at the job and attract talent from outside the area.

One trend in employment and management appears to have lost some of the luster enjoyed in the past decade. When asked in the current booming economy with shortages of skills and applicants if 'outsourcing'

work overseas is IN or OUT, fifty-eight percent (58%) of all Sacramento companies reported no interest in using it. While some regional employers have 'outsourced' and others have not, some are unable to and some forbidden to, outsourcing issues cited included 'challenges' in cost, management and additional paperwork in compliance with government rules.

Twenty-four (24%) of Sacramento companies report finding some specific success in utilizing out of market and international resources for printing, design, office or management functions and customer service needs. Skills in top demand for Q4 include drivers, sales, tech, warehouse, shipping and manufacturing. Employers also cite needs for specialized skills including escrow/mortgage, accounting/finance and construction trade workers.

For more information, employment blogs and market surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com). ★

# Call If You Can – Text If You Can't

**Special Release from Sac Metro Fire**

**SACRAMENTO REGION, CA (MPG)** - Sacramento County 9-1-1 Centers representing all law enforcement and fire agencies in the region are excited to announce Text-to-9-1-1 service is available countywide. This means all 9-1-1 Public Safety Dispatch Centers are now equipped to receive and respond to mobile phone Text-to-9-1-1 messages from our citizens.

Individuals who are deaf and hard of hearing members of the community, or those in a situation where it is too dangerous to dial 9-1-1, will have another option to call for help in an emergency, Text-to-9-1-1. The benefits to our citizens are significant, especially in cases when the caller cannot communicate verbally. Examples include not only the hard of hearing, but also when a crime is in progress, the caller is facing domestic abuse, the caller is injured and cannot speak, or other scenarios.

In anticipation of providing this service, we wanted

to share some information with you.

Even where text-to-9-1-1 is available, if you can make a voice call to 9-1-1, please call instead of texting.

Here are some guidelines for how to contact 9-1-1. If you use a wireless phone or other type of mobile device, make sure to do the following in an emergency:

- If you can, always contact 9-1-1 by making a voice call, "Call if you can – text if you can't."
- If you are deaf and hard of hearing and Text-to-9-1-1 is not available, use a TTY or telecommunications relay service, if available.
- If you text 9-1-1 and text is not available at that time or in your area, you will receive a bounce back message advising "text is not available please make a voice call to 9-1-1."
- Location accuracy varies by carrier and should not be relied upon. Be prepared to give your location.
- Text-to-9-1-1 service will not be available if the wireless carrier

cannot ascertain a location of the device sending the message.

- Text-to-9-1-1 is not available if you are roaming.
- A text or data plan is required to place a text to 9-1-1.
- Photos and videos cannot be sent to 9-1-1. They cannot be received at the 9-1-1 center currently.
- Text messages should be sent in plain language and not contain popular abbreviations (SMH, LOL, ICYMI) or emojis, which will not be recognized.
- Text-to-9-1-1 cannot be sent to more than one person. Do not send your emergency text to anyone other than 9-1-1.
- Texts must be in English only. There currently is no language interpretation for text available. This is still in development.

This is exciting news for our region and we are looking forward to providing this service to our community. ★

# Move America Forward Named Top Recipient of National Halloween Candy Buy Back Program

*Turning Extra Candy into Cash for Schools and Sweet Treats for Troops Overseas*

**SACRAMENTO, CA (MPG)** - Move America Forward has been named as the primary resource for a national effort which brings together Dentists, Orthodontists, and other Oral healthcare professionals from around the country, partnering with local schools for an innovative Halloween Candy Buy Back Program that benefits schools as well as our troops overseas.

"Move America Forward impressed us with their transparency and mission after their first 2 years participating in the Halloween Candy Buyback. We

are proud to make them our primary resource in this great event, and glad to send candy to our troops who deserve the support," said Dr. Chris Kammer, D.D.S., who is Founder of the official Halloween Candy Buyback. "At a time when childhood obesity is not improving in our country, programs like the Halloween Candy Buyback are needed more than ever."

