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# Gold River Messenger

"Written by the people, for the people"

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Serving Gold River and Sacramento County

DECEMBER, 2017

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**BERA LEADS DISCUSSION ON JOBS**



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## Turkey Drive Serves Others



The Cordova Community Food Locker is staffed by volunteers and is open 9:30 a.m. – 1:30 p.m., Mondays, Wednesdays, and Fridays.

**Story and photo by Margaret Snider**

**RANCHO CORDOVA, CA (MPG)** - The Cordova Community Food Locker collected turkeys for Thanksgiving in its 26th annual turkey drive. When the program started 26 years ago, it began small. "We have reached the point (now) where we will probably give away in the neighborhood of 1,200 complete Thanksgiving meals in a matter of five hours," said Rev. Deacon Walter J. Little, co-creator and director of CCFL. Little is the ordained deacon assigned to St. John Vianney Catholic Church in Rancho

Cordova where the food locker is located. "The power that is bigger than I am is confirming the validity of us being able to reach out and help people," Little said. "And their gratitude for what we have done is so much more than what we have ever done in terms of giving out food." Golden State Water Company donated 130 turkeys to the CCFL on November 13, as well as 90 turkeys to the Rancho Cordova Elks and 80 to River City Christian Church for further allocation. Angela Russell, assistant manager at CCFL said "It always turns out really good, just very smoothly, and we've been doing it

so long it just works." You can sign up to donate to future food drives or to become a volunteer by going to the JustServe website at <https://www.justserve.org/projects>, or go to [www.justserve.org](http://www.justserve.org) and enter your town or zip code to find a variety of projects and ways to serve in your community. As of December 2015, CCFL had served over 500,000 families, over 2 million individuals, and food for over 15.5 million meals. ★



## Santas Needed to Fill Holiday Stockings

*You Can Help Formerly Homeless Women and Children*  
By Kristin Thébaud

**SACRAMENTO REGION, CA (MPG)** - Local residents can bring smiles to formerly homeless women and children this holiday season by contributing to Women's Empowerment's annual Holiday Stocking Drive. The group is seeking 250 unstuffed stockings and specific fillers for local infants and toddlers, children, teens and adult women.



Laura, a graduate of Women's Empowerment, and her children receive holiday stockings donated by the community for women and children who were recently homeless.

"The women and children in our program have known the coldest, loneliest holiday seasons. The community's simple gift of stockings brings immeasurable joy along with warm winter accessories as they celebrate their first holiday season in a home they can call their own," said Lisa Culp, executive director, Women's Empowerment. For the list of items needed, visit [www.womens-empowerment.org](http://www.womens-empowerment.org). Those interested also can donate \$35 to have a volunteer elf fill a stocking or donate \$15 Target gift cards. Items are needed by Dec. 6 and can be dropped off at 1590 North A Street, Sacramento.

The award-winning organization has graduated 1,457 homeless women and their 3,500 children. Last year, 92 percent of graduates found homes and 81 percent found jobs or enrolled in school or training. The program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures.

Women's Empowerment is funded through private donations from the community and receives no government funding except for in-kind rent from the County of Sacramento. To make a donation, visit [www.womens-empowerment.org](http://www.womens-empowerment.org).

Source: Kristin Thébaud Communications ★

## They Are Heroes to All of Us

*Families and Friends Gather to Honor Veterans*

By Margaret Snider

**MATHER, CA (MPG)** - On November 11, hundreds of veterans, along with family, friends, and supporters gathered at Sacramento Veterans Administration Medical Center in Mather to celebrate Veterans Day. The theme of the observance was "Argonne to Afghanistan, 100 years of the American Veteran."

Retired Lt. Col. Bob Burns, U.S. Army, was the only veteran there to have served in World War II, Korea, and Vietnam wars. Burns served as Master of Ceremonies for the event.

Col. Joseph P. Gleichenhaus, U.S. Army, California State

Command Inspector General, provided the keynote address. Veterans Day, as opposed to Memorial Day, he said, honors all American veterans both living and dead, and is largely intended show appreciation for the living. "You've got a lot of very alive veterans out here today, and I do thank you for your presence," Gleichenhaus said. "I thank you all for your service, the veterans who are here, whether you (traveled) or remained here at home, whether you saw combat action or not, you served. You volunteered or you honorably served and you provided a service to our nation and our way of life."

