



Cordova Recreation and Park District Swears in New Director
PAGE 10

Sue Frost: Leading by Listening

PAGE 2



Gold River Messenger

"Written by the people, for the people"

VOLUME 6 • ISSUE 5

Serving Gold River and Sacramento County

MAY, 2018

WHAT TO DO WHEN SOMEONE IS UNKIND TO YOU



PAGE 6

'Fool's Gold'
Yes, You Can Shop for Mom in Gold River



PAGE 5

MaryAnn Henriksen
Realtor/Broker Associate
Cal BRE# 00372380



Broker of
Gold River Realtors
(916)247-7070
maryannsrealestate.com

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

East Area Rapist Caught



Sacramento County District Attorney Anne Marie Schubert addressed hundreds of media members, law enforcement agents and politicians on Wednesday afternoon at a press conference at the District Attorney Crime Lab in Sacramento. Photo by Rich Peters

By Paul Scholl and Rich Peters

SACRAMENTO, CA (MPG) - The Sacramento County Sheriff's Department and the District Attorney's Office confirmed a huge break in the case of the East Area Rapist last week.

Law enforcement sources named 72-year-old Joseph James DeAngelo as the suspect arrested in the case.

Many law enforcement agencies, both local and federal,

converged on DeAngelo's home in Citrus Heights on Wednesday, April 25. He was arrested at approximately 2:30 am. He was booked on two counts of murder from a Ventura County Sheriff's Department warrant. Agencies were later seen removing boxes of evidence from the home after the arrest.

DeAngelo lived in a neighborhood near Old Auburn and Twin Oaks, on Canyon Oaks Drive.

This case has been open for decades. Law Enforcement

believes the East Area Rapist or Golden State Killer was responsible for at least 12 homicides, approximately 50 rapes and some 120 home burglaries. All the crimes spanned a decade starting in the late 1970s and into the mid-1980s throughout the Sacramento region, the San Francisco Bay Area and in Southern California.

The East Area Rapist is believed to be responsible for at least nine sexual assaults in Sacramento, six more in Rancho



Booking photo: Joseph James DeAngelo
Cordova and Citrus Heights, four in Carmichael and two in Orangevale.

"For us here in Sacramento it was a time of innocence in 1976," said Sacramento District Attorney Anne Marie Schubert at Wednesday's press conference. "For anyone who lived here the memories are vivid."

The Sacramento DA's Office confirmed DeAngelo was employed twice with law enforcement agencies, including the Auburn Police Department.

"It is the most prolific unsolved serial killing case probably in modern history," said Schubert. "This case affected the entire state."

According to the Sacramento County DA's office, investigators compared DNA collected from a crime scene to online profiles on a genealogy website. Law enforcement then ran surveillance on DeAngelo's house until he threw something away in a place that was public domain. The DNA from the site matched a relative of DeAngelo and detectives were ultimately able to match the DNA after the 72-year-old discarded a sample they collected and tested.

Sacramento County Sheriff Scott Jones told the media that agencies also reported that the East Area Rapist was also known as the Golden State Killer, the Original Night Stalker and the Diamond Knot Killer.

District Attorney Schubert, who is passionate about the pursuit of justice through DNA evidence and cold case prosecution, formed the Cold Case Prosecution Unit in 2002 and served as its first prosecutor.

"The answer was in the DNA," Schubert explained. "It is fitting that today is National DNA Day." ★



Rounding out May Days, on the 4th and 11th at 5:45, Gold River's Mini-Rays are participating in their first two meets of the season. Photo by Tom Jones

Timing is Everything

By Jan Float

GOLD RIVER, CA (MPG) - It's Showtime! The Stingrays are taking the plunge Back into the Water. Time to roll out the good times, set lofty goal times and streamline into new times. May 5 is Time Trials, when all swimmers establish seed times for their first home meet (aka Pool Party) against Arden Hills on May 12. Then the geared-up pendulum starts swinging into a full summer season. May Days are wind-the-clock days. Time keeps on tickin', kickin', flippin' ... into the future!

Swimmers, as individuals and a team,

challenge themselves and shatter the clock. During this early time of the season, athletes often leap out of the pool, dropping whole seconds to dissolve in chlorine. Toward year's end, in peak condition and competitive mode, races are cinched by 100ths of a second, far less than the blink of an eye. It's about time!

Three years ago, the Stingrays invested in what's called the wireless Colorado system, a mini-version of those seen at world-class levels. Red digital times pop up within nanoseconds of swimmers slamming into the wall and before they can whip their heads around to absorb

Continued on page 3



CRIME VICTIMS UNITED
proudly supports
Scott Jones for Sheriff

Those you trust to keep you safe,
Trust Scott Jones.





Scott JONES re-elect
Trusted & Effective
SACRAMENTO SHERIFF

Paid for by Friends of Sheriff Scott Jones 2018 ID# 1321236

*****ECRWSS*****

Local Postal Customer

Sue Frost: Leading by Listening

Sue Frost, Sacramento County Supervisor, District 4
Education: Studied Nursing and Physical Education, Pacific Union College, Napa
Home town: Citrus Heights
Most admired person: Martin Luther King

By Jacqueline Fox

SACRAMENTO REGION, CA (MPG)
 - Sue Frost was elected to represent District 4 in 2016 after serving on the Citrus Heights city council for four years. She is focused on fully implementing the county's initiatives for addressing homelessness, expanding the network of Public Business Improvement Districts (PBIDs), addressing gaps in public safety and infrastructure needs, and pushing for the cash-strapped county to build up its reserves.

Q: What do you consider your chief accomplishments for your district in your first year?

A: A big part of my first year was about getting to know the county and my district, establishing communications with my constituents and raising the bar on how we respond to their concerns. In addition to our initiatives on homelessness, we brought in an economic development consultant to help identify some exciting ideas on how to revitalize the business economy for Orangevale. We have approved a county-wide Veterans' Commission to focus specifically on our veterans' needs. We also are working on a PBID for Antelope; identified funding for arts programs in Folsom, as well as a road safety program in Rancho Murieta, and launched the new, Smart Bus system in Citrus Heights.



We have sanctuary state laws that I do not support. We get paid about \$5 million annually by the federal government to provide prison beds if we cooperate and start processing criminals who are here illegally.

Q: Can you bring us up to date on the county's initiatives to address homelessness?

A: The County preserved around \$750,000 from our general fund for the preservation of the Mather Community Campus. That allows us to maintain existing housing and wrap-around services. We launched the emergency shelter reservation system, which has helped house (or preserve housing for) 18 families since October. We have authorized the DHA (County Department of Human Assistance) to enter into agreements with Wind Youth Services for \$380,000 for homeless or at-risk youth, and another \$160,000 agreement with Sacramento Self Help Housing for rehousing services for unsheltered homeless populations in unincorporated areas of

Sacramento County. The self-help program will function out of 15 locations and serve 75 people at one time. Finally, our fourth initiative provides flexible or "low barrier" housing for those who are chronically homeless and frequent users of our emergency rooms and county services. So far, we have identified 85 individuals to be assigned to Cases Management Services to help get them the services they need. So the smart thing about this is we are actually trying to get to the heart of where we can elicit change.

Q: Are you concerned about looming threats at the federal or state levels?

A: The biggest concern I have is the state legislature's budget. We have policy, such as the early prison release programs and redefinition of

crimes and it is all unfunded and impacting our communities. As a result, our jail population and length of stays are increasing and we have people again in the system and getting sick, and there is no funding to deal with that. Also, we have sanctuary state laws that I do not support. We get paid about \$5 million annually by the federal government to provide prison beds if we cooperate and start processing criminals who are here illegally. So we have to stay nimble and we may have to make adjustments as we move forward.

Q: What is your primary focus with respect to infrastructure?

A: Tax and promise with no results legislation has left us with an eroding road and



water infrastructure and, in some cases, such as what we had happened with the Oroville dam, we are being put into harm's way. Meanwhile, we are building a bullet train to Bakersfield. We have to do better than that.

Q: What is your view of the current obstacles impacting small businesses?

A: Small businesses are the engine of the economy, but taxes and fees and the hoops they have to jump through make it difficult. The challenge is that costs are going up and somebody has to pay for that, which means it goes back to the tax payers. I think we need to be really careful about how we do this and make sure we're delivering the services we are supposed to be and not just doing things to enhance our political careers.

Q: What is your focus with respect to addressing gaps in public safety and emergency services?

A: We need more boots on the ground, especially in the unincorporated areas. We need to continue to enhance our community policing and support public private

partnerships for crime prevention. Also, I support PBIDs. They have had really great success with reducing crime and addressing vagrancy and blight.

Q: Would you support lifting the county ban on commercial marijuana if the sector's tax revenue systems prove successful in other counties?

A: I'm watching to see how the federal government proceeds. It is still illegal in their eyes. I'd also need feedback from law enforcement to understand their successes and challenges, how it may be impacting youth, public health and safety in general.

Q: Why did you want this job?

A: I thought I could make a difference. My work in listening to my constituents is not that different from the work I did as an emergency room nurse or lending agent. I'm in public service now, and I'm looking at all sides to see how we can better manage tax payer resources. I think we need people here who haven't forgotten why we are here and who we work for. ★

SMITH REAL ESTATE SERVICES, INC.
 THE "BULLDOGS" WHO CARE

LOOKING TO DOWNSIZE?

Thinking of moving? Visit sherylsmithrealtor.com to get my **10 Staging Secrets From the Pros**. These cost-effective tips can help you get more money for your home.