Halloween is a holiday known for overconsumption of sweet treats which can cause damage to braces and result in tooth decay. The Halloween Candy Buyback

encourages families to turn in their excess candy to a local participating school or oral health professional's office. Some offices will make cash donations to local schools for the candy which will be used in Move America Forward care packages to the troops.

Hundreds of brave soldiers, sailors, marines and airmen will benefit from receiving a care package from home with a little Halloween spirit inside. Move America Forward sends thousands of care packages a year to troops in war zones and wherever

our troops are in need. The Halloween candy from participants of the Halloween Candy Buyback Program will increase the number of packages Move America Forward is able to ship this year.

Parents can find a list of participating dentist offices by visiting [www.halloweencandybuyback.com](http://www.halloweencandybuyback.com) and entering your zip code. Contact one of the listed offices to find out when you can drop off your candy for donation. Families are encouraged to bring their extra candy into one of these locations or encourage your local dentist

office to contact the Halloween Buyback Program to sign up as a participant.

Move America Forward, a registered 501(c)(3) charity, based in Sacramento, supports our troops and their missions in the war on terror. Move America Forward is supported by hundreds of thousands of pro-troop activists, veterans and military families across the nation. To date, they have shipped over 388 tons of care packages to our troops serving in Iraq and Afghanistan.

Source: [Moveamericaforward.org](http://Moveamericaforward.org) ★



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**Crossword Puzzle on Page 5**

S	L	A	S	H	R	A	H		H	A	N	D		
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**Sudoku Puzzle on Page 5**

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

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# GOLD RIVER COMMUNITY UPDATE



By County Supervisor Sue Frost

## Flushing Away Our Water Rights

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

Recently, Sacramento County was the lead agency in a huge list of area governments to sue the State of California, with the aim to block the Delta Tunnels project. I stand in full support of this decision by Sacramento County, because I believe this nightmare of a project would hurt low-income communities and local farmers in Sacramento County.

The Delta Tunnels project, which is being championed by Governor Jerry Brown in an effort to improve Southern California water supply, has been flawed from the start. The harm these tunnels would create in the Sacramento Delta would be immense, with nearly 700 acres of land becoming unusable during the 13 year construction period (which will inevitably rise to 15+ years). Not only

that, but once the project is fully operational, it will heavily degrade the quality of our water that flows through the Delta due to the diversion of the Sacramento River's clean water flows through the delta tunnels.

I also have a problem with the misinformation being propagated by advocates of the Delta Tunnels project. We have been told that over 100,000 jobs would be created by the project, but in reality there has been zero evidence supported by this claim. In fact, according to the Final Environmental Impact Report, there would only be a peak of around 2,500 jobs during construction, and a peak of 6,500 jobs after the 12th year of construction.

Further, project proponents claim that the \$271 million spent thus far on the project has been entirely paid for by state and federal water contractors. But the truth of the matter, as uncovered by a federal audit, found that over \$84 million has been spent on the planning process, despite clear requirements under the law specifying all costs to be paid by the beneficiaries of the project.

But while Sacramento County and an enormous list of other local jurisdictions are suing this project, this doesn't

guarantee this project will be prevented. Three times in the past five years alone, the U.S. House has waived federal environmental laws to push through projects, so we need to remain vigilant in our opposition and make our voices heard.

I do not think we should simply say "no" to the water problem in California. Instead, I think we need to put pressure on State officials to do everything in their power to hurry up construction of new water storage so that the entire State has enough water to go around. Just north of Sacramento is Sites Reservoir, which when built could have the capacity to store enough water to serve 6.3 million Californians each year. We need to increase our supply, not rob Peter to pay Paul.

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. ★

## Yes on Prop 6 Campaign Vows to Recall AG Xavier Becerra Over False and Misleading Ballot Title

By Dave McCulloch

SACRAMENTO, CA (MPG) - "If you steal our gas tax funds and then steal our votes by lying to us on our election ballots when we seek to repeal the tax, we will RECALL you from office!"

That's the threat issued today by the Yes on Prop 6 Gas Tax Repeal campaign as it announced it has filed a committee with the Secretary of State's office to Recall California State Attorney General Xavier Becerra from office over his decision to slap an intentionally deceptive title on Prop 6 – the Gas Tax Repeal Initiative.