*Continued on page 6*



Retired Airforce nurse Kiyo Sato (top photo) (94) met Royal Canadian Air Force officers from a contingent stationed at Beale AFB. Photo by Susan Skinner

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# Grinch, Children, Puppets, Headliner, Orchestra and Chorus Star in SCSO's December Celebration at Memorial Auditorium

**SACRAMENTO REGION, CA (MPG)** - SCSO Conductor Donald Kendrick and the Sacramento Choral Society & Orchestra are once again setting a joyful scene for their magical *Wells Fargo Home for the Holidays* celebration in downtown Sacramento. This premier Christmas celebration has become a standing-room only area tradition when families converge in Sacramento's venerable landmark Memorial Auditorium (15th & J Street) to salute the season in fine style.



The SCSO is enjoying a strong collaboration with KVIE for their December 9th performances and their PBS documentary is gaining lots of airtime leading up to the concerts. Photo courtesy SCSO

## You Spoke – The SCSO Listened

“Last year’s inaugural matinee concert played to a full house so we are definitely running a 2 PM matinee performance again this year on Saturday, December 9,” says SCSO Marketing Director Jeannie Brown. “That will be followed by a 7:30 PM evening performance to accommodate our loyal patrons.”

SCSO attendees also requested that the Grinch and the life-size Puppets return to regale children young and old at this year’s events. Christopher Cooke and the Green Valley Theater Company will once again create the puppet magic and baritone Matt Hanscom will once again make Dr. Seuss’ *The Grinch Who Stole Christmas* jump off the page and into the hearts of the audience. (As an aside, it’s hard to believe that *The Grinch* is celebrating its 60th birthday this year.)

The SCSO is once again proud to partner with Wells Fargo to help Sacramento area families celebrate the season in a meaningful way. “It is our pleasure to collaborate with Wells Fargo to offer such an exciting choral/orchestral program to so many people,” says Board President James McCormick. Wells Fargo and the SCSO are partnering to offer tickets for the underprivileged and for Veterans. “Sacramento’s venerable Memorial Auditorium was built in 1927 and it is celebrating its 90th birthday this year. The performance venue was dedicated to Veterans back in 1927, so our Veterans and their Families feel a special kinship for this Sacramento landmark” says SCSO Board Member Amanda Johnson.

The SCSO is enjoying a strong collaboration with KVIE for their

December 9th performances and their PBS documentary is gaining lots of airtime leading up to the concerts. “We also have a close partnership with *Make-A-Wish* this year,” says Board Member Jeannie Brown. “We hope to grant not one but three wishes for our young stars at this year’s performances.”

SCSO Artistic Director Donald Kendrick has added some extra special magic for children young and old at their December 9th performances. Says Kendrick, “People love to hear stories at Christmas and we intend to share a stunning arrangement of American composer Randol Alan Bass’ *The Night Before Christmas* featuring the orchestra and narrator Matt Hanscom.

“The warm atmosphere created by Memorial Auditorium’s u-shaped seating plan fosters a very strong sense of community at the concert itself. For most people attending, witnessing the power of such a large chorus and orchestra, and even singing along with the orchestra on the second half of the program leaves an indelible impression, one sparkling with hope and joy,” says

SCSO Board Member Derek LaCrone.

SCSO Conductor Donald Kendrick has once again drawn together another refreshing and sparkling program designed to capture the magic and spirit of the season, providing seasonal surprises and merriment for the whole family. “We are working hard to provide a festive and celebratory mood for our *Wells Fargo Home for the Holidays* concert as we plan to welcome families who come together to celebrate this joyful season,” says SCSO Conductor Donald Kendrick. “It is a time to experience a wonderful sense of old-fashioned community and camaraderie brought about by the thrilling music of the season.”

## Music, Mystery, Children, Guest Artist and Narrator, Audience Singalong

The concert’s special guests will once again be the **Sacramento Children’s Chorus** under their new director Alexander Grambow. The program begins with a sense of mystery in darkness with the entire large 180-voice combined SCSO/SCC Choruses surrounding the audience with candles

in the first balcony, singing a *cappella* from memory. *This sound around* effect is stunning and moving for both the performers and audience members alike,” says SCSO patron Lynn Estabrook. “The candlelit procession to the stage during Leroy Anderson’s *Christmas Festival* will make for a magical opening to our performance.” Following the intermission, the large audience will rise to its feet and fill Sacramento’s Memorial Auditorium with a joyful noise when they join Kendrick and the large SCSO Chorus and orchestra in an exciting audience singalong. “The sound of such a large chorus and the looks of inspiration and joy on people’s faces during the sing along really add to the sense of community that great music brings to us all,” says SCSO Bass Zane Brown.