"When your family no longer fits"

Sheryl Smith, Broker/Owner
 11230 Gold Express Dr, Ste 310-218
 Gold River, Ca 95670
 CalBRE 01381095
916-472-0103

Does Your Loved One Have Dementia or Alzheimer's?

Gain understanding, patience, and empathy with a FREE Virtual Dementia Tour

Join Summerset Senior Living for a 20 minute hands-on experience that will help you feel better equipped to assist and understand your loved one's diagnosis. Our trained staff will guide you through this eye opening experience.

Thursday, May 17th 5:30 pm

Must RSVP, limited spots available.
 For more information call:
916.400.3831

SUMMERSET SENIOR LIVING

2341 Vehicle Dr., Gold River/Rancho Cordova
www.summersetseniorliving.com
 RCFE Lic#347005361

Smog 'N Go
 In & Out in a Hurry!
 Emissions Testing

"Over One Million Vehicles Smogged!"

WE SMOG:
 •CARS •TRUCKS •RV'S •BOATS

Get Your Star On! at Smog 'N Go

Help grant wishes of local children with life-threatening medical conditions. Come into Smog 'N Go and purchase a Make-A-Wish star for your car - \$2. All proceeds go to your local Make-A-Wish chapter!

Now 6 Locations!

10000 Fair Oaks Blvd, Fair Oaks, CA 95628

\$10 OFF SMOG CHECK!
 916.760.4200

Not valid with any other coupons. This coupon is good only at Fair Oaks and Sunrise Blvd. location. 10000 Fair Oaks Blvd, Fair Oaks, CA 95628

Gain understanding, patience, and empathy with a FREE Virtual Dementia Tour

Join Summerset Senior Living for a 20 minute hands-on experience that will help you feel better equipped to assist and understand your loved one's diagnosis. Our trained staff will guide you through this eye opening experience.

Thursday, May 17th 5:30 pm

Must RSVP, limited spots available.
 For more information call:
916.400.3831

SUMMERSET SENIOR LIVING

2341 Vehicle Dr., Gold River/Rancho Cordova
www.summersetseniorliving.com
 RCFE Lic#347005361

Pet friendly

Timing is Everything



May 5 is Time Trials, when all swimmers establish seed times for their first home meet against Arden Hills on May 12. Photo by Tom Jones

Continued from page 1

results. A handy time tool during the adrenaline rush of a splash and dash.

Because time is of the essence, parental-volunteer timers form a line at the finish of each lane and, with human precision, click their stopwatches. These backups are used in the rare event of a Colorado malfunction or as verification of a discrepancy or tie. When there's a bonafide tie between two swimmers – watch out! Everybody gets wound up. Time for a race-off! Older swimmers are trained to count every stroke and every breath. In contrast to this photo (a 100-yard back tie-breaker), the duo is typically head for head. As the intensity swells, it's inevitable: One will catch the other. Now you've got a serious duel in the pool, which ultimately comes down to the final technique, a seamless series of ingrained motion. A race-off never disappoints – always a breathtaking nail-biter. Time flies when you're having fun.

All dolphin-kick starts, turns, and finishes are critical



Swimmers, as individuals and a team, challenge themselves and shatter the clock. Photo by Tom Jones

... so much so that backups are added to backups, albeit oftentimes for different purposes. As Timing is everything, coaches grab their stopwatches and, while simultaneously viewing the Colorado, record teammates' split times. Each lap counts; each swimmer reaches sky-high: "I'm so proud of my new personal best time, and 'I Believe' I'll do even better next time!" For the coaching staff, these objective times are frequently called upon for split-second decisions.

Rounding out May Days,

on the 4th and 11th at 5:45, Gold River's Mini-Rays are participating in their first two meets of the season. In previous years, they've swum in four. These mighty Minis work so hard and improve so much in their respective strokes (the 25 free and 25 back) that they're being moved up next month into the Stingrays' six-and-under age-group. You're all encouraged to take a time out and watch them swim their hearts out. It's showtime. Come on out and enjoy the show! ★

FIRST US
Community Credit Union
Big enough to serve, small enough to care.



Find One of the
**Lowest Payment
Equity Lines Around**

Trust First U.S. to offer one of the lowest payment and best value Home Equity Lines of Credit available. With a HELOC, you can borrow money against the value of your home and use it for anything you need, whenever you need it.

- Save with a **2.99% APR for 3 months**, then rates as low as **Prime + 0%**
- With certain home improvements, the interest may still be tax deductible*
- Save even more with **NO Application Fees** and **NO Annual Fees**
- With the flexibility of our generous 20-year Draw Period, you can keep your payments low and access your line when you need it

Talk with one of our Real Estate consultants today.

11220 Gold Express Drive in Gold River
firstus.org | (800) 556-6768



Annual Percentage Rate (APR) and offer is effective 4/25/18 and subject to change without notice. APR is variable and based on Prime Rate as published in The Wall Street Journal (currently 4.75%). After introductory rate period, minimum APR 3.99%; maximum APR 15%. \$499 opening fee for 2nd trust deeds or \$799 for 1st trust deeds (waived if \$5,000 initial advance is taken and account remains open for 3 years), plus recording fees. Certain restrictions apply. Appraisal fee may be required. Owner-occupied, CA properties only. \$200,000 maximum loan amount. Not available for purchases as a first mortgage. Payment example; 3 monthly payments of \$5.54 for each \$1,000 borrowed during intro period, then 237 monthly payments of approximately \$6.04 for each \$1,000 borrowed. Consult your tax advisor about deductibility.

© 04/2018 First U.S. Community Credit Union

MARK SOLICH

#1 Sales Professional

LYON
REAL ESTATE

**Gold River Specialist &
Gold River Resident 23 Years**

Gold River Homeowners, It's a Great Time to Sell. Home Prices are Up 55% & Inventory Levels are Down*. Take Advantage of Our Seller's Market & Capitalize on Your Profits.

**Complete Remodel to Perfection
Promontory Point Village**



Exquisite remodel to perfection. Chef's dream kitchen, gas cooktop.

**Delightful & Immaculate
Powell Home in Prestigious Argonaut Village**



Spacious kitchen with beautiful granite countertops, can lighting.

What Mark's Clients are Saying About Him

"We used Mark because of his extensive knowledge of Gold River." "Mark listens to your needs." "Mark is a top notch professional." "A pleasure to do business with." "An obvious leader in his field." "I will always use Mark as my agent." "Mark's follow up, negotiations and attention to every detail are unparalleled. Mark does what he says he will do which creates a very pleasant and stress-less experience." "Mark is the best in the business."

**Free Home Value Analysis
Keep This Ad**

Let Mark Help You with all Your Real Estate Needs

MARK SOLICH

#1 Sales Professional

LYON
REAL ESTATE

916.346.8422
msolich@golygon.com
www.MarkSolich.com



CalBRE Lic. #01110953

* Current versus same month five years ago.

A/C Repairs
Full installs - Residential All makes & models. Reasonable Rates. Lic. 730080 (916) 966-9930

Adoption
PREGNANT? CONSIDERING ADOPTION? Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

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

Antiques Wanted
Buying Watches
Will Pick-up
Rolex, Omega, Hamilton, LeColtre
-Private Party-
All wind ups Running or not. Will buy watch parts
Also buy Gold Rings & Chains, Silver Dollars, Antiques, and Other Collectibles
(916) 607-7890
CASH for Watches

Autos Wanted
DONATE YOUR CAR, TRUCK, OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 800-731-5042 (Cal-SCAN)

Got an older car, boat or RV? Do the humane thing. Donate it to the Humane Society. Call 1-800-743-1482 (Cal-SCAN)

WANTED! Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE 1-707-965-9546 or 1-707-339-9803 (Cal-SCAN)

GET CASH FOR CARS/ TRUCKS!! All Makes/Models 2000-2018! Top \$\$\$ Paid! Any Condition! Used or wrecked. Running or Not. Free Towing! Call For Offer: 1-888-417-9150. (Cal-SCAN)

Bathroom or Kitchen Remodeling?

WAIT! Before You Spend MORE to Get LESS Call (916) 798-8388 License No. 998108 (MPG 2-2-18)

Cable/Satellite TV
DISH TV \$59.99 For 190 Channels \$14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. 1-844-536-5233. (Cal-SCAN)

DIRECTV SELECT PACKAGE! Over 150 Channels, ONLY \$35/month (for 12 mos.) Order Now! Get a \$100 AT&T Visa Rewards Gift Card (some restrictions apply) CALL 1-866-249-0619 (Cal-SCAN)

CONCRETE WORK
Driveways - patios - walkways. All types finishes. Steve Wieszorek. 530-300-2766. Lic# 797744

Electrical
NOBLE ELECTRIC
For All Your Residential Electrical Needs
\$99.00 Electrical Check-Up
CALL NOW!! License #991018
(916)891-8788

Financial Services
Unable to work due to injury or illness? Call Bill Gordon & Assoc., Social Security Disability Attorneys! FREE Evaluation. Local Attorneys Nationwide 1-844-879-3267. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL (TX/NM Bar.) (Cal-SCAN)

Fitness/Yoga
Your Fitness Genie
Allow Your Fitness Goals to Come True!
FREE Fitness Goal Planner 17 Years of Experience
Mother's Day Jumpstart, 3 Sessions for \$99
• Weight Loss • Injury Recovery • Senior Fitness • Yoga • Pilates • Affordable Group Training
Be Active, Call Today! E
Jenn@YourFitnessGenie.com (916)768-8767

Handyman
A Quality Home Maintenance
Hauling Demo Gutters Cleaned Yardwork You Name It!
Scott Lehman Gutter Dog
(916) 613-8359