"Voters who wanted to vote YES on Prop 6 have been deceived into voting NO – all because the Attorney General bowed to special interest pressure to remove the words 'Gas Tax Repeal Initiative' from the ballot and replace them with an intentionally false and deceptive title," said Carl DeMaio, Chairman of Yes on Prop 6.

"We are working hard to warn voters that there is an error on their ballot because state politicians intentionally mislabeled Prop 6 in an attempt to deceive them – and that a YES Vote on Prop 6 is actually for the Gas Tax Repeal Initiative," DeMaio said.

"We still believe we will win Prop 6, but if we fall short because voters were defrauded of their intent to vote Yes on Prop 6 the Gas Tax Repeal Initiative, we fully intend to Recall Xavier Becerra from office as a punishment and to set an example to state politicians that

they cannot lie on our ballots to trick voters into voting NO on something they intended to vote YES on," DeMaio promised.

DeMaio presented polling evidence showing the damage done to Prop 6 because the words "Gas Tax Repeal Initiative" were intentionally struck from the title of Prop 6. In a recent Survey USA poll, 58 percent of California voters said they would vote YES to repeal the gas tax and only 29 percent would vote No. However, when the misleading ballot title for Prop 6 is read to voters, the numbers substantially change – while a Thomas Partners Strategies poll taken during the same three day period as Survey USA showed Prop 6 tied - 35 percent NO to 35 percent YES.

Over 1 million Californians signed a petition with the title "Gas Tax Repeal Initiative" on it to get Prop 6 placed on the ballot. After the No on Prop 6 campaign did extensive polling and focus groups to determine what words to use to defeat the Gas Tax Repeal Initiative, the Attorney General struck that title and replaced it with "Prop 6: Eliminates Certain Road Repair and Transportation Funding." Not a single word of Prop 6 eliminates road repair funding, and a recent Legislative Analyst Office study proved you could actually increase road repair funding by dedicating 100 percent of the original gas tax rate to roads.

The Recall threat is credible because the Yes on Prop 6 campaign

already successfully led the Recall of State Senator Josh Newman from office earlier this year – winning a lopsided 59% removal vote in a Democrat-leaning district despite being outspent 8-to-1. Unlike ballot propositions, state politicians cannot change the ballot title on a Recall Election as the ballot will simply read "Should Xavier Becerra be recalled from the office of Attorney General?" A simple YES or NO is then asked of the voter – and a special Recall Election will likely have a turnout of high information voters.

"Sacramento politicians think they are being clever by deceiving voters with a misleading ballot title on Prop 6, but have they thought about what will happen when millions of Californians wake up the next day and realize they were tricked into voting NO on something they wanted to vote YES on?" DeMaio asked. "Sacramento politicians better pray that Prop 6 passes because if it doesn't this issue will not go away and more of them will lose their offices in the next year," DeMaio predicted.

The campaign committee filed today is the first legal step in the Recall of a state official – and carries the title "Recall Xavier Becerra for Defrauding Voters on Prop 6 the Gas Tax Repeal Initiative." Voters who believe they were defrauded of their YES vote on Prop 6 because of the false title on the ballot are asked to contact the Committee at [www.RecalltheAG.org](http://www.RecalltheAG.org)