Kendrick has once again chosen a mixture of outstanding choral/orchestral works celebrating the true meaning of Christmas, a mixture of traditional carols that people have come to love tinged with new arrangements by such well respected composers as British composer John Rutter and young

American composer Barlow Bradford along with a stunning arrangement of Robert Wendel’s *Holiday Greetings*. **Baritone Matt Hanscom** will serve as the SCSO’s headliner, rounding out the evening with solos in arrangements by Randol Alan Bass, Matthew Naughtin and Robert Wendel.

## Christmas CDs Available at the December 9th Performance

The SCSO’s December 9th performances will offer patrons an opportunity to take the SCSO’s Christmas CDs - great stocking stuffers - home with them. “Nothing compares to the joy that live music brings, especially at Christmas,” says SCSO Alto Tonia Hagaman. “Our large orchestra excels in these sparkling arrangements that Don serves up and the energy on stage is definitely contagious.”

Come celebrate the true spirit of the Christmas season at the SCSO’s 2017 *Wells Fargo Home for the Holidays* performances at the Memorial Auditorium in Sacramento. We guarantee merriment.

**Wells Fargo Home for the Holidays 2017 At a Glance**  
**Event:** Sacramento Choral Society & Orchestra’s *Wells Fargo Home for the Holidays* at Memorial Auditorium, Donald Kendrick Conductor

**Guests:** The Sacramento Children’s Chorus, Alexander Grambow, Director Matt Hanscom, Guest Artist and Narrator

**Puppets by Green Valley Theater Company – Christopher Cook, Designer**

**Lobby Entertainment – Vibrance Barbershop Quartet**

**Date/Times:** Saturday, December 9 - 2 PM matinee - 7:30 PM evening concert

**Location:** Memorial Auditorium – 1515 J Street, Sacramento

**Tickets:** \$35 - \$40 - \$50 – Students with ID: 50% discount

**Sacramento Community Center Box Office: 916-808-5181**

**Information:** SCSO: (916) 536-9065 or [sacramentochoral.com](http://sacramentochoral.com) ★

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By County Supervisor Sue Frost

## GOLD RIVER COMMUNITY UPDATE

### Bodycams for Sacramento County Sheriff's Department

Speaking of police misconduct, my second reason for supporting body cameras is that it causes improved behavior by everyone involved. Officers tend to be on better behavior when they know they are being watched, and the likelihood of citizens acting aggressively towards officers also diminishes. It also allows officers to review their own footage and improve how they handle their interactions. Speaking personally, the first time I was interviewed on TV I cringed a little as I evaluated my performance, but it served as a great learning opportunity and helped me improve.

My third reason is because it quantifiably reduces complaints and related expenses, as departments across the country are seeing positive results. In one study performed by the Rialto police department, it was found that there was a 60% reduction in use of force incidents and an 88% reduction in the number of citizen complaints. I also believe these cameras could present a fantastic opportunity for the Sheriff's Department to give the public a good idea of what the average day is like for an officer and potentially highlight the everyday good that officers do for our community.

But while there are numerous proven benefits to recording police interventions, there are also potential pitfalls, and this makes the careful approach the Sheriff is taking all the more important.

Like all new technology, there are large upfront costs associated with the cameras. This cost takes the form of the physical cost of the cameras themselves, and also the cost of storing the evidence and

public records requests. While agencies certainly save time collecting and managing digital photographic evidence - video evidence requires an investment in either cloud-based storage systems or physical storage hardware, both of which are expensive. I have concerns about personal privacy while officers are in private residences and how evidence that could impact the outcome of a trial would be managed. There's also the problem of doing too much too fast, as when you have been doing the same job for twenty or more years, it can be a challenge to suddenly change procedures.

But these issues should be solvable. It seems clear that bodycams for our Sheriff's could be worthwhile if we implement them carefully, and based on initial results from other agencies who are using bodycams, they can potentially add clarity and save money in the long run.

Before ending, I wanted to invite you to participate in my community survey by going to [www.bit.ly/FrostSurvey](http://www.bit.ly/FrostSurvey) and answering a few questions. Filling out the survey helps me understand what you want me to fight for. 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](mailto: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.* ★

It is a difficult time to be a police officer in the United States. While it may or may not be fair, incidents across the country have left many people feeling deeply negative towards how officers handle difficult situations. In response, many departments are equipping their officers with body cameras. I bring this up because it was recently announced that the Sacramento County Sheriff will soon be conducting research to identify possible vendors to supply the department with body cameras for officers to wear.