CARPENTER DAVID MACK
Handyman • 25 Years Experience
Bus. Lic. # 636425
Honest Man • Quality Work
Doors Specialist • Dry Rot Roof Repairs • Painting Sheet Rock • Texture All Floors, Windows, Decks, Tiles, Patios A to Z Exterior Sidings
Not a Licensed Contractor
916-548-8249

Health & Medical
Stop OVERPAYING for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-855-397-6808 Promo Code CDC201725. (Cal-SCAN)

OXYGEN - Anytime. Anywhere! No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 1-844-359-3976. (Cal-SCAN)

Weight loss/ increase your energy. I will juice fruit and vegetable juices in your home. **Have Juicer will Travel.** Call Tim B. for details. 916 370-0858 12-31-17

Insurance/Health
FDA-Registered Hearing Aids. 100% Risk-Free! 45-Day Home Trial. Comfort Fit. Crisp Clear Sound. If you decide to keep it, PAY ONLY \$299 per aid. FREE Shipping. Call Hearing Help Express 1-844-234-5606 (Cal-SCAN)

Medical-Grade HEARING AIDS for LESS THAN \$200! FDA-Registered. Crisp, clear sound, state-of-the-art features & no audiologist needed. Try it RISK FREE for 45 Days! CALL 1-877-736-1242 (Cal-SCAN)

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

DENTAL INSURANCE. Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 1-855-472-0035 or http://www.dental50plus.com/canews Ad# 6118 (Cal-SCAN)

Landscaping
CREATE YOUR PARADISE

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

Living Elements Landscape
•Landscape design & installation
•All aspects of landscaping
•Hardscape and artificial turf
•Drought tolerant concepts
•Licensed and insured Lic #1013372
Your Local Landscaping Pro's
916-430-3777
bilalb@liveingelementsac.com www.liveingelements916.com

Lawn / Yard Care
JOHN WILLIAMSON LAWN & YARD. Res/comm. Wkly services, cleanups, pruning, gutters. Riding mower prop. ok. 916-508-2158 BizLic 836256 Not serving Gold River/ Rancho

LEGAL ADS FOR SACRAMENTO COUNTY? We Can Do That!
Call **483-2299**

Miscellaneous
SAWMILLS from only \$4397.00- MAKE & SAVE MONEY with your own bandmill- Cut lumber any dimension. In stock ready to ship! FREE Info/DVD: www.NorwoodSawmills.com 1-800-567-0404 Ext.300N (Cal-SCAN)

BATHROOM RENOVATIONS. EASY, ONE DAY updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 1-888-660-5086. (Cal-SCAN)

Music Lessons
Guitar Lessons - Beginner to Advanced. \$10/half hour. \$15/hour. freddiebalbert1@yahoo.com. 530-263-6926 (MPG 12-31-18)

Classified Advertising
773-1111

Pets/Animals
Professional, Loving PET CARE
Established Reputation
Kennel Free Environment
Lots of TLC
Call Madeline
(916) 723-1608

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

Positions Wanted
CAREGIVER Certified CNA/ HHA. Live in/out. 20+ Years Experience. 916-397-3390

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

RV Sales
Bill Eads RVs
Buy, Sell, Trade & Consign
"Results... not Promises"
Number 1 Consignment Lot in Northern California
We Pay Top \$\$\$ for clean RVs!

Great, Secure I-80 Freeway Location.
Lic & Bonded - 29 Years Exp!
Check out **BillEadsRV.com**
4409 Granite Dr. Rocklin, CA
Office 916-624-7600
Bill 916-878-0273

Senior Living
A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

Tax Services
Are you in **BIG** trouble with the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 855-970-2032. (Cal-SCAN)

Tree Service
BP TREE SERVICES

TREE & STUMP REMOVAL
TREE TRIMMING/ SHAPING
FREE ESTIMATE
10% OFF WITH THIS AD
Insured. Workman's comp. Arborist
916-722-6321
bptreeservices.com
VISA / MASTER CARD
California Contractors Lic #831766

Work Wanted
I do garage and house organizing, cleaning, and de-cluttering. Pruning and weeding. I will juice fruit and vegetable juices in your home. **Have Juicer will Travel.** Health background. References. College grad. Tim, 916-370-0858. (MPG 12-31-18)

Wanted- Real Estate
KC BUYS HOUSES - FAST - CASH - Any Condition. Family owned & Operated. Same day offer! (951) 805-8661 WWW.KCBUYSHOUSES.COM (Cal-SCAN)

MPG
NOTICE TO READERS
California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.
DISCLAIMER
Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

AIRLINE CAREERS START HERE

Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance
877-205-4138

Crossword Puzzle on Page 5

D	I	S	C	S	T	A	B			C	H	E	N
A	D	O	R	E	I	L	O			S	U	E	D
H	E	L	I	X	E	L	F			U	S	A	G
	M	I	S	T	E	R		F	L	I	P	P	E
		P	E	P		B	O	A	T				
S	I	P		T	O	P	I		M	O	N	A	D
H	O	L	D		C	H	O	P		R	A	D	I
A	W	A	Y		H	I	F	I	S		R	I	S
M	A	N	N	A		L	U	S	T		D	O	C
U	N	K	E	P	T		E	A	R	N		S	O
						P	E	A	L		I	O	U
B	U	B	B	L	E	S		R	A	B	B	I	T
A	G	R	E	E		K	E	Y		L	O	N	E
G	L	I	N	T		E	R	E		E	A	T	E
S	I	T	E			W	A	S		S	T	O	M

For Sale
HAND-CRAFTED, REPURPOSED SILK FLORAL ARRANGEMENTS FOR MOTHER'S DAY
Designed by a local artisan, these works of art provide lasting beauty for the home, patio and office. Because most of the materials are repurposed, prices are at wholesale or below. Stop by the "Silk Floral Booth" at the Fair Oaks Farmer's Market on May 9, between 3 PM and 7 PM, in front of the New Life Church at 8101 Sunset Ave. in Fair Oaks. Leslee McDermott, artist. 1-818-545-3851.

Sudoku Puzzle on Page 5

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That! Call **483-2299**

Land For Sale
NORTHERN AZ WILDERNESS RANCHES - \$193 MONTH - Quiet very secluded 37 acre off grid ranches. Many bordering 640 acres of uninhabited State Trust woodlands at cool clear 6,100' elevation. No urban noise & dark sky nights amid pure air & AZ's very best year-round climate. Blends of evergreen woodlands & grassy wild flower covered meadows with sweeping views across scenic wilderness mountains and valleys. Abundant clean groundwater at shallow depths, free well access, loam garden soil, maintained road access. Camping and RV use ok. Near historic pioneer town & fishing / boating lake. From \$22,500, \$2,250 down, with no qualifying seller financing. Free brochure with photos, property descriptions, prices, terrain map, lake info, weather chart/area info: 1st United Realty 1-800-966-6690. (Cal-SCAN)

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



CALL A PROFESSIONAL Business & Service Directory

LANDSCAPE SERVICES
SLS Superior Landscape Services
Landscaping and Maintenance
• Sprinkler Repair/Install • Pruning
• Mowing/Trimming • Fertilizing
Insured Lic#794551
(916) 728-5812 • Cell (916) 761-0999
Dave Cochran Owner • dave_SLS@surewest.net

Painting Services
QUALITY A PAINT SERVICE
Over 20 years Experience ♦ Testimonials Available ♦ Bonded & Insured
Especially on small kitchen cabinets
Ext & Int Paint on small homes & Mobiles
Ext Patio Furniture-A brand new look
We paint wrought iron gates
also, do power wash on drive ways etc.
916-967-0763 State Lic. 646386

LANDSCAPING
Living Elements Landscape
Experience the power of curb appeal
• Landscape design & installation
• All aspects of landscaping
• Hardscape and artificial turf
• Drought tolerant concepts
• Licensed and insured Lic #1013372
Your Local Landscaping Pro's
916-430-3777
www.liveingelements916.com bilalb@liveingelementsac.com
✓ Warranty all work ✓ Quality materials ✓ Convenient ✓ Reliable

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

DRUG AND ALCOHOL REHABILITATION
CLEAN & SOBER
LIVING CSTL, Inc.
HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!
DETOX (916) 965-3386 SOBER LIVING (916) 961-2691

LET US SAVE YOU TIME & MONEY
REACH 75+ MILLION READERS WITH ONE ORDER, ONE BILL!
Community Classified 1x \$650 Statewide
25 words/245+ papers \$435 North/\$485 South
Daily Classified 7 days \$995
25 words/41 papers/7 days \$650 North/\$650 South
CLASSIFIED COMBO 8 days \$1,270
25 words/282+ papers Statewide
DISPLAY - Community Newspapers 140+ papers 1x \$1,600 2x2 Statewide; \$1,240 2x2 No.; \$1,240 2x2 So.
SIZES: 2x2; 2x4; 2x5; 2x6
HOLLYWOOD CALIFORNIA NEWSPAPERS DELIVER!
More info: Call (916) 288-6011; email cecelia@cnpa.com

HOME SERVICES
Diversified Home Services, LP
We do the following services
• Trash Hauling • One Time Clean Ups
• Appliance Removal • Tree Trimming
• Brush Removal • Lawn Care
(916)579-9745
diversified.services916@gmail.com

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

Print Your Flyers With Us!
Low Cost • High Volume • Quick Service
Specialties Plus
• Machine Repairs (all makes and models)
• Toner Cartridge Refills
• FREE Cleaning (with our cartridge)
(916) 723-8430
specpluscopiers@gmail.com

COMPUTER SERVICES
Zinsky's
PC Configurations
"Don't replace it - REPAIR IT!"
Custom Desktop Computer Configurations
• PC Repair • Home Wireless Networking
• Installations • Viri & Spyware Eradication
Alan Zinsky
Phone: 916-622-2269
Zconfig@sbcglobal.net
Bus. Lic. # 305312 • B. E. A. Reg. #84416
www.zinskyspcrepair.com

WE BEAT ANY ONLINE & LOCAL STORE PRICES BY 15% ON LIGHTING, FLOORING & HARDWARE

CAPITAL WHOLESALE BRING IN THIS AD AND RECEIVE A \$20 CREDIT TOWARDS THE PURCHASE OF \$100 OR MORE!