Source: Yes on Prop 6 ★

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- CLUES**
- ACROSS**
- Guns N' Roses guitarist
  - Pep rally syllable
  - Third H in 4-H, sing.
  - Conversation starter
  - Victorian period, e.g.
  - Dugout glider
  - Nun's attire
  - Winter condition
  - Mad hatter's act
  - \*1970 biopic, winner of 7 Academy Awards
  - \*Story of 1940 evacuation
  - Station wagon/off-road vehicle, acr.
  - Aware of
  - Busy airport
  - \*"...How I Learned to Stop Worrying and Love the ..."
  - Julian Barnes' "The Sense of an ..."
  - Double reed woodwind
  - Cleanse
  - Rope-making plant fiber
  - Traditional learning method
  - Willow twig
  - Choir voice
  - Sacred, in Italian
  - \*...and hearty"
  - \*Kurosawa's "Ran" based on this Shakespearean king
  - Ethanol, a.k.a. alcohol, pl.
  - Russian autocrat
  - Stallone's nickname
  - Penny-farthing, e.g.
  - Variable, abbr.
  - \*"All Quiet on the ... Front"
  - \*Kelly's who?
  - Binary digits code
  - Lamb's momma
  - Master of ceremonies
  - Sudden growth
  - Canal locale
  - Unbroken
  - Jekyll's counterpart
- DOWN**
- "Be quiet!"
  - Lambeau Field jump
  - "Fantastic Four" actress
  - Buttonholes, e.g.
  - Small pool
  - Bit attachment
  - \*...de Triomphe
  - Father of the String Quartet
  - Baseball's Hammerin' \_\_\_\_
  - Those against
  - Kind of film
  - 52 cards
  - Rules
  - Convex molding
  - Beehive State native
  - Render unnecessary
  - \*Joey was a "War \_\_\_\_"
  - \*"U-571" vessel
  - Lead up
  - \*It less to a popular wartime comedy series
  - Call, in the olden days
  - Keys
  - Birth-related

**CROSSWORD**

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64					65	66		67			68
69					70			71			
72					73			74			

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 4

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Subscriptions should be mailed to Gold River Messenger, 7144 Fair Oaks Blvd, Suite 5, Carmichael, CA 95608. Subscription rate is \$39 per year within Gold River, \$49 within Sacramento County. The Gold River Messenger is published monthly. Call 916-773-1111 for more information.

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## Make It Fun and It Will Get Done!

The Secret to Being Organized

### Pam Young's Corner

#### Your Summer of 2018

Looking back over your summer, can you think of at least five highlights? Maybe you went on a vacation or had people come and visit. Maybe you cleaned out the garage, basement or attic and you have that glorious feeling of freedom from stuff that no longer serves you. Perhaps you healed from an illness or accident and are feeling like yourself again. Maybe you had a baby or you invited a new pet into your home. Maybe your garden was the best it has ever been and you can see you'll be eating tomatoes that almost taste like candy, well into fall. Maybe you learned about something that has changed your life and set you in a different direction.

In the course of your **Summer of 2018** there have been wonderful events, people and situations that have taken place. Take a few minutes and see how many highlights you can come up with.

The wonderful thing about doing a mental exercise like this is that it'll lift your spirit. This kind of exercise is as important as any exercising you do at the gym to strengthen your body. Your mind is such an incredible gift and you

have control over it. But just like getting in shape physically takes repetitive exercises, so does exercising your mind.

When you ask your mind for a happy thought from your *summer highlight file* it'll mind you. When you sit with the thoughts that it comes up with you'll create a mental atmosphere around you and you'll open yourself up to have more highlights flow to you right now and into September and beyond.

At the end of every day, my husband and I talk about the highlights of our day and we can usually each come up with three or four and sometimes five. It's so fun for us to scan the day we've done and revisit the best parts of it. That got me to thinking about what the best parts of our summer were.

Our first great grandchild was born in August. We had a bumper crop of wild blackberries and were able to pick 20 gallons. That led me to make wild blackberry jelly to use as Christmas gifts. Each gift will have a jar of jelly, dry muffin mix (just add egg and milk), muffin papers and directions for making the muffins. Our yard looks better than ever this summer. As more and more perennials

keep their promises of colorful flowers and shades of green foliage and our trees, which I planted 15 years ago as babies, are now strong enough and big enough for me to climb in, our yard becomes more inviting and beautiful!

Your Summer of 2018 is over and Mother Nature, being very organized, has her decluttering plan in action. You'll notice leaves are flying in the wind, as She lets go of what is no longer serving her. By spending time remembering the joys of this summer, you'll get a very strong feeling of how good your life is and that each day is a gift given to you to enjoy to its fullest.

As Abraham Hicks says, "A happy life is just a string of happy moments. But most people don't allow the happy moment, because they're so busy trying to get a happy life." Enjoy the happy moment!