In a day and age where transparency, accountability, and building trust are more important than ever for departments across the country, I applaud our Sheriff for seriously looking at implementing this emerging technology. I have three main reasons for supporting body cameras.

First, the video collected by body cameras help juries paint an accurate picture of what happened in an incident. Whether that comes in the form of helping convict more criminals, or proving the innocence of the accused, society is better off for it. It will also provide clarity in cases of suspected police misconduct, as corrupt police officers will be more likely to be caught, and the honorable ones will be more likely to be exonerated.

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**Crossword Puzzle on Page 5**

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A	M	O	U	R	D	U	E		B	U	R	I	N	
P	I	N	T	O	A	S	H		U	K	A	S	E	
S	T	E	R	N	U	M		A	B	S	E	N	C	E
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U	V	E	A		I	R	I	S		P	H	O	T	O
N	U	T	S		S	M	O	K	E		A	N	T	I
C	L	E	A	R		S	T	I	R		T	A	E	L
H	E	R	P	E	S		I	D	O	L		H	R	S
				L	A	I	C		S	A	E			
A	C	T	I	O	N	S		B	E	G	G	A	R	S
Q	U	O	T	A		S	U	E		E	R	G	O	T
U	R	G	E	D		U	S	E		R	E	U	S	E
A	T	O	M			E	A	R		S	T	E	E	P

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**Sudoku Puzzle on Page 5**

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

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# California's Tax-and-Spend Cycle Continues



Senator Ted Gaines (R-El Dorado)  
**Commentary**  
by Senator Ted Gaines

The California legislature has descended into policy madhouse where decisions defy every bit of fiscal and economic common sense and serve to put working class people in the poorhouse.

Case in point is this year's tax-heavy legislative session, where the ruling party took breaks from abusing President Trump only long enough to pass bills making California unlivable. In a state with the highest poverty level in the nation, legislators inexplicably set out to make absolutely everything more expensive.

California already has some of the highest gas taxes in the country, so what do the legislative Democrats do? They start by imposing a new gas and car registration tax, which added twelve cents to every gallon of gasoline starting November 1, and increases vehicle

registration fees by \$25-175 per car. And that twelve-cent tax will go up starting in 2021, adjusted for inflation, forever and ever.

This tax was sold as a way to repair our roads but we already have money for that and have simply not made the commitment to spend those funds where needed. California general fund spending increased by around \$25 billion over the past five years, but transportation spending stayed flat. Tell me why those funds could not have paid for roads?

Every year a billion dollars in truck weight fees are diverted away from transportation where they belong and into the general fund. California has the money! By putting this new tax on every mile regular people drive for work, for school, for family, the dominant party is simply charging you twice for road construction and repair. Would you rather see our road money spent where it belongs before paying new and higher taxes?

But even that was not enough. The big bamboozle came in the extension of the state's cap-and-trade scheme, which is alleged to fight "climate change" but really fights against prosperity in the working class. If you were angry over the 12-cent gas tax, how do you feel about the 73-cent increase on every gallon of gas due to cap-and-trade? And, the money raised by cap-and-trade will go to subsidize California's legendary

money burning High Speed Rail, which most ordinary Californians will only ever see from their cheaper, faster, more convenient seats on Southwest Airlines.

Lastly, in a state where housing prices are eating up 50- or 60-percent of many people's income, the legislature saw it fit to make housing even more expensive with a host of new fees and mandates that will add hundreds of dollars in costs to many real estate transactions, but many tens of thousands in costs for some new construction.

These housing taxes are not without consequence. For every \$1,000 increase in the median price of a home, an additional 15,000 Californians are priced out of the market. The legislature is creating a permanent renter class by making housing and staple goods unaffordable, cutting off a traditional lifeline to a middle-class life for too many in our state.

California seems as though it has many problems – budget deficits, unfunded pensions, bad roads, high taxes – but it really has just one: Politicians. Until Sacramento's tax-and-spend pirates change their ways, it's higher taxes from here on out.

*Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties.* ★

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- ACROSS**  
1. "No way" partner  
6. Lending letters  
9. Basketball star Nowitzki  
13. "Love," à Paris  
14. \_\_\_ date  
15. Kind of chisel  
16. Infamous Ford model  
17. Stuff in a tray?  
18. Romanov's edict  
19. Bony chest plate  
21. \*It makes the heart grow fonder  
23. \*You can't make an omelet without breaking one  
24. Border  
25. Prune  
28. Block of granite, e.g.  
30. Whacko one  
35. Eye layer  
37. Author Murdoch  
39. Paparazzo's quest  
40. Common allergens  
41. \*Sure sign of fire  
43. Like nay-sayers  
44. Rid of obstructions  
46. Done to trouble  
47. Asian weight unit  
48. Cold sore, e.g.  
50. Object of worship  
52. 9 to 5, e.g.  
53. Not of the cloth  
55. Famous frat house  
57. \*Louder than words  
61. \*They can't be choosers  
65. Allocated quantity  
66. Famous T-Rex  
68. Cereal killer  
69. Prodded  
70. \*\*No \_\_\_ crying over spilt milk  
71. Recycle, in a way  
72. H or O in H2O, e.g.  
73. \*\*You can't make a silk purse out of a sow's \_\_\_  
74. Make tea, e.g.
- DOWN**  
1. Midday slumbers  
2. Fail to mention  
3. Use a whetstone  
4. Grossly unconventional  
5. \*Two of these do not make a right  
6. Genesis man  
7. Pimple fluid  
8. \_\_\_ center for help  
9. Home of Blue Devils  
10. Ali Khamenei's domain  
11. CISG alternative  
12. Genueflecting joint  
15. Serious quarrel  
20. Tangerine-grapefruit hybrid, pl.  
22. Ballerina's do  
24. Non-living  
25. \*No such thing as a free one  
26. Egg cell  
27. \_\_\_ Cottontail  
29. Picture on a coat?  
31. Not this  
32. Actor Hill  
33. Weasel's aquatic cousin  
34. \*A watched pot never does this  
36. Hurry up!  
38. Row of vagrants  
42. With a jagged margin  
45. Follows aim and shoot  
49. \_\_\_ Diego  
51. They're usually golden or amber

**CROSSWORD**

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# They Are Heroes to All of Us

## Families and Friends Gather to Honor Veterans

Continued from page 1

River City Concert Band consisting of more than 60 volunteer musicians provided rousing and historical music to fit the occasion, starting with the National Anthem and ending with God Bless America, the audience joining in with those two songs. The band offered more music throughout the program, as well as before and after.

A number of people donated engraved bricks in honor of veterans that will be permanently affixed at the entrance to the VA Hospital. According to retired Lt. Col. U.S. Army Dr. Dawn Erckenbrack, now Associate Director, Sacramento Valley VA Northern California Health Care System, a total of 2,328 bricks have been placed in honor of those who have served, with room for a total of 8,000 bricks to grace the area.

Other dignitaries spoke to the crowd. In his address, Dr. Ami Bera, United States Congressman said, "On this Veterans Day, to all of the men and women who have served and protected and promoted the American spirit around the world, on behalf of a grateful nation, God bless all of you, and God bless the United States of America."



Keynote speaker Col. Joseph P. Gleichenhaus (bottom left), U.S. Army, said, "Nobody prays for peace more than a service member." Gleichenhaus is California State Command Inspector General. Photo by Jose Lopez

Jim Nielsen, California State Senator, said about those who would disparage our flag, our pledge, and our National Anthem, "We need to stand up, all of us, and say 'no' to that. Thousands of our soldiers died simply to pick that flag up so it did not touch the ground. That's what they felt about it. Renew your spirit of patriotism. That is a good thing, for we are a great nation."

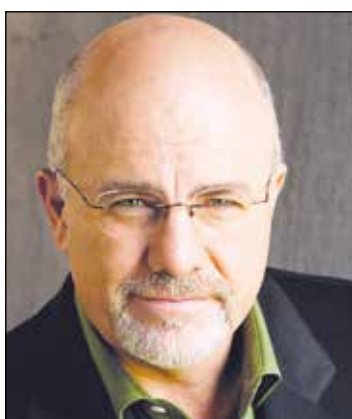
Dr. Lindsey Sin, Deputy Secretary for Women Veterans, California Department of

Veterans Affairs read the proclamation from Governor Edmund G. Brown declaring this day Veterans Day. In part, the proclamation read, "This Veterans Day let us welcome all returning veterans with open arms and as President Eisenhower wrote in his 1954 proclamation, 'Let us consecrate ourselves to the task of promoting an enduring peace so that their efforts will not be done in vain.'"