HUGE SALE ON ALL FANS INCLUDES LIFETIME WARRANTY

Extra Large 66" Fan \$489

Indoor/outdoor Professional fan High efficiency /air flow/7400 DC motor-quietest fan/speed w/remote control/handset

52" Fan w/light, 4 Blade, Great Value Great Performer \$199

All Furniture, Mirrors, Accessories, Chandeliers, Fans, Lamps & Pendants **20-50% OFF**

EXT. LIGHTS LITHONIA LIGHTING

LED 3 Head, Dusk to Dawn, Photo Cell Floodlight #OFLR \$69

6" LED TRIM RETROFIT NATURAL LIGHT 10W EQUAL TO 75W \$985

DISTRESSED ENGINEERED HARDWOOD FLOORING

3/8" Thick x 5" Wide Many colors to choose from \$239 sq. ft. 25 yr man. warr.

1/2" Thick x 6" Wide Many Colors to choose from \$279 sq. ft. 25 year manufacturer warranty

Best of the Best 5/8" Thick x 7 7/16" Wide European Oak 5 Colors to choose from \$659 sq. ft.

HUGE SALE ON ALL VANITY SINKS & EMTK HARDWARE 25%-30% OFF

HUGE SALE ON STAINLESS STEEL FAUCETS

16 Gauge Stainless Steel FAUCETS, REFRIGERATOR SINKS 30% Off

Solid Wood Medallions & Corbels 25% Off

BLUESTAR Incomparable Power & Performance

THOR KITCHEN 30" 5 Burner-Gas Range BTU as high as 18,000 \$1279 2yr Parts & Labor Warr.

Electric & Gas 30" French Wall Oven \$3689

Best of the Best Professional Grade Front & Top Load Washer & Dryer

- Commercial
- Residential
- Best In Industry
- 3-7 Year Warranty

SAMSUNG 48" Built in Refrigerator

8" LCD Twin Cooling Stainless Steel w/ Dual Tower LED Lighting Water & Ice Dispenser \$6359

ICE MAKERS WINE CELLARS

15" W x 34.5" H Built-in or Free Standing \$950

15" W x 34.5" H Dual Zone Built-in or Free Standing \$685

BLUESTAR PROFESSIONALLY MADE IN USA

- 6 BURNER
- HIGH BTU
- 36" RANGE

WE DO LAMP REPAIRS 2990 SUNRISE BLVD., RANCHO CORDOVA (Between Sun Center Dr. & White Rock Rd.) 916-446-5500 OPEN MON-FRI 9:30AM - 5:00PM / SAT 10AM - 5PM / SUN 11AM - 4:30PM

AREZZO - 372 NORTH SUNRISE AVE, ROSEVILLE 916-789-1144 OPEN 7 DAYS A WEEK / 10 AM - 5:30PM / SUNDAY 11-4:30PM

Serving Northern California For Over 60 Years!



By David Dickstein, Gold River resident

May 13 is Mother's Day, and if you need to buy a gift to show how much you care, know that there's more than the mall or internet to find that perfect something. Right here in Gold River there's thousands of unique gifts just waiting to be bought and bestowed. OK, maybe hundreds of gifts. All right, all right - six.

- Show of hands: How many of you knew that the Gold River Racquet Club offers massages? I see one ... two ... three ... tall guy in the Giants shirt please move your head ... four ... five! OK, five of you. For the rest, know that massage therapist Karen Leatherman (916-317-6877) is quite handy at the club. Her certified paws, and those attached to two other body kneaders, can give Mom an hour of stress relief and full-body relaxation for \$75. Too much or too little? Then make it \$45 for 30 minutes or \$90 for 90. Gift certificates are available at the front desk, and club membership isn't necessary. Whatever you spend, be it for a Swedish, deep tissue or European massage, your thoughtfulness is bound to rub Mom the right way.
- Mani pedis are so ordinary, but one thing I'll bet Mom hasn't treated herself to is a professional foot massage. Bellissima Nail Spa (916-635-6672) in Gold River Town Centre, or "Gold River shooping center" as the salon's typo-riddled website says, will plant Mom in a massage chair with tootsies submerged in warm water. While that's going on, her hands, neck, shoulder and back will be massaged, stimulating her love for you as well as her blood circulation. Cost is \$32 for 30 minutes, but if the woman who went through excruciating pain to give birth to you is worth another \$13, be a sport

'Fool's Gold'

Yes, You Can Shop for Mom in Gold River



Mimi Dickstein, a teacher at Gold River Discovery Center and wife to a brilliant writer, models a piece from the Pauline & Oliver collection now featured at the local Hallmark Gold Crown store. Photo by David Dickstein

- and splurge for a full hour.
- Take a load off Mom's hands, if not several loads, by having a professional handle your family's dirty laundry. Swansons Cleaners in Gold River Town Centre is too fancy schmancy to offer wash and fold service, but across Sunrise, near 24 Hour Fitness, is V Cleaners (916-389-0798). OK, so it's not exactly Gold River, but it's the best and most affordable cleaners in the neighborhood. For \$2.50 a pound, they'll do what kids and dads (this one included) often don't. An average load is about 10 pounds, so for roughly \$25, put away the detergent and bring Mom cheer by turning the tide on all boring Mother's Day gifts.
- Hallmark's new slogan could be, "When you care enough about customers to sell the locally best." The company's Gold Crown Stores aren't known for carrying unique, one-of-a-kind gifts, but hoping to change that perception is ours in Town Centre. With Mother's Day approaching, corporate-owned Hallmark Creations (916-638-4906) is carrying a new line of locally crafted jewelry and keychains. Sold under the name Pauline & Oliver, the pieces by North Natomas artist Karin Smith are priced from \$5 to \$22. Risking my "man card," I have to admit that these accessories are pretty nice. I'm told more gifty items from local artists are on their way to the store, which will be a

welcome sight among all the mass-produced merchandise.

- First, the bad news: Outback Steakhouse's popular Bloomin' Onion appetizer has 1,950 calories, 1,390 of which are fat calories, along with 3,840 grams of sodium. Now for the good news: Outback in Town Centre (916-635-3603) is giving a \$10 bonus with every \$50 gift card for Mother's Day. That's almost enough to cover my favorite small plate there, the seared peppered ahi (a quasi-guiltless 390 calories). Not a bad deal, but be forewarned: If you're thinking about keeping the bonus to yourself, remember that Mom's probably reading this, too.
- Do you enjoy when Mom gives you one of her million-dollar smiles? Well, for about \$250 you can increase the value of those smiles and give Mom more confidence, too. HMF Family Dentistry (916-852-7660) has a "special occasion" deal on its take-home teeth whitening system. The only problem I see is in how it's given. Kinda like offering someone a mint; the recipient immediately assumes he or she has bad breath. If you succeed in presenting this generous and thoughtful Mother's Day gift without making her feel insecure, then, clearly, Mom raised you right.

David Dickstein is a Gold River resident. He can be reached at daviddickstein1@gmail.com. ★

Be a part of something important Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.

Jobs@mpg8.com

Call us today at 916-361-1234



STATEPOINT CROSSWORD • FAMOUS PETS

CLUES

- ACROSS**
- Can become herniated, pl.
 - Jump key
 - Popular last name in East Asia
 - "I love you" or "J" ____
 - International workers' group
 - Like famous rock-n-roll shoe
 - DNA half
 - Will Ferrell's Christmas character
 - Item on a cell phone bill
 - "Ed's" title
 - "TV" dolphin
 - Coach's talk
 - Gravy holder
 - Hot tea amount
 - Serengeti antelope
 - Single-celled microorganisms
 - Call status
 - Karate blow
 - Marconi's wireless telegraphy
 - Opposite of home
 - High fidelity sound systems
 - CISC alternative
 - Edible biblical rain
 - One of deadly sins
 - Ship's final destination
 - Like broken promise
 - Bring home the bacon
 - Message in a bottle?
 - Sound of laughter
 - Promise to pay
 - *Michael Jackson's chimp
 - *Marlon Bundo
 - Be of one mind
 - Author of "The Star-Spangled Banner"
 - Opposite of gregarious one
 - Flash of light
 - Bard's before
 - *Like Garfield's lasagna when he's done
 - Surfer's stop
 - Past tense of "be"
 - Mouthlike opening
- DOWN**
- Morse T
 - Footnote word
 - Songs for one
 - Like a potato chip
 - The Brady Bunch children, e.g.
 - Wedding cake layer
 - "... the President's Men"
 - Very successful
 - Intersection of two arcs
 - Great deal
 - Drop-off spot
 - ...do-well
 - Bachelor on "The Bachelorette," e.g.
 - Historical period
 - Skedaddle
 - Renewable energy source
 - *Sea World's long-running attraction
 - Des Moines native
 - Yoga class core exercise
 - *Punxsutawney seer
 - Persian backgammon

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
	19			20		21	22					
			23			24						
25	26	27		28		29		30	31	32	33	34
35			36		37			38		39		
40					41			42		43		
44				45		46				47		
48				49		50			51		52	
				53		54			55		56	
57	58	59	60					61		62	63	
64					65	66			67			68
69					70				71			
72					73				74			

DISH DEALS!!