*For more from Pam Young go to [www.cluborganized.com](http://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. ★*

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Once cooled, pour leftover oils and grease into a sturdy container, like an empty coffee can or glass jar.

Before washing, scrape out fats, oils and grease residuals from pots, pans and dishes.

Put fatty and greasy food scraps in the garbage, not the drain.

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# Meet Isabella the Rottweiler



By Kay Burton



Isabella is almost 4 months old at which time she can start training.

Rottweilers are big, strong & smart dogs. They are capable of performing well in obedience, herding, therapy work & more. These dogs are intelligent but can be dominant. Firmness and consistency in training are key. Rottweilers are from Germany & weigh 80-135 lbs when full grown. They are good - natured, very devoted, obedient, and love to please their owners. Rottweilers need 1-2 hours of daily exercise to keep

them in good shape - both physically and mentally.

Isabella is almost 4 months old at which time she can start training classes with other dogs. She has had personal training at home & on Gold River trails as well as socialization at Starbucks where she has made many friends!

Her owner, Mary Ann Henrikson was founder,

Broker of Gold River Realtors & sold to Remax where she now works with her daughter Peggy Boling & their assistant Marta Hearty.

*Kay Burton is a long-time columnist and supporter of the SSPCA and other Rescue groups. To share your family pet story with our readers, email: Kayburton@com-cast.* ★

# Join a Shoe Drive to Help Others

**SACRAMENTO REGION, CA (MPG)** -Welcome Home Housing needs your help. Not money! We want your shoes. Yes! Your shoes! The ones you bought and never wore, or wore a couple of times and didn't like, or wore a lot but are still in good condition.

Why are we collecting gently used shoes? We're collecting them for Welcome Home Housing, a non-profit which provides permanent housing for 24 individuals with serious mental illness. See welcomehomehousing.org

This fundraiser is in collaboration with Funds2orgs. For every 2500 pairs of shoes we collect, Welcome

Home Housing will receive \$1,000 to use toward the maintenance and administration of our housing properties.

The shoes will be sent to developing countries to help local entrepreneurs set up small businesses selling shoes. Selling? Yes! Selling shoes to support their families. These are areas where walking is the main form of transportation.

So, clean out your closets! Drop your unused or gently used shoes off at any of the addresses listed below. Just put them on the front porch. Or if you can collect 25 or more pairs, we'll pick them up. Call Lynn for

pick-up.530-666-0202.

Remember to ask neighbors, friends and families to donate their shoes too! We will collect until November 15.

Please drop off your shoes on the front porch at any of these addresses:

3401 Spartan Way, Rosemont, 9317 Americana Drive, Rosemont, 3159 Bertis Drive, Arden Arcade / Carmichael 5086 Rhode Island Drive Unit 1 (front unit), Citrus Heights / Carmichael, 6480 Woodhills Way, Citrus Heights, 2686 Los Amigos Drive, Rancho Cordova

For more information please contact Lynn Smith at 530-666-0202. ★



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# A Bipartisan Way to Reduce Healthcare Costs

**Commentary**  
by Sally C. Pipes

In one fell swoop, incumbent members of Congress could save consumers money, drive down healthcare costs, and burnish their bipartisan credentials before the midterm elections.

How? By scrapping a provision within Obamacare that prohibits 3 million people from opening health savings accounts, which can save patients hundreds or even thousands of dollars a year.

Expanding access to HSAs should be one of Congress's top priorities.

HSAs are "triple tax-advantaged." Savers don't pay tax on money they deposit into the accounts. If

they invest that money, they pay no tax on capital gains or dividends. Withdrawals are tax-free, too, as long as they're spent on qualified medical expenses. This year, individuals and families can contribute up to \$3,450 and \$6,900, respectively, to HSAs.

But only certain people can open them. This year, individuals must be enrolled in a health plan with a minimum deductible of \$1,350 and an out-of-pocket maximum of no more than \$6,650. For family plans, those figures double.

People have an incentive to spend HSA funds wisely. It's their money, after all. This thriftiness forces providers to compete for patients' business.