Gleichenhaus said that "Nobody prays for peace more than a service member." He gave his gratitude to the families who also sacrificed, civilians who served in danger of life and limb, and those who now provide equipment to the Armed Forces that helps save so many lives. In an interview afterward, Gleichenhaus said, "We are governed by civilian leadership and follow the instructions of our civilian leaders. I only hope that they make good decisions and provide us good, clear objectives so that we can accomplish them." ★



Master of Ceremonies retired Lt. Col. Bob Burns, U.S. Army was the only one present who was a veteran of World War II, Korean War, and the Vietnam War. Photo by Jose Lopez



# Dave Says

## It's a dream, not a plan

Dear Dave,

I've been trying to save cash to buy a home, but things always seem to come up that eat away at my savings. I have \$130,000 set aside, plus an emergency fund, and I make \$120,000 a year. I'm debt-free and renting right now, but eventually I'd like to buy a house in the \$300,000 range. I really hate the idea of owing the bank money, so would you advise continuing to save and pay cash, or is it okay to make a big down payment and take out a small mortgage?

- Megan

Dear Megan,

I love your idea, but right now you have more of a dream than a plan. You'll need \$170,000 to go from \$130,000 in savings to \$300,000, right? So, let's start planning.

If you save \$60,000 a year, it would take you a little less than three years to get there. If you set aside \$40,000 a year, it would take a little more than four years. A little division — just divide \$170,000 by the amount you want to save each year — and you've got the beginnings of

plan. A dream is a good place to start, but I want you to develop this into a plan that focuses on a goal. Break this down, and figure out how to achieve it.

I see three ways to achieve this home ownership goal. One, you do the long division math and save like crazy for however many years it takes to save up \$170,000. The second is to put \$130,000 down on a \$300,000 home, and take out a \$170,000, 15-year fixed rate mortgage. This is the only kind of debt I don't beat up people for having. The good news is, with your income, you could probably pay it off in half that time.

A third possibility is to buy a \$130,000 house. Write a check for nice, modest home now, and in five years — saving wildly the whole time, since you'll have no house payments — move up and pay cash for a \$300,000 home.

If I'm in your shoes, that's what I'm doing!

—Dave

## Get it now!

Dear Dave,

I've noticed that the younger you are, the less expensive life insurance can be. I'm 32, and I'm still paying off my student loans. With this in mind, what's the best age to get term life insurance, and what does it cover?

- Kalina

Dear Kalina,

Simply put, term life insurance

covers death. Having student loans doesn't really matter when it comes to life insurance, either. If you have a family — or someone who is dependent on your income — you need 10 to 12 times your yearly income in a good, level term insurance policy. If you make \$50,000 a year, that means you need a term life insurance policy with \$500,000 to \$600,000 worth of coverage. If you don't have a family or dependents, I'd recommend a simple burial policy of \$10,000 to \$20,000 to cover any final expenses.

Either of these would be very inexpensive for someone your age. Keep in mind that life insurance becomes costlier as you get older. The reason? Statistically speaking, the older you are the more likely you are to die. It's not a fun thought, but it's the truth.

Life insurance, or at least a burial policy if you're single and have no dependents, isn't one of the Baby Steps in my plan. But in your case, it's a go-get-it-now adult responsibility kind of thing!

—Dave

Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The *Dave Ramsey Show* is heard by more than 13 million listeners each week on 585 radio stations and multiple digital platforms. Follow Dave on the web at [daveramsey.com](http://daveramsey.com) and on Twitter at @DaveRamsey. ★

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# POPPOFF!

with Mary Jane Popp

a board-certified specialist in internal and preventative medicine. Thirty days doesn't seem like a long time when it can save your life, so I asked him for the abbreviated version for this column.