190 Channels Now only ... **\$49.99** /mo. for 24 months

ADD HIGH-SPEED INTERNET **\$14.95** /mo. where available

Switch to DISH and Get a FREE Echo Dot

CALL TODAY PROMO CODE: **FreeEchoDot** 1-888-416-7103

For Solutions See Page 4

SUDOKU

The support you need to find quality SENIOR LIVING SOLUTIONS

A Place for Mom has helped over one million families find senior living solutions that meet their unique needs.

There's no cost to you! CALL (855) 439-6734

1 | 8 | 1 | 9

9 | 5 | | 2 | 3

5 | 1 | 4 | 2

7 | | 3 | 7

2 | 4 | | 5 | 8

6 | 8 | | | |

7 | | 2 | | |

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

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising **916-483-2299**

All Legal Ads Published by Messenger Publishing

Gold River Messenger

Serving Gold River and Sacramento County

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

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

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.

MPG

We are proud members of these newspaper associations.

ENPA SACP afcp



Publisher, Paul V. Scholl

Gold River Messenger is a member of Messenger Publishing Group

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

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

FAIR OAKS THEATRE FESTIVAL Summer Concert Series

Journey Tribute Band



Saturday, May 26 at 7:30 PM

Steely Dan Tribute Band



Saturday, August 18 at 7:30 PM

Eagles Tribute Band



Saturday, September 22 at 7:30 PM

Veteran's Memorial Amphitheatre
Fair Oaks Village • 7991 California Ave.

www.fairoakstheatrefestival.com

Ticket Prices: General \$15.00. \$20.00 at the door

\$2.00 Off

\$2.00 off the price of an admission ticket. Only 1 ticket with each original ad.



Make It Fun and
It Will Get Done!

The Secret
to Being Organized

Pam Young's Corner

What to Do When Someone is Unkind to You

ONE THING

Have you learned the valuable lesson that when you get treated poorly, it never has anything to do with you? It's not a real easy lesson because it's so easy to take unkindness personally, especially when it's directed right at you. Those who have this lesson learned are happier than those who don't. They are able to let unkindness roll off like they'd be if they'd been through the "wax" part in a car wash. Just think about the times you've gotten mad at your kid or your husband and you did it in a mean way. Do you feel bad after that? None of us wants to be mean spirited but sometimes it comes out that way because we're off. Our natural state is well-being but when we don't take care of ourselves and get enough sleep, food, water, fresh air and exercise, we can work out on our natural state of goodness.

I was at the grocery store the other day and the clerk who checked me out is a petite woman whom I've always enjoyed communicating with when I check-out at her register. Her name is Julie and she's very efficient and fast. She's also extremely patient with people and I've never seen her be mean to a customer.

One time I couldn't find my debit card to pay and just when I started to say, "I'll get out of line so you can take care of the next customer,"

she said, "It's okay, no rush." Just those kind words caused me to slow down and there was the card I needed.

But this day, as I put my groceries on the conveyor belt, she said, "I don't know why I'm so emotional today." I looked in her eyes and she looked so sad. I said, "What's up Little Girl?"

"Oh, I don't know, I guess it's 'cause I'm not being treated very well."

"What? Who is not treating you well?"

"Some of the staff here."

"Well, whoever is mistreating you, it has nothing to do with you."

"That's what my mom said!"

"Your mom is right!"

"Really? You think it has nothing to do with me?"

"Yep! It has everything to do with the other person."

Because I don't know the specifics I can guess. This woman has been working for the store for ten years and she's very good at what she does. She's also petite and attractive. My guess is there is some jealousy going on here. I decided to write a note to the manager and tell him how much I like this person and how she's so efficient, fast and friendly.

What if we wrote some note like that daily, complementing someone who we appreciate? Just think what that could do for hardworking people we know. Remember what Socrates said, or maybe it was

Donny Osmond, "Be kind to everyone you meet, they're having a hard time." When I tie up this article, I'm going to write another note like the one I wrote about Julie. It's going to go to Rachel a waitress we've enjoyed at one of our favorite restaurants, oh and then I'm going to write one to my neighbor who just had her house painted and it is absolutely gorgeous! Oh, and then I'm going to write one to Alex who always waits on me at our bank and is always fun and happy.

If you ever get mistreated, instead of spending a single moment feeling bad, write a note of appreciation for someone who comes to your mind. There are so many people in your life, (including you) who deserve being treated with kindness and appreciation.

So if you ever get into a situation where someone is unkind to you, don't take it personally and practice being kind and you'll attract more of the same. What anyone thinks of you is none of your business.

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. ★

20th ANNUAL FAIR OAKS CEMETERY MEMORIAL DAY EVENT

★ SATURDAY, MAY 26th, 2018 @ 10:00AM ★



Military Chaplains

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day events in the area.

The twentieth Annual Memorial Day and Avenue of Flags Ceremony will be held on Saturday, May 26th, at Fair Oaks Cemetery, located at 7780 Olive St., Fair Oaks. The formal ceremonies begin at 10 a.m.

This year's theme is to honor our Military Chaplains from all wars. Some of the first chaplains were appointed in the late 1800's. Many more were commissioned during World War II. More than 400 chaplains have died while serving in the U.S. military.

The Chairman of the Fair Oaks Cemetery District's Memorial Day Committee, Bob Clouse, will be the Master of Ceremonies. The main speaker(s) will focus on the history and facts of the United States Military Chaplains.

The Fair Oaks Cemetery will be decorated with over 400 American flags lining its roadways as "The Avenue of Flags". We will also be adding more names to the Veterans Memorial Wall.

The laying of the wreath at the Memorial, in honor of over 1800 Veterans who are buried in the cemetery, will be done by VFW Post 6158 and American Legion Post 383.

The musical program will consist of Pipers, a Drummer, and recorded music provided by a local Disc Jockey. Refreshments will be served at the conclusion of the ceremony, provided by the Orangevale/Fair Oaks Grange and the Fair Oaks Historical Society.

The Fair Oaks Cemetery's Memorial Day Ceremony is a fine example of how we, the community, remember our loved ones and say thank you to our Veterans and their families for their sacrifices.



Donald Kendrick, Music Director

SPRING
SEASON 22

Praise and Jubilation

West Coast
PREMIERE

Jubilate Deo | Dan Forrest

Te Deum | Antonin Dvorak

Ancient Airs and Dances | Ottorino Respighi

Rachel Songer, Soprano
Anne-Marie Endres, Soprano
Shawn Spiess, Baritone

Projected
supertitle
translations

GUEST CHORUSES

Sacramento Children's Chorus – Alexander Grambow, Director
Sacramento State University Chorus

Saturday, May 12, 2018 at 8 pm

Pre-concert talk by Donald Kendrick 7 pm

Sacramento Community Center Theater

TICKETS CCT BOX OFFICE | 916.808.5181 or TICKETS.COM
SACRAMENTOCHORAL.COM

Meet Charlie a Standard Poodle



Charlie, is excited to play at the local dog park. Photo courtesy Kay Burton

By Kay Burton

Owner Joan Moghadam tells us Charlie is a very friendly Dog. He is four and half years old and weighs about 65 lbs. He likes to play and run around with other dogs at the Dog Park.

His owner takes him out every morning. He especially likes to play fight with another dog who likes to play fight as well. Charlie dances when he fights, he looks more like a ballerina than a wrestler. It's fun to

watch. His owner takes him shopping with her to Lowes or Home Depot. He has become very popular. At home Charlie sleeps on one of the two sofas.

He also likes to sleep on his owners bed or the ottoman in the bedroom so he can look out the window. They have two wool rugs and he likes to sleep on those as well. Charlie likes to chew on beef back ribs. He is given one about two inches long

after he eats his dinner.

One of their neighbors likes to take Charlie for a walk in the evenings. When he hears someone knock at the door he gets all excited because he knows the neighbor has come to take him for his walk.

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. ★



By County Supervisor Sue Frost

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

Since I was first elected to office 6 years ago, and continuing now as Supervisor, I have tried to be open minded and research all sides of every issue so I can make informed decisions and support policy that best meets the needs of our communities.

That is why last year I asked the Sheriff's Department to allow me to personally experience some of the training our deputies undertake to help them handle potentially deadly situations. Watching news coverage of the tragic shooting of Stephon Clark has compelled me to share with you what I experienced and learned from that training - even though some of my advisors have recommended that I not touch this issue with a ten-foot pole.

When I arrived at the training facility, I was brought to a portable room where an instructor talked to me about how much "force" to use in given situations, such as how to disarm someone using words - or failing that, when to use force or draw a taser - and lastly, when to draw a firearm.

After the discussion, I was given a holster with simulated weapons that had recoil, and put in front of a huge projector screen that ran a series of simulations. The operator of the simulator was able to change the simulation based on what I was doing and saying, and the simulator itself could detect my gunshots and react accordingly. This combination made me feel like I was actually there, and I completely forgot that I wasn't in actual danger.

In my first simulation, I was at the park responding to a call where I was told kids were playing with a gun. When I arrived, I

GOLD RIVER COMMUNITY UPDATE

In Their Shoes

saw two boys sitting in the park holding something dark. In a matter of seconds I recognized that the object they were holding was a gun, but before I knew it one of the boys was accidentally shot. I was stunned! When I saw two innocent-looking boys holding something dark my heart wanted to think it was a book. After the simulator turned off for debriefing, we talked about why I did not identify myself as law enforcement, draw my gun and shout at them to drop the weapon. I was informed that had I handled things differently, nobody would have been shot.