Costs decline as a result. Families who switched to HSA-eligible plans spent 21 percent less in their first year covered by the plans than families who remained in traditional plans with lower deductibles.

A 2015 National Bureau of Economic Research paper found that workers who switched to HSA-eligible plans spent 15 percent less on health care in each of the next three years. They didn't use additional emergency or inpatient care, which suggests they cut spending without endangering their health.

It's no wonder, then, that HSAs have become increasingly popular. In 2017, more than 22 million Americans had HSAs -- an 11 percent

increase from the previous year.

This growth may soon slow. Many Obamacare-compliant plans aren't HSA-eligible. The average 2018 individual "bronze"-level plan features an out-of-pocket maximum of nearly \$7,000. That's more than the \$6,650 cut-off for HSAs.

That makes little sense. Patients with the highest out-of-pocket spending would benefit most from HSAs.

The Health Savings Act, formally known as H.R. 6314, would allow bronze plan enrollees to open HSAs. The bill should be a lay-up for lawmakers looking for a quick win before the midterms.

Congress shouldn't stop there. The Senate has a Health Savings Act of its own, S. 403. The bill would expand access to HSAs to those on Medicare. Beneficiaries don't have to pay premiums for hospital or skilled nursing coverage. But they are responsible for a \$1,340 deductible and a co-insurance payment of at least \$335 per day for hospital stays longer than 60 days.

Allowing seniors to put money away in HSAs would help them afford future hospitalizations. The bill would also raise HSA contribution limits to the sum of a plan's deductible and the level of out-of-pocket expense legally permitted for a high-deductible health plan. And it would allow all people to pay insurance premiums with HSA funds.

Expanding access to HSAs would inject consumerism into the healthcare marketplace -- and thus drive down healthcare costs. If half of the 150 million Americans with employer-sponsored coverage switched to HSA-eligible plans, annual healthcare spending would drop by \$57 billion, according to a RAND study.

Lawmakers on both sides of the aisle say they want to slash healthcare costs. Expanding access to HSAs would do just that.

Sally C. Pipes is president, CEO, and Thomas W. Smith Fellow in Health Care Policy at the Pacific Research Institute. Her latest book is *The False Promise of Single-Payer Health Care* (Encounter). Follow her on Twitter @sallypipes. ★

## Sacramento County Introduces Vote Centers!



**Did you know?**  
Sacramento County will be offering Vote Centers in place of traditional polling places!

**What does this mean?**

- Voters can now vote at ANY Vote Center in Sacramento County
- Vote Centers will open beginning October 27, 2018, giving voters more days to vote
- At a Vote Center, you can
  - Drop off your mail ballot
  - Vote in person
  - Request a replacement ballot
  - Vote using accessible voting equipment
  - Receive voting assistance in multiple languages
  - Register to vote or update your registration

A full list of Ballot Drop Box and Vote Center locations will be available in your County Voter Information Guide, in your mail ballot packet, at [www.Elections.SacCounty.net](http://www.Elections.SacCounty.net), and on the SacVote App.

Learn more at [www.Elections.SacCounty.net](http://www.Elections.SacCounty.net) Call Toll Free (800) 762-8019



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<p><b>9 LIVES CANNED CAT FOOD</b></p> <p>5.5 Oz All Varieties</p> <p>Limit 1 Case Per Family <b>35¢</b></p> <p><small>Effective 10/31/18 - 11/6/18</small></p>	<p><b>FANCY FEAST GOURMET CANNED CAT FOOD</b></p> <p>All Varieties except Elegant Medley</p> <p>3 Oz Limit 2 Cases Per Family <b>20/\$11.00</b></p> <p><small>Effective 10/31/18 - 11/6/18</small></p>	<p><b>JONNY CAT PREMIUM CAT LITTER</b></p> <p>20 Lb Bag</p> <p>•Regular •Multiple Cat Formula</p> <p>Limit 2 Bags Per Family <b>\$3.29</b></p> <p><small>Effective 10/31/18 - 11/6/18</small></p>	<p><b>FRESH STEP SCOOPABLE CAT LITTER</b></p> <p>42 Lb Bag</p> <p>Limit 2 Bags Per Family <b>\$13.99</b></p> <p><small>Effective 10/31/18 - 11/6/18</small></p>