So here goes. We start with 1) Nutrition and eating your way to lower blood pressure. There are three principles to follow...Increase consumption of Whole Plant Food, Control calories (lose weight if overweight) and Decrease Salt intake. 2) Eliminate or drastically curtail soft drink consumption. Water might be your substitute. And yes, avoid alcohol if you want the best blood pressure. 3) Social Support and the blood pressure benefits of social connectedness. Why? Actual measurement has been done and researchers discovered that low social support was associated with higher levels of the stress hormone epinephrine (adrenaline) a compound known to raise blood pressure. 4) Movement lowers blood pressure. Pooled studies (called meta-analyses) show that regular exercise typically lowers systolic blood pressure by 4-6 points and diastolic BP by 3 points. 5) Sleeping your way to better blood pressure. Sleep and rest may seem like passive,

relatively unimportant activities, but Dr. Rose assured me that's not true. 6) Environment: Fresh air, quiet, sunshine, and nature itself as hypertension remedies. So unplug and relate to nature. 7) Stress management. It's a critical ally in hypertension control. I'm not surprised since I've had many docs on who tell me stress can cause all sorts of health problems. 8) Use of natural adjuncts like herbs and supplements as aids. But, he added that we must be careful because some natural things could be harmful with serious side-effects. 9) Refraining from pressures and excesses and avoid "false friends." Greek philosopher Xenophon used the word temperance to connote "moderation in all things healthful; total abstinence from all things harmful." 10) Exercising faith in God and spiritual connections to high blood pressure. The topic of spirituality, and its impact on blood pressure, is complex and powerful, but the link is undeniably there, and therefore must be addressed.

There is so much more to share, but you'll have to get the rest of the story in "30 Days to Natural Blood Pressure Control: The no Pressure solution." It's a start to taking control of your health! ★

## Natural Blood Pressure Control

It's holiday time and craziness! Did you know that High blood pressure, also known as hypertension, kills over nine million people worldwide each year? That's 100 times more lives than all natural disasters. Millions more are permanently crippled by pressure-related strokes, heart attacks, kidney failure, and blindness. Here's an even worse fact. One in every three people in the United States presently has hypertension with as many as 75% of us being destined to develop the condition as we age. But Dr. David Rose shared information with me on my POPPOFF Radio Show that has ten easy steps that anyone can do today to lower your blood pressure and no drug-side effects. He gives us the insider information in his book "30 Days to Natural Blood Pressure Control." It's the No Pressure Solution. Dr. Rose is

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# Meet Cooper a Golden Doodle



By Kay Burton



Meet Cooper. Photo courtesy Trent and Robin Pasterski

Trent and Robin Pasterski arrived in Gold River recently with Cooper, a 8 year old 22 pound Golden Retriever, Poodle mix. Cooper loves Gold River. He loves chasing the numberish squirrels and turkeys. He loves taking long walks and jumping in the water at the American River (when allowed).

Cooper loves people but shy's away from other dogs. Loves green beans and zucchini. He loves chocolate. He had a bad experience with chocolate at one time. He had to have his stomach pumped when he got into the

Valentines candy. He never sheds and is a very athletic dog. He loves his new two story home, he enjoys running up and down the stairs. When he is naughty, Cooper gets into the bathroom waste baskets and has an affinity for tissues. He likes to be up on beds and furniture. He has trained Trent and Robin to keep their bedroom and bathroom doors closed. Trent & Robin were actively trying to adopt a dog when a co-worker who had Cooper was looking for a home for him. After taking him into their home they discovered he had a chronic ear infection caused by a foxtail. Once the foxtail was removed, Cooper's ear healed, and he has been healthy and happy. Kay Burton is a longtime pet columnist and supporter of the SSPCA and other rescue groups. To share your family story with our readers, email: Kayburton1@comcast.net

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# Bera Leads Discussion on Jobs

SMUD Director McAlister Offers Testimony and Expertise to Congress

By Jack Miller

WASHINGTON, DC (MPG) - Rep. Ami Bera (D-CA) welcomed Sacramento Municipal Utility District (SMUD) Director Jason McAlister to Washington last week to help lead a discussion with Members of Congress on jobs, education, and vocational training. As the Co-Chair of the Access to Jobs Task Force, Rep. Bera invited Director McAlister to share his expertise leading SMUD's premier training program.

"SMUD's Power Academy offers Sacramento electrical workers quality training as well as a pathway to a fulfilling career," said Rep. Ami Bera. "Director McAlister's discussion with members of Congress highlighted the growing need for investment in these jobs. Programs like SMUD offer greater job security and lifelong career opportunities, and Jason emphasized the need to educate teachers, parents, and guidance counselors on the benefits of these programs. This discussion opened new avenues and understanding for other members of Congress. Accredited programs like SMUD help ensure workers learn the skills they need in these careers. We were



Accredited programs like SMUD help ensure workers learn the skills they need in these careers. We were very grateful to have Director McAlister's expertise today. Photo courtesy Ami Bera

very grateful to have Director McAlister's expertise today."