In my next simulation, I witnessed a woman being robbed at an ATM. Learning my lesson, I drew my gun and started yelling commands, and continued to yell commands as I saw the man draw a gun. Almost immediately, the man had shot the woman, dropped his gun, and started to run away. I fired my "gun," shooting after him as the simulation again turned off for debriefing. We talked about why I should have shot the man earlier than I did, how chasing and shooting him as he ran away meant shooting him in the back when he had already surrendered his weapon, and how I could have accidentally shot an innocent bystander at a distance. My reaction added risk and liability to an already bad situation. I was asked how many bullets I thought I fired and was off by five. I was asked about what the man looked like, and was shocked that I could not recall anything about him other than he was a man.

As the morning went on, I had some simulations where I adequately solved the problem, and others that went just as bad as the first two. But the longer it went on, the more comfortable I was in the simulator and the better I was doing overall.

The experience opened my eyes to what our deputies have to be prepared to face while on patrol - and the training they receive on how to handle those situations. Before this experience, it was easy for me to watch a video of a police encounter and say how I would have done things differently. But after going through it, it has changed my perspective on all the police encounters I have watched - and has given me a greater appreciation for how hard it is for the officers.

I understand now how a person could recall firing only four bullets when he in fact fired ten. I understand how in a split second you can fear for your life and assume the worst. And I understand that since only a handful of officers will face those situations in their career, it must be extremely difficult to mentally prepare them for when they do happen.

With the benefit of hindsight and multiple camera angles, we can see how the shooting of Stephon Clark might have been avoided. This opens our eyes to the need for intense policy review and enhanced training - but not by shouting people down, breaking car windows or blocking roads and freeways. Providing our officers the best available training so they can be as prepared mentally and physically as possible should be a top priority.

The simulator I went through was a single projector screen. But other law enforcement agencies in California have a more realistic series of five screens that surround trainees, providing more options - and a more realistic, higher intensity level of training.

Moving forward, I will be working to secure funding to either purchase this equipment for the Sacramento County Sheriff's Department (which could also be shared with other police departments that could benefit) or sending Deputies to train in a facility that already has such a system. We owe the benefits of such higher intensity training to the public - and to the officers who protect us every day.

Finally, I want to invite everyone to my Gold River community meeting on May 26th at 9:00am at the Starbucks near Sunrise and Gold Country. This is an opportunity for you to get an update from me and to ask me any questions you may have. 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@saccounty.net.

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

EverGreen

Nutrition & Beauty

MANY product lines on **SALE!**
Visit our store for details.

- Vitamins
- Body Care
- Essential Oils
- Natural Beauty

- Probiotics
- Herbs
- Protein
- Specialty Foods

15% OFF

Entire Purchase

Cannot be combined with any other discounts, coupons, or promotions. Limit one coupon per purchase. Coupon must be presented. Some exclusions apply. Valid through MAY 31, 2018

ASK US ABOUT OUR LOYALTY PROGRAM!

Seniors and Veterans Receive
15% OFF EVERY DAY
at EverGreen

Hours Mon - Sat 10am - 7pm & Sun 11am - 5pm
4044 Sunrise Blvd. Suite 160 Rancho Cordova, CA 95742
916.500.3334 [f](https://www.facebook.com/evergreenfnb) [i](https://www.instagram.com/evergreenfnb) CS@evergreenfnb.com
www.evergreenfnb.com

EAST LAWN

CEMETERIES • MORTUARIES • CREMATION • PREPLANNING

Make your final arrangements, then go enjoy the rest of your life.

The Privilege of Planning

A 25-minute free presentation. We'll serve you with a Catered Meal!

Make Sure Those You Care About Are Always Cared For

"The Privilege of Planning" is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

CHOOSE ONE OF THESE SEMINARS

Wed., May 9

Wed., July 18

11:30 am to 12:30 pm

EAST LAWN

Sierra Hills Memorial Park & East Lawn Mortuary

5757 Greenback Lane, Sacramento, CA 95841

To RSVP or More Info:
916.732.2020

Lic. #FD-1242

Thurs., April 5

Thurs., June 7

11:30 am to 12:30 pm

EAST LAWN

Memorial Park & Crematory

4300 Folsom Blvd., Sacramento, CA 95819

To RSVP or More Info:
916.732.2000

Reservations Required. Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar. If you prefer to RSVP via email, log onto our website and go to the seminar registration page.

www.EastLawn.com

Fair Oaks EcoHousing

A Family-Friendly Green Neighborhood

- Safe and Supportive Community for People of All Ages
- Close to Fair Oaks Village
- Large Clubhouse and Gardens
- 30 Townhomes and Flats

Join us for a monthly site tour

For more information, visit FairOaksEcoHousing.org

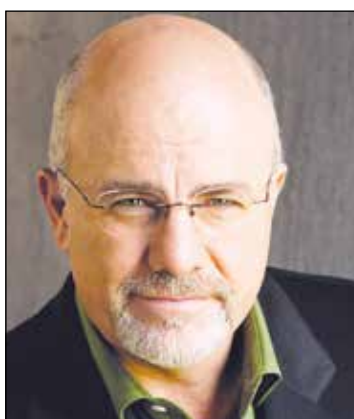
MANDARIN IMMERSION PROGRAM

Buckeye Union Mandarin Immersion Charter School is now accepting enrollment for Kindergarten and 1st grade classes for the 2018-2019 school year. The program will be held at Oak Meadow Elementary School. This is a one-way immersion program and no experience with the Mandarin language is necessary. The program is open to students both inside the Buckeye Union School District and to students from surrounding districts.

Spaces are limited so register now for this exciting opportunity. Please call the school at (916) 933-9746 for more information.

Buckeye Union School District

Please go to our website <http://www.buckeyeusd.org>.



Dave Says

I really hate debt, but being \$3,000 in the hole is a lot better than being \$15,000 in the hole. Then, you could turn around and quickly pay back the \$3,000 you borrowed.

You'd give the total amount owed to the bank, they would give you the title, and you would sign it over to the new owner. Hope this helps!
—Dave

Getting rid of the car

Dear Dave,
How do you sell a vehicle with a lien amount that's higher than the actual value of the car?
—Michael

Dear Michael,
First, you need to find a way to cover the difference between the amount of the lien and what you can get for the car. Let's say the car is worth \$12,000, and you owe \$15,000. That would leave you \$3,000 short.

The bank holds the title, so unless you give them the pay-off amount of \$15,000 you're not getting the title. The easiest and simplest way would be if someone buys the car for \$12,000, and you had \$3,000 on hand to make up the difference. If you don't have the money to make up the difference, you could go to a local bank or credit union and borrow the remaining \$3,000.

Stop spending completely?

Dear Dave,
My mom and dad are following your advice, and they are working hard to get out of debt. I was wondering, is it okay to buy things while you're paying off the debt you already have?
—Leslie

Dear Leslie,
I'm glad you're paying attention to the finances around your house. Of course, there are some things you must have. We call these "necessities." Most things are not necessities, though. If your air conditioning breaks down, or you have car repairs, those are things you must spend money on to fix. Things like new

furniture, vacations, and eating at restaurants are not necessities. They're things you might want, but they're not necessary — especially when you're trying to pay off debt.

I always recommend people take a hard look at their priorities, and remember there's a difference between wanting something and needing something to survive. It can be hard, and it may mean everyone has to go without a few things they want for a while. But if your parents are serious about getting out of debt, they'll do it. And it really won't take all that long.

Great question, Leslie!
—Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, EntreLeadership and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com. ★

Less Toxic Alternatives for Pest Control

SACRAMENTO



STORMWATER QUALITY PARTNERSHIP

Now that we're getting into the "spring of things", are you seeing more bugs crawling in and around your home or garden? Although pesticides are commonly used to get rid of pests, they can pollute our creeks and rivers. Toxic chemicals in pesticides can be washed away by rain water or sprinkler runoff sending those pollutants into a nearby storm drain. Once in the drain, those toxins end up in a nearby creek or river, which is home to many plants and aquatic life.

Before you reach for that can of bug spray to defend your garden, please consider these less toxic steps to ward off pests:

Know your Friends

Many bugs are not pests and may actually be beneficial because they control other bugs or pollinate flowers. For example ladybugs, both adults and larvae, are known primarily as predators of aphids. Parasitoid wasps are also keen hunters of aphids and caterpillars. You may not like spiders, but they can also be the best sentry to keep your plants safe. Knowing which bugs are friends or pests is the first step in managing pests wisely. The UC Statewide Integrated Pest Management Program (www.ipm.ucanr.edu) offers ideas about natural enemies to pervasive pests.

Less Is More

Chemicals in your yard kill both good and bad bugs. For pest or weeds, use less-toxic or non-toxic methods to keep garden-friendly bugs on your side and unwanted bugs under control. The Our Water Our World Program offers simple ideas online at ourwaterourworld.org. You can also look for convenient eco-friendly options at your local garden or hardware supply store. The Our Water Our World Program partners with stores to help consumers find less-toxic products for use in their homes and gardens.

Attraction is Essential

Attract and keep beneficial bugs in your yard and let them do the work for you! You should plant flowers and shrubs that attract good bugs to your garden. There won't be a need for chemicals when the good bugs can keep the "bad bugs" under control. Unwanted bugs will always be in your garden but a healthy garden filled with good bugs will minimize pests. The UC Statewide Integrated Pest Management Program (www.ipm.ucanr.edu) has dozens of ideas for finding the right plants to control pests around your home and in the garden.