<p><b>PRO-PLAN DRY DOG FOOD</b></p> <p>30-35 Lb Bag Super Buy</p> <p>•Chicken &amp; Rice •Lamb &amp; Rice •Beef &amp; Rice •Sensitive Skin &amp; Stomach •Lite •Performance</p> <p>Limit 2 Bags Per Family <b>\$3 OFF</b></p> <p><small>OUR SUPER DISCOUNT PRICE</small></p>	<p><b>FUSSIE CAT PREMIUM DRY CAT FOOD</b></p> <p>As Marked <b>20% OFF</b></p> <p><small>OUR REGULAR LOW PRICES</small></p>	<p><b>NUTRO MAX MAX CAT DRY CAT FOOD</b></p> <p>•Adult •Indoor Chicken •Salmon</p> <p>16 Lb Bag Limit 2 Bags Per Family <b>\$17.99</b></p>	<p><b>IAMS DRY DOG FOOD</b></p> <p>•Mini Chunk •Large Breed Adult •Lamb Meal &amp; Rice •Weight Control Limit 2 bags per family</p> <p>30 Lb Bag <b>\$25.99</b></p>
<p><b>SCIENCE DIET CANNED CAT FOOD</b></p> <p>Selected Varieties 5.5 Oz Limit 1 Case <b>99¢</b></p>	<p><b>FELINE PINE HEALTHY CAT LITTER</b></p> <p>20 Lb Bag Limit 2 Bags <b>\$7.99</b></p>	<p><b>PRECIOUS CAT CAT LITTER</b></p> <p>20 Lb Box Limit 2 Boxes Cat Attract <b>11.99</b> Touch of Outdoors <b>\$7.99</b></p>	<p><b>GRAVY TRAIN DRY DOG FOOD</b></p> <p>35 Lb Bag Limit 2 Bags <b>\$13.99</b></p>

<p><b>CASUAL PET BEDDING PRODUCTS</b></p> <p>•Loungers •Orthopedic Beds •Cat Beds <b>20% OFF OUR SUPER LOW PRICES</b></p> <p><b>ALL VARIETIES EXCEPT: ORTHOPEDIC MAT 30"x 40" - \$23.99</b></p> <p><b>PILLOW BED (Small) - \$18.99</b></p> <p><b>PILLOW BED (Large) - \$23.99</b></p>	<p><b>HAGEN FLUVAL FILTER SALE</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">MODEL.....TANK.....PET CLUB SALE</td> <td style="width: 50%;">MODEL.....TANK.....PET CLUB SALE</td> </tr> <tr> <td>106...25 GAL.....<b>\$84.99</b></td> <td>306...70 GAL...<b>\$129.99</b></td> </tr> <tr> <td>206...40 GAL.....<b>\$99.99</b></td> <td>406...100 GAL...<b>\$174.99</b></td> </tr> </table>	MODEL.....TANK.....PET CLUB SALE	MODEL.....TANK.....PET CLUB SALE	106...25 GAL..... <b>\$84.99</b>	306...70 GAL... <b>\$129.99</b>	206...40 GAL..... <b>\$99.99</b>	406...100 GAL... <b>\$174.99</b>
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<p><b>REDBARN NATURAL DOG TREATS</b></p> <p>•Bully Treats •Filler Bones •Bully Nuggets All Varieties except Mammoth Bone \$6.99</p> <p><b>20% OFF</b></p> <p><small>OUR SUPER LOW PRICES</small></p>	<p><b>TETRA BOXED 10 GALLON TANK With Economy Kit</b></p> <p>Just add Heater For Tropical Fish <b>\$36.99</b> Limit 1 Per Family</p>						
<p><b>OUR PETS COSMIC CATNIP PRODUCTS</b></p> <p>•Toys •Treats •Catnip •Cat Scratchers All Varieties</p> <p><b>20% OFF</b></p> <p><small>OUR SUPER LOW PRICES</small></p>	<p><b>REPTILE SUPPLY SALE</b></p> <p>Zoo Med Reptibark 8 Qts. .... <b>\$5.49</b></p> <p>Tetra Reptomin 3.7 Oz. .... <b>\$3.79</b></p> <p>Tetra Reptomin 10.59 Oz. .... <b>\$8.49</b></p>						