"I want to thank Representative Bera for inviting SMUD to participate in this discussion," said SMUD Director Jason McAlister. "We appreciate his leadership and service to our community, and are grateful to speak about SMUD's Power Academy and apprenticeship programs with Congress. For the past 70 years, SMUD has supplied affordable and reliable electricity to residents of Sacramento and is the sixth largest municipal utility in the country. There is a shortage of qualified electrical utility employees across the

country. Programs like SMUD's Power Academy provide high quality vocational training to individuals preparing to enter the electric utility industry and we hope our model can be used elsewhere to provide good-paying jobs to other communities."

The Access to Jobs Task Force will help workers achieve their full potential by eliminating outdated barriers that impact local communities and expanding access to educational opportunities, including skills development, professional licensing, and apprenticeship training.

Source: Office of Ami Bera ★

# 'Fool's Gold'

Merry Everything, Gold River!



By David Dickstein, Gold River resident

Whatever you and your family celebrate this holiday season, I toast to your health and happiness with a flute of Dom Perignon from Il Forno Classico. Wish I could share the bubbly with my imbibing readers, but at \$40 a glass, my gift will have to be my 2017 edition of a classic yuletide poem dressed in Gold River style:

'Twas the night before Christmas, when all through Gold River, The air was so icy even Santa would shiver.

From Comstock to Gold Spike to Pioneer Village, Security was chill, it was too cold to pillage.

With firewood crackling and heaters set high, Gold River wished for a sleigh being nigh. Good tidings wrapped up in promise and hope, Filled homes clad in board-approved brown, tan and taupe.

As evening got late and the hearths had burned out, Discovery Center kids went to sleep with a pout. Anticipation of toys had these tots very wired, But tucked in they were by their parents so tired.

The townsfolk were nestled all snug in their beds, While visions of Blaze pizza danced in their heads. And Bret Harte in blankets and Mother Lode snoring, This cold Gold River night was typically boring.

When out on the trails there arose such a clatter, I sprang from my bed to see what was the matter. From those paths we might hear a boom or a bang, This time it was different, from the trail someone sang.

I made out "Jingle Bells" just off Gold Rush Drive, The carol wasn't recorded, I could tell it was live. Alone in the dark I zeroed in on the sound, Crossing Gold Express Drive, I was Stanford Court bound.

Catching my breath at the Racquet Club, I realize the need to lose holiday blub. Breaking into a jog I found the source of the song, Christmas bells were ringing, ding-dong ding-dong!

Past the fire station the singer was sighted, At the ARCO was Santa, I was shocked, yet delighted. Inside the ampm he bought candy and beer, Is that what he feeds his eight tiny reindeer?

I built up the nerve to ask him myself, He was ever so pleasant, a right jolly old elf. St. Nick said the treats were for a man here in town, "That's what he wished for, that's what he wrote down."

The sleigh full of gifts was so overflowing, "Sorry to run," Santa said, "I now must be going." Before he took off I had one more query, "Do you visit each home to make everyone merry?"

St. Nick paused to answer despite being late, "I love all people, I don't segregate. Be you Christian, Hindu, Jew or Jehovah, Or live in Gold River or Rancho Cordova!"

As the plump bearded man took off before dawn, Early risers in town woke up with a yawn. The presents were delivered from the now-empty sleigh, And one dude in Maidu loved his Twix and IPA.

The brisk Christmas morn brought out toasty eggnog, While others got warm by a roaring yule log. But as temps dipped lower the townsfolk did scream, O'er rumors a man went to Rite-Aid for ice cream.

How could anyone want something cold on this day? Heck, there's even black ice along Winding Way! Yet this guy and his odd choice for food before lunch, Has a craving for a cone of chocolate malted crunch.

Gold River Town Centre was abuzz with the news, 'Twas the biggest thing since GRCA raised our dues. All came 'round to see who was so ridiculous, Then collectively laughed for it was Saint Nicholas.

"I needed a treat, I'm a hungry old soul, And it's a really long journey back to the North Pole." With all my neighbors sharing this sight, The holiday spirit was as high as a kite.

Be it Christmas, Hanukkah, Kwanzaa or just Monday, For peace and goodwill each one of us did pray. As Santa took off he wished all who could hear, "Merry everything to all and happy new year!"

David Dickstein is a Gold River resident. He can be reached at [daviddickstein1@gmail.com](mailto:daviddickstein1@gmail.com). ★

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