Choose Plants Wisely

Select pest and disease resistant plants as well as plants that attract good bugs to keep a healthy balance of garden friends close by. Plants like rosemary, zinnia and coyote brush make great additions to the yard. Plants that are native to your area will adapt best to the climate, making them stronger and healthier.

www.beriverfriendly.net

Be a part of something important Local Writers Wanted

We are looking for local Freelance Writers to provide great coverage.

Jobs@mpg8.com

Call us today at 916-361-1234



I want Mom to:

- laugh
- make friends
- eat well
- feel secure
- have fun
- feel loved

ESKATON eskaton.org/elgr
Transforming the Aging Experience

Eskaton Lodge Gold River
Assisted Living, Pre-memory Care and Memory Care
916-900-1685
License # 347001241



Assemblyman Cooley Honors Local Radiologist and Holocaust Survivor at 2018 Holocaust Remembrance Ceremony

From the Office of Assemblyman Ken Cooley

SACRAMENTO REGION, CA (MPG) - On Monday, April 16, Assemblyman Ken Cooley (D-Rancho Cordova) honored Dr. Adam Greenspan at the annual Holocaust Remembrance Ceremony at the State Capitol.

Each year, the California Legislative Jewish Caucus hosts the Holocaust Remembrance Ceremony on California's Holocaust Memorial Day to recognize survivors, family of survivors or liberators.

"Dr. Adam Greenspan's entire life exhibits survival. The town he lived in with his parents at the tender age of 4 was bombed during the first week of the German Blitzkrieg by which the German Army started World War II. He recalls fleeing into the countryside with his parents after the attacks on Poland by the Germans and the Soviets in 1939," said Assemblyman Cooley. "Adam's persistence through the ensuing horror and the success that he and his family achieved despite the terrors of the Holocaust is inspiring. It is with great honor that I

recognize Dr. Adam Greenspan as the honoree of the year for the Eighth Assembly District," continued Cooley.

Dr. Adam Greenspan is the only child of a physician, Bernard, from Rudnik nad Sanem, in eastern Poland. In 1939, 4-year old Adam fled with his family to Lvov, 92 miles away. When the Soviet forces invaded Poland under the Molotow-Ribbentrop agreement, Adam and his family were sent via cattle train on a five week journey to Novosibirsk, Siberia, where his father worked as an internist,

surgeon, pediatrician, obstetrician, and dentist for the Russians with make-shift tools. Adam's family was relocated to Burnoje, Kazakhstan in 1941 where Adam collected cow "pancakes" as fuel for their stove, their sole source of heat. After the war ended, Adam's family lived in Wroclaw (formerly Breslau) in western Poland, where Adam finished school, studied medicine, and became an orthopedic surgeon. Despite his accomplishments, Adam did not wish to spend his life living under a totalitarian regime in communist Poland, and he resolved to leave

by any means necessary. After several unsuccessful attempts to emigrate legally to the United States, he escaped to Austria, where he sought asylum. He eventually made his way to the United States and settled in the Arden area of Sacramento.

Adam's father, Bernard passed away in Poland in 1964, and his mother Eugenia emigrated to the U.S. a few years later, passing away in New York in 1984. Dr. Greenspan is a world famous orthopedic radiologist and Professor of Radiology at the University of California,

Davis. He has written multiple articles and books on his specialty. He lives with his wife Barbara and has three grown children, a daughter-in-law, and three grandchildren.

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/> ★

The June Election is right around the corner!

Beginning with the June 2018 Primary Election:

- All voters in Sacramento County will be mailed a ballot
- You choose how to vote: by mail, at a Ballot Drop Box, or at a Vote Center

Important Dates

- May 7** Ballots will be mailed to all registered voters
- May 8** All 53 Ballot Drop Box locations open
- May 26** 18 Vote Centers open
- June 2** All 78 Vote Centers open
- June 5** Election Day! Last day to turn in your ballot



Learn more at www.Elections.SacCounty.net

Call Toll Free (800) 762-8019

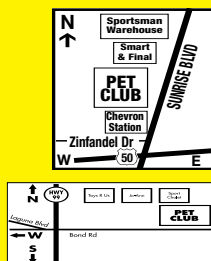


PET CLUB is Excited to Now Offer: Blue Buffalo, Chicken Soup, Earth Born, Evo, Diamond Naturals, Pinnacle, Taste of the Wild, & Royal Canin Pet Foods

PET CLUB
FOOD AND SUPPLIES

EVERYDAY LOW PRICES
Super Discount Prices • Hot Specials & Coupons
Short-term promotions from vendors
(No Membership Fees)

We Only Accept ATM, Cash, & Checks



2344 Sunrise Blvd.
Rancho Cordova, CA
916-635-5008

8515 Bond Rd,
Elk Grove CA
916-686-7808



COUPON
\$2.50 OFF
ANY PURCHASE OF \$7.00 OR MORE OF PET OR FISH SUPPLIES (Excluding Pet Food or Litter) Cannot be used in conjunction with similar dollar or percentage off coupons & advertised sale items.
Limit 1 PLU 331 GRM
Limit: 1 Coupon Per Family
Effective 5/2/18 - 5/8/18

COUPON
FREE PURE NESS PET BOWL
Sm. Size #00201 or #000A1 with any purchase of pet, fish food or supply. Limit 1. 99¢ Value PLU 349 GRM
Limit: 1 Coupon Per Family
Effective 5/2/18 - 5/8/18

ZIGNATURE LIMITED INGREDIENT FORMULA DRY DOG FOOD
•Turkey •Lamb •Trout/Salmon •Zssential
•Duck •White Fish 13.5 lb **\$3 OFF**
•Park •Cat Fish 27 lb **\$5 OFF**
•NEW Salmon
Limit 2 Bags Per Family
OUR SUPER LOW PRICES
Effective 5/2/18 - 5/8/18

DIAMOND NATURALS DRY DOG FOOD
40 Lb Bag
•Chicken •Lamb •Beef •Large Breed
•Senior 35 Lbs
•Lite 30 Lbs **\$29.99**
(Lrg Breed Lamb \$31.99)
(Ex Athlete \$36.99)
Effective 5/2/18 - 5/8/18

AVODERM NATURAL DRY DOG FOOD
24-26 Lb Bag Limit 2 Bags Per Family
•Lamb Meal & Rice **\$31.99**
•Chicken Meal & Rice
•Lite •Original **\$33.99**
•Large Breed Adult
Effective 5/2/18 - 5/8/18

NUTRO WHOLESOME ESSENTIALS DRY DOG FOOD
•Chicken, Brown Rice & Oatmeal Formula (Reg & Lrg Breed) •Senior •Lite 30 Lb Bag **\$35.99**
Limit 2 Bags Per Family
Effective 5/2/18 - 5/8/18

9 LIVES CANNED CAT FOOD
5.5 Oz All Varieties
Limit 1 Case Per Family **35¢**
Effective 5/2/18 - 5/8/18

FANCY FEAST GOURMET CANNED CAT FOOD
All Varieties except Elegant Medley 3 Oz
Limit 2 Cases Per Family **20/\$11.00**
Effective 5/2/18 - 5/8/18

PURINA CAT CHOW DRY CAT FOOD
•Regular •Indoor 16 Lb Bag
Limit 2 Bags Per Family **\$11.99**
Effective 5/2/18 - 5/8/18

SCOOPAWAY CLUMPING CAT LITTER
20 Lb Box
•Multi-Cat •Unscented (Fresh Step Scoop, 20 Lb Box - \$7.49)
Limit 2 Boxes Per Family **\$5.49**
Effective 5/2/18 - 5/8/18

PURINA PRO-PLAN CANNED FOOD SALE
Limit 2 Cases •Selected Varieties Dog Food 13 Oz **\$1.09** Cat Food 3 Oz **69¢**
WILDERNESS DRY CAT FOOD AS MARKED \$5 OFF
•Chicken •Salmon •Duck •Indoor •Weight Control 100% Grain Free 11-12 Lb Bag Limit 2 Bags
PEDIGREE DRY DOG FOOD \$21.99
•Adult 50 Lb Bonus Bag Limit 1 Bag Per Family
CANIDAE PURE GRAIN FREE ADULT DRY DOG FOOD \$10 OFF
24 Lb Bag Limit 2 Bags •Lamb •Duck •Salmon

WORLD'S BEST CAT LITTER \$12.99
•Original •Extra Strength 14 Lbs Limit 2 Bags
PRECIOUS CAT CLUMPING CAT LITTER \$5.99
18 Lb Bag Limit 2 Bags Per Family
JONNY CAT PREMIUM CAT LITTER \$1.69
10 Lb Bag Limit 2 Bags Per Family
CAT'S PRIDE FRESH & LIGHT PREMIUM CLUMPING CAT LITTER \$5.99
15 Lb Jug Limit 2 Jugs

NUTRO MAX GRAIN FREE ADULT RECIPE DRY DOG FOOD \$23.99
•Chicken •Lamb •Mini Chunk 25 Lb Bag Limit 2 Bags Per Family
PEDIGREE CANNED DOG FOOD 69¢
•Choice Cuts in Gravy •Chunky Ground Dinner •Chopped Ground Dinner All Varieties 13 Oz Limit 2 Case (12 ct)
MEOW MIX DRY CAT FOOD \$10.99
•Original Choice 16 Lb Bag Limit 2 Bags Per Family
WELLNESS DRY CAT FOOD \$30.99
•Chicken (12 Lb) •Indoor (12 Lb) •Healthy Weight (11.5 Lb) (Salmon, 12 Lb - \$31.99) (3 Free Wellness Cat Can 5.5 Oz With Each Purchase)