<p><b>FRISKIES BUFFET CANNED CAT FOOD</b></p> <p>5.5 Oz All Varieties</p> <p>Limit 1 Case With Coupon</p> <p>Limit One Coupon Per Family</p> <p>Price Valid Only With Coupon <b>47¢</b></p> <p><small>GRM PLU 367 Effective 10/31/18 - 11/6/18</small></p>	<p><b>WHISKAS TEMPTATIONS CAT TREATS</b></p> <p>•Selected Varieties - 3 Oz</p> <p>Limit 2 Pkgs with Coupon</p> <p>Limit One Coupon Per Family</p> <p>Price Valid Only With Coupon <b>\$1.19</b></p> <p><small>GRM PLU 569 Effective 10/31/18 - 11/6/18</small></p>	<p><b>JONNY CAT CAT LINERS</b></p> <p>Jumbo Drawstring - 5 Ct</p> <p>Limit 1 Box with Coupon</p> <p>Limit One Coupon Per Family</p> <p>Price Valid Only With Coupon <b>\$1.99</b></p> <p><small>GRM PLU 449 Effective 10/31/18 - 11/6/18</small></p>
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2:00 pm matinee

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<b>GREAT VALUE</b> Beef New York Steak - Boneless Filete de Res Entilo Nueva York sin Hueso <b>\$3.99</b> /lb	<b>New York Roast-Brns</b> Sanderson Farms <b>\$3.79</b> /lb	<b>Boneless &amp; Skinless Chicken Breasts</b> Pechuga de Pollo Deshuesada sin Piel 40 lb Box..... <b>\$39.99/ea</b>
<b>Farmland</b> Pork Butt - Bone In Trozo de Puerco con Hueso <b>\$1.59</b> /lb	<b>SEABOARD</b> Pork Butt - Boneless Trozo de Puerco sin Hueso <b>\$1.79</b> /lb	<b>OLSON</b> Pork Tenderloin Lomo de Cerdo <b>\$1.99</b> /lb
<b>Superior Farms LAMB</b>	Lamb Shoulder Chops <b>\$9.99/lb</b>	Boneless Lamb Flanks <b>\$7.99/lb</b>
	Lamb Arm Shoulder Chops <b>\$9.99/lb</b>	Boneless Lamb Stew <b>\$9.99/lb</b>
	Lamb Rib Chops <b>\$21.99/lb</b>	Hind Lamb Shanks <b>\$4.69/lb</b>
	Lamb Loin Chops <b>\$14.99/lb</b>	Short Cut Lamb Leg <b>\$5.99/lb</b>
	Lamb Leg Steaks <b>\$10.99/lb</b>	Lamb Neck Stew <b>\$3.99/lb</b>
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Mangoes <b>11.99</b>	Butternut Squash <b>59¢</b>	White Potatoes 10 lb Bag <b>2.99</b>	Pineapples <b>2.85</b>	Ginger <b>99¢</b>	Medium Red Yams <b>59¢</b>
					Organic King Trumpet Mushrooms 270 g <b>2.99</b>

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## ASIAN GROCERY

Onion <b>\$4.99</b>	Garlic <b>\$2.49</b>	Gino Rice <b>2.99</b>	Sunlife <b>99¢</b>	Onion <b>\$1.99</b>
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## EUROPEAN GROCERY

REVIV <b>\$4.99</b>	REVIV <b>\$8.99</b>	REVIV <b>\$3.29</b>	Sprotes <b>\$1.99</b>	REVIV <b>\$3.49</b>
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## KOREAN/JAPANESE GROCERY

Wing <b>7.99</b>	Swi Tufs <b>9.99</b>	Crackly <b>9.99</b>	Shin Cup <b>4.99</b>	Adas Style <b>2.99</b>	Black <b>1.49</b>
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## EUROPEAN DELI

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