PETMATE VARI-KENNEL & COMPASS PET KENNELS 20% OFF
All Sizes
INABA CAT TREATS 25% OFF
•Creamy Puree •Grilled Tuna & Chicken Filet All Varieties
GREENIES PILL POCKETS 20% OFF
Cat (Tablet & Capsules) 1.6 oz **\$4.99**
Dog (Tablets) 3.2 oz **\$5.49**
Dog (Capsules) 7.9 oz **\$6.99**
MULTI-PET SOFT DOG TOYS 20% OFF
All Varieties
RADIO SYSTEMS 20% OFF
Pet-Safe Pet Doors & Patio Panel Pet Doors All Models •Aluminum •Plastic

MARINELAND POWER FILTER SALE
MODEL TANK SIZE PET CLUB SALE
PENGUIN 100B20 Gal. **\$17.99**
PENGUIN 150B30 Gal. **\$24.99**
PENGUIN 200B50 Gal. **\$29.99**
PENGUIN 350B75 Gal. **\$39.99**
TETRA BOXED 10 GALLON TANK With Economy Kit \$36.99
Just add Heater For Tropical Fish Limit 1 Per Family
KORDON WATER CONDITIONERS
Amquel 16 Oz **\$6.49**
Amquel Plus 16 Oz **\$6.49**
Novaqua Plus 16 Oz **\$6.49**
KORDON CORAL SEA 50 GAL SALT MIX WITH AMQUEL \$12.49

BONUS COUPON FANCY FEAST ELEGANT MEDLEYS CANNED CAT FOOD 59¢
Selected Varieties - 3 Oz
Limit 6 Cans with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon Effective 5/2/18 - 5/8/18

BONUS COUPON PURINA WHISKER LICKINS CAT TREATS 69¢
•Soft & Delicious - 2.5 Oz
•Crunchy & Yummy - 1.7 Oz
Limit 2 Pouches with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon. Effective 5/2/18 - 5/8/18

BONUS COUPON ARM & HAMMER CAT LITTER DEODORIZER \$1.49
20 Oz Box
Limit 2 Boxes with Coupon
Limit One Coupon Per Family
Price Valid Only With Coupon
Effective 5/2/18 - 5/8/18

Cordova Recreation and Park District Swears in New Director

By Alyssa Rasmussen
CRPD

RANCHO CORDOVA, CA (MPG) - Recognition for Cordova Recreation and Park District's (CRPD) Chairperson Inez Reyes has officially expanded beyond the District's borders. At CRPD's monthly Board meeting on Wednesday April 18th, Chairperson Inez Reyes was sworn-in as a Director for the Northern California Region of the California Association of Park and Recreation Commissioners and Board Members (CAPRCBM).

Chairperson Inez Reyes will serve a 3-year term and work with other elected Officers and Directors to further CAPRCBM's mission of providing education, networking, and advocacy that enhances the role of Commissioners and Board Members. CAPRCBM is a non-profit established in 1968. Affiliated with both the California Park & Recreation Society and the National Recreation and Park Association, and made up of citizen advocate volunteers that - as CAPRCBM puts it - take parks and recreation services seriously, CAPRCBM is the only association of its kind.

Chairperson Inez Reyes has been making positive changes



James N. Simpson, Executive Director of CAPRCBM, attended CRPD's April Board of Directors Meeting to Swear-In CRPD Chairperson Inez Reyes as a Director of CAPRCBM's Northern California Region. Photo courtesy CRPD

and lasting connections in the Cordova Recreation and Park District for more than 10 years. Currently in her third term, her gregariousness and commitment to citizens and CRPD advocates are felt across the District. CRPD's District

Administrator Patrick Larkin says "Chairperson Inez Reyes is a true champion for the Cordova Recreation and Park District. She believes in strong partnerships and recognizes that with them we all become stronger leaders." ★

HMF Family Dentistry
Gold River
Hector Fernandez D.D.S.

- Invisalign™
- Zoom2 Whitening
- Oral Surgery Including Wisdom Teeth Extraction
- Implants
- Cosmetics
- Root Canals

hmfdentistry.com
11230 Gold Express Dr. #306
Off Sunrise & Hwy 50
852-7660

LEGAL ADS FOR SACRAMENTO COUNTY?
We Can Do That!
Call to place your legal advertising **916-483-2299**
All Legal Ads Published by Messenger Publishing **MPG**

KP International Market
10971 Olson Drive • Rancho Cordova, CA 95670 • 916.853.8000

WEEKLY MEAT SPECIALS

Sanderson Farms Boneless & Skinless Chicken Breasts Pechuga de Pollo Deshuesada y sin Piel 40 lb Box.....\$58.99/ea \$1.49/lb	BONUS BUY Beef Fillet Mignon Steak/ Roast Filete Miñon \$6.39/lb
Farmland SEABOARD Boneless Pork Loin Chops or Roast Chuletetas de Cerdo o Asado de Cerdo sin Hueso \$1.69/lb	IBP Pork Spare Ribs Small Size (Single Pak) Costillas de Cerdo \$1.99/lb
USDA CHOICE Beef London Broil & Top Rnd Rst-Bnls Pulpa Para Hornear Roast sin Hueso \$2.69/lb	USDA CHOICE Beef Top Rnd Steak Pulpa - Thin Sliced Stk Pulpa Para Hornear Stk sin Hueso \$2.99/lb

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

Cilantro 4/\$1	Kale Bunch 69¢	Aloe Vera 79¢	Honey Crisp Apples 89¢	Golden Pear 3 pc 2.99	Seedless Watermelon 3lbs/\$1
Mexican Green Onions 2/\$1	Jicama 2lbs/\$1	Red Potatoes 2lbs/\$1	Plantain Bananas 79¢	Limes 6/\$1	Russet Potatoes 10 lb Bag 1.99
AMERICAN/HISPANIC GROCERY					
Chorizo 5.99	Charmin Essential Bath Tissue 12 Rolls	4/\$5 TAX + CRV	El Compadre Charred Mesquite 7 lb \$3.99	1,2,3 Vegetable Oil 33.81 fl oz \$1.69	Del Monte Mandarin Orange in Light Syrup 15 oz 2/99¢
ASIAN GROCERY					
Chunky Corned Beef 3.99	Mirin 3.99	Squid 1.59	Mac Fry 1.99	Super 99¢	Del Monte Mandarin Orange in Light Syrup 15 oz 99¢
EUROPEAN GROCERY					
Marin 9.99	Lavada 79¢	President 2.69	President 2.69	3/\$5	2/99¢
KOREAN/JAPANESE GROCERY					
Lightly Milled Brown Rice 15 lb Bag 9.99	Shin Bowl Ramen Set 1 Kind 12 x 3.03 oz 7.99	Cold Noodle Pyongyang 1040 g 2.99	Non-Fried Ramen Noodle 3 Kinds 1.57 oz 2.99	Asst Oriental Noodle 12 oz 99¢	17 Grain Tea 1.5 L 99¢
HOUSEWARES					
Electric Rice Cooker \$109.99	Electric Kettle \$19.99	Electric Pressure Cooker \$29.99	Electric Toaster \$9.99	Electric Slow Cooker \$19.99	Electric Air Fryer \$19.99
FROZEN DEPARTMENT					
Easy Peel White Shrimp 26-30 x 2 lb Bag \$10.99	Melona 3.99	Melona 3.99	Melona 3.99	Melona 3.99	Melona 3.99
EUROPEAN DELI					
Luereis Servicos Provolone Cheese \$7.99	Luereis Servicos Provolone Cheese \$7.99	Luereis Servicos Provolone Cheese \$7.99	Luereis Servicos Provolone Cheese \$7.99	Luereis Servicos Provolone Cheese \$7.99	Luereis Servicos Provolone Cheese \$7.99

HAPPY HOURS KARAOKE SPECIAL Come before 6pm (Valid Time)

DRAFT BEER \$2.00

Mon-Thru 4:00 PM - 9 PM
Fri-Sat 2:00 PM - 9 PM

\$1 FOR 6 PEOPLE \$60.00 3 Hours Karaoke + Pizza + Pitcher Soda + 2 Main Dishes (Small Room) (14 inch) (Up to 3 pitchers) (10 Dishes to Choose From)	\$3 FOR 28 PEOPLE \$260.00 3 Hours Karaoke + 4 Pizzas + Pitcher Soda + Fruit + 7 Main Dishes (Party Room) (14 inch) (Up to 14 pitchers) (Assorted) (20 Dishes to Choose From)
\$2 FOR 8 PEOPLE \$80.00 3 Hours Karaoke + Pizza + Pitcher Soda + 3 Main Dishes (Medium Room) (14 inch) (Up to 4 pitchers) (10 Dishes to Choose From)	10 DISHES TO CHOOSE FROM Hamburger, Cheese Burger, Club Sandwich, Chicken Nuggets, Spiced Edamame, Fried Dumpling, Korean Meatball, Chicken Wings, Pork Lumpia, French Fries
\$3 FOR 14 PEOPLE \$140.00 3 Hours Karaoke + 2 Pizzas + Pitcher Soda + 5 Main Dishes (Family Room) (14 inch) (Up to 6 pitchers) (10 Dishes to Choose From)	OPEN 7 DAYS A WEEK Mon-Thu 4PM-2AM / Fri-Sat 2PM-2AM / Sun 2PM-12AM 10947 OLSON DRIVE, RANCHO CORDOVA, CA 95670 916-853-2006 • WWW.KP-KARAOKE.COM
\$9 FOR 18 PEOPLE \$180.00 3 Hours Karaoke + 3 Pizzas + Pitcher Soda + 7 Main Dishes (Large Room) (14 inch) (Up to 9 pitchers) (10 Dishes to Choose From